



# HOW TO COMBAT HAIR LOSS

AN ESSENTIAL GUIDE TO  
NATURALLY THICKER HAIR



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# INTRODUCTION

One thing that so many people take for granted is a thick, luscious head of hair. If you're one of the few who was never naturally blessed with great hair or you were but a turn of events has caused your hair to begin to shed, you now obsess about everyone who walks around with more than a couple hairs on their head (or so it seems!).

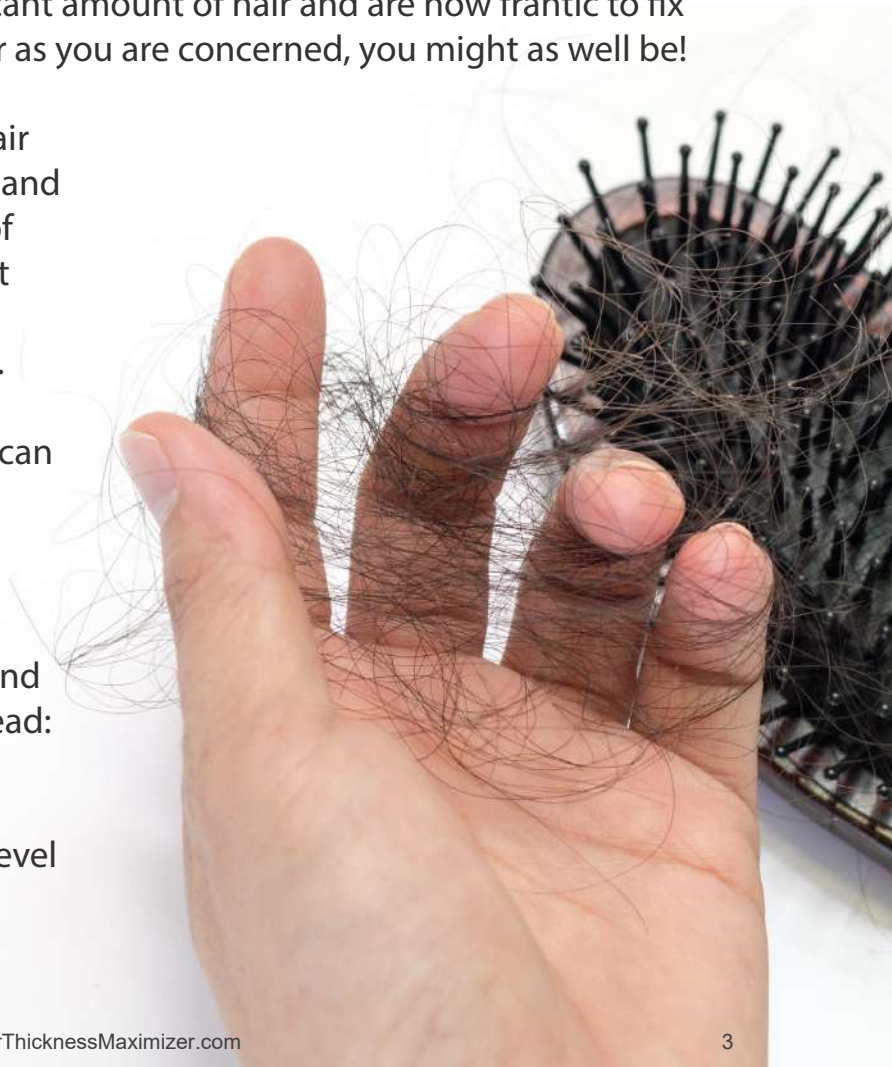
Hair loss is devastating. There's no other way to describe it. For those who are suffering, it can be heart breaking. While sure, there are worse things in life that could happen, hair loss is something that you never forget about. It's always there on your mind, especially while you are out in public.

If you are just at the beginning of your hair loss journey, you may be feeling anxiety over what's to come. Will you continue to lose it? You wash the hair go down the drain each time you shower and feel your stomach turn wondering how long it will continue.

Or perhaps you've already lost a significant amount of hair and are now frantic to fix your problem. You aren't bald, but as far as you are concerned, you might as well be!

