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Remedies for hair growth for female hair loss victims by [Makjonson](#)

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Are you suffering from hair loss to the extent that your hair strands are thinning at an alarming rate? Do you notice bunch of hair strands on your hair brush each time you comb your hair? If both the answers are yes, then take caution and look for the causes of such tremendous loss of hair.

Hair loss can be hereditary, thus in case you have some women in your family who suffers from female pattern baldness, and then you are also sure to suffer the same fate due to the hereditary genes. Once you know the causes behind the loss of hair, you can take up some precautionary measures so as to reduce the rate of hair fall. There can also be other medical causes like Telogen Effluvium, Alopecia Areata, Androgenic Alopecia etc.

The Androgenic Alopecia is one of the major reasons of female pattern baldness. It can affect your hair at any age and at any point of time in your life. It is a hereditary disease. The main reason why androgenic alopecia hits you is that your hair follicles become overly responsive towards the androgens that are within your blood system. These androgens get into the receptors of the hair follicle and results in loss of hair. Eventually the hair becomes thinner and the follicles die leading to baldness.

In case you are suffering from severe hair loss, it is best not to waste your valuable time and visit the doctor immediately. He is the right person who can guide you about what kind of disease you are suffering and how to grow hair back.

There is also one important factor that you must keep in mind if you want to grow hair back. And that is to maintain a balanced and a healthy diet. It is one of the reasons why many people suffer from loss of hair and that are an unhealthy lifestyle, junk food consumption. To make a stop at such loss of hair and also to grow hair back that are strong and shiny, you must keep a check at the diet that you are consuming. It must be balanced with lots of minerals and vitamins along with the essential nutrients that are needed to grow back the lost hair and also to prevent further baldness.

If you keep in mind all these points, you can certainly prevent the loss of hair and also grow them back soon.

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