

Sudden Hair Loss – Is stress is the cause??

People often fail to realize how stress affects physical health as well as hair health. However, it affects the overall health of an individual. This does not mean stress is always bad. Sometimes, stress is good for making an individual focused towards an approach and deciding better. In fact, some people perform better under stress and do much better. Stress up to a certain level is good, although there are no fixed parameters to establish up to what level it is good but severe stress leads to disease like anxiety, sudden hair loss and other physical health problems. Many of the people associate stress directly with sudden hair loss.

Telogen Effluvium is a kind of hair loss that occurs due to severe or sudden stress. Heavy stress in a person does the shedding of hair that pushes premature hair follicles into the resting phase. Sudden hair loss due to stress in a person appears within 2 to 3 months after facing of some stressful situations. Although, our hair falls daily and falling of about 100 hairs per day is considered very normal. In stressful circumstances a person loses almost 300 – 400 hair per day and almost 70% of the hair scalps. Sudden hair loss is temporary in most of the cases. However, in some of the cases the sudden hair loss problem undergoes continue till the problem of stress is solved.

There is a well said quote, 'every problem has a solution', and so the problem of sudden hair loss too. Treating sudden hair loss naturally is one of the best way to solve the problem. Are you wondering, how?

Here are few tips to solve your hair loss problems and easing your level of stress:

Do physical exercises: Your body secretes out a hormone called adrenaline that is good for you but when body secretes this hormone in excess, this causes stress and sudden hair loss. Doing regular exercise and physical workout reduces the level of adrenaline hormone in your body. If you do physical workout on a regular basis, your body and mind will be relaxed and you will get much better sleep. Your health will also improve as a result of physical exercise.

Take enough sleep and relax: Take proper sleep and do some relaxation. You do not need special techniques to do relaxation. Only you need a peaceful place, which you have to create, be it your bedroom or office desk. Just sit in good posture, keep your body straighten, do some deep breathing and focus on good thoughts. You can use your office desk during a short tea break or lunch hour to do the same. Include relaxation in you daily routine for 20 minutes or so, daily. You will notice the significant change in your lifestyle once you start doing this stress busting exercise. Good sleep is very important in easing stress. Sleep enough and sleep properly to ease your symptom of stress. Once your level of stress or adrenaline in your body starts dipping, the hair loss will automatically decrease.

Have good diet: Eat good diet. Take diet rich in proteins, vitamins and minerals in sufficient amount. Eat whole grain breads, dairy products (milk, cheese, butter, etc) and poultry products like eggs and chickens. Also include in your diet fishes and meats. Avoid added sugars. Eat a lot of leafy green vegetables and whole fruits.

Doing all above will help you in staying in good shape and reliving your stress. This ultimately will solve your sudden hair loss problems.

Tackling Hair Loss an Impossible Mission Made Possible

Hair loss is common problem. Daily we loose around 30-40 strands of hair. This is normal. But if it extends more than that, get sure that there is some problem and within a few months you can loose all your hairs. Now just imagine you head without hair, quite embarrassing right. So when you find that you are loosing you hairs abnormally, it is always better to take the initial precautions. Well there may a hereditary trend, but medical science has been successful even to rectify this particular family trend.

A chemist may elicit a long list of drugs for your hair loss problem. But you should also be careful in using the right medicine. A drug called Propecia is making news in tackling hair loss productively. This drug is the only FDA

approved medicine for treating male pattern hair loss. Clinical trials have proved that it not only stop your hair loss but also regrowth your hair significantly. One can find the results just within 60 days and a use for 12 months can help you to regain your loss confident again. But yes, if there is no result after a year long time then it is better to discard its use.

There is a substance called dihydrotestosterone, or DHT is present in our body which shrinks our hair follicles and decreases the number of hairs till it is not visible any further. Now what does this Propecia do, it target the key cause for hair loss by reducing the amount of DHT significantly. It is proved that out of 5, 3 received positive results while the other 2 did not complained about any damage.

Temporary side effects like swelling of tongue, lips or nose may be experienced initially. But as the body slowly gets used to this drug, normalcy is regained. It is better to mention here that consult a genuine doctor before consumption of this pill. Pregnant women must take the ultimate precautions for it may affect the new born baby.

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The top 3 reasons for losing your hair

According to scientists, there are three causes of alopecia in either men or women.

