Tips for Reducing Hair Loss

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In this modern era, hair fall problem has been become common for men as well as women. There can be various reasons for this like stress, unhealthy diet, hectic work schedule, hormonal imbalance, medications as well as overexposure to the sun. Peoples who are suffering from hair loss problem, their hair can be brittle, weak and dry. It can make them feel unattractive. So, they need to take proper care of the hair. Have a look on the following methods which are very helpful to reduce hair fall:

Maintain your daily protein intake: It is very important to maintain an appropriate level of protein in your body. The main reason for rapid loss of hair is exhaustion of proteins leading to disintegration of the cells and hastens the aging process. You need to take foods that have sufficient protein to overcome this problem. Protein rich food includes beans, legumes, soy products (soy milk, tofu), broccoli along with many others.

Drink more water (at least 3 liters) to alleviate hair fall: Drinking more water (at least 3 liters daily) will help to eliminate toxic substances as well as disease causing bacteria in your urinary system. Thus, your body will capable to concentrate longer on growth evolution as well as maintenance especially to your scalp. Massage your scalp regularly: To increase the blood circulation within your head, you must do massage your head twice a day for 15 minutes at least. You can also do it whenever you apply the shampoo in your head in the shower.

Take Vitamin B6 supplement: To maintain skin, hair or nails, itâ€™s important to take vitamin B6 supplement at the regular interval. These foods include green and red peppers, wheat germ, nuts and potatoes. Before taking it, you must consult to a medical expert to know the amount of B6 supplement that are needed to your body on the daily basis.

Do exercise regularly to reduce your stress level: Stress is considered to be one of the main causes of hair fall. You must do exercise which increase your ability to handle stress. For this, you have to engage 30 to 40 minutes of aerobic or cardio vascular exercise daily. Talk to your medical consultant or doctor: After doing all the above mentioned things, donâ€™t forget to consult to your medical consultant or doctor. They will look through the side effects of your medications because it may be possible that the medicines you are taking or have been taking earlier may be the cause of hair fall.

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