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# Back On Track - Fighting Hair Loss At Home, How To Prevent And Cure Hair Loss Using Home Remedies, Grow Your Hair Thicker Naturally!

**BACK ON TRACK**  
**Fighting Hair Loss**  
**At Home**



## Synopsis

Back On Track - Fighting Hair Loss At Home, How To Prevent And Cure Hair Loss Using Home Remedies, Grow Your Hair Thicker Naturally! Your hair is one of your greatest treasures. This is especially true whether you are a woman or a man. A nice, shiny, healthy hair indicates good health and good self-care. Furthermore, it can really show your personality to other people. Hair comes in multitude of kinds: it is an amazing combination of length, color, type and so on. But, unfortunately though, it cannot be taken for granted – certain conditions can cause premature hair loss, which could mean partial or complete baldness over time. Hair is an organ that, when healthy, constantly renews itself. But if something gets in the way of the natural renewal process, there can be a problem. There are many factors that can endanger your hair, but if you take the appropriate preventive measures, you can stop or even reverse hair loss. Sometimes the very products that are advertised as being friendly and healthy to your hair, can be the greatest enemies to it. For example, washing it too often with popular (mostly alkaline) shampoos can contribute to the problem. Hair loss can easily be caused by insufficient intake of nutrients: iron and proteins are essentially required by the hair follicles. The condition is pretty common among vegetarian people and it is no coincidence at all. A good guide when measuring the amount of hair loss is to look at your comb after combing your hair. If the number of breadths is greater than one hundred, there is place for concern. Pharmacies usually have a huge variation of products available against hair loss. In fact, we can say that a whole industry was built around it. But such products can have their unwanted side effects as well. Another side effect can be on your hard earned cash, because things can go really expensive along this way. The good news are that you don't have to spend your income on pharmaceutical products or medicines. The treatment you seek may already be in your own home, in the form of certain home remedies. Those are both time-proven and reliable, as they had been used for many, many years. Granted, they don't always work for everyone, but if you take the time, you can find out what works for you. You might find some a little strange and that is OK – they still work in most cases. And they do that in the safety of your home, which is very beneficial if you are not into visiting your doctor often. There is an universal fact: Nature has the best pharmacy. In this book, you will find concise, yet clear and useful advice on how to stop cough from ruining your precious time. Description and prevention (if applicable) are covered through the pages as well. Medical phrases – if there are any – are written in italics. Also, there is no need for expensive treatments in most of the cases. The Back On Track book series aim to help both you and your wallet remain happy – by showcasing the best home remedies available.

## Book Information

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