Too much DHT

Pseudo-oestrogen chemicals

Lack of vital nutrients

DHT

Free testosterone is broken down into DHT (a more potent form of testosterone). This chemical binds to the hair follicle receptors blocking vital nutrients from accessing the hair. The hair becomes miniaturized and thin

and eventually dies. It is what's called the "peach fuzz" look on young men with hair loss.

This is why eunuchs never had any hair loss which got Plato wondering. It is also why only men get male pattern baldness and women don't. Hair loss in women is more evenly distributed with a thinning over the whole scalp. Also, effective DHT inhibiting treatment was only effective on young men with hair loss and not older men or women. Excessive DHT is therefore not the only reason for losing your hair.

PSEUDO-OESTROGEN CHEMICALS

It is normally unheard of for women in China to get hair loss at any age. Over the last 20 years increasing number of Chinese women in the industrialized areas of China are experiencing hair loss. This has been put down to chemicals from the industrial process which mimic the chemical effects of oestrogen. These pseudo-oestrogen chemicals bind tighter to the hair follicle receptors than normal oestrogen does, starving the hair follicle of vital nutrients, similar to the way DHT does.

Also, this seems to be the reason for hair loss in obese men. Fat cells in obese and balding men contain more of the enzyme aromatase (responsible for converting testosterone into oestrogen). Also bacteria in fat cells produce oestrogen-like chemicals.

LACK OF VITAL NUTRIENTS

The hair needs a variety of nutrients to sustain itself. The theory is that both DHT and estrogen-like chemicals block the hair follicle by binding to it too tightly. Even without these chemicals, a person lacking in these nutrients will experience hair loss.

There have been experiments on mice which show the effect of a deficiency of certain vitamins or minerals. Scientists knocked out the genes in mice responsible for the regulation of the hair and scalp. These genes are in turn normally regulated by vitamin D. The result was rickets and hair loss with dermal cysts appearing quite early on. When scientists injected

naturally “nude” mice with vitamin D, they started sprouting hair at an alarming rate.

It has been shown that copper and zinc, if lacking together, increase a loss of hair. In fact, a copper peptide was shown to induce hair growth in the skin around the wound of a person. The copper peptide was first used as healing accelerant.

For women, a lack of iron and the essential amino acid L-lysine has been associated with losing one’s hair. This therapy has proven to be very beneficial for women who are losing their hair.

The Shocking Truth About Female Hair Loss

When you talk about genetic hair loss most people think about the most common form of hair loss: male-pattern baldness. This is the type of hair loss that is passed on genetically to offspring from their mothers. Most often the recipients of this type of hair loss are men, but sometimes the gene can result in female hair loss.

While genetic baldness in men is identified by a receding hairline or balding crown, genetic hair loss in women is a bit different. In most cases, a woman will not lose her hair in spots only but will thin out evenly throughout the head. Sometimes, this thinning can be quite severe and result in the woman having to wear a wig to cover up her thinning tresses. While female hair loss almost never results in a completely bald head, it can be extreme enough to expose the scalp quite plainly.

For the woman facing this type of hair loss, there are a few hair loss treatment options that can be explored. They include shampoos, conditioners and topical treatments, such as Rogaine for women, which stimulate hair growth and prevent further hair loss; vitamin supplements; and stimulatory treatments such as massage and infra-red therapy. The most successful of these hair loss treatments are the topical treatments. While they are quite expensive, they produce the best results.

Hair loss due to chemical processes

No matter how healthy and strong your hair is today, you could experience severe hair loss after undergoing a harsh chemical process such as a perm or color. While almost all chemical hair fallout is due to operator error, the chance of it occurring is multiplied by chemical services that you perform on your hair at home. I've seen more than one case of female hair loss in clients who have bleached their hair at home, colored it over and then came to the salon for yet another bleaching. Not knowing this past history, the stylist used too strong a chemical, and the process resulted in hair loss.

Since most of these cases do not result in complete hair loss, the hair loss treatment options include protein treatments and other conditioning treatments to strengthen the remaining hair; a good hair cut that will remove most of the damage; and a gentle hair-care routine that will minimize further hair loss due to breakage. You should also refrain from using thermal styling tools and undergoing any further chemical procedures until the hair is completely grown out.

