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Our lives have got busy, in so many things that we have really forgotten that our body shape and figure represents as what we are eating? In this regard, it can be said that if we don't take enough amount of minerals and vitamins in our food, then we are likely to suffer from different diseases which also includes hair loss, baldness or alopecia.

As every third woman is affected by this problem, so it becomes a real issue for women because not having good hair on their head totally destroys their personality, confidence and self belief. This situation could have become very serious, if medical experts and scientists had not worked in order to discover ways, through which women can control the problem of hair loss. To the credit of the efforts made by medical experts, these ways are equally applicable to the male hair loss treatment, as well.

One of the best solutions, in this regard is to use the expensive treatment of hair transplant surgery. Basically in this surgery, a doctor or a surgeon replaces the original follicle of a person with a new one and in this way; the hair starts to grow again.

Though, it's a very nice thing to have but it is expensive and not everyone can afford this solution but in the long run, it can be easily said that is worth every penny because it can solve all of your hair problems and it can easily give you back your beautiful looks, along with all the confidence and self belief, which you started to lack after losing your hair.

It will be totally wrong, if we don't mention the causes due to which women start to search for best hair loss treatment, for their hair problems. If we talk, specifically about women then there are two most common causes of hair fall. These two can be easily traced because most of the women do suffer from these problems, especially in between their pregnancy and menstrual period. However, there are other reasons, as well due to which, these hair problems occur. Bad diet, poor exercise routine along with stress is also common causes of hair fall. Improper hair care is also another common cause of hair loss, as well.

If we talk about other solution for hair loss other than the surgery transplant then proper exercise along with maintain a good flow of our diet is a good option, as well. The main advantage of these tips of hair restoration for women is that they don't need to do any hectic stuff or expensive stuff like surgery hair transplant. In these exercises and diet plans, we can say that daily and regular walk or jog of about 30 minutes and taking minerals and vitamins in your diet are more than enough for solution for hair loss. Zinc, iodine and iron are one of the best minerals, in this regard. Another source of getting them inside your body is through meals consisting of these minerals.

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[Justin Mark](#) - About Author:

Justin Mark is an author of myhairforme.com, One of the best hair loss treatment for women and men. He is writing articles on a [solution for hair loss](#), from past 2 years.

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