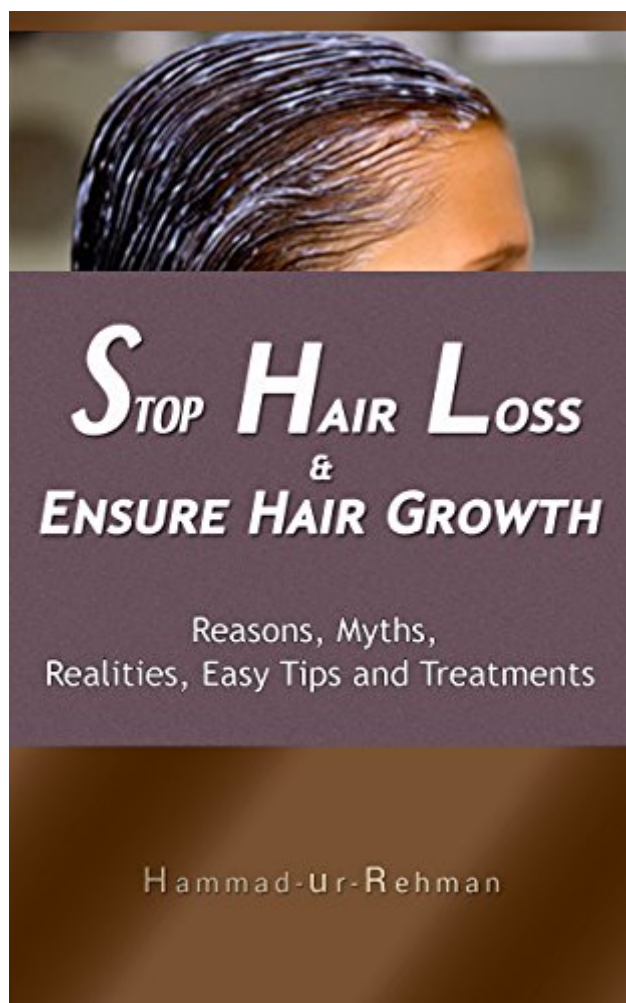


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# Stop Hair Loss & Ensure Hair Growth: Reasons, Myths, Realities, Easy Tips And Treatments



## Synopsis

It goes without saying that hair loss is a problem which is faced by people all around the world in varying degrees. Most people don't pay attention to it until it is too late. Hair loss is a distressful experience which can shake one's self confidence and change a person's appearance forever. Hair loss can be triggered due to a variety of reasons. The reasons may be associated with body diseases like eczema, due to medication like chemotherapy or unhealthy lifestyle involving unhealthy eating, smoking, depression and stress at the workplace. It has been observed that men tend to lose hair at an early age than women, but due to hereditary factors it can be observed in some women too. This book is an attempt to make the reader understand the common causes of hair loss, to dispel some myths, suggest some easy tips and herbal treatments to control hair loss and stimulate hair growth. The book discusses the following topics in detail.

Causes of Hair Loss  
General Hair Loss Factors  
Myths and Realities about Hair Care and Hair Loss  
Care and Treatment  
20 Natural Herbs to Control Hair Loss and Ensure Hair Regrowth

## Book Information

File Size: 2046 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 13, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B019C57GLE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,342,022 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

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General

## Customer Reviews

I went through this book and ready about how to stop hair loss, we got this problem not on men side, hair loss has been a problem on my mother side all of them: women are start loosing their hairs even as young as in their 40's. They have tried a lot of synthetic products and herbs as well but it seems that it doesn't work. I do a lot of research about hair loss and yes it is hereditary. The problem with hereditary is you don't know who among you will have the problem not unless you see signs on your end. However there are also various reasons for having a hair loss. One of which that also discussed on this book is Depression. This book tackle a lot of reasons why people get hair loss at young age. Also what I love how the author emphasizes the importance of care and treatment on our hair which will always reflect what we eat. Many lost consciousness on what to eat and how does those nutrients will be properly distributed to our body. As soon as I have finished reading all the chapters on this book I totally understand the importance of my eating habits, how I deal with stress, how to take care of my hair and what are the necessary treatment that will help individual to have a healthy hair growth.

Well written book with lots of emphasis on finding the cause of your hair loss and then target to overcome it and grow hair. For every condition as the root cause is important and once it is found you can heal the condition very easily. This book provides the list of causes and the probable ways to stop them.

This was a very nice read. I purchased this for my brother who is starting to have trouble with hair loss (it runs in the genes). I really enjoyed how the author explains various reasons for hair loss as it was very informative and gives clear explanations. The author also goes into different methods and techniques to manage hair and promote growth as well as suggests various natural herbs that help promote hair growth. All in all I found it clear and concise and very well written. My brother has already begun to practice the techniques learned from this book! Highly recommended :)

Very informative and cleared a lot of the myths for hair loss. It is a big fear for middle aged men and this book brings a lot of clarity to what really is happening and how to handle it, your different choices and how to get long term results and not just quick fixes! Very helpful and I definitely recommend.

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