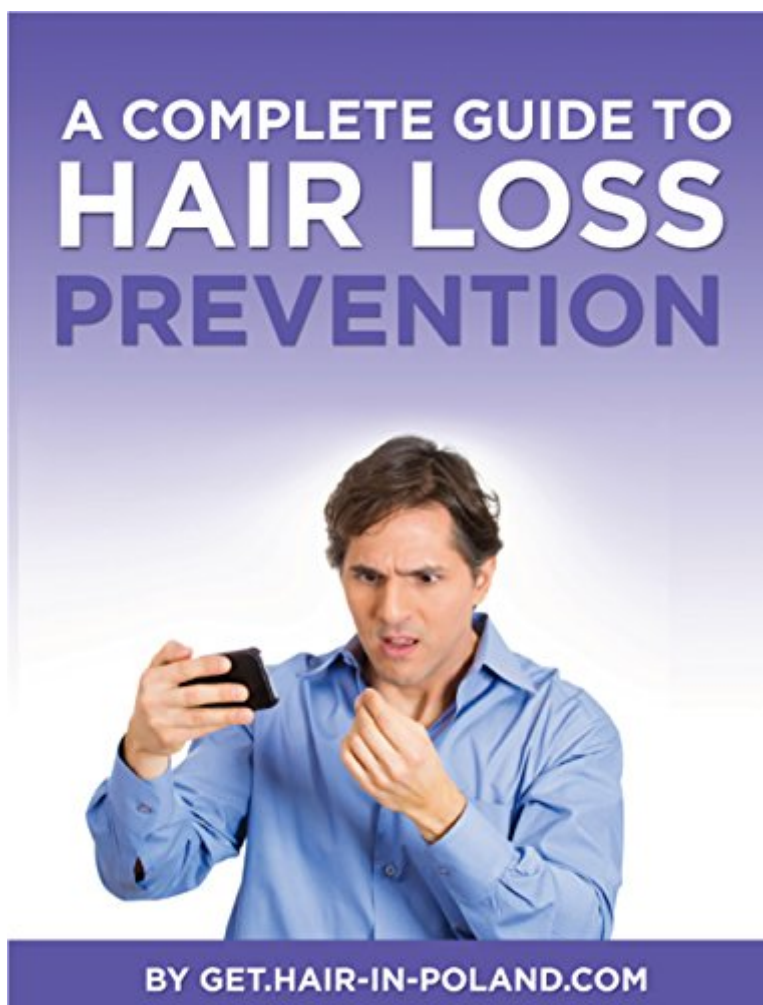


The book was found

A Complete Guide To Hair Loss Prevention



Synopsis

Hair loss in both men and women is common, and occurs due to various reasons. Hairloss may be sudden or steady, and to understand why hair falls out, we need to study the science behind it. The Complete Guide to Hair Loss Prevention will help you to understand why hair falls out and what to do to prevent it.

Book Information

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Hair Loss #73 in Â Â Books > Health, Fitness & Dieting > Men's Health > Hair Loss #5410

in Â Â Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

Customer Reviews

I just had to read a book written "By Get-Hair-In-Poland!" I suspect there will be some promotional material in this short book. Let's see. First, the author tells us why hair falls out. Somewhere between 50 and 100 hairs are replaced every day by new hair. But losing the follicles is a different matter--those are not replaced. The causes: genetics, hormones, disease or deficiency, drugs or medicines, burns or X-rays, shock or stress, autoimmune diseases, aging, over-styling. Well, that's good to know. But what can we control and/or reverse? DIET -- what to eat to reduce loss of hair follicles. Good standard nutritional advice here. EXERCISE -- for the entire body, including your hair follicles. Scalp massage might help also. Acupressure is worth doing too--not directly on your hair

but on your fingernails! Yoga and meditation. HAIR CARE TECHNIQUES -- use of apple cider vinegar, olive oil, baking soda, eggs. Ways these could help. PHARMACOLOGICAL TREATMENTS -- with the advice of a health practitioner. Minoxidil and Finasteride -- pros and cons. Corticosteroid ointments and injections -- worth considering. Psoralen with ultraviolet A-Light therapy -- generally poor results. HAIR TRANSPLANTS -- several different kinds. CELL THERAPY -- one of the newest methods with a lot of promise. Ah ha! Just a short plug for a clinic in Poland for hair transplantation! Arrive day one -- go home day two with a complete head of hair. But please -- go home with at least one or two weeks of experiencing Polish culture, history, architecture, people -- and FOOD! It'll be worth it. A quick read of this book was well worth my time too. I like it!

Very useful.

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