The good news is that in many cases, hair loss is not permanent. It can be treated and if not, at least managed. The outcome of your hair loss and whether you'll grow it back again to what it was before will all depend on the reason for your hair loss. Pinpointing this first is your beginning step. Once you've figured that out, you can then begin to plan how you will move forward from here.

Let's walk you through some of the common reasons that hair loss occurs and then get into some natural remedies (read: you do NOT need to get hair transplant surgery!) to manage and overcome this issue while regaining your confidence level back.



# WHY HAIR LOSS HAPPENS

First let's discuss those reasons for hair loss. In some cases, there is more than one reason for hair loss occurring, so it's important to evaluate everything. You don't want to fix one problem only to find out things aren't any better because you didn't take the time to look at the whole picture.

Here are some of the more common reasons for hair loss. Keep in mind this list is not all-inclusive, so you may find there are other reasons as well at play.

## **GENETICS**

It's sad but true, some hair loss can simply be chalked up to genetics. If this is the case for you, chances are you will never stop your hair loss as you are destined to have thinner hair. The good news is there are products that can help you conceal thinner hair, making it look naturally thicker.

## **HORMONAL BIRTH CONTROL**

If you're a woman who has just come off birth control pills or has just gone on, don't be surprised if you experience hair loss. While this hair loss may not be permanent and may only be present while you are on the hormonal birth control pills, it's just as devastating nonetheless.

## **ALOPECIA**

Alopecia is a medical condition where some or all of your hair actually does fall out. In patients who suffer from this, it's not abnormal to also notice they are losing eyebrow hair and possibly even eyelash hair.

Because this is an autoimmune disorder, certain medications may help make it better, however those won't come without side effects and typically when you stop the medication, the hair loss will continue. Likewise, some individuals who are impacted only notice flare ups at certain points in their life where they lose large amounts of hair and then it eventually grows back for a while, only to fall out a short while later.

This condition may cause minor hair loss, making you lose hair in just a small region or it can cause larger scale regions where part of your head is entirely bald.

## **DIETARY DEFICIENCIES**

Dietary deficiencies are another common cause of hair loss and luckily, these are very easily treatable – just start getting those nutrients in again.

The most common nutrient deficiencies that can be linked to hair loss include iron, as noted by research published in the Journal of the American Academy of Dermatology<sup>1</sup> (and you will typically be suffering from iron-deficiency anemia, vitamin B deficiency, or the opposite, too much vitamin A.

Start either adding more foods that contain these nutrients – steak, beans, fish, and non-citrus fruits or consider supplementation.

## **STRESS**

If you are going through a very stressful period in your life, don't be surprised if you notice some of your hair falling out. Stress impacts the body in more ways that most of us realize and can really do a number on your health. Research has illustrated that stress may inhibit the growth of hair, reducing your body's natural ability to replace hair that is lost daily<sup>2</sup>.

Look for ways to relax more regularly and know that once you become less stressed, this problem will likely resolve.

## **MEDICATION**

Certain medications can also have hair loss as one of the side effects. If you've just started a new medication and begun seeing hair loss, it would be worth it to speak to your pharmacist about it. They can let you know if hair loss is a side effect of that particular drug and possibly recommend alternatives you can then ask your doctor about instead.

In some cases, the medication will be necessary regardless because the benefits of it outweigh the cons of experiencing hair loss.

## **THYROID RELATED PROBLEMS**

If you suffer from hypothyroidism, then be aware that hair loss is a very likely symptom<sup>3</sup>. This is an easy fix as well – just go get your blood test taken to confirm you are suffering from an underactive thyroid and if it comes back positive, you will likely be placed on thyroid replacement medication, which can then be used to help bring your levels back up to normal. As they rise to where they should be, you'll likely then find that your hair loss ceases.

In some cases, hyperthyroidism can cause this issue as well, however it's typically hypothyroidism at the root cause.

## **PREGNANCY**

It's exceptionally common for pregnant women to lose hair either during their pregnancy or immediately after for about 6 months following delivery, so don't panic if you notice this taking place. Chances are good your hair will grow back once your body begins to normalize again.

Pregnancy is a large stress on the body, so it's no surprise this happens.

## **WEIGHT LOSS**

If you've recently lost more than a couple of pounds, this may be the root cause behind your hair loss. Weight loss is something that does place the body under great stress once again because you are taking in fewer calories than you would otherwise like to be consuming.

