

## Find the best hair care for Baldness and Hair Loss

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Saturday, 01 July 2006

Hair loss is always something people do not want to deal with. People get irritated by seeing extra hair in the shower or on the brush. Hair loss is something that men and women can both face during their lives. Hair care is an important part of looking good and feeling good, both inside and outside also. Men deal with this problem more than women because of their sensitivity to male sex hormones in certain parts of their scalp. This may be passed down from generation to generation. Men have been fighting hair loss since the beginning of time with methods that are they implementing which is ridiculous and dangerous. But today's man has more choices than previous generations. Now-a-days there are several traditional hair loss products which are so much effective than chemical compound hair loss products. 'Baldness' is one of the male pattern hair losses called androgenetic alopecia. Baldness makes them look unattractive and can get stressed out from the situation. There are even men who like to keep their head shaved even when they have a full head of hair. The first and foremost causes of baldness are hormonal problems. Some men have areas on the head that are very sensitive. These hormones will make the hair follicles from where the hair grows to shrink. They will start to become so small that they cannot replace lost hair. This effect of hormones on men's scalp creates male pattern baldness. Androgenetic Alopecia, is also known as hereditary baldness. There are millions of people who suffer from this type of male pattern baldness. Over 95% of all pattern hair loss is genetically predisposition in male which can not prevented. Male hair loss starts with a genetic factor inherited from their parents. But this genetic trait does affect the hairs on the sides and back of the head. Even there is some treatment that can help in slow down the hair falls though it has some side effects. This miserable condition usually starts in men aged 20 to 30. A good multivitamin containing B5, folic acid, silica and biotin will help maintain hair health, but be sure to regulate your dosages carefully. Vitamin A and E are great for the hair and will help to make it stronger and it may even start to grow in more. Before supplementing copper, restrict your intake of zinc, as copper can become toxic. Every one believes in balanced diet, so there is nobody to follow to prescribe drugs in this medicated society. They actually hesitate to follow the drugs. That is why rich foods in iron and silica seems to help strengthen the existing hair and encourage new growth.

Male-pattern baldness is the most common cause of hair loss in men. But it will be good in fact the best idea to accept the inevitable and be comfortable with male hair loss. There is no need to hide your baldness. The occasional hat is fine. So if a person decides they wish to try to get their hair back, they will probably have to pay for the lengthy, expensive procedure themselves and that is hair transplant surgery. {mosgoogle left}