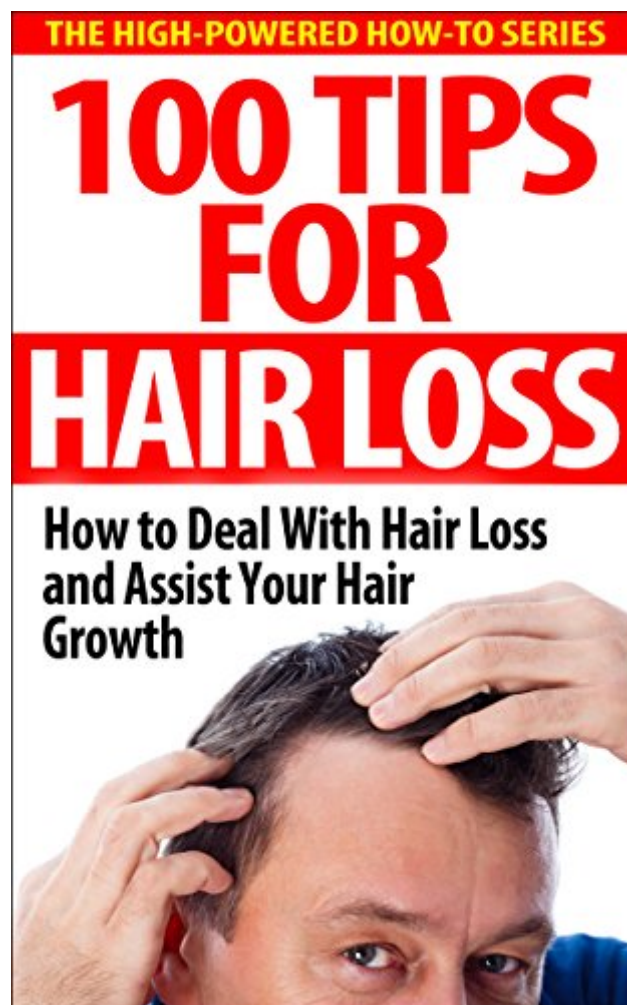




The book was found

# 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)





## Synopsis

100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth

Thirty-five million American men are experiencing hair loss. Although it draws less attention, 21 million American women are also struggling with hair loss. By age 35, forty percent of men are experiencing some degree of hair loss. It is not a rare condition, and the statistics only increase as the years pass. Since a full head of hair is often associated with youth and vitality, most people want to do all that is possible to prevent hair loss and to promote the growth of a healthy, thick growth of hair. For these reasons, the author has provided a comprehensive list of 100 factors affecting the growth of hair. Some of the hair care tips are basic health concerns. Others are a little more exotic, but well-supported in the medical literature. Most are not the expensive approaches that you've seen advertised on television. Some just seem to be common sense, except you may have never considered it before. In 100 Tips For Hair Loss, you will learn:

- Practical steps you can take to care for the health of your scalp and hair
- The importance of various cleansing and moisturizing agents
- What vitamins and minerals contribute to hair growth
- Some common hair care procedures that are actually damaging to the hair
- What foods and beverages promote hair health and growth
- Common medications used to promote the re-growth of hair after balding begins
- How to identify some of the common problems that contribute to deteriorating scalp and hair health

The book is short, but tightly-written. Its brief descriptions of each of the 100 tips for overcoming hair loss include just enough commentary to help you decide which ones may apply to your situation. You probably will not be able to implement all of these ideas immediately, but enough is given so that you can try at least a few. Then, you can add others over time. Take action now. Scroll to the top of the page, then click the 'BUY' button. Then, start reading and using the tips you discover!

Tags: hair loss, hair growth, alopecia, grow hair, baldness, balding

## Book Information

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## Customer Reviews

This is a good book to learn more about how to take care of your hair. What was fascinating to me was how good hair treatment is connected to good eating habits. Certain hair products are better than others and some myths about hair care are expelled. I know there are many people who like a good head of hair and this book can help. All in all, an informative book that could improve your hair.

I am not currently going bald but it is something that I worry about. This book is amazing and has great tips for making sure your hair is healthy. Not only does it give advice for if you are currently experiencing hair loss, but it also shows you how to keep the hair you have healthy to prevent hair loss. This is worth its weight in gold and I recommend it to anyone worried about going bald!

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