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Most people fall prey to androgenic alopecia due to hormonal and genetic imbalance. Aging was once considered to be one of the prime causes of hair loss in both men and women. But the same problem has become prevalent among people who are comparatively younger in age. This has eventually generated a need to do an in-depth study of the root causes behind hair loss at such a younger age. Often in the past, baldness was considered as an undesirable and unfortunate thing. But over the years, the whole thought has changed and now bald and clean-shaven people are seen as attractive and fashionable. In search of instant hair loss treatments, many people choose to go for surgical procedures, which if gone wrong, can produce undesirable results. So it is prudent to make choices for natural methods that can help in treating androgenic alopecia. It is also essential take certain precautions and follow healthy regime on a daily basis to avoid this condition. Let's take a closer look at essential ways that can help us avoid androgenic alopecia:

**Healthy living:** In order to lead a happy and healthy life, this goes without saying. Sleeping a good night sleep, eating properly, and living healthy with regular physical exercise can make you feel younger and better more than helping you grow natural and healthy hair. Proper nutrition can also help in improving the texture and life of your hair. Provillus Men Formula is natural supplement, which can help avoid androgenic alopecia problems and enhance a natural growth. If the problem persists, it is advised to have regular checks with a doctor as it can be due to an underlying health condition.

**Massage:** It may sound simple, but regular scalp massaging can be considered as one of the effective ways to encourage good hair growth. Making it a part of your normal shampoo regime can ensure its regularity. Massaging can also enhance the quality of blood circulation to the scalp, which can take care of a lot of problems.

**Laser treatment:** Androgenic alopecia is generally caused due to overproduction of a chemical, dihydrotestosterone (DHT) (a by-product of testosterone) by an enzyme 5-alpha reductase. In particular, the enzyme is present in the oil glands of the follicles which when comes in contact with testosterone produces dihydrotestosterone. This chemical can restrict the blood circulation to the scalp thickening the protective membrane. This directly affects the health of follicles and weakens their on the hair leading to premature shedding and appearance of bald patches. The laser treatment can help in rejuvenating and revitalising these damaged follicles by limiting the production of DHT for better growth of hair.

**General care:** Use of hair bleaches, dryers, dyes, very hot water, hats, and regular washing of your scalp can affect hair growth. Revita is a gentle shampoo that can act on follicle dysfunction and support scalp vitality. A combination of hydrating molecules, antioxidants, hair growth stimulants, anti-DHT inhibitors, and structural amino acids make this shampoo safe and effective to use.

Try to include green vegetables, fruits, milk, egg, meat, cereals, and pulses in your daily diet to let your hair grow naturally. Keeping a positive attitude towards life can also help in maintaining a good health of your follicles in the scalp.

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Hair loss has become a common problem for both older and younger generation of our society. a [Provillus Men's Formula](#) and a [Revita](#) are our products that can help you to avoid hair loss. Learn more about the benefits of a [hair loss treatments](#) how they can safe and effective.

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