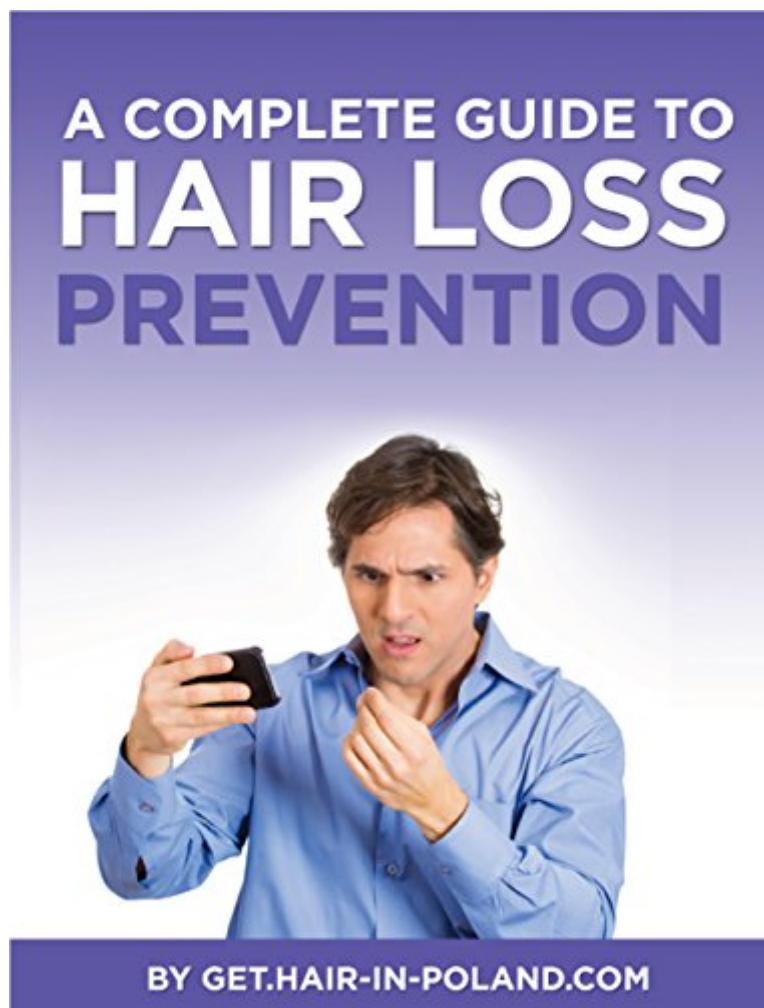


The book was found

# A Complete Guide To Hair Loss Prevention



## **Synopsis**

Hair loss in both men and women is common, and occurs due to various reasons. Hairloss may be sudden or steady, and to understand why hair falls out, we need to studythe science behind it. The Complete Guide to Hair Loss Prevention will help you to understand why hair falls out and what to do to prevent it.

## **Book Information**

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Hair Loss #73 inÂ Books > Health, Fitness & Dieting > Men's Health > Hair Loss #5410

inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

## **Customer Reviews**

I just had to read a book written "By Get-Hair-In-Poland!" I suspect there will be some promotional material in this short book. Let's see.First, the author tells us why hair falls out. Somewhere between 50 and 100 hairs are replaced every day by new hair. But losing the follicles is a different matter--those are not replaced. The causes: genetics, hormones, disease or deficiency, drugs or medicines, burns or X-rays, shock or stress, autoimmune diseases, aging, over-styling. Well, that's good to know. But what can we control and/or reverse?DIET -- what to eat to reduce loss of hair follicles. Good standard nutritional advice here.EXERCISE -- for the entire body, including your hair follicles. Scalp massage might help also. Acupressure is worth doing too--not directly on your hair

but on your fingernails! Yoga and meditation. HAIR CARE TECHNIQUES -- use of apple cider vinegar, olive oil, baking soda, eggs. Ways these could help. PHARMACOLOGICAL TREATMENTS -- with the advice of a health practitioner. Minoxidil and Finasteride -- pros and cons. Corticosteroid ointments and injections -- worth considering. Psoralen with ultraviolet A-Light therapy -- generally poor results. HAIR TRANSPLANTS -- several different kinds. CELL THERAPY -- one of the newest methods with a lot of promise. Ah ha! Just a short plug for a clinic in Poland for hair transplantation! Arrive day one -- go home day two with a complete head of hair. But please -- go home with at least one or two weeks of experiencing Polish culture, history, architecture, people -- and FOOD! It'll be worth it. A quick read of this book was well worth my time too. I like it!

Very useful.

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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) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) 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 Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) 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 Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) 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 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! Hair Loss Cure: Spanish Version - "CuraciÃ³n De La PÃƒÂ©rdida Del Cabello": Para La CaÃƒÂ±da Del Cabello , el Revolucionario Loss Prevention, El Tratamiento ... (hair loss cure spanish) (Spanish Edition) Hair Loss Cure: A Revolutionary Hair Loss Treatment You Can Use At Home To Grow Your Hair Back Why Am I Losing My Hair? Diabetes & Hair Loss: Diabetes and Hair

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