

## 'Herbal treatments for Hair loss in men' by Dr. Patrick Treacy

*Hair loss and thinning hair have been sensitive issues for men throughout time. Recently, medical science has eventually identified that hair loss stems from both genetic and hormonal causes. We look here at herbal cures*

**April 16, 2009** - [PRLog](#) -- Androgenetic Alopecia or even "male pattern hair loss" is implicated in ninety five percent of hair loss cases. The key is a hormonal byproduct called DHT (dihydrotestosterone). The even more DHT that gets put into your body, the even more your hair follicles turn into thinner and finer until the hair is permanently wasted. IN this article Dr. Patrick Treacy reviews an article from ezine magazine about healthy options for your hair

### DHT and hair loss

DHT is 1 of many male hormones in the body. DHT is developmentally vital early in a man's life; however, it appears to be a cause of hair loss as men get older. DHT shrinks the hair follicle until it no longer produces obvious hair.

Doctors believe that excess DHT is an apparent cause of hair loss The causes of hair loss aren't well defined; however, researchers have uncovered that men with male pattern hair loss have increased levels of DHT in the balding area of their scalps. Individual hair usually follows a cycle of expansion, falling out, and new expansion. However increased levels of DHT are believed to contribute to the shortening of the expansion phase and a shortening of the time it takes for the hair to fall out. This results in thinning of the hair on the scalp.

Provillus blocks DHT (dihydrotestosterone) from getting to your body, which is 1 of the major causes of hair loss. The Breakthrough formula of Provillus was designed to block DHT and supply the proper foods to your body specifically tailored to block hair loss and to help you regrow hair naturally. Strong, sound hair begins with the proper nutritional building blocks. You do not have to hold off until there's a problem to end it! Provillus supplements your body's natural supply of these vitamins and lets the tiny follicles below your scalp receive exactly what they want to manufacture beautiful, full-bodied hair.

### Active Ingredients For Hair Loss And Regrow Hair!

Vitamin B6 is a water-soluble vitamin that survives in 3 major chemical forms: pyridoxine, pyridoxal, and pyridoxamine. It performs a wide kind of functions for your body and is essential for your fantastic health and hair expansion. For instance, vitamin B6 is needed for even more than one hundred enzymes involved in protein metabolism. It's also essential for red blood cell metabolism. The nervous and resistant systems require vitamin B6 to function efficiently, and it's also needed for the conversion of tryptophan to niacin.

Biotin is section of the Vitamin B complex and is a vitamin supplement necessary for sound hair, scalp and nails. Biotin will help with the condition of the hair and the scalp as well. Just put...Biotin is Hair Food.

Magnesium is an essential mineral and plays an crucial role in energy metabolism, protein synthesis, neuromuscular transmission bone structure and hair expansion.

Zinc is necessary for a fit body, and is also of apply in fighting skin problems like acne, boils and sore throats. It's further needed for cell division, and is needed per tissue of the hair, nails and skin to be in top form. Zinc is further utilized in the expansion and maintenance of muscles.

Saw Palmetto acts by lowering DHT in the body and by blocking five alpha-reductase. Saw palmetto blocks the receptor sites on cell membranes that are expected for the absorption of DHT. Since Saw palmetto blocks the employ of dihydrotestosterone (DHT) which is a similar causative factor in Androgenetic Alopecia, it's a powerful herb in this hair expansion formulation.

Nettle root blocks two enzymes, 5a-reductase, which makes the dihydrotestosterone (DHT) and aromatase enzyme, which makes estrogens. Studies showed that nettle root extract was efficient in inhibiting these two enzymes which was a leading cause of hair loss.

Gotu Kola is related to the and supports the integrity of hair expansion, collagen and skin. It can help heal minor wounds and skin irritations, help assure blood vessel integrity, and promote circulation throughout the body, including to the brain. A long-standing tonic rejuvenator, it's said to help concentration and memory.

Pumpkin (Cucurbita Maxima) The oil extract from pumpkin seeds is also a natural hair loss remedy that is believed to effect levels of testosterone in the body. The beneficial effects of pumpkin seed extract as a hair loss guide are however under investigation. It's believed that the extract infects the androgen levels of diseases and so might have an influence on the androgens that are responsible for hair loss.

Eleuthero Formerly Siberian Ginseng, (Glandular) is a member of the ginseng family, though it's of a different genus than more popular ginsengs like the Panax kind. Along with more ginsengs, it's an extended history of being utilized to help restore concentration, increase energy and promote fit hair and nail expansion.

Uva-Ursi soothes, strengthens, and tightens irritated & inflamed tissues. The herb neutralizes acidity in the urine, increasing urine flow, so reducing bloating & water retention, making it beneficial for hair expansion.

Muria Puama plays an significant role in energy metabolism, protein synthesis, neuromuscular transmission bone structure and hair expansion for both men and women. Also help with stress management, nervous system stimulation, virility, and overall health.

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The Ailesbury Clinic opened in Dublin in 2002. It was awarded Best Medical Practice at the 2005 Irish Healthcare Pharmaceutical Awards. It was selected as runner-up in the 2008 and 2009 finals of the Best Aesthetic Medical Clinic in the UK and Ireland.

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