

## **Fish Oil For Hair Growth: The Nutrient Filled Natural Solution...**



It can really be a drain on your confidence to lose your hair...

You start to become self-conscious about your appearance, and constantly worry if your hair loss will continue to get worse.

If you've been experiencing anxious thoughts like these about losing your hair...

then I want you to know that you've come to the right place.

Today, I'm going to share with you an extremely common home remedy for hair loss.

That remedy is FISH OIL and taking it could provide you with many benefits if you're trying to regain a healthy head of hair...

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So follow along, and I'll tell you how this natural solution can help you regrow your hair...

### **First, What's The Cause Of Your Hair Loss?**



To begin, it's important to have a basic understanding of the factors that could be causing you to lose your hair...

Genetics, hormone imbalances, and nutrient deficiency are among the many causes.

And determining the root cause of your own hair loss is a critical first step when determining how best to promote your hair's growth.

You see, there are many ways of trying to regrow your hair...

Some methods include mechanical treatments, some employ chemical solutions, and others focus on nutritional remedies.

Using fish oil will be most beneficial for you if the main cause of your hair loss is a lack of proper nutrients in your daily diet.

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However, it does have properties that can help you regrow your hair in other circumstances as well.

## **Fish Oil For Hair Growth...How Can It Help?**



Fish oil, which is extracted from the tissue of certain fatty fish, contains Omega 3 Polyunsaturated Fatty Acids among other nutrients and proteins...

These components can be beneficial to the overall health of your body but particularly, to the health of your hair and skin.

Now, there are many fats that your body is able to produce naturally...

However, Omega 3 fatty acids are not naturally produced by your body.

That means you have to consume them in some way as part of your diet.

This is one of the primary reasons fish oil can offer you benefits when trying to regrow your hair.

## **Your Skin's Health Is Connected To Your Hair's Health...**



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It has been established that Omega 3 fatty acids can have a major impact on the overall health of your body's largest organ...your skin.

We all know that your hair grows out of follicles with in your skin...

And of course, this creates a natural connection between the overall health of your skin and the overall health of your hair.

This is especially true for the skin on your scalp because of the hair follicles contained there...

And the first rule when promoting strong hair growth is that your follicles need to be healthy.

With this in mind, the fatty acids found in fish oil can have a positive impact on the health and density of your hair.

It's common to notice your hair starting to thin during the beginning stages of hair loss.

This is because your hair follicles are beginning to shrink and unfortunately, your hair begins to grow in weakly.

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But when you increase the fatty acids in your body to a healthy level, your hair follicles start to regain their strength and produce stronger hair.

Additionally, Omega 3 fatty acids can increase the appearance of your hair's health and shine.

You see, unhealthy hair can appear brittle and snap off or fall out easily...

But when your body receives the proper nutrients contained in fish oil, your hair becomes thicker, shinier, and much stronger overall.

## **Anti-Inflammatory Properties...**



Fish oil also contains powerful antioxidants and has anti-inflammatory characteristics...

And those anti-inflammatory properties can have a strong impact when you're trying to regrow your hair.

You see, one of the most common causes of hair loss is a hormone imbalance in which your body produces too much dihydrotestosterone or DHT.

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The DHT ends up attacking your hair follicles...

Then they become inflamed, and soon they start to shrink...

This is why your hair begins to thin out at first, and eventually your hair loss gets worse over time.

But because of the anti-inflammatory properties of fish oil, it can help soothe the inflamed hair follicles...

And allow them to properly grow healthy hair once again.

## How To Use Fish Oil For Hair Growth...



There are many ways you can use fish oil to help promote hair growth.

To start, fish oil can be purchased from your local health food or grocery store in the form of capsules and liquid supplements.

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However, you can also get the benefits of fish oil by eating nutritional fish every week!

### **Eating Fish To Fight Hair Loss...**

Eating fish is a fantastic way to make sure you're consuming a healthy amount of Omega 3 fatty acids and other nutrients and proteins...

However, the first thing you need to understand if you plan on eating fish for this purpose is that not all types of fish are the same!

You need to focus on eating fatty fish that typically come from cold water such as...

- Herring
- Mackerel
- Swordfish
- Salmon
- Sardines
- Tuna

Now, you're going to want to eat servings of these types of fish about 2 or 3 times per week consistently.

And if you plan out your weekly meals ahead of time, this shouldn't be too much of a problem for you...

because there really are endless recipes you can use to prepare any of these fish into a tasty meal.

So get some salmon on the grill this weekend or make yourself a tangy tuna sandwich for lunch tomorrow and start regrowing your hair!

### **Fish Oil Capsules And Liquid Supplements...**



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Some people really don't enjoy eating fish or any other type of seafood...

If you are among these individuals, you don't need to worry...

I recommend you consider taking some form of fish oil supplement.

First, it is wise practice to consult your health care professional before taking any supplements.

Fish oil has been know to interact negatively with some medications. So be sure to get clearance from your doctor before taking this supplement for your hair's health.



But once you do have the go ahead, taking fish oil capsules or the liquid supplement...

can be an effective way to promote healthy hair growth.



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It is recommended that you start by taking 300 to 500 mg per day.

This equates to eating about 2 servings of fish per week.

Now, I want to warn you that fish oil does have a strong odor and flavor that many people find unpleasant.

But there are a couple of ways of dealing with this undesirable characteristic...

One way is by storing your fish oil in a cold location like in your refrigerator.

The cold simply reduces the potency of the smell and taste of this supplement.

Another way is to hide the taste and smell by mixing it into a healthy smoothie.

Simply add the typical fruits and veggies you normally include and then add a bit of fish oil for its beneficial nutrients!

## **One More Thing...**

Even though fish oil is a strong home remedy for hair loss...

you should know that it will probably take several months before you start seeing results.

So if you're looking for a more powerful solution that can work faster...

I highly recommend you check out Provillus For Men...

It's clinically proven to work, FDA approved, and can work for men of all ages and hair types.

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If you're interested, I suggest you read my full review by clicking the link below:

==> [Read Full Review Here](#)