Stretch marks and hair loss problems in females by Whitney

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The American Academy of Dermatology has said that it is normal to lose 50 to 100 strands of hair in a day. But we panic when even a hair less than this amount fall. Hair loss in women is an issue that has been there from years now.

There can be a number of reasons why a female might lose hair and these reasons are become the changes in their physical health of the female. That is why hair loss is more in females than males. In pregnant women Telogen Effluvium is a process that is a cause of hair loss. What many of us do know is that medication can also result in hair loss.

Hair loss is one of the many problems that are faced by a pregnant female. Other issues include stretch marks. They mostly result in the post-delivery sessions. These stretch marks surely are embarrassing. Because of this increasing issue in females, the stretch marks cream had been introduced as the stretch marks treatment.

These creams are not the only solution for these marks. Other reasons of the occurrence of stretch marks include puberty, muscle building, and hormone replacement therapy. If the problem is detected in the first place then it can be confronted well. Abdomen, breasts, upper arms, thighs, hips, back, and underarms are the places where stretch marks can be found.

Medical specialists say that these marks are caused due to change in the gluco corticoid hormones. Egg oil recommended by the Japanese traditional medicines is suggested to be used from the fourth of month of pregnancy.

Many creams are available in the markets that can reduce the stretch marks. If you are suffering from this problem then you can use them instead of opting for any surgery. But be sure that you opt for the treatment under the guidance of your doctor.

Many people are going for the skin peeling in order to make their skin smooth and fresh. Ladies are always concerned about their beauty and they are ready to go any treatment that can make them look beautiful and younger.

Alpha hydroxy acid peeling, Beta hydroxyl peeling, Jessenerâ€™s retinoic peels, tricholoractie acid peels, and phenol peels are some of the peels that are best for the skin. Glycolic acid peel is the best among all. It creates exfoliation on the layers of the skin that rapidly aid in collagen growth. Glycolic acid cream can also be used against the peel.

Before you apply any of these peels of creams, it is recommended to test them on small area of your skin to make sure it does not cause any problem with your skin.

Many people applied them directly and it didnâ€™t suit with their skin type and thus they had to face reactions. Hence, here again the advice of the dermatologist is suggested. He can tell whether you can use the peel or not. It will sure be safer for your skin and you will be saved from side effects.

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Whitney - About Author:
Whitney Houston is an author of clearskincare(http://www.clearskincare.com.au), one of the best acne treatments and pigmentation treatments site. She is writing articles on a Glycolic acid cream since long time.

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