



HEALTH TOTAL

Simple - Real - Scientific

Hair Fall Solution

with Homeopathy
and Nutrition

www.health-total.com

INTRODUCTION

Hair fall is a very serious issue for most women. The fact that they are unable to style their hair is a big cause of dissatisfaction, because it affects their personal appearance. They feel self-conscious about their thinning hair. Some women feel embarrassed, jealous and concerned about continuously losing hair.

Most of them feel powerless and frustrated when they see long strands of their precious hair coming out easily in their hand, or on the floor while taking a bath, or on their clothes. In fact, there are women who feel that hair fall can be the worst problem that can happen to them – more traumatic than any disease.

If you are losing hair and feeling emotionally distressed, we at Health Total understand how you feel and would like to reach out to you. The fact that you are losing hair is a signal that something has changed for the worse, either in your diet, hormones, lifestyle, stress, relationships, medicines or shampoos.



A minor lifestyle change goes a long way to stop hair loss. If your parents or grandparents exhibited hair loss at an early age, you have a greater need to watch your diet and use herbal remedies.

WHAT CAUSES HAIR FALL

Everyone loses hair at some stage in life. There are about 1,00,000 hair follicles on an average on the human scalp. We lose about 100 strands of hair a day. Usually, they grow back. But when hair thinning sets in, the hair growth is reduced.

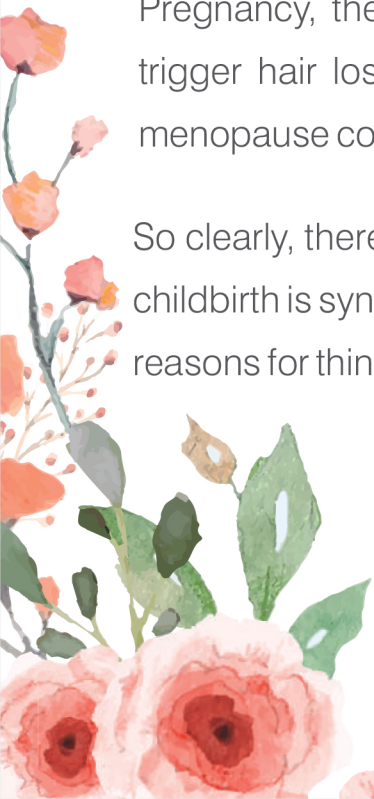
Some men begin to lose their hair in their 20s. Women also lose hair, but it is not very noticeable. Hair loss, thinning of hair or malnourished, unhealthy hair can indeed be frustrating. But you will be surprised to learn that you have control over most of the factors responsible for great looking hair.

There are various reasons for hair loss. Your hair is a mirror of your general health. If your body does not receive proper nutrients, your hair will suffer, along with the rest of your body. Unhealthy food choices, eating on the go, work pressure, time pressure and intense stress affects overall health, including your hair.

We believe that a person's ability to withstand stress without falling sick depends a lot on his nutritional state. Hair falls out due to stress caused by disease, emotional turmoil, hormonal imbalance and fever. All these deplete the body of important vitamins & minerals. If your body is adequately nourished, you may be able to withstand many shocks to the system without falling sick. The idea is to strengthen the body to withstand stress and related problems.

There are multiple reasons for hair fall, which are interlinked in many ways. Some of these factors are –

- Hormonal imbalance
- Genetics
- Inflammation
- High level of androgens
- Vitamin and iron deficiencies
- Childbirth
- Hair treatment
- Insulin resistance
- Chronic degenerative diseases
- Depression
- Autoimmune diseases
- Thyroid
- PCOD
- Gluten and lactose intolerance
- Digestive disorders
- Enzyme deficiencies
- Oestrogen imbalance
- Poor diet
- Surgery
- Smoking
- Poor sleeping habit



Pregnancy, the onset of menopause and accompanying drop in hormone levels trigger hair loss in many women. Conversely, women who are years away from menopause complain about their healthy hair turning dry and brittle.

So clearly, there's an underlying link between hormones, nutrition and hair. Similarly, childbirth is synonymous with temporary hair loss. Malnutrition and anaemia are other reasons for thin hair.

PROTEIN & IRON DEFICIENCY

In low protein diets, the “dispensable” proteins in the hair and skin are among the first lost. Protein deficiency affects not only the hair growth but also the process of replacing dead and fallen hair.

Likewise, a deficiency of iron could prove fatal. Iron is the most important mineral for hair growth. The amount of iron in the blood controls the amount of haemoglobin, which carries oxygen. Too little oxygen affects hair follicles adversely. Hair that’s becoming finer and thinner at the hairline is an indication of iron deficiency.

HEREDITARY

If you are genetically prone to hair fall, you may have female-pattern baldness or male-pattern baldness. It usually occurs as you age.



