

Suggestions for medical hair growth

Contributed by admin
Sunday, 02 July 2006

Since last decades hair loss is typically worried facts for all about. But presently there is no one who escaped from hair loss problem even teens also suffers from hair loss. Hair loss during adolescence is only of not well diet. Some medications or medical treatments also cause people to lose their hair. Every day people have loses their hair normally fifty to hundred strands. They does not know how prevent premature hair loss. It can be expect that due to genetic reasons, diseases, medications, stress, injury, or an unhealthy diet, some people lose a lot more hair than they expected. This is when it becomes a horrible stage that requires medical attention.

There are certain principles for natural hair loss treatment like that the same foods that are good for your health are good for your hair. Hair loss can be caused by several factors, but lack of proper nutrition plays a vital role for most people. Foods that are high in protein, low in carbohydrates, and have reduced fat content can help in maintaining healthier hair and preventing hair loss. Everyone should use a mild shampoo and conditioner. There are various types of conditioner or shampoo made for certain hair types. You can use the ones that give you the best results when you use it. You can get them from a health and beauty store or even you can ask a dermatologist for good advice. When you wash your hair, you should only use moderate pressure. Do not use too much force or use your fingernails when washing your scalp. Try to avoid perms and hair straightening. These things are hard on your hair and may cause it to break and be damaged. Our hair is made of a type of protein called keratin. To avoid hair loss and have good healthy hair, a good nutritional diet is needed. This nutritional diet includes fruits, vegetables, whole grains, poultry, fish, eggs, beans, nuts and seeds. These are a rich source of vital nutrients, which needed for healthy hair roots and the proteins for hair. Vitamins B6, and Zinc are good for hair growth. Dying the hair and using hot curling irons can also hurt the hair and make it fall out. This is a good medical hair growth tip to keep in mind. Make sure that you comb out the tangles from the ends of the hair to the top. Do not pull or tug at the hair for any reason. Another medicated hair growth tip is to protect your hair from the sun. The sun can damage the hair just as it cans the skin. You should make sure that you use conditioners in your hair after you have been in the sun too long or in a swimming pool that has chemicals in it. It is important to wash these items out of the hair so that they do not damage or dry out the skin too much. If you find that you have any kind of skin abnormalities, you need to get them checked by a dermatologist.{mosgoogle left}