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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

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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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Customer Reviews

I found this ebook very informative and was able to complete reading through it quickly. As someone in my forties I too notice my hair line receding. I discovered practical steps and products that I can use. I love the author's review of each product that he has used. Money well spent.

Just another scam artist trying to resell content readily found on the Internet. The only thing ultimate about this is rip-off.

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. The remainder of this book he divides into sections: Food, Diet & Exercise - Androgen Hormones, Exercise, Diet, Thyroid, and beneficial foods; Hair Products for loss, growth, health and style - Alpecin Caffeine Shampoo, Nizoral (Dandruff Shampoo), Conditioner, Oils (such as Amla oil), Regaine or Rogaine (Minoxidil), Minoxidil Solution, Styling Products, and Vichy; General Hair Well-Being and Stimulation - Laser Comb, Scalp Massage, Propecia (Finasteride is the generic name), Saw Palmetto Extract, and Shower Filter; and finally, The Untested - Hair Transplant. Each of these topics is supported by research that is well documented and also very accessible to everyone. Luka Je shares personal and scientific information and then offers all that is known about hair loss and the treatments and prevention of hair loss as well as maintenance. Recommended. Grady Harp, November 14

I was pleasantly surprised to find this to be such a detailed and well-researched book, offering pros and cons of a number of treatments for the problem of hair loss.. For those who wonder why they are suffering from this problem there is a full discussion of possible causes. What I particularly like are the personal reviews by the author of different products and treatments as well as useful tips on the best ways he has found of administering them. A useful, down to earth resource for everyone wishing to minimise hair loss and maintain healthy hair.

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Reminder | Log Book | Mileage Log | Repairs And Maintenance | Everything ... | 5.5 x 8.5â • small & compact (Volume 1) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) The HairCell Program - Unique No-cost Hair Loss Treatment: How to Keep Your Hair Healthy and Naturally Manage Hair loss 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 Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness! Breakfast Time: Healthy Breakfast Recipes (Tried & Tested Book 1) Car Maintenance Record Book: Car Maintenance - Repair Log Book Journal. Log Date, Mileage, Repairs And Maintenance. Notebook With 100 Pages. (Auto Books) Hair Loss Master Plan: Health and Beauty Hair Loss Solutions 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 Why Am I Losing My Hair? Diabetes & Hair Loss: Diabetes and Hair Loss Back On Track - Fighting Hair Loss At Home, How To Prevent And Cure Hair Loss Using Home Remedies, Grow Your Hair Thicker Naturally!

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