Article published on April 11th 2012 | Fitness

As the level of stress has increased with the strict schedules of the human life and the level of environmental pollution is getting worse with each passing day, the near future is going to see a lot of more hair loss and baldness. Baldness if not age baldness has lot to do with the pollution and the stress that the human life has got itself into. Age baldness though is a sort of genetic problem which ensures that if your father or grandfather was bald, it is quite possible that you will be too with your growing age.

Hair loss including age baldness is a sort of problem that has been scaring men and women alike since long. Though the problem was quite a common phenomenon in men from the ages long back, but the passing days have seen women finding hair loss a very common problem too. The first thing that has to be known to cure baldness is the duration of the hair loss. The longer the duration the more effort it needs to get back to normal. There are medications in market that are quite popular to cure baldness. The following are few easy and natural tips to cure baldness even age baldness:

Saw Palmetto oil: DHT is one of the main causes of hair loss, wherein it blocks the hair follicles and thus stops from any regrowth of the hair. Saw Palmetto is a form of DHT inhibitor thus helps to cure baldness. DHT when mixed with Aloe Vera gel and applied on the area of baldness, it has a tendency to stop DHT from forming, which in turn stops further hair loss completely. It has to be applied though just for an hour and then take a shower.

Massage: Massaging the scalp can for sure help in increasing the blood flow in the area of hair loss. It creates stimulation that improves the blood circulation which in turn helps the hair follicles to grow and thus reduce hair loss.

Aloe Vera Gel: The other proven medication to cure baldness like age baldness is Aloe Vera Gel which has natural healers that heal the scalp and also nourishes the hair. It could not only be used to cure baldness, but could also be used as a hair styling gel replacement which provides nourishment and a healthy shine to the hair.

Onion and Honey: Onion and honey being a very old and used therapy used as medication to cure baldness is gets the blood flowing freely to the scalp and thus nourishes and strengthens the hair follicles. The bald portion of the head is to be rubbed with onions untill it becomes red and then the same spot of hair loss is to be applied with honey. The process increases the flow of blood on the spot of hair loss and thus helps them regrow.

Natural medications have always been considered the best of all the medications as they come with less side-effects though the results are slow.

Article Source:
http://www.articleside.com/fitness-articles/effective-and-natural-cure-for-baldness.htm - Article Side

Ankur S. - About Author:
hairaid.it, our experts say there are many reasons for a Calvizie or baldness . a LA Calvizie or the baldness can be genetic or can be due to some chemical effects. We have all the solutions of the problem of hair loss so you can choose our services.

Article Keywords:
Calvizie, LA Calvizie, cura calvizie, calvizie etÃ

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!