

Need A Home Remedy For Hair Loss: Try Eating Pumpkin Seeds...

...And Start Using Pumpkin Seed Oil For Hair Growth



It's common to feel insecure about your looks when you're losing your hair...

The loss of confidence you feel and the attempts to hide your hair loss can really bring down your morale, BUT...

...today, I'm going to tell you about a healthy snack that may help get you...

...the full head of hair you're looking for...PUMPKIN SEEDS!

Now, remember that there are many different causes of hair loss, but...

...eating pumpkin seeds is one of the most common **home remedies for hair loss** because...

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...it can **promote hair growth** for you in a number of ways, and using pumpkin seed **oil for hair growth** may be...

...an even stronger **hair loss treatment** you can try from the safety and comfort of your home.

So, give me your attention right now, and I'll tell you why these little seeds and their oil could be the powerful ally you're looking for to promote your hair's growth.

The Surprisingly Ancient Pumpkin



First, let's dive in to the pumpkin's background. Pumpkins are squash plants that are native to North America.

There's actually been evidence found in Mexico of pumpkin related seeds dating all the way back to 7000 BC!

Today, they're grown all over the world, and are used widely in cooking because most parts of the

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pumpkin can be eaten, but...

...it's their seeds in particular that many use as a **home remedy for hair loss**.

Pumpkins Seeds For Hair Loss...A Convenient Option

Pumpkin seeds are rich in several nutrients and are a popular snack that can be found in many local grocery stores and health food stores.

Additionally, there is an important product extracted from pumpkin seeds that can help you **promote hair growth**...pumpkin seed oil.

Pumpkin Seed Oil For Hair Growth...A Stronger Option

Pumpkin seed oil is pressed out of roasted pumpkin seeds, and because of its strong flavor, it's used in various ways for cooking.

But here's the deal, eating pumpkin seeds can be a very beneficial home remedy, but...

...using pumpkin seed **oil for hair growth** in addition to eating the seeds may create an even more powerful **hair loss treatment** for you.

Eating Pumpkin Seeds Can Help Your Body Block DHT

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

You see, when your body has elevated levels of DHT it causes you to start losing your hair.

This happens because the DHT attacks your hair follicles and shortens their natural growth phase. After that:

1. Your hair follicles start to shrink...
2. Your hair starts thinning out, and...
3. Eventually, it begins to disappear.

Now, DHT is actually converted from your body's testosterone by an enzyme called 5-alpha reductase, and...

...eating pumpkin seeds (or using pumpkin seed oil) can stop that enzyme from working.

This keeps your body's DHT at a healthy level which is critical if you want to **promote hair growth**,

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and it has additional health benefits as well.

Using Pumpkin Seed Oil For Hair Growth Helps Your Body Reduce Inflammation



Inflammation in your body, especially on your scalp, could also be a cause of your hair loss, and...

...the possible reason why using pumpkin seed **oil for hair growth** is so effective is because...

...it reduces inflammation, which then prevents 5-alpha reductase from converting testosterone in to DHT.

You see, as DHT attacks your hair follicles, they become inflamed, and that's why they start to shrink.

Within pumpkin seeds, there are strong antioxidants like vitamin E that can help decrease that inflammation.

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So, when you're eating pumpkin seeds or using pumpkin seed **oil for hair growth**, you are decreasing your body's overall inflammation AND more importantly...

...inflammation on your scalp, which naturally helps you regrow your hair.

Eating Pumpkin Seeds For Hair Growth Gives You Healthy Minerals and Nutrients



Another common cause of hair loss is mineral deficiency because of a poor diet.

To start off, pumpkin seeds are high in protein. This is incredibly important because your hair is mostly made up of a protein called keratin.

Aside from that, pumpkin seeds are rich in:

- zinc
- magnesium

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- calcium
- manganese
- copper
- iron

Now, these are all important minerals, but your body especially needs a healthy level of zinc to ensure that you have proper hormone production and...

...to help fight off inflammation.

And keep in mind that there are specific cases of hair loss which directly relate to being zinc deficient.

Additionally, deficiency in magnesium and calcium has also been connected with certain forms of hair loss.

But when you're **eating pumpkin seeds for hair growth**, your body should be getting the minerals and nutrients you need to maintain a healthy scalp.

How You Can Use Pumpkin Seeds and Pumpkin Seed Oil For Hair Growth

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Even though pumpkins are considered a seasonal food here in the United States, you can buy pumpkin seeds all year round.

As I mentioned before, you should be able to find them at either your local grocery store or health food store.

They come in a variety of tasty conditions too, including...

- salted
- shelled
- raw
- dried
- roasted

You can easily snack on them throughout your day or just try remembering to eat a handful each morning with breakfast.

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If you want to be a little more creative, you can flavor and toast them yourself, or...

...you can try baking them in to bread and other recipes that you enjoy.

Pumpkin Seed Oil Is More Versatile...

Pumpkin seed oil comes in capsules or just as the oil itself, and it should be easy to find at your local health food store.

Some people will take the oil straight with a spoon, but keep in mind before you try doing this...

...that pumpkin seed oil has a pretty strong, nutty flavor that some will find unpleasant.

If that's the case with you, try adding it in to a salad dressing or mix it with other oils you use for cooking.

If you really just don't like the flavor, then buying the capsules is probably the best option for you.

Additionally, you may want to consider massaging the oil directly on to your scalp.

Mixing it with Rosemary oil (a common essential **oil for hair growth**) and...

letting it sit for about 20 minutes might be a strong **hair loss treatment** you can try from the comfort of your home.

Now, even though using pumpkin seed oil for hair growth can be an effective treatment...

...you may have to wait 6 months or even a year before you start to see results...

If you're looking for something to work faster for your hair growth...

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

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

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