

The Top 5 Natural Remedies For Hair Loss!



Like millions of other men, you might be feeling insecure about your appearance, but...

...I want to share with YOU some interesting tools you can use RIGHT NOW at home to help regain your hair's overall health!

REMEMBER, hair loss could be the result of several different factors including personal stress, an imbalance of hormones, and an unhealthy diet...

...however, there are some very respected and common natural remedies for hair loss that you can use from the comfort of your own home.

Naturally, you **ALWAYS** want to consult your doctor before taking **ANY** supplements, but after doing so...

...you'll find that these home remedies can easily be picked up from your local grocery or health food store.

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They are natural and affordable solutions that you can try to promote your hair's natural growth and renew your sense of confidence.

Pumpkin Seeds For Hair Loss...EASY To Find And Easy To Use...



Eating pumpkin seeds for hair growth is an extremely common home remedy. Pumpkin seeds contain oils, vitamins, and nutrients that are helpful when pursuing a healthy head of hair.

The oil from within the seeds can be particularly helpful in treating hair loss because it may act as a DHT (dihydrotestosterone) blocker.

One of the common causes of hair loss is a hormonal imbalance in which your body produces too much DHT.

So, if that is the primary cause of your hair loss, pumpkin seeds may be a good treatment for you!

You can easily find pumpkin seeds at your local grocery or health food stores, and they come in a variety of conditions with some being dried, salted or roasted.

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Just grabbing and eating a handful of pumpkin seeds daily is the simplest way you can add them regularly in to your diet, but...

...you can try adding them in more creative ways as well such as sprinkling them on a delicious salad during your lunch time meal!

To find out more about more about using pumpkin seeds and pumpkin seed oil for hair growth [check out my Full Article by clicking this link.](#)

Fish Oil For Hair Growth...A Delicious Choice?



Another common home remedy for hair loss is the consumption of fish oil. Now, fish oil comes in many different forms ranging from tablets, capsules, and liquids, and...

...it contains Omega-3 fatty acids, which may be a huge help to stimulating your hair follicles by giving them important proteins and nutrients that allow your hair grow in thicker.

Aside from that, fish oil is known to have anti-inflammatory benefits, which can also be a help when

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you're trying to **promote hair growth**.

Hear's the deal, fish oil can have a strong smell and an unpleasant taste. So, if you choose to take it, you might be well served by going with the fish oil capsules. HOWEVER...

...you have another option as well. YOU can simply add more fish to your diet! Eating more fish can afford you many additional health benefits aside from helping you regain you hair, but...

...some fish can be more beneficial than others. So, the fish you'll want to focus on eating are salmon, tuna, mackerel, and even sardines. Bon appetite!

Saw Palmetto For Hair Loss...The Tough DHT Blocker...



Another familiar **natural remedy for hair loss** is saw palmetto. Saw palmetto comes from a plant called serenoa repens, which is a type of palm that grows commonly in the southeastern United States (Unlike the tropical palm tree in my picture lol).

Among other things, saw palmetto is thought to be a powerful DHT blocker. You see, one of the

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reasons you may be losing your hair is...

...your body's testosterone is converting in to DHT, and a high level of DHT means that your hair is not able to regrow as normal.

Saw palmetto helps stop testosterone from converting in to DHT which makes it a strong solution for treating this type of hair loss.

Now, saw palmetto comes in many different forms like tablets, liquid extracts, and capsules, and you should be able to easily find it at your local health food store.

Before you go off to buy, understand that some people choose to apply the liquid extract topically to their scalp while others prefer to take the supplements.

Whichever method you choose, make sure to use the recommended amount as there have been side effects reported while using this treatment including...

...fatigue, nausea, headache, and others. Also, be sure to **CHECK WITH YOUR DOCTOR** before using saw palmetto because it could cause complications with medications that you may be taking.

But, if you are all cleared by your doctor and the cause of your hair loss is DHT, saw palmetto could be a powerful home remedy to **promote hair growth** for you.

Chia Seeds For Hair Growth...Tiny Seeds with Huge Value...

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Chia seeds are another natural remedy that are commonly used to **promote hair growth**. These little seeds belong to the mint family and...

...they contain many nutrients that are thought to be important to growing healthy hair such as Zinc, copper, protein, and omega-3 fatty acids.

These nutrients are believed to help your hair stop thinning, and the copper may help your hair's color stay vibrant.

The protein you gain from chia seeds is also extremely important because your hair is mostly made of a protein called keratin.

On another note, chia seeds can benefit you by helping you sleep better. Getting a better night's sleep means that some of your stress is being relieved...

...and, if the cause of your hair loss is stress, this effect can be very beneficial to promoting your

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hair's natural regrowth.

Now, chia seeds are easy to find at your local grocery store or health food store, and they're pretty convenient to add in to your daily diet.

For example, you can simply add them to your cereal or yogurt in the morning or blend them in to a smoothie with some of your favorite fruits and veggies.

Essential Oils For Hair Loss...Many Oils With Unique Benefits...



There are various essential oils that people commonly use as **home remedies for hair loss**., but of all of them, Rosemary is perhaps the most popular.

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Rosemary is believed to be an effective **oil for hair growth** as it can help prevent your hair from thinning and even slow down your hair from naturally turning gray.

Now, because essential oils are applied topically to your scalp, some people will add a few drops of Rosemary oil right in to their shampoo or conditioner.

Others will mix it in with another oil like Jojoba and massage the two in to their scalp letting them sit for a short period of time (perhaps 20 minutes) before gently washing their hair.

Another essential oil commonly used to **promote hair growth** is Cedarwood. This oil works to increase blood circulation on your scalp.

Healthy blood flow is critically important when trying to stop hair loss, but Cedarwood can also help reduce stress and prevent dandruff from forming.

Last, Peppermint oil is also considered by many to be a strong remedy for stopping hair loss. It is known to reduce inflammation and help relieve some of your tension and stress.

You can apply it and Cedarwood in a similar way to Rosemary oil by adding a few drops to your shampoo or by massaging it in to your scalp.

Now, it's important to understand that these **natural remedies for hair loss** can be effective, but they will probably take many months before you start to see results...

So, if you're looking for a hair loss solution that is more powerful, but still safe...

...then I highly recommend you check out Provillus for men...

Provillus is FDA Approved, clinically proven to **promote hair growth**, and can work for all types of men.

If you're interested, I suggest you read [my full review of Provillus by clicking this link](#).

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