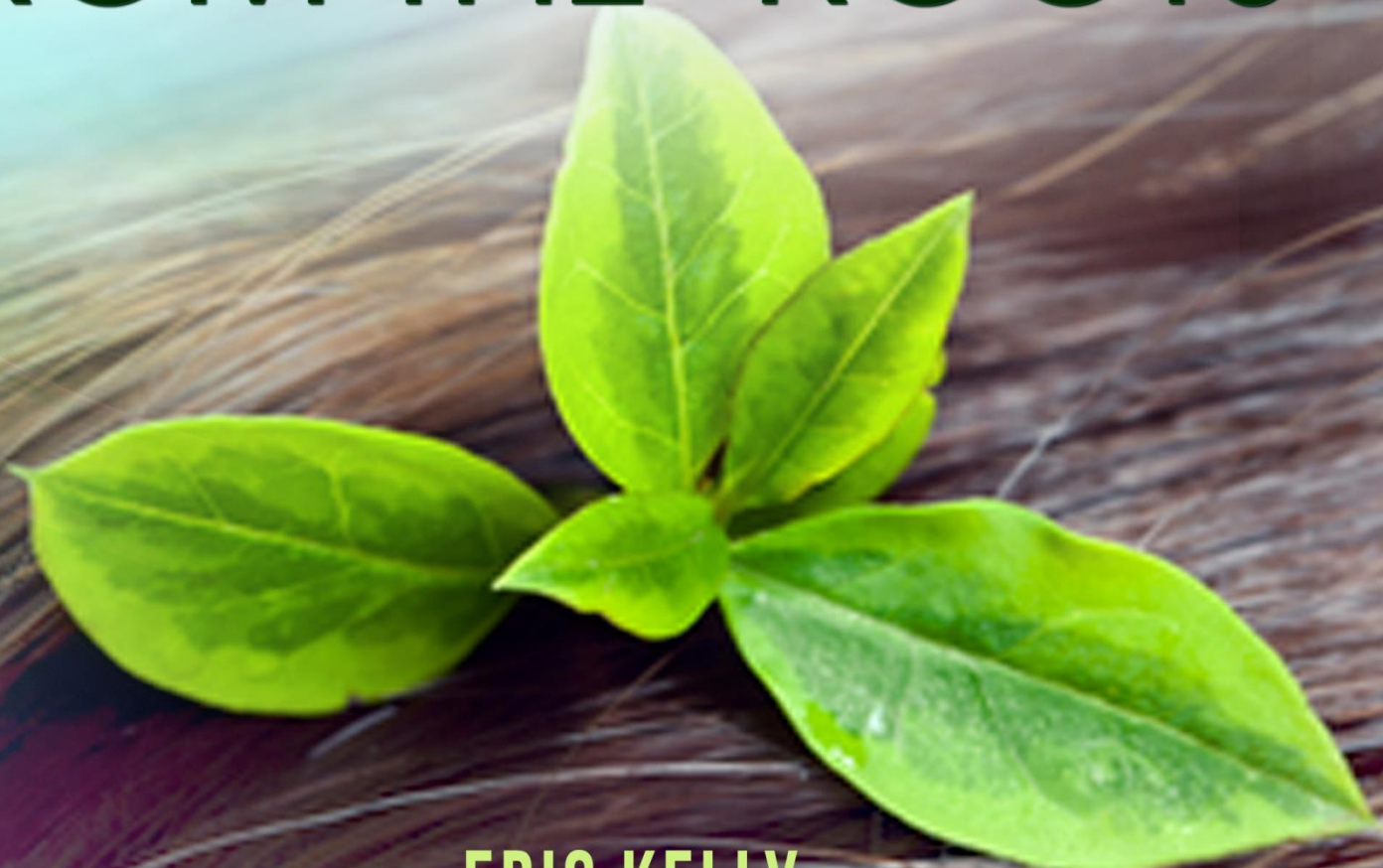


FIGHT  
*Hair Fall*  
FROM THE 'ROOTS'



ERIC KELLY

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# Introduction

Hello there. This is Eric Kelly. We're dedicated to the cause of restoring hair and just like you, we've experienced hair loss. You may not have experienced it personally - perhaps you've seen a loved one go through the emotional costs of losing hair, or are worried about the possibility of losing hair in the future. That's why we put together this report - just for someone like you. We hope the information in this report will help you as much as it did for us.



