

## Hair Loss: Types, Causes, and Home Remedies

On an average we lose 50-100 hairs a day and there are over 100,000 hairs on the head of an adult. However, due to many reasons most of us see rapid hair loss once we reach 30. Hair loss happens more in men than women for genetic reasons.

Because of cosmetic reasons hair loss is one of the biggest concerns among adults. After all everyone want head full of shiny hairs. That is why according to some estimates Americans spend whopping \$1.5 billion annually on hair loss treatments and most of these treatments are not very effective. However, there are certain natural hair loss treatments available that are proved to be very effective in preventing hair loss.

Types of hair loss patterns Alopecia: Baldness. Alopecia Areata: Patches hair loss. Androgenetic Alopecia: Male pattern baldness. Alopecia totalis: Loss of all scalp hair. Alopecia Universalis: All body hair loss including eyebrows. Involutional Alopecia - Regular thinning of hair. Telogen Effluvium: Hair loss due to illness, drugs, stress, pregnancy etc. Hair Loss: Causes

There are several factors that cause premature hair loss. The most common reasons are: Aging Hereditary reasons Radiation Skin problems Sudden weight loss Iron deficiency Diabetes Pregnancy Mental Stress Defective Thyroid Drugs and treatments such as chemotherapy etc Hormonal disorders Low blood circulation due to sedentary life style Acute illness Exposure to chemicals such as bleach, dye etc Scalp injuries Malnutrition and vitamin deficiencies Hair Loss: Natural Home remedies

There are many home remedies that are very effective in hair loss treatment. Some of the most effective natural hair loss treatments are:

1. Zinc: One of the most common reasons behind hair loss is Zinc deficiency. In order to prevent hair loss, daily intake of diet rich in zinc is very effective. Lack of zinc also causes hair dry.
  2. Rosemary: Rosemary is very effective home remedy in hair loss. It's the perfect tonic and conditioner for natural hair. Rosemary is also helpful in retaining dark hair color.
  3. Mix chamomile in lemon juice and use it to wash hair. This will make your hair soft and light. This is very effective in hair loss.
  4. Add rosemary and patchouli essential oils or almond oil to a conditioner shampoo and wash your hair with this mixture. It's very useful for hair treatment as well as for our scalp.
  5. While washing your hair use some peppermint. This will prevent hair loss as well as enhance hair growth.
  6. Add two tablespoons of gram flour in a cup of coconut milk and apply & massage it on the scalp for five minutes before you wash hair. Doing it one time in a week is very useful in preventing hair loss. &nbsp;
  7. Make a mixture of lavender oil and coconut oil and heat it. Massage the scalp with it at night. Cleanse the hair with mild shampoo next morning. Do it twice a week in order to get soft hair. &nbsp;
- Apart from these home remedies, there are a lot of another home remedies also available. These are easily available, very effective, have no side effects, and amazingly cheap hair loss remedies.&nbsp;

## About the Author

Learn about [Quick Weight Loss](#) Tips. Read articles written by David Climfton. The renowned author writes on various health related topics including [Natural Hair Loss Treatment](#), Prostate Health, [herbal supplements](#) etc.

Source: <http://www.apibari.com>