

Saw Palmetto For Hair Loss: The Natural DHT Blocking Palm...

When you start losing your hair, it can be an emotionally traumatic and draining experience...

You might notice your self-esteem drop and you start to feel self-conscious at work, home and in social situations.

Fortunately, there are many remedies and treatments that you can try using to effectively promote healthy hair growth...

And among the most common natural remedies for hair loss is something called saw palmetto...

So, follow along because today I'm going to share with you what saw palmetto is and how it can help you regrow your lost hair...

Saw Palmetto: The Palm With Saw-Like Teeth...

Saw palmetto is a type of palm plant that is also known as *serenoa repens*.

It can grow as a shrub or a tree and is commonly found on the southeastern coast of the United States...

Additionally, it was used by Native Americans for hundreds of years as a form of natural medicine for many ailments.

Today, it's called saw palmetto because on the stem of each leaf, there are sharp saw-like teeth that can cut you if you're not careful.

Aside from the palm leaves, saw palmetto also grows small berries that start off as a yellowish color and become darker as they get older.

It is from these berries that we get saw palmetto extracts and supplements.

You see, saw palmetto can be used to treat several different medical conditions...

Most commonly it's used to treat Benign Prostatic Hyperplasia or BHP which is when a male develops an enlarged prostate.

However, saw palmetto is also frequently used as a natural remedy for hair loss...

What's The Cause Of Your Hair Loss?

The first step when beginning to treat your hair loss is to determine its main cause.

You see, there are a number of different factors that can cause you to start losing your hair including hormone imbalances, nutritional deficiencies, and personal stress.

Whatever the cause, you should tailor your treatment to fit that particular form of hair loss as this will give you a much greater chance of success when trying to regrow your hair.

Now, one of the most common forms of hair loss is called androgenetic alopecia.

This is simply a scientific term for pattern baldness which can occur in men or women.

Androgenetic alopecia is caused when your body starts producing too much of a substance called dihydrotestosterone or DHT.

This happens because an enzyme called 5-alpha reductase works to convert your body's testosterone into DHT.

It is natural for this conversion to occur because your body does need some DHT to properly function...

However, when your body produces too much DHT, it begins to attack the hair follicles on your scalp.

When your hair follicles are being attacked, they become inflamed and start to shrink...

As they shrink, they begin producing thinning hair, and eventually, they stop producing hair altogether.

Saw palmetto actually works to block 5-alpha reductase from your body's testosterone, and by doing this, it blocks your body from producing an excess of DHT.

In this way, saw palmetto actually works similarly to the synthetic prescription hair loss treatment called finasteride (the main ingredient of Propecia).

However, it doesn't contain the same risk of undesirable side-effects like loss of libido, erectile dysfunction, and other things you definitely want to avoid.

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Saw palmetto can be found easily in your local health food or grocery store...

Additionally, it can be found in several stores online, and it comes in a variety of forms including...

- Dried Ground Berries
- Tablet or Capsule Supplements
- Liquid Extract Supplements
- Topical Treatments Including Oils and Shampoos

Now, there are many people who use the dried ground berries to create a drinkable tea.

This may seem like a convenient way to use saw palmetto. However, it is generally considered to be ineffective when trying to promote hair growth.

Fortunately, saw palmetto does come in other forms which can help you achieve better hair growth results.

Using Saw Palmetto Supplements...

Perhaps the easiest and most effective way of using saw palmetto is by taking it as a dietary supplement...

However, before you decide to start using this or any other type of supplement, you should talk to your doctor.

Saw palmetto has been known to have side effects and can interact negatively with some medications.

Additionally, there is no official dosage for using saw palmetto to regrow hair. So, your doctor's opinion when determining just how much you should take will be very helpful.

Now, there are some experts who recommend 160 mg of saw palmetto twice a day...

An easy way to achieve this is to take one capsule (or tablet) with water when you're having breakfast and one along with your dinner.

In addition to that, you can find saw palmetto in the form of liquid extracts. This is a good option if you're the type of person who's not fond of taking pills.

With these liquid supplements, you simply drop the manufacturer's recommended amount in water, juice or tea and drink it down.

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Using Saw Palmetto As A Topical Hair Loss Treatment...

Saw palmetto can also be used in varied forms as a topical treatment for your hair loss.

You can easily find oils containing saw palmetto (and other ingredients that promote hair growth) that you can apply straight to your scalp.

Many of these oils have specific instructions that you'll want to follow. However, you generally apply a few drops to your scalp, massage the oil in, and let it sit for a period of time.

Additionally, there are many shampoos enriched with saw palmetto.

It's easy enough to swap out your usual brand of shampoo for one containing this herbal remedy and begin working to regrow your hair every time you wash it!

Saw Palmetto Does Have Some Risks...

Unfortunately, there are possible risks and side effects related to the use of saw palmetto.

First, it has been known to interact negatively with blood thinners and other forms of medication as well.

As mentioned before, you **NEED** to talk to your doctor before taking this supplement to treat your hair loss.

Additionally, there are side effects that sometimes result with the use of saw palmetto including...

- nausea
- vomiting
- constipation
- diarrhea

Because of this, it is commonly recommended that you take saw palmetto when you're eating a meal...

However, if you notice these side effects persisting or becoming particularly severe, be sure to stop taking it and visit your doctor.

How Long Before I Start Seeing Results?

Like many natural remedies for hair loss, saw palmetto may take several months of consistent usage before you see any results.

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So if you choose this treatment for hair loss, be prepared to be patient.

Now, if it's the case that you want to see results much faster...

Then I highly recommend you check out Provillus for men.

It's a powerful and safe solution that's clinically proven to get results, and if you're interested...

I suggest you read my full review by clicking the link below...

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