Here's the brief: 1 in 3 women suffer from stress-related hair loss. That's only hair loss attributed to stress. According to the American Hair Loss Association, 40% of all hair loss sufferers are women. The AHLA also estimates that two-thirds of men will go through some degree of hair loss by 35 years of age, while 85% will see excessive thinning when they reach 50 years old. This is a prevalent issue that has plagued everyone of the modern era, both men and women.

And if you suffer from hair loss, it's hard not to cringe a little when you look into a mirror, or catch sight of your reflection in store windows. Compared to people with full, healthy hair, people who suffer from hair loss most likely get more "bad hair days." You've probably tried different kinds of hair loss treatments without much improvement.

With the advent of technology and bioscience research, you'd think that commercial solutions should be affordable and foolproof by now. But the truth is, although these mass-produced treatments claim to prevent hair loss, you'd be hard-pressed to find any that actually do what they promised. Moreover, they're often filled with questionable chemicals like sodium lauryl sulfate, parabens, fragrances, and many others. A Canadian environmental group called Environmental Defense tested 49 different cosmetic items and found high levels of arsenic and lead!

You might think, "No way the FDA lets cosmetic companies get away with that," but did you know that it is NOT compulsory for the U.S. Food and Drug Administration to review personal care products? Skincare, makeup, shampoos, soaps, perfume, etc. are NOT strictly monitored.

The same applies to those commercial hair loss treatments that are found on the market right now. Aside from all these profit-oriented "solutions," only a handful of **simple natural remedies prove effective**. An increasing amount of people are starting to turn towards alternative treatment, choosing to trust in the ingredients that nature has provided, instead of harmful man-made chemicals.

But before we can even move on to resolution, we need to pin-point the problem. To clearly define the subject matter, hair loss is different from temporarily increased shedding (which often grows back naturally), or breakage of the hair shaft (different from decreased hair growth). Medically, hair loss is known as anagen effluvium, while hair shedding is termed as telogen effluvium. Some people get overly concerned when they suddenly observe more hair falling out when they wash their hair with shampoo, but one should take note that losing some hair does not always constitute hair loss.

Causes of hair loss can range from simple issues like low vitamin levels or lack of protein in the diet - perhaps even not maintaining decent hair hygiene - to thyroid disease, iron deficiency anemia, and other medical reasons. Other factors include genetics and the aging process, where hereditary genes can result in premature balding or thinning at a certain age.

It is common to see men and women experiencing mild thinning after thirty years of age. Hormonal imbalances caused by pregnancy, childbirth, puberty, and menopause may also cause hair loss, although hormonal causes tend to be reversible.

Hair loss can be a daunting prospect, to the extent of causing psychological trauma. Often inextricably associated to our idea of who we are, it makes sense why losing hair can become traumatic for one to see the loss of fuzz.

Embarrassment and low self-esteem often follow sufferers of hair loss, even to the point where they may feel inferior and jealous of others who possess seemingly healthy hair. They may also fear the ridicule and rejection of others who poke fun at the appearance of thinning hair or baldness, especially for young sufferers. In the case of women, where long, thick hair is often linked to the essence of femininity, female sufferers may feel less of a woman.

Male sufferers do not seem as emotionally impacted by these considerations, many choosing to shave their balding heads completely ala Bruce Willis, or simply wear whatever remains. This could be attributed to the fact that baldness is more prevalent in men as compared to women. In fact, bald men are generally thought of as more "macho" than, say, others who possess longer hair.

The same can hardly be said for women; it's much harder for a woman who has her ideals of femininity and looks to wear an entirely hairless visage. That said, there are many men would be distressed at the idea of losing their crown - the aesthetics of appearing bald will not appeal to everyone.

