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It is very important to know that hair form an integral part of everyone's personality. Regular hair loss can cause baldness which can be an important reason for lack of self confidence in people. Therefore, scientific researches are continuously going on finding a solution for the problem of hair fall. As per Medical Science, if you 50- 100 hair strands every day then it is normal but when you start losing hair more than the normal rate then it should be considered as abnormal loss of hair and it becomes necessary to identify the exact reason behind abnormal hair fall and find an appropriate Hair Loss Cure. There are many products available in the market but it is always better to use natural remedies to cure hair loss. They are:

1)The first and foremost natural remedy for Hair Loss Cure is green tea. Green tea contains Vitamin C, Vitamin E and is also very good for health as it reduces weight as well as help in curing hair fall to a great extent.

2)Using herbal and natural shampoos which contain gooseberry can be really effective because gooseberry is rich in Vitamin C and prevents hair fall.

3)It has also been proved by the medical experts that herbal medicines are more effective in providing Hair Loss Cure than chemical based products.

Whenever people ask ways to Grow Hair faster they get the same old answer that you cannot grow hair faster because it is genetic. But, this is not true because it is possible to get speedy growth of hair. However, there are certain steps which you will have to follow if you really want to Grow Hair faster. But before that it is essential to know the condition of your hair whether they are shiny healthy and strong or they are damaged and frizzy with split ends. If you hair is damaged and full of split ends then the first step to grow hair faster is to get your hair trimmed in order to remove the damaged part of the hair.

Another way to Grow Hair faster is by increasing the flow of blood into the scalp because abundant flow of blood into the scalp helps in growing hair at a faster rate. Increase of flow of blood into the scalp is possible if you use good herbal hair oil. This is so because these herbal hair oils contain various kinds of herbs which help in stimulating blood flow to the scalp.

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