



Article Side

Hair loss treatment for continued hair loss by [Makjonson](#)

Article published on February 15th 2012 | [Health](#)

Self-importance or vanity is not confined only for the female population. Every person wants to look fine and feel attractive. When people have suffered from hair loss, problems not only bodily but psychologically are created. Hair loss leads the people to lose their self-confidence and become depressed. For women having longer hair, hiding hair problems can sometimes signify a simple hair style. But for men, it can be a big problem. So it should be necessary to get relief from hair loss through a hair loss treatment.

Hair loss treatment ensures the correct supply of vitamins and minerals in order to maintain appropriate hair growth. Vitamins and minerals like amino acids, proteins and minerals can help to shield the follicle. In hair loss treatment the diet should include more green leafy vegetables, milk, fruits and sprouts, salads and also some protein like milk, buttermilk, wheat germ, yeast, soybean wheat germ and vitamin A. To prevent hair loss it has been suggested to take curd or white sesame seeds every morning as a source of magnesium and calcium to reduce hair loss.

According to some common hair loss treatment a mixture of lettuce and spinach juice is excellent to drink to reduce hair loss. The juice of alfalfa mixed with that of carrot, and lettuce juice is also helpful for hair loss treatment. Oiling and massaging of scalp is very advantageous for stopping the hair loss. Some oils like coconut oil or mustard oil are used frequently in hair loss treatment. It has been suggested that after washing the hair scalp should be rubbed vigorously to increase the blood circulation, and activates the sebaceous glands. The oil that contains vitamin E lessened the hair loss and as a hair loss treatment regular application of coconut oil mixed with lime juice on the hair is also helpful to stop hair loss.

Application of green coriander leaves on the scalp is also helpful for hair loss treatment. It will reduce hair loss problem if people use a paste of boiled dal and fenugreek two to three times a week to wash the hair. A paste of seeds of lemon and black pepper or the paste of licorice made by grinding it in milk can be applied on scalp to reduce hair loss. Apple cider vinegar and sage tea is also helpful to rinse hair thus reducing hair loss. Thus there are many ways you can reduce the hair loss problem, the only condition being that if the hair loss is hereditary.

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Article Keywords:

hair loss treatment, hair loss