When your weight restabilizes again, this should help resolve many of your hair loss woes.

## **OVERSTYLING / IMPROPER CARE**

Finally one last reason for hair loss is simply overstyling. If you use heat tools too often (curling irons, blow dryers, flat irons, and so forth), this can lead to dry, brittle hair, which can then cause breakage and make it appear as though you are losing hair. Really though it's just your hair breaking and getting thinner.

The fix here is to start using some good restorative hair treatment masks and then lay off your heat styling tools. Try using some other methods of styling for the time being, and in the future to prevent this problem from happening again. Ideally you should heat style no more than two or three times per week.

So there you have a closer look at the main reasons why hair loss might be occurring. Now let's turn our focus around and look at some of the best solutions that you can use to remedy the problem.

## SOLUTIONS FOR HAIR LOSS

Many of you may be feeling hopeless at ever finding a solution for your hair loss, but I'm here to tell you it definitely does not need to feel like this. There are many different ways that you can combat your problem and start to regain the self-confidence you've had prior to losing your hair.

When approaching hair loss, you can take an internal approach, and you can take an external approach. Which approach you use will be dependent on why your hair loss is occurring in the first place.

If you take an internal approach, you are working from the inside out. You are looking to fix problems within your body that are leading to hair loss as result of it.

If you take an external approach, you are addressing only the result – hair loss. You may not be addressing the root cause.

So in reality, it's best if you take both approaches as you can address the result – hair loss so you feel more confident immediately but also address the root cause so that the hair loss does not continue or is reduced) in the future.

So let's look at some of these solutions.



# EXTERNAL SOLUTIONS



## Hair Thickening Fibers

The first and hugely popular way to help achieve thicker looking hair and make hair loss less noticeable is to use a hair thickening fibers. These are plant based fibers that help to attach onto the hair shafts of the hair you do have and mimic additional hair growth. These fibers use electromagnetism to bind to your existing hair. Your natural hair is positively charged while these fibers are negatively charged,

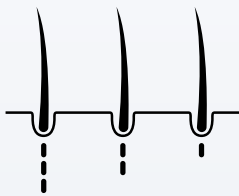
so this causes the fibers to become locked into place, thickening the actual diameter of each of your own hairs. So it works to enhance your own hair, giving you that realistic looking effect.

You simply sprinkle these onto areas you are thinning and watch them dramatically transform. They can cover any bald patches you may have or areas where you are seeing skin through the hair. The nice thing is that this is a non-permanent solution and washes out easily with shampoo. Therefore you can use a little or a lot depending on the day and what all you have going on.

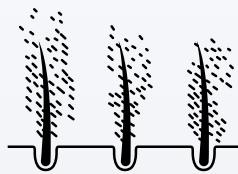
The Hair Thickness Maximizer 2.0 is one product to check out here if you want to go this route. Most of these hair powders use keratin building fibers, which are not natural for the body however this product uses natural plant based fibers, so poses no risk of unwanted side effects.

It's available in six different colors from blondes through browns to black and grey. No matter what type of hair loss you have, you can use this product with ease.

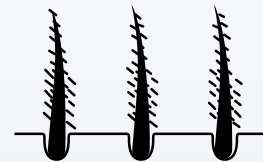
## WHY HAIR THICKENING FIBERS WORK



Hair thickening fibers use electromagnetism to bind to your hair making the bond extra.



Your hair is positively charged while the Hair thickening fibers are negatively charged.



the fibers become firmly locked onto your hair, leaving a natural look.





## Hair Shampoo and Conditioners

The next option is one that is very commonly used that is hair shampoo's and conditioners. The main thing to look for here is that you want an all-natural product. There are many chemical based shampoos out there but generally speaking, these should be avoided as they are not natural and may just cause side effects to be seen.

Instead, you want to look for an all-natural product, such as the Argan Oil Hair Growth Conditioner For Men And Women. This product contains all natural ingredients including argan oil, castor oil, biotin, caffeine, jojoba, hydrolyzed collagen, saw palmetto extract, as well as hydrolyzed keratin.

Together these ingredients help to not only make your current hair stronger and more resistant to damage, but also will help to stimulate greater growth within the body as well. The hair follicles will be activated and this will help hair grow faster and thicker than it was before.

