

HAIR-LOSS

HERBAL

CURES

Compiled by

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(This material was compiled from various sources)

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Introduction

A lot of people suffer from the problem of hair loss, which may be caused by various problems, including medical conditions, advancing age, or hereditary factors.

As noted below, there are natural alternatives for medical hair loss cures, and this is through the use of herbs. Research has shown that there are indeed herbs that help individuals with hair loss problems.

Following, are some common alternatives that can be tried:

Aloe Vera

Aloe Vera is one of the good herbal hair loss cures. Herbalists say that this herb contains two substances which when combined can incite hair re-growth, especially in men who are suffering from the male type pattern baldness. These two substances are, 1) nitric oxide, and 2) super oxide dismutase. Aloe Vera as a herbal hair loss cure is used externally. The gel produced by this plant is the one used to regularly rub on your hair.

Onion

Another herbal hair loss cure can easily be found in any kitchen, the onion. It is believed that onion is an effective plant in treating hair loss. Before having a bath or shower and washing your hair, rub half an onion on it. Doing this regularly will stimulate hair growth.

Safflower Oil

Eastern health practitioners have used safflower oil as a hair loss cure. Applying safflower oil in the scalp promotes good blood circulation. It is considered as a vasodilator, which means it can stimulate dilation of blood vessels. Through this process, increasing levels of nutrients are delivered to the hair follicles and can gradually help in the growth of hair.

Green Tea

Unlike other herbal hair-loss cures, which are applied externally, Green Tea (as it is supposed to be) is drunk. Catechins, substances found in Green Tea, are capable of inhibiting the 5-alpha-reductase enzyme, which is believed to be a great factor in male baldness. Regularly Drinking Green Tea, should help as a hair loss cure. If you are not a fan of green tea, or dislike its taste, you can always have it in supplement capsule form.

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