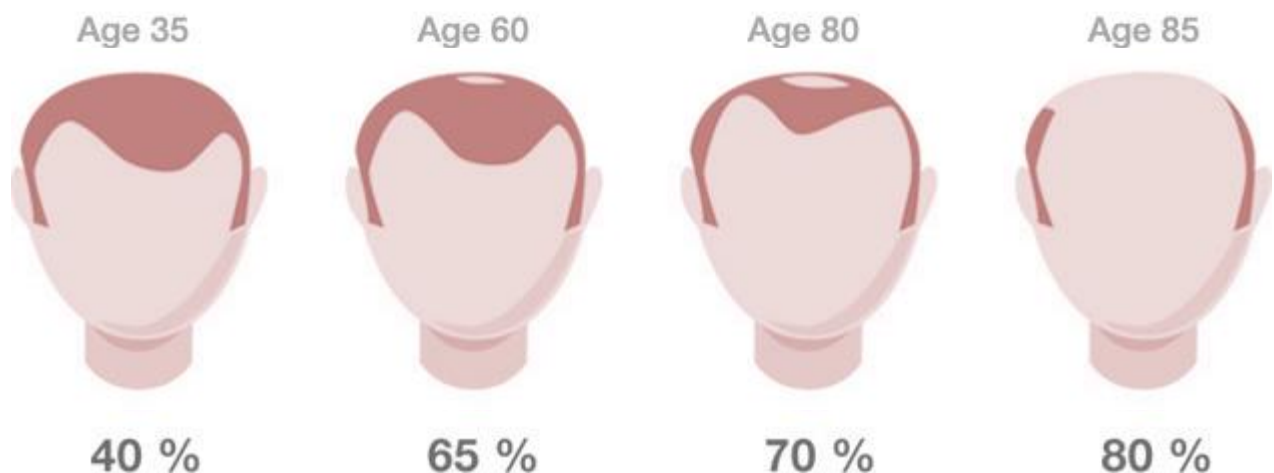
According to statisticbrain.com, 40% of men typically experience notable balding at 35 years of age - but that number reaches 65% at 60. And as I've mentioned earlier, women make up 40% of the hair loss numbers. That translates into 35 million men and 21 million women in the U.S. who are currently experiencing hair loss.



## Hair Loss

Percent of men who have noticable hair loss

STATISTIC BRAIN



## Statistic Verification

Source: Relevant Research, Inc.  
International Society of Hair Restoration Surgery

Research Date: 8 July 2014

Male pattern baldness is characterized by hair receding from the lateral sides of the forehead (known as a “receding hairline”) and/or a thinning crown (balding to the area known as the ‘vertex’). Both become more pronounced until they eventually meet, leaving a horseshoe-shaped ring of hair around the back of the head. More than 95% of hair thinning in men is male pattern baldness, or androgenetic alopecia.



With statistics like that, it's no wonder that many are turning to hair loss specialists, medical treatments, and even surgical hair restoration to curb hair loss in the hope of restoring youthful hair. Some even turn to disguising their lower hair count with certain hairstyles, hair dyes, and of course, wigs. But many would choose to fix the root problem - no pun intended - while the onset of hair loss is still rather early. For others who have been losing hair for an extended period of time, hope is not lost - there are remedies that can be successfully applied.

Conventional methods to curb hair loss revolve around straightforward ones like treatment shampoos and consuming medication to high-end solutions like specialist treatment at a hair centre, which may or may not end in satisfactory

results. In fact, Dr. Jeff Donovan, MD, PhD, a Dermatologic Surgeon based on Toronto, reported that the benefits of hair loss shampoos are generally unclear.

There is no definite evidence to support the effectiveness of commercial solutions. That said, many hair loss solutions like specialty shampoos are generally harmless but also not scientifically proven, thus being potentially useless.



