

Hair Growth Guide

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Introduction

Having smooth and shiny long hair is what most people dream of. For some, this is not only a dream because they already have long flowing hair that looks as if it belongs to a shampoo commercial. For others, this still remains a dream.

Many people have problems not only about their hair texture but also about their hair length. For some reason, no matter how hard they try, their hair does not grow any longer. If you are one of these people who have the same problem, you should try some hair growth tips. Follow them and you will speed up your hair growth.

Some tips that can help you grow your hair are very easy and simple. You can do them by just changing something in your lifestyle or by using some ingredients that you can easily find at home. You do not necessarily need to buy ultra expensive products or undergo costly treatments just to grow your hair. You can do it by yourself at home with just a few simple tips.

Natural treatments for hair growth are better than chemical treatments. Chemicals can be harmful to your scalp or skin. Some may even react negatively to other chemicals on your body. Others also cause allergic reactions. Aside from these, chemical treatments are also usually more expensive than natural remedies. These are some of the reasons why you should try to use natural treatments instead of chemical products as much as possible.

Home Remedies for Hair Growth

Don't despair if your hair is a source of pain - there are some home remedies to help you deal with the hair loss. Natural treatments for hair growth are better than chemical ones. Chemicals can be dangerous for your scalp or cause allergic reactions. Besides, chemical treatments can be very expensive than home remedies.

Here are a few home remedies to stimulate faster hair growth:

1. Use flaxseed oil. From time to time, hair does not grow because there is a problem in the circulation in your scalp. To treat this problem, apply flaxseed oil on your scalp and massage it for about three minutes. Leave it for 30 minutes and rinse your hair afterwards.
2. One very easy and simple natural remedy is the apple cider vinegar. How it can help you grow your hair quickly? This vinegar is extracted from seedless apples and does not undergo distillation. This means that vital minerals and enzymes that can help you grow your hair are not lost. Apply a cup of apple cider vinegar mixed with 1 ½ cups of water on your scalp to remove bacteria and dead skin cells that block the pores where hair grows. Use the mixture like a shampoo, massage your scalp for a couple of minutes and rinse it off from your hair.
3. Hot oil treatments. They can help prevent falling hair and cure minor scalp disorders. Use them at least three times a week. You can buy ready-to-use hot oil treatments that contain sesame, olive, or coconut oils. More relaxing hot oil treatments contain essential oils such as thyme, lavender, and others.
4. Aloe vera extracts. This "wonder plant" is a popular remedy for hair loss. Aloe vera can be used as a shampoo by using fresh pulp that is directly applied on the hair and scalp or as a hair tonic.
5. Extracts of ginger. Chop a piece of ginger and directly apply it to the area of the head with bald spots. This can be an effective remedy for hair loss because it helps the growth of hair follicles. Since it can be smelly, you can

use its extract that is combined with fine lead powder.

6. Mixture of cinnamon and honey. Mix cinnamon powder and honey with olive oil and apply the mixture to hair and the scalp. This will make the scalp as well as the hair stronger.

7. Massage. It can help stop excessive hair fall because it makes the follicles stronger. Massage also helps hair growth by putting the right amount of pressure on the scalp.

Massage and aromatherapy can help some people to stimulate hair growth. Massage improves blood and oxygen flow to the scalp, helping your hair to grow faster.

Try this formula to stimulate the scalp: blend 6 drops of both lavender and bay essential oils in a base of 4 ounces of either almond, soybean or sesame oil. Massage the mixture into the scalp and leave it for 20 minutes. After this time, wash your hair and scalp with your regular shampoo but add 3 drops of bay essential oil.

Bhringaraj oil or brahmi oil applied to the scalp often stimulate hair growth. The Ayurvedic herbs ashwagandha and amla are also reported to have the same effect.

Herbs which could be considered to help with hair growth include: Rosemary; Ginkgo; horsetail tea; Han Lian Cao; tincture or infused oil of Arnica; Birch oil in combination with Queen of the Meadow oil.

Aromatherapy recipe for stimulating hair growth: 3 drops of rosemary essential oil 3 drops of lavender essential oil 3 drops of thyme essential oil 3 drops of cedarwood essential oil 1/8 cup of jojoba oil 1/8 cup of grapeseed oil Mix the ingredients together and apply several drops of the mixture to areas of hair loss every night, massaging gently into scalp for three to five minutes.

Best Essential Oils for Hair Growth

Adding some of the best essential oils in your hair care routine can improve hair growth or have positive effect on hair loss. There are a few of them that are very good and when you know how to use them the right way, you can expect only the best results.

Olive oil is one of the essential oils that can speed up hair growth and slow down hair loss. It is used to protect the scalp and prevent clogged follicles. Here is how to use it: add a teaspoonful of olive oil to thinning portions. Put on a plastic cap and leave on your head overnight. Rinse in the morning using a mild shampoo.

Many people are losing their hair because they have healthy problems with their scalp. Serious dandruff problems as well as fungus can lead to hair loss. Castor oil can help with these issues. When applying it, do not rub it into your hair. Just apply it to roots only. And since this oil is very thick you need to mix it with other essential oils.

