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Reduce Your Hair Loss Using Natural Methods by [Denial Duke](#)

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In this modern era, there are various treatments and procedures available for stopping hair loss in men as well as women but still natural methods are suggested by most hair experts. Hair is one of the main parts for human which makes their personality amazing. Thus, most of peoples are deeply concerned about health of the hair and always try to do everything to prevent their hair. There are different pharmaceutical products available in these days for hair care but you should not use any of them without proper consultation of hair experts. Most of these products have chemical content that can cause for dangerous side effects for you. If you use natural products, you need not to be worried about these kinds of dangerous side effects.

There are various causes for hair loss in men as well as women such as genetics or heredity factors, poor nutrition, chemotherapy and thyroid disease. There may be many other factors that are responsible for hair loss. Have a glance on some herbal products that are helpful in preventing hair loss for male as well as female:

**Aromatherapy Applications:** Aromatherapy mixtures are very effective and helpful in hair growth. A mixture of necessary oils likes thyme, rosemary, lavender and cedar woods are applied to the scalp. This helps in stimulating blood flow and hair growth. It's not recommended to apply essential oils directly to the skin. Firstly, it should be mixed of 3 to 4 drops of oil in a base like olive, almond or jojoba oil. After that, these mixtures should be applied on the hair shaft to increase blood flow and hair growth.

**Reishi Mushroom:** It's also known as Ganoderma lucidum. It's a Chinese herb that has many health benefits along with its effectiveness in hair growth. It works as the mushroom of mortality and is reputed to slow the aging process as well as strengthen the immune system. Hair tonics are usually combined with reishi mushroom along with other herbs to prevent balding as well as promote hair growth.

There are many other herbal products available that provide healthy hair growth for male as well as female. You can also consult to hair experts for using these herbs for your hair. They are able to suggest you to take proper amount of particular herbs along with hair tonics that are well suited for your hair according to your specific needs and requirements. If you use these methods or procedures to stop hair loss, you will get positive results.

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