

# HAIR LOSS

## THERAPY

Compiled by

Campbell M Gold

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### IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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### Introduction

There is no single cause for hair loss; however, possible causes include:

- Anaemia
- Antibiotics
- Any lengthy and debilitating illness
- Barbiturates
- Chemotherapy
- Steroid drugs
- Stress
- The taking of too much vitamin A
- Thyroxine deficiency (thyroid hormone)
- Use of contraceptive pills

### Stress

Stress is often a major factor with hair loss. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

## **Therapy**

To counteract hair loss, a whole-food diet coupled with a relatively high protein content can be therapeutic.

High protein sources include:

- beans and pulses
- eggs
- fish
- lean meat
- liver
- low-fat cheese
- poultry
- skimmed milk
- tofu
- wheat-germ

## **Jojoba Extract**

Natural hair products containing jojoba extract can also have therapeutic value.

## **Almond Oil (pure)**

Warm the pure almond oil, and gently massage into the scalp and very gently into the hair. Leave in place for an hour before shampooing with a natural, unscented, shampoo of the correct formulation for the person's type of hair.

## **Supplements**

- Vit C - 1 gram (timed release), 2 x daily, together with bioflavonoids
- Brewers' yeast tabs - 6 daily
- B-complex 100 - 1 tab, 2 x daily
- Choline - 1 gram daily
- Inositol - 1 gram daily
- Multi-mineral formulation containing 1 gram calcium and 500 mg magnesium - 1 tab/cap daily
- Kelp - 1 x tab, 2 x daily
- Zinc orotate - 100 mg, 1 x daily
- Desiccated Liver - follow manufacturer's directions and take the maximum dose
- Pollen - follow manufacturer's directions and take the maximum dose

## **Tissue Salts**

- Kali Sulph - Falling-out of hair, bald spots. Much scaling of the scalp, moist and sticky. Dandruff.
- Silica - Impoverished condition of the hair, lack lustre. A valuable hair conditioner.
- Nat Mur - A useful supplementary remedy in cases of dandruff and falling-out of hair.

- Combin K - a useful combination to combat hair loss.

### **Raw Juice Therapy**

Lettuce Juice, 140 ml, 2 x daily

### **Reputed Remedy**

The following remedy is reputed to be an excellent hair tonic.

Mix in equal parts and apply as a hair tonic:

- Best Brandy
- Coconut Oil
- 4711 Eau de Cologne

Please note that the author is not familiar with this remedy.

### **Aromatherapy**

Massage the scalp with 40° (proof) alcohol, containing 3% sage essential oil.

### **Homeopathy**

It is said that the following are useful in "some cases of middle-age balding":

- Lycopodium
- Vinc.Minor

### **Conclusion**

Try the various natural therapies, and see which one(s) work for you.

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<http://campbellmgold.com>

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