



Article published on December 22nd 2011 | [Health](#)

As, we all know that hair loss is a problem which is affecting both men and women. Though, there are more women who are affected by this problem as compared to men but overall this problem is really very dangerous. Though, it might not take your life but it can certainly destroy your looks for the remaining time of your life. So, need of the hour is that we need to take good care of our hair. Alopecia, poor diet along with hair thinning is one of the major reasons for hair loss in both women and men. However, hormonal change during pregnancy and menstrual period are two specific causes of hair loss in women.

There is also one more reason which is a real big mistake of us. The mistake which we do is that we don't give much attention to the signs of hair loss. If we take these signs of hair loss seriously then it will be clear that the whole process of hair loss completes, in a period of 6 months. In these 6 months, our hair keeps on getting thinner and keeps on getting out of our head. So, the signs start when we see our broken hairs on our pillows or when we shampoo our hairs then a big amount of them wash away, as well. Last but not the least, when women comb our hair then another big sign is a lot of hairs getting stuck to the comb then women starts thinking for hair loss treatments for women. These are some major signs and if you go through these signs then you must start to take precautionary measures, immediately.

These precautionary measures for hair loss treatments for women as well hair loss treatment for men include programs which will improve our diet plans as well starting regular exercise plans. However, there are some other options as well, which are for those people who are already in advanced stage of hair loss.

In this regard, the best option is to go for a hair transplant option. Basically in this option, the expert surgeons will change the original follicle of our hair and then place a new one instead of it due to which our hair starts to grow again. This is an awesome thing for female hair loss treatment, especially because women are more beauty conscious as compared to men. Though it is a very expensive procedure but if we look in the long run, then it has to be said that it will pay off you with each and every penny.

To conclude, if we talk about especially, about hair loss treatments for men then it can be said that taking high amount of following minerals and vitamins in your diet through which you can improve health of your hair. Silicon and iodine are one of the best in this regard whereas zinc and iron are also very good options for people, who want to make their healthy get strong healthy.

Article Source:

<http://www.articleside.com/health-articles/solutions-of-hair-loss-in-men-and-women-reality-or-just-a-myth.htm> - [Article Side](#)

[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 [female hair loss treatment](#), from past 2 years.

Article Keywords:
female hair loss treatment

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!