Lavender is another great essential oil that can help with hair regrowth. According to some studies, when you use this natural remedy, together with other essential oils, each day for seven months, you can expect to see significant hair growth. To use lavender oil, you need to dilute it in a base oil such as jojoba or olive oil. When you have a 10 to 20% solution, massage it into your scalp.

Emu oil is another home cure that is extremely well absorbed. It means that it will reach your roots and help hair growth. A few studies have found that emu oil is very good at controlling receding hairlines and other forms of pattern baldness.

Besides these four essential oils, some people also reported the best results with basil, rosemary, tea tree and carrot seed oils.

There is one very important thing you need to keep in mind when it comes to using these natural remedies for hair growth and hair loss – you need to rotate

their use. The problem is that over time, your hair and scalp gets used to these treatments. As a result, that they are no longer effective. In addition, when you use only one oil, this can cause build up and a clogged follicles.

8 Natural DHT Blockers

The main cause of the hair loss in 95 percent of people is DHT. For that reason, the most important aspect of the plan to stop hair loss is to block DHT. Dihydrotestosterone or DHT, is a hormone synthesized from male testosterone.

Here are some of effective natural DHT blockers:

- Saw Palmetto is one of the best known natural DHT inhibitors. It works in a similar way that propecia does.
- Concentrated root extract of nettle is effective in warding off hair loss.
- Pygeum extract inhibits the production of DHT and reduces its levels in the blood.
- Green tea is an herbal DHT inhibitor that can stop hair loss and help re-growth.
- Emu oil is a DHT blocker that not only stops but it aids hair regrowth.
- Pumpkin seed oil is another natural remedy that inhibits the formation of dihydrotestosterone.
- Soy isoflavones have natural blocking properties.
- Zinc is an extremely good blocker. Foods rich in zinc will help block DHT naturally.

Olive Oil for Improved Hair Growth

Did you know that you can use olive oil to improve hair growth and even to prevent hair loss? How is this possible? To be honest, if your hair loss is caused by genes, any external treatment will not help. On the other hand, if poor hair care and harsh products are behind your hair loss, olive oil might help your hair to start growing again. Olive oil acts by preventing the formation of DHT hormone that have an adverse affect on hair on the scalp.

Here is how to use it effectively for hair growth: Warm three tablespoons of extra virgin olive oil in warm water. Rub a small amount of olive oil between your palms and distribute through the hair and the scalp. Massage in well. Wrap your head in a warmed towel and leave on for about 60 minutes or sleep with it on overnight for the best results. Wash out the hair with mildly hot water.

It is important to buy 100% extra-virgin olive oil, and not some cheap brand. Lesser brands often contain additives and other chemicals that can weaken your hair. Some people suffering from hair loss have tried this treatment to help restore hair growth and have noticed results in about one week.

How Apple Can Stimulate Hair Growth

Did you know that apple can stimulate hair growth? Japanese researchers have found that substances found in apple are very effective in hair growth. One of these substances called procyanidin B-2, available in capsule and liquid form, is the secret to a head full of hair.

If you cannot find these capsules, have an apple a day. Apple skin is especially rich in procyanidin B-2. Or you can use apple cider vinegar to stimulate hair growth. How to take the vinegar? Every morning drink a glass of water with four teaspoons of apple cider vinegar and honey.

Increase Hair Growth with Bee Pollen

Increased hair loss is the reason for many people to start searching for ways of growing hair back. You can increase hair growth with bee pollen! The health of your hair depends on the nutrients you get from your food. The bee pollen is one of the most complete nutrition sources.

Traditional Chinese medicine is using bee pollen to stimulate hair growth. This pollen is rich in L-Cysteine and eight percent of your hair is composed of L-Cysteine. Other nutrients found in bee pollen that can help in increasing hair growth include: Vitamin A, C, E, B3, B5, B6 and B12, calcium, magnesium, copper, iron, manganese, potassium, and sulfur.

Simple Secret to Accelerating Hair Growth

There are two reasons why most topical products fail in accelerating hair growth. The first reason is that the basic ingredients are not effective. Second, the ingredients (those that work) are not being absorbed into the scalp sufficiently. Here is how you can solve the second problem and thus accelerate hair growth.

You need two things that will significantly enhance the absorption of active hair growth promoting ingredients. The first is [Oxygenics Chrome BodySpa](#). This is like no other shower head you've ever tried. It continually sucks in fresh air and infuses it into the water. As a result, a powerful oxygenating spray of water is created. The Oxygenics shower head leaves your scalp and hair cleaner than ever before.

Another product that you need is [Detoxifying Hair Serum](#). It removes the residue left by gels and sprays that is causing the root of your hair to become clogged over time. When this happens, hair growth is stopped. The serum eliminates this residue in ways traditional soaps and shampoos simply can't.

P.S.

If you do not see results with these natural hair growing treatments, you have two options: visit a doctor or visit HairGrowingProducts.org and try some of the products reviewed there.