
Herbal Remedies For Hair Loss

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You start noticing side-effects of hair loss as you grow old. There are so many things that you can do for hair loss like using wigs or drugs.

The disadvantage with these things is that there are a lot of side-effects with the drugs and wigs and other hair treatment have become quite expensive. Herbal remedies are the latest offering in this field. The natural herbs like ginkgo biloba, he shou wu and green tea can benefit your hair in several ways and that too naturally.

To prevent hair loss, the hair follicles need to be stimulated as hair grows from these follicles. Hair growth will be promoted by stimulating these follicles. Ginkgo biloba increases the blood flow to the skin and the brain. The hair follicle thus receives more nutrients. According to Herbalists, 3 doses of 120 to 160 mg should be consumed daily.

DHT is bad for hair. 5 alpha reductase enzyme converts testosterone to DHT which can cause baldness in males. The activity of this enzyme may be restricted by green tea due to catechins. Green tea also increases blood circulation to the hair follicle. Blood vessels are relaxed by the green tea. However it's excess use can lead to vomiting, sleeplessness and headaches. Hence you should always take care of the amount of green tea you consume. The recommended dose for preventing hair loss is up to 300 mg per day (approximately 5 cups in a day).

He shou wu is a Chinese therapy for treating hair loss. It helps to strengthen your liver which will eventually help your hair. Liver also controls the aging process. This therapy also does wonders for your kidney. According to the traditional Chinese theories blood is managed by the liver and kidney. It helps in preventing hair loss. You can get this herb from any Chinese herb store. The recommended dose is 5 tablets three times in a day. One hundred tablets cost about \$2.00.

You don't need to undergo expensive and synthesized medications for hair growth. Wigs and hair extensions are also of not much use. Go natural! Natural herbs, vitamins are the best way to treat your hair!{mosgoogle left}