

Hair loss prevention

Contributed by admin
Tuesday, 01 August 2006

Posted by: niche

Prevent hair loss before it becomes too late! Hair loss is a very common problem. It may be genetic in origin and thus you are likely to get it from your parents or grandparents. Hair loss may actually become a part of your life. However hair loss can be prevented if you start paying attention to it from a very long time. It is said that prevention is better than cure and thus you should start hair loss prevention right away!!

Diet forms a very important part of hair loss prevention. You have to eat right in order to have thick and beautiful hair. Your diet should have all the major food groups in it. This is essential not only for your hair but also for your whole body. You must eat lots of proteins, fruits and vegetables. Vitamins and calcium should be present in adequate amounts in the diet. These are required to keep your hair beautiful. These food resources are also very important for preventing hair loss.

Rest and exercise also contribute to hair loss prevention. You will obviously look better and feel better when you are in good shape. This will ultimately have a good effect on your hair. You should avoid taking too much of stress as it can lead to hair loss. Many cases of hair loss due to stress have been reported.

You should take care of your hair properly. Never use excessive heat on them. Over styling can also lead to hair damage. You should not use the blow dryer frequently, instead towel dry your hair. You should wash your hair once daily. Use a protein shampoo and conditioner for washing your hair. This will make your hair healthy and strong and will also prevent hair loss. Don't use too much of styling products for they can lead to hair loss.

You are bound to get healthier and shinier hair if you follow the points which are listed above. The right diet, exercise and all other things are very important for your hair and they become all the more important when you began to grow old and the tresses start falling out. Your hair will look better and grow faster if you nurture them properly.{mosgoogle left}