Hair loss due to stress

Cases of severe stress can literally cause handfuls of hair loss at a time. Women experiencing stressful conditions can experience female hair loss represented by thinning all over the head or in spots called alopecia areata. Alopecia areata means "Hair loss in spots or areas," and can result in bald circular patches on one or more spots of the scalp. While this type of hair loss is alarming, it is not permanent. After the stress is removed, most sufferers of this type of hair loss regrow all of the hair that they lost.

In most cases, the hair loss treatment for stress-related hair loss is minimal. After ruling out other causes of hair loss, your doctor will likely recommend changes in your diet or ideas to help alleviate your stress. Keep in mind that it can take months for your hair to grow back even after the stressors have been eliminated.

Hair loss due to illness

Any type of extended illness or surgery can result in hair loss. Medications taken to combat certain types of illnesses can also cause your hair to become brittle and break or fall out altogether. The most identifiable type of hair loss is the loss associated with chemotherapy treatments. In most cases, this hair loss is complete and affects all areas of the body.

While there is little that can be done to prevent this type of hair loss or promote growth during illness, surgery or chemotherapy treatments, this type of female hair loss is also temporary. In most cases, full recovery of hair is made after the illness is over.

You can promote hair growth after the illness by getting regular trims and using growth enhancing shampoos and conditioners. Vitamin supplements may also be beneficial.

As you may have already guessed, hair loss in women is more common than we might think. And many may be experiencing hair loss and dismiss it as a natural occurrence that comes along with age. A lot of these women fail to seek the necessary hair loss treatment that can help them keep their remaining hair and regrow new hair. So, if you are experiencing hair loss, do not think that it is just because you are getting older. There may be something that you can do to keep the hair on your head from clogging your drain.

Vitamins and Hair Loss

Vitamins are necessary for your body health as well as hair health. Different vitamins contribute to maintain your body metabolism and hair growth. These also prevent your hair from falling. So it is very important for you to take different vitamins in your daily diet in sufficient quantity. Some of the most important vitamins and minerals that are necessary in maintaining your hair growth are biotin, folic acid, magnesium, sulfur, zinc and inositol. Having these vitamins and minerals in enough quantity will prevent hair loss and maintain your hair growth. However, consuming these vitamins and minerals in excess may cause a lot of problem. So it is very

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important for you to know, how much of these vitamins and minerals you needs in your daily diet. You can take the help of your nutritionist to gain knowledge of this. You also can get sufficient information from internet websites and magazines etc.

Scientists have performed a number of tests on these vitamins and minerals to know how these helps human hair either to grow or prevent them. And from different studies the vitality of these vitamins and minerals for human hair has been established. For example; scientists have found that a deficiency of magnesium results in hair loss in porches. Similarly, a deficiency of inositol or biotin result in total hair loss or complete baldness. Luckily, the complete baldness has never been the case with females, till date.

If you think that you are losing your hair and need some more vitamins to consume in your diet, you can choose from various food diet rich in vitamins necessary for hair growth. You also can opt for multivitamins. But before choosing any option, it would be better in your interest to consult your doctor or nutritionist to know the exact intake that you need to have. As you know that the excess of vitamins and minerals also leads to problems like hair loss. So think for a minute, if the reason of your hair problems is an over consumption of vitamins and minerals.

For example: vitamin A is good for your immune system and your hair health if you consume in right quantity. But when taken in excess may cause hair problems and many other health problems too. Fatty acids are another example; different fatty acids maintain your hair texture and save them from dryness, but when consumed in excessive quantity leads to problems.

This is also in best interests of yours' to prefer diet rich in different vitamins and minerals rather than opting for vitamin supplements and multivitamins. Make sure that your diet contains all the necessary nutrients and vitamins and minerals. Eat whole grain breads, a lot of leafy green vegetables, especially greens and drink a lot of water. Include in your diet various dairy products like milk, cheese, butter and poultry products like egg, etc. Sea

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food like cod fish will also help your hair to make good, gorgeous and healthy. Eat a lot of whole fruits. Although, you can have fruit juices occasionally but having more of whole fruits than fruit juices is much better idea.

You also can try on different shampoos and hair oils to maintain your hair health. But don't try any product on the basis of TV advertisements. Ask your doctor or health care expert for the right kind of oil and shampoo that will prevent your hair from falling and make healthy and good looking.

No matter what you try for your hair health, it is always better idea to have food rich in different nutrients and vitamins and minerals to maintain your body and hair health.