# Non-Invasive, Diy Herbal Alternatives

While the previously mentioned options to remedy hair loss have their own appeal, their limitations can cause many to think twice. Costs, lifelong treatment, and side effects could mean that certain solutions become more trouble than it's worth, and may not result in hair restoration. Is it really worth it, especially when you can get the same benefits - or better - without chemicals, invasive methods, or side effects like impotency?

Perhaps a **natural and holistic approach** is the key to fixing hair loss woes.

## Remedy #1: Grape Seed Extract

Grape seed extract is a readily available herbal choice that is also easy to use: it can be consumed orally in liquid or capsule form, or applied as a topical solution (your nearest supermarket should have this in lotions and creams).

This plant-derived compound is made from whole grape seeds comprising of flavonoids, linoleic acid, Vitamin E, and oligomeric proanthocyanidins, or OPCs. Both Vitamin E and OPCs have been recognized as agents that stop hair loss and promote hair growth. OPCs inhibit the production of DHT, one of the main factors that contribute to hair loss, while at the same time stimulating hair follicles, giving rise to the growth of hair.

In fact, interest in the benefits of grape seed extract within the medical community has been on a consistent rise, with increasing numbers of researchers seeking to conduct various research on the herb to gauge its usefulness.

Research has indicated that grape seed extract has antioxidant and anti-inflammatory properties that can even be used to treat heart diseases, high blood pressure, high cholesterol, certain types of cancer, osteoporosis, edema, and tooth decay. This wonder herb also seems to quicken the healing of wounds and even guards the liver from damage, as well as a host of other health benefits.





This herb is especially great for stopping hair loss and hair growth because of the many different ways it helps hair loss sufferers. The foremost way it helps hair growth is through the action of proanthocyanidins found in grape seed extract, which prevents the conversion of testosterone to dihydrotestosterone (DHT). This is important because at certain thresholds, DHTs can lead to male pattern baldness (medically referred to as androgenic alopecia), but is known to afflict both men and women. In addition, proanthocyanidins promote hair growth through the stimulation of hair follicles.



In a study spearheaded by Japanese researchers, mice which were shaved saw 40% of their hair growing back naturally. When a 1% solution of any of the three types of proanthocyanidins was applied to the skin, between 70-80% of the original hair grew back. Seeing how mice and humans share more than 95 percent of our genomes and are afflicted by the majority of the same diseases, this research shows promising results that could very well benefit hair loss sufferers.

Apart from direct hair growth, grape seed extract also contributes via improving skin health. Improved skin health takes place through improved circulation in the miniature capillaries, or blood vessels close to the skin, which translates into hair receiving the nutrients that it needs. But it doesn't end there. Nitric oxide is produced in greater quantity at these areas, which dilates the capillaries, ensuring that nutrients reach hair follicles with greater efficiency.

Typically, grape seed extract is sold in capsules and tablets in strengths of 50 or 100 mg, but capsules are often recommended as most people are adverse to the bitter taste of the extract. Do, however, read the label. Your formulation should contain at least 90% OPCs and 40% proanthocyanidins. Daily intake for hair loss and thinning is usually prescribed at 200mg, taken in two divided doses, but not more than 450 mg per day.



Although multiple studies have shown the extract to be safe as long as doses do not exceed the recommended amounts, a small percentage of people did report minor potential side effects such as nausea, headache, and dry, itchy scalp. Patients on blood thinners, however, should avoid grape seed extract altogether as proanthocyanidins can result in longer clotting time.