UNHEALTHY DIET

Repeated attempts at following fad diets, which cut calories with no thought for nutrition, are the worst offenders for hair health. Overzealous dieting, apart from causing hair fall, could also bring on anaemia, low thyroid levels and make you deficient in protein, essential fatty acids, vitamins and minerals. Cholesterol-rich non-vegetarian food that accelerates heart disease also affects the health of hair follicles.

HAIRSTYLE & HAIR TREATMENTS



Chemical hair treatments and hairstyles that persistently tug on the hair can also lead to hair loss in women. This type of hair fall is called traction alopecia. Hair treatments can cause inflammation of hair follicles that eventually lead to hair fall.

MEDICATION

Certain medicines like Ibuprofen, contraceptive pills and chemotherapy agents can also cause hair fall. Acute diseases such as pneumonia, viral infections and typhoid are known to leave behind a weakened vitality, leading to hair fall.



Long term use of chemotherapy, cancer medication, steroids, antibiotics, antiepileptic, and antihypertensive medications have been observed to produce hair fall in some patients.

GOOD NUTRITION FOR HEALTHY HAIR

Good nutrition is extremely important for healthy hair, and it's one of the first things you should work on if you're experiencing hair loss. The ideal strategy would be to go for a diet rich in proteins, essential fatty acids and antioxidants while paying the right attention to cleanliness, and caution when using cosmetic treatments.

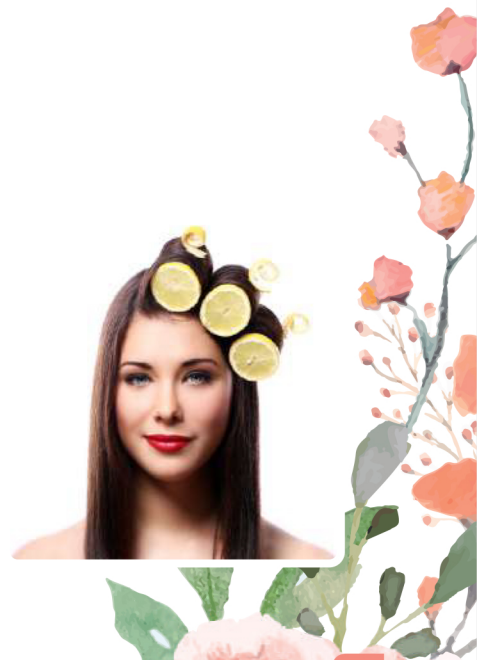
IF YOU WANT HEALTHY HAIR:

- Eat a balanced and healthy diet
- Cut back on sugar and junk food
- Eat more of fresh products

If your hair is adequately nourished, it's likely to withstand shocks to the system brought about by illnesses. Avoid drastic changes in your eating habits. Ensure that your body is getting an adequate supply of vitamins, minerals and micronutrients. Zinc, B vitamins, vitamin A and folic acid are all important for hair health and it's common for women to be deficient in these.

ANTIOXIDANTS

Taking enough antioxidants both in the natural form (vegetable and fruit juices, raw nuts like almonds, walnuts, cashews) and in the form of supplements (vitamin E, selenium, zinc, folic acid and the B-vitamins) is highly beneficial.



PROTEIN

Consume good quality of protein in appropriate quantity (40-50 grams daily) to give your hair a natural shine and good texture. Include more of sprouted whole grains, cereals, eggs and soy in your diet. Eat eggs regularly as it is rich in sulphur, which is beneficial for hair growth.

VITAMINS

Include dark green vegetables, orange and yellow fruits and vegetables in your diet, as they are rich in vitamin A. Vitamin A promotes a healthy scalp while giving shine to your hair. Also, take a B-Complex supplement along with biotin. Biotin helps prevent hair loss.



MINERALS

Include minerals like zinc (present in chicken and eggs), iron (green leafy vegetables, sesame seeds) and copper (whole grains and fish) for healthy hair growth.

WATER



Water is critical to the human body, as approximately 70% of the body mass is water. Water is a solvent; so, it dissolves and flushes out many toxins from the body. It promotes liver metabolism, absorption of nutrients and is important for all life processes, including hair health.

AVOID SUGAR

One of the most important strategies for keeping your hair thick is to avoid sugar. Sugar accelerates hair loss in human and dogs. Eat adequate protein, as it will prevent sugar cravings as well as strengthens your hair and makes it shine.



HERBS



Some herbs are known to be beneficial to prevent hormone-related hair loss. Herbs like Tulsi, Brahmi, Amla, rosemary, sage and Triphala improve the health of the scalp and reduce hair loss. They increase blood circulation to the scalp and provide nourishment to hair follicles.

Topical application of almond oil, primrose oil, castor oil or olive oil on the scalp has shown to benefit hair growth.

