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Tips Regarding Natural Means on How to Stop Hair Loss

If you are looking for natural ways on how to stop hair loss, you are reading the right article. But before you proceed, take note of this: A nutritious diet, adequate vitamin intake, and regular physical exercise will contribute not only to your well-being but also to the health and growth of your hair. If you are a male suffering from hair loss, a quick lifestyle change will be the appropriate first step that you must take in order to deal with your problem. Although the main root of hair loss is genetic in nature, knowing how to stop hair loss begins with a basic knowledge of proper nutrition.

A Healthy Diet Leads to Healthy Hair

A quarter of the human hair shaft is comprised of water. It is important to stay hydrated by drinking six to eight glasses of water every day to support hair growth. Protein helps in the growth of hair because hair is made up of protein. Therefore, lesser amounts of protein in your body will be equivalent to more hair loss. Meat and dairy products such as eggs are rich in protein and having them in your daily meals will surely help bring back your lost crowning glory.

Alcohol content in your blood reduces hair growth. Smoking also increases your risk of hair loss by reducing the flow of nutrients to the scalp. So if you want to practice how to stop hair loss, slow down on alcoholic beverages and quit smoking as soon as possible. Cut down on junk food, excessive sugar sweets because they all hasten the process of baldness. Learning how to stop hair loss will also require a great deal of sacrifice.

Get Those Essential Vitamins

Vitamin C is another essential dietary requirement for healthy hair. Be sure to take the suggested vitamin C intake of 1,000 to 3,000 mg per day by eating enough servings of citrus fruits such as oranges, green peppers, and lemon fruits. B complex vitamins, vitamin E and biotin are equally effective and vital for hair regeneration. For healthy circulation of blood in the scalp area, you must take vitamin B3. It is highly suggested that you take a daily dose of B complex and vitamin E supplements to support hair growth.

By aiding in the fat synthesis in the hair follicles, vitamin A can spur accelerate hair growth and keep your hair smooth and shiny as silk. You may want to include carrots, squash, kale and eggs in your meal plan to have a steady supply of vitamin A. Learning how to stop hair loss would really entail discipline and a good mind set. You may start it right by beginning with the end in mind - grow back your hair in a natural fashion.

If you want to know how to stop hair loss in a fast, convenient and natural way, you may take Procerin tablets. Procerin is an all-natural vitamin food supplement that combines all the good things you can get from natural hair loss vitamins mentioned above. It also blocks the formation of DHT from the male hormone testosterone. DHT is the chief hormone responsible for male Androgenic Alopecia. For excellent and faster results, you may opt to use the counterpart product Procerin XT Topical Activator Foam which is applied directly on the scalp. When used together, Procerin tablets and Procerin XT synergize in order to deliver a noticeable result within one to two months' time. If you want to know more on how to stop hair loss, you may visit www.procerin.com/stop-hair-loss.html.

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