

Combating Hair Loss With Natural Alternatives

Most of us spend a great deal of time and money maintaining our hair, as a full head of hair has always been an expression of beauty, youthfulness, sensuality, and vitality in women and men. Throughout the world, healthy hair is an important part of self-expression and self-esteem in many cultures. When one's hair begins thinning, it is a devastating experience for both sexes. While it is more noticeable in men, women also suffer from thinning and balding. The possibilities for losing hair are endless but the majority of cases can be contributed to hormonal/genetic, medical, environmental, and personal care. Hair loss is a tragedy most profoundly felt by patients who are undergoing chemotherapy as they are warned of the inevitable side effect of partial or total loss of hair within the first ten to fourteen days of treatment.

The type and strength of the drugs used in chemotherapy will determine the degree to which hair loss will occur. Alopecia (hair loss) is the most physically and psychologically distressing side effect of chemotherapy. The stress and depression that are caused by the loss of hair contributes to a further suppression of the immune system. The only treatments that are recommended to prevent hair loss were scalp ice packs or scalp tourniquets, but have been, unfortunately, failures. As people are left with no protection against hair loss, their only comfort is the promise that hair will re-grow after chemotherapy treatment is complete.

Recent studies have begun looking into a formula that includes a synthetic thymus peptide chain along with aloe vera, nettle, birch, and vitamins A, B, and F, which has all been able to boost gland function in the thymus. The initial study showed impressive results for preventing chemotherapy-related hair loss by stimulating the thymus gland. One study, which administered this thymus boosting combination to patients who were a week or more from a mild form of chemotherapy and during the course of the treatment, found that 88% experienced no hair loss at all. All other studies, without exception, reported similar results. It is now established that if this combination of herbs and vitamins is applied two weeks prior to treatment and continued during treatment, that most patients will retain their hair.

Baldness and thinning hair is most often considered a man's problem, as 40 million men in North America are experiencing some form of hair loss, with half of them expecting to become bald within the next ten years. However, hair loss is not only a man's problem, as women suffer from hair loss as well. Over 60 percent of all women worldwide begin to experience some hair loss by the time they reach menopause. No matter what gender you are, hair loss always creates some amount of emotional distress. About 100 hairs are lost from your head every day, with the average scalp containing 100,000 hairs. With male and female pattern baldness, hair loss occurs in those follicles that are DHT-sensitive, which causes the follicles to wither and die from extended exposure to this hormone.

Although baldness was basically considered an irreversible condition, some prescription medications have offered a few temporary benefits, but there has never been a permanent solution. However, as previously mentioned, thymus boosting formulas can offer a solution for most kinds of hair loss, as long as there are living hair follicles still on the scalp. With these formulas, hair re-growth can be seen as early as 2-3 months, depending on the length of time and cause of hair loss. Those who have been thinning or balding for over ten years may take as long as 9-12 months before noticeable improvement.

About the Author

More information on hair loss supplements and [hair loss shampoo](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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