SAW PALMETTO

Men concerned about male-pattern baldness should try saw palmetto for hair growth. This herb is known for its ability to treat benign prostate enlargement. It also helps to prevent the conversion of testosterone into dihydrotestosterone (DHT), and the same mechanism is involved in male-pattern baldness. DHT kills hair follicles, so saw palmetto prevents its formation.



EVENING PRIMROSE OIL



This essential oil contains gamma-linolenic acid (GLA), which helps to prevent hair thinning and dryness. It normalises hormone levels and keeps hair healthy and shining.

Every man and woman dreams of bouncy, long or short dandruff-free hair. Your hair is the most visible sign of beauty. So, with a little care, you can have healthy and lustrous hair too!

LIFESTYLE TIPS TO PREVENT HAIR FALL

All of us, at some point in our lives fear losing hair. While in most cases it can be a false alarm, in some cases it can be a serious problem. Here are some simple tips to prevent hair fall –

OIL MASSAGE



Bhringaraj oil or Brahmi oil may be applied to the scalp regularly to stimulate hair growth. Ayurvedic herbs – ashwagandha and Amla – also stimulate hair growth.

You can gently massage almond or coconut oil on your scalp. Oil massage increases blood flow to the hair follicles and strengthens them from the root.

USE THE RIGHT COMB

Your hair is most vulnerable when they are wet. So, avoid combing wet hair as it increases the chances of hair breakage. Use a wide-tooth comb to untangle your hair. Also, clean the comb regularly to avoid hair fall.



AVOID TIGHT PONYTAILS



Tight braids and ponytails tend to pull your hair away from the scalp and can permanently damage your hair.

USE MILD SHAMPOO

Make sure the shampoo you use does not contain harsh ingredients. Switch to shampoos that are paraben and sulphate free. Wash your hair at least once in two-three days to remove dust, dirt and oil from the scalp.

AVOID SMOKING

Nicotine interferes with absorption of nutrients and adversely affects hair health. We have a homeopathic smoking cessation program at Health Total.



SLEEP



Melatonin regulates hair growth and most of the melatonin is produced when you are asleep. It is important to sleep approximately 3 hours after the sun goes down. Get 7-8 hours of restful sleep. This gives your body enough opportunity and time to produce melatonin.

STRESS

Chronic stress is bad for all conditions, but it is exceptionally bad for hair loss. Hair follicles tend to overreact to chronic stress which in turn aggravates hair fall and that causes further stress and this cycle is detrimental to hair growth. So, take it easy. Try not to get perturbed over day-to-day issues.

MEDITATE

Stress is one of the major causes of hair fall. So, include meditation in your daily routine to avoid hair loss.



OTHER LIFESTYLE TIPS

Excessive chemical treatments and styling can weaken your hair shafts, that can lead to hair fall. Avoid excessive sun exposure. Protect your scalp from the sun by using scarfs and hats.

HOMEOPATHY FOR HAIR FALL

Spring increases the growth of hair, while autumn sees a fall in the total number. Over a period of time, the total number of hair reduces for every adult. Homeopathy for hair fall works because it treats the root cause of the condition.

It supports your body in re-balancing the hormones and encouraging the growth of new hair. Your hair will be able to regain its normal thickness within 12 months, along with shiny and dandruff-free hair.

Unlike conventional medicines and hair treatments, homeopathic medicine is customised for you, keeping in mind the current condition of your scalp and hair. People who have chosen homeopathy over other treatments have seen wonderful results.



The reason? Homeopathy is a holistic way of healing. It treats your constitution – the very reason due to which you are experiencing hair fall. So, if it is designed for your needs, it will benefit you!

Homeopathy treats the whole person and not just the symptoms of hair loss. Homeopathic medicines are given in diluted forms, so they are safe with no side effects. In fact, several studies have shown that homeopathy for hair fall is effective. But you need to have the patience if you want to get the results.

THE HEALTH TOTAL HOMEOPATHY INTEGRATED APPROACH

Homeopathy and nutrition together form a potent combination. At Health Total, we believe in the healing power of homeopathy. Along with this if you combine Nutritional therapy and lifestyle modification and supplementation, it can expedite the results and correct the problem. Inadequate nutrition at the cellular level is a major cause of hair fall.

Our team of homeopathy doctors will first understand your health requirement and your constitution, either on the phone or in person. They will then dispatch the program by courier and follow up with you once in 15 days. Chronic health problems are rooted in biochemical imbalances, these imbalances can be addressed by homeopathy along with a sound nutritional program.

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DISCLAIMER

The purpose of this book is to provide researched information on hair fall and how the combination of homeopathy and nutrition helps in managing your hair. It is important to understand that no book can be a substitute for sound medical advice. As each one of us has different biochemistry, the complications accompanied by a disease may vary from person to person.

So, it is advisable to consult at any of the Health Total centres, mentioned below or write to us at www.health-total.com. You can also consult your dermatologist or healthcare practitioner for your hair loss.



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