

Hair Care Tips

I would like to share my hair care tips which are tried and effective. Now a days there are lots of persons who are facing severe hairloss problems. Out of my strict maintenance, i have observed many useful tips concerned to maintaining healthy haircare and the remedies of hairfall which are being given under which will be much useful for persons suffering from severe hair fall issues. I am sure anyone who uses these remedies will definitely get a real solution and their hair will be perfect, bright, shining and thick.

I was having very thick hair initially i.e, till i crosses my teen-age. It has become a old story in my twenties. In between I was feeling on and off with the hair loss. Sometimes i felt a severe hair fall and again the hair used to re-grow. Though it has been a continuous battle, I was having average thickness and never got back the previous lengthy, thick and beautiful hair I had once. Couples of year's back, things have become very worst. I was suffering from typhoid fever and faced terrible hair loss. Daily a bunch of hair used to fall and during head bath, the loss is too much. I got frustrated. For females, hair is very important. I could not imagine me being bald at an young age since i have not crossed even my mid-thirties. I went to laser clinics for taking hair care treatments. They said they are offering laser-comb regrowth treatments and that has turned ineffective. During the first three days after taking the treatment, the hair loss has got reduced to some extent. Again either the fourth or fifth day, it has started falling off heavily. While I had my consultation with the Clinic people, they said , results are not common for everyone. You have to keep trying again and again. I completed my 15th sitting waiting anxiously for some results. But No use and no miracle happened.

Then I went to the Dermatologist. He suggested me to take some Iron tablets and gave me some B Complex vitamins . Went for a blood test and my HB level is normal and my thyriod is normal . Started consuming the tablets and no specific results found.

Went to some Beauty parlours too since they said root stimulation therapies will make the hair healthy and the falling roots will be restored and the hair will grow back. While the beautician combs my hair, tears used to come in my eyes as I saw 100's of strands coming in the comb. I said the beautician, don't put comb on the wet hair (They used to apply either oil or lotion and after that putting comb to divide the hair into particles and to comb the hair for putting hair packs or so). It has been much damaging to the hair. The very next day after taking the treatments, I found the volume of my hair has got minimized to half.

Took lots of supplements from Amway to check whether it controls hair care and gets my real hair back. Nothing worked. I hope I would have spent more than 5000 Dollars in these two years for such kinds of treatments and so.

Got really worried. Upset. Frustrated. Then I have been keeping on searching in Internet as well read lots and lots of books on Hair care and tried my own personal remedies. First of all I found I am doing a basic mistake in dieting. To go for weight loss , I was taking liquid diet. I first stopped that diet and took proper healthy foods. Morning I used to take the breakfast comprises of Fruits (1/2 apple, 1/2 orange, 2 pieces of papaya, 2 pieces of pineapple, 5-6 strawberries, 20 grapes) and with that I was taking Kellogg's cereal in milk or oats in Milk. Then I took Almonds, walnut and Cashews i.e. each 5 or together 15 mixed.

Lunch: Comprised Big Salads of Cucumber ,Tomato, Onion, Carrot , Cabbage + Little rice (two to three spoonful) + Dhal (either Channa Dhal or rajma or chick peas) + One cup curd + Rasam mixed with 5 cloves of Garlic.

Evening for snacks - I started taking 1/2 apple or one orange + some Nuts (15-20)

Night - Dosas two or three / idlis 2-3 prepared by using soya beans + Little Rice + Urud Dhal. In between 2-5 dates / 10-15 raisins.

For tea - coffee, I have gone for Green teas / black coffee or tea in between.

Though I have not lost much weight in this diet, I was maintaining a wonderful hair and suddenly the hair fall has got stopped.

Along with this I used to do 30 minutes of brisk walking and 20 minutes breathing exercises too. I have practiced Yoga for another 30 minutes. The details of Yoga exercises which has been followed by me are being found in the website www.pearlscorniche.com.

I used to comb my hair daily. Not a vigorous brushing. During nights 10-15 minutes mild brushing by using a soft brushed comb. Three days once I have been using homemade Oil prepared by me by mixing Coconut Oil + Castor Oil + Olive Oil in equal quantities. I used to fry Curry leaves and Hibiscus leaves in that oil and make use of the oil after removing the boiled leaves. After dabbing the oil with the help of cotton (the oil has to be heated for giving a mild heat on the scalp) I used to wrap my head by tying a Turkey Towel on my head. (The towel has to be dipped in warm water so that the oil which has been applied in the scalp will get penetrated into the scalp and we will get the good effects of using the oil.

Weekly once I used to apply Methi + Curd (Soaked overnight and in the morning grind softly and apply on the scalp - can use 3 teaspoons of Methi + 1/2 cup of curd) and this pack I used to keep on my scalp for one hour and then used to wash my hair with shikakai. If on emergencies, I have to rush out, I was using Shampoo but a good quality protein shampoo. Then applying conditioner on the hair. Leave it for 5 minutes and was having a clean wash.

I am following this routine for more than 3 months and my hair is very healthy, dark and even graying has got stopped. Hair fall is completely out and regrowth has got started. I should say particularly thanks to the website www.womenhealthandbeauty.com, which has really helped me in giving heaps of tips which are inexpensive. They are having some rare herbal treatments too, which are very much effective. Rather than getting fed up and wasting money and one fine day seeing the hairless scalp, I have tried their home remedies and the same are really working for me. I will be happy to hear some more informations and ready to share more tips of mine. Kindly contact me if you are a vivid hair growth lover and much interested in keeping a healthy hair. We can share our experiences mutually.

About the Author

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Source: <http://www.healthcrazed.com>