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# Hair Loss: The Ultimate Resource Of Tried And Tested Solutions For Hair Loss And The Maintenance Of Healthy Hair



## Synopsis

Hair Loss: The Ultimate Resource of Tried and Tested Solutions for Hair Loss and the Maintenance of Healthy Hair

Read on your PC, Mac, smart phone, tablet or Kindle device. Hair loss affects millions of people around the world. Whether gradual or sudden, loss of hair can be damaging to morale, self-esteem, confidence and it may also be an indication of your current state of health. As someone who has been experiencing hair loss since his early twenties, I have tried and tested many products on the market, chemical and natural, that reduce hair loss and encourage re-growth. The solution however doesn't just end there. There are many other factors in life that can contribute to loss, growth and the maintenance of healthy hair. This resource will help you understand the cause and also provide numerous hair treatments that I and millions have tried with effective results. This has been a long personal journey of trial and education. When something such as hair loss is affecting you, time matters and we all wish for an immediate solution. Save your time, save your hair and read this. Hair loss is no longer a concern for me, neither is the chore of daily treatment when you have the knowledge of what works.

Contents

Introduction

Chapter One: Hair Loss

Alopecia areata and Androgenetic Alopecia

Chapter Two: Food, Diet & Exercise

Androgen Hormones

Exercise

Diet

The Thyroid

Foods That Can Help

Chapter Three: Hair Products for loss, growth, health and style

Alpecin

Caffeine Shampoo

Nizoral (Dandruff Shampoo)

Conditioner

Oils (e.g. Amla oil)

Regaine or Rogaine (Minoxidil)

Minoxidil Solution

Styling Products

Vichy

Chapter Four: General Hair Well-Being and Stimulation

Laser Comb

Scalp Massage

Propecia (Finasteride)

Saw Palmetto Extract

Shower Filter

Chapter Five: The Untested

Hair Transplant

Final notes

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Tags: hair loss, hair loss cure, hair loss treatment, hair loss solution, hair loss for men, hair loss for women, hair loss prevention, regrowth, hair Loss book, alopecia, exercise, diet, health, alpecin, nizoral, regaine, rogaine, minoxidil, laser comb, propecia, finasteride, saw palmetto extract

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General

## Customer Reviews

Luka Je presents his reasons for writing this book in a clever introduction: 'I'm fast approaching 30 as I write this. I too now also have a large forehead. The hairline has been receding since my early twenties. The thick, dense volume of hair I once had on top is slowly thinning. I have no bald patches but when my hair grows beyond three weeks of a haircut the sides puff out and have more lift than the top, to me it doesn't look a fine balance and it becomes a nightmare to style to a presentable fashion. I'm very limited to what I can do with my hair and once seated in my local barber's seat I almost always reply "yes" to that same old question... "same as usual?" I've had more hairstyles growing up than anyone I've ever known. I've tried almost every hair styling product out there that isn't a toxic concoction.' So we can all identify with Luka! In this very well written book Luka discusses the various forms of hair loss - Alopecia areata is characteristic of patchy hair loss all over the body, and is due to an attack on the hair follicles by the immune system; only medical intervention can resolve this type of hair loss and it can be reversible. Androgenic alopecia is the more common type of hair loss that this book is more targeted at. This is believed to be inherited and difficult to treat. Other forms of hair loss are minor in significance and are either natural or easily treatable with or without medical intervention. The causes - aging, hormone changes, genetics, skin trauma and certain illnesses.

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Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth  
Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss  
Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment

and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Solutions) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) Hair Loss Solutions: Understand, Prevent and Regrow your Hair-Keep Yourself Looking Younger for Longer (Hair Loss Treatment and Prevention) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness! NATURAL HAIR SCALP REGENERATION - STOP hair loss and regrow hair very FAST GUARANTEED: YOUR LAST CHANCE TO REGROW YOUR HAIR NATURALLY Top 30 Proven and Tested HUNGARIAN Recipes For Every Member of The Family: Tried and Guaranteed To Work Top Class, Most-Wanted And Delicious Hungarian Recipes You Will Never Ever Forget Coaching Mini Soccer: A Tried and Tested Program of Essential Skills and Drills for 5 to 10 Year Olds How to Make a Wildflower Meadow: Tried-and-Tested Techniques for New Garden Landscapes Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs

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