Additionally, any shampoo that you purchase for improving hair thickness and growth should be paraben free as well as sulphate free to ensure the health and integrity of your hair.

## WHY HAIR THICKENING SHAMPOOS & CONDITIONERS WORK



Dormant hair follicle

hair follicle reactivated



## Hair Oils

Finally, hair oils are another treatment to look into, which can help you growth thicker, fuller looking hair. These are applied directly to the hair and are let sit on for a specific period of time so the hair and follicles can absorb it, which then helps to stimulate greater growth.

Here again, you want to be looking for natural ingredients only. Remember that anything you put on your scalp does have the potential to seep into the skin so considering this is your brain underneath, you don't want to take any risks. Going all natural will help give you the peace of mind you need.

Look for natural ingredients such as castor oil, jojoba, argan oil, rosehip, cayenne extract, pomegranate extract, alfalfa extract, spearmint, rosehip, ginkgo biloba, lemongrass, and tea tree. Together these can help to nourish your hair and help promote restoration.

If you can find a blend of these ingredients to help maximize your results, that's the best case scenario. Find this in Organic Hair Growth Oils For Hair Thickening By Hair Thickness Maximizer.

So now that you have a better idea of the external solutions, let's talk internal.

## INTERNAL SOLUTIONS



### A Balanced Diet

For healthy hair, all natural, non-processed food is the best option. A balanced diet of lean proteins, fruits, and vegetables, whole grains, legumes, and fatty fish (salmon) products are potential aides to hair. People experiencing hair loss should take appropriate advice from a physician, registered trichologist and registered dietician to determine the cause and any appropriate treatment.

Whereas nutritional solutions may not currently cure hair loss, they may slowly assist its condition



## Stress Reduction

Another thing you can focus on is stress reduction techniques. If you can feel that you are quite stressed out, then taking the steps necessary to reduce your stress levels will be imperative. Stress is something that tends to creep on and many of us don't even realize we're dealing with it until it strikes us down somehow in regards to our health.

Stress reduction is something that is an ongoing battle, so not something you do a few times and then leave it at that. If you want to see results, you need to find a new way to better manage the stress in your life permanently. Otherwise, you'll always be battling potential hair loss as a result of it.



## Hair Vitamins

Finally, the last good technique to use to address hair loss that works on an internal angle is using proper hair vitamins.

The most obvious vitamin that you'll want to take in is biotin, which is well known to support proper hair growth and development. For those who hate taking pills, the 10,000 mcg biotin supplement by Hair Thickness Maximizer is perfect because it comes in a fun-to-eat gummy bear format. It's one vitamin you'll never forget to take!

In addition to this, it's also essential to consider the other nutrients that will be important for you to take in. These include:

- Bamboo extract
- Pumpkin seed powder
- Saw palmetto
- Horsetail extract
- Gotu kola
- Collagen
- Vitamin D4
- Niacin
- Vitamin B6
- Vitamin B12
- Magnesium
- Zinc
- Copper

All of these work together in the body to help optimize your hair growth and development. Even if you are short in just one of these vitamins, it can have an influence on how well you are able to get new hair regrowth, which is why getting a product formulated with all of them, in proper effective doses is important.

Fortunately, the Hair Thickness Maximizer Natural hair Growth Vitamins product combines all this, with biotin as noted above. It's an easy one-stop solution to help nourish your body and promote hair growth from the inside out.

While you may be able to get all these nutrients from a multi-vitamin as well, that multi-vitamin won't provide the herbs as noted above and you may not get a high enough dosage that actually stimulates hair regrowth. Most multi-vitamins do not have this as the primary focus, so they are formulated quite different.

## CONCLUSION

So as you can see, there are definitely options when it comes to fending off hair loss. You do not need to feel stuck in this situation. You can take control and begin to improve your appearance, while also stimulating greater hair growth at the same time.

**Don't let hair loss get the best of you.  
Maximize your hair thickenss. Visit our store at  
[www.HairThicknessMaximizer.com](http://www.HairThicknessMaximizer.com)  
and use the 1 time use coupon code**

**10HAIROFF**

**to recieve 10% off any of our Hair Thickness Maximizer products.**

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