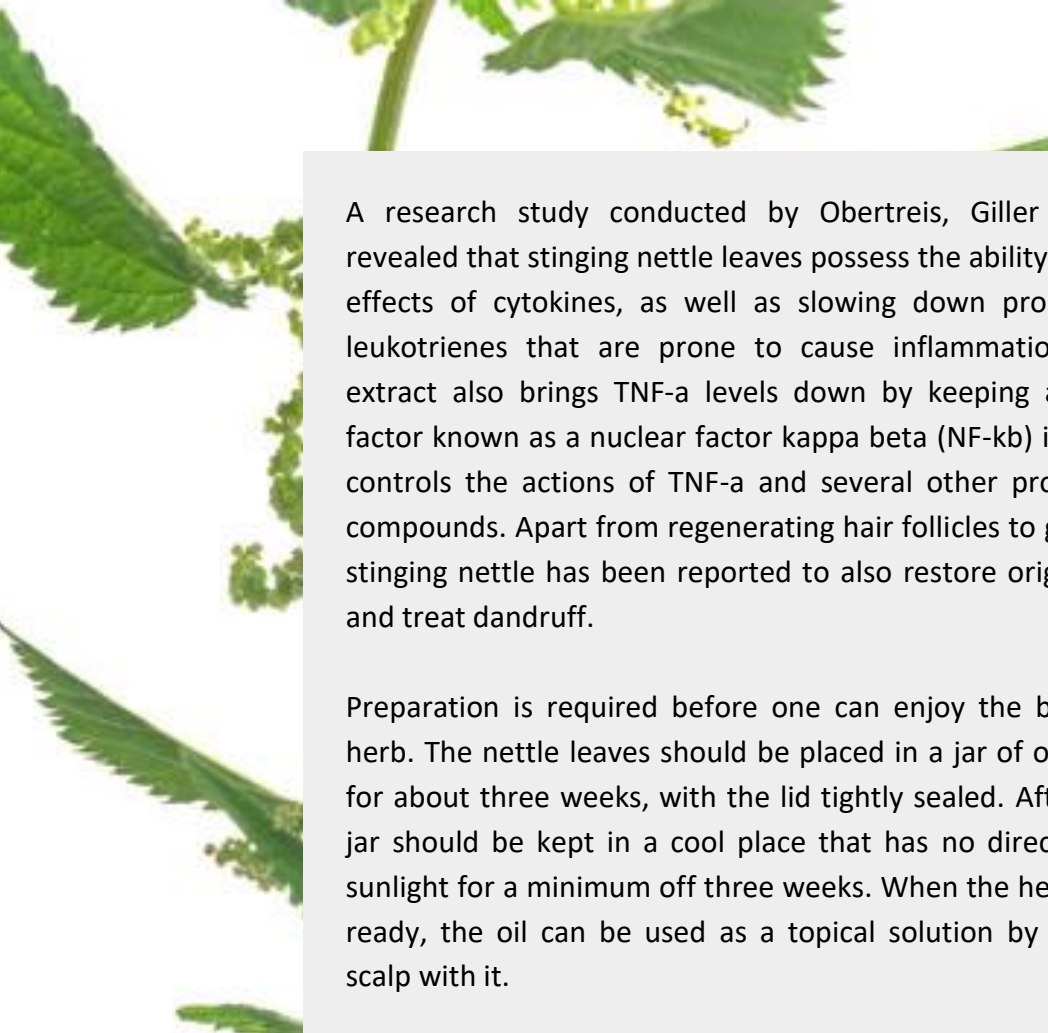
## Remedy #2: Stinging Nettle

*Urtica dioica*, often called the common nettle or stinging nettle, is a flowering herb that has a long history of medicinal use and is native to North America, Europe, Asia, and northern Africa. While the plant is known for causing irritation to skin that can result in visible blemishes and itching, the surprise for many is that it is often used as an ingredient in various herbal supplements and multivitamins that aim claim to enhance hair, skin, nails. Could the stinging nettle really be more friend than foe?

The all-natural benefits of the stinging nettle is not derived from the stinging hairs that cause skin irritation, but from the leaf or roots of the plant. Paradoxically, the leaves of the plant possess anti-inflammatory properties, as opposed to the touch of stinging hairs that many have come to fear.

Similar to grape seed extract, stinging nettles prevents the conversion of testosterone hormones into DHT. Also in similar fashion, this herb can be taken via pills or used as hair oil, both of which have been reported to show positive results. In addition to the positive effect of curbing DHT, studies have shown that the stinging nettle has the properties of reducing tumor necrosis factor alpha (TNF- $\alpha$ ) in the body, a potentially lethal chemical messenger (cytokine) that can provoke our immune system to attack perfectly healthy tissue. High levels of TNF- $\alpha$  can cause a systemic inflammatory fallout that causes arthritis, neurological issues, vascular problems, and even destructive catabolic effects that afflict cancer patients





A research study conducted by Obertreis, Giller et al. (1996) revealed that stinging nettle leaves possess the ability to restrain the effects of cytokines, as well as slowing down prostaglandins and leukotrienes that are prone to cause inflammation. Nettle leaf extract also brings TNF- $\alpha$  levels down by keeping a transcription factor known as a nuclear factor kappa beta (NF- $\kappa$ B) in check. NF- $\kappa$ B controls the actions of TNF- $\alpha$  and several other pro-inflammatory compounds. Apart from regenerating hair follicles to grow new fuzz, stinging nettle has been reported to also restore original hair color and treat dandruff.

Preparation is required before one can enjoy the benefits of this herb. The nettle leaves should be placed in a jar of olive oil to soak for about three weeks, with the lid tightly sealed. After sealing, the jar should be kept in a cool place that has no direct contact with sunlight for a minimum of three weeks. When the herbal solution is ready, the oil can be used as a topical solution by massaging the scalp with it.

People who have never tried this treatment before should start conservatively with light amounts of the topical solution or even a diluted solution, to gauge any possible allergy one may have to the herb. Upon determining that the body has no negative reaction, one can increase the concentration of the topical solution or use it by itself. As herbal remedies often take a longer duration than chemical solutions, it could take several months before any visible results are observed - patience is recommended.

One should exercise caution if there is any indigestion or skin reaction after using this treatment, and consider stopping this course of treatment. If you are thinking of obtaining the extract of the stinging nettle, make sure to get pure extract instead of the watered down version that's laden with artificial additives.

If this seems like a hassle or if you're still skeptical about possible side effects, then there are easier, safe, all-natural alternatives out there. **[Learn more about them here.](#)**

### Remedy #3: Horsetail Rush

Otherwise known as *Equisetum arvense*, the horsetail rush is a bristly herb that is native to the northern hemisphere and is the most commonly used as a medicine in more than 20 species of horsetail. Like other herbs mentioned in this report, this multipurpose plant contains several components that can be harvested for use in different medicines. Rich in minerals such as silicon, potassium, and calcium, the buds of the horsetail rush are also eaten as a vegetable in both Japan and Korea during the spring season.

Apart from balding, the horsetail rush is used for edema, urinary tract infections, disorders of the kidney and bladder, and incontinence (inability to control urination). Other medical uses involve applications for gout, jaundice, hepatitis, frostbite, joint diseases, brittle fingernails, osteoarthritis, osteoporosis, weight loss, heavy menstrual periods, and even uncontrolled hemorrhages. In addition, this herb is used to externally treat pernio (also known as chilblain), a condition that occurs when individuals experience tissue damage during prolonged exposure to cold and humidity, which is similar but not the same as frostbite. Another external use for horsetail rush is in the treatment of wounds and burns.

The herb is said to contain chemicals that have both antioxidant and anti-inflammatory properties. Plants that are close relatives of the horsetail tend to possess diuretic (water loss) effects, but it is unclear if horsetail also has the same effect.

In terms of hair care, experts believe that this herb can strengthen hair follicles and reverse hair loss naturally. Nurseries should have this common plant in ready stock; it can also be purchased easily from Amazon and shipped directly to your doorstep. Once in your hands, horsetail rush can be used in two ways.



In dried herb form, it can be turned into a liquid tincture or brewed as tea. Herbal tea can be prepared by adding 1 tsp. of dried horsetail to hot water, which should be drunk daily for best results. For topical treatment, 2 tbsp. of dried horsetail can be added to baby shampoo and washed normally with the hair. Alternatively, one can add 3 tsp. of dried horsetail extract to hot water to boil for 15-20 minutes, after which the strained liquid can be used to both rinse the hair and massage the scalp to improve blood circulation and promote hair growth.

As a precautionary note, pregnant or nursing women, as well as patients with kidney or liver disease should consult a qualified health practitioner before any use of this herb - although topical applications for hair or skin is generally not an issue. For people experiencing heart issues or high blood pressure, horsetail is generally not recommended due to conflicting medication. As horsetail contains low levels of nicotine, children should also not consume this herb as toxicity similar to nicotine poisoning has been observed in children who have ingested large amounts. Lastly, although it can promote hair growth, excessive silica through overconsumption of horsetail can potentially cause irreversible damage to occur to the kidneys due to long-term use or high doses of this herb.



In addition to the above considerations in mind, it is best to obtain horsetail that has been processed at high temperatures, since the heat destroys thiaminase, a potentially harmful enzyme that is found in crude horsetail. Most other types of horsetail, such as Marsh horsetail (*E.palustre*), is poisonous and should not be harvested without proper knowledge.

While the plant has its benefits, there may be mild side effects when using horsetail. One may experience diarrhea, an upset stomach, and increased urination as a result. Severe side effects also may occur, ranging from nausea or vomiting to kidney pain, lower back pain, and pain while urinating. One must practice care as these symptoms could be indicative of kidney damage. If heart palpitations is experienced, medical attention should be sought at once.

Katie, known online as the "Wellness Mama", is a blogger and advocate of using horsetail for improved health. In a particular blog post, Katie talks about her frequent uses of the herb for many different health reasons:

An herbal hair rinse that supports strong hair and hair growth. I brew a strong herbal tea (1/2 cup horsetail to 1 cup water), steep for an hour, strain and use as a hair rinse in the shower.

For boils and blisters- I grind horsetail with plantain and add enough water to create a paste and then pack on to boils or blisters and cover with gauze to speed healing.

Sore Throat-For sore throat, I make a gargle with a strong horsetail infusion (steeping horsetail in boiling water and then cooling) with sea salt and lemon juice and then gargle with this mixture a few times a day while symptoms persist.

Bedwetting/Bladder Problems- From this article "Studies have shown that Horsetail extract may be beneficial for patients suffering from nocturnal incontinence (bed-wetting), bladder and urinary tract infections and weakened bladder. It may also relieve the persistent urge to urinate with Urinary Tract Infection (UTI). Suggested remedy is to take one capsule of Horsetail extract two to three times daily. It is reported that taking a bath with Horsetail tea for at least 15 minutes two to three times a week may be helpful for UTI and Bladder weakness. For steam bath, steep 10 teaspoons of dried Horsetail into one quart of boiling water for 10-15 minutes and add the strained tea into the bath water."

She is also careful to reiterate that horsetail should be avoided when pregnant or nursing (which she says is more or less her entire married life), but can be used externally. She quotes MRH, a herbalist website operating since 1987.

*"When taking horsetail powder for its diuretic effect, be sure to drink extra water for maximum benefit. Avoid if there are kidney stones. Don't take horsetail herb if you take an ACE inhibitor for high blood pressure and you have congestive heart failure, as the combination of the herb and the drug can cause accumulation of excessive potassium. Not recommended while pregnant. Toxicity similar to nicotine poisoning has been seen in children who ingest large amounts."*



# Conclusion

Now that you've been armed with knowledge of remedies that combat hair loss, feel free to give one or more of them a try. The all-natural, herbal goodness of grape seed, stinging nettle, and horsetail rush mean that you would have little fear that these remedies will backfire on you.

These solutions offer a low risk, high return approach that could see you return to a youthful, fuller looking head of hair, although they do come with the few minor drawbacks of some hassle, time consumption, and precautionary notes.

However, there is another solution which could give you the benefits of these herbal remedies, without the hassle and virtually none of the precaution. Right to your doorstep. **[Click here to find out more.](#)**

Here's to seeing your head remain full of hair, all the way into your golden years!

*Eric Kelly.*