

Are You LOSING your hair or is it just THINNING?? Learn more about hair loss with this short and simple guide ?Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. It can be quite confusing to determine if you are losing excessive hair or if the actual diameter of your hair shafts are gradually reducing - or even if both are occurring at the same time. While both result in volume reduction, hair-diameter thinning occurs over a long period of time, while excessive hair shedding can result in more rapid reduction of volume if the daily loss of hair is substantial. The sudden, diffuse loss of hair from all over the scalp is called "telogen effluvium" and can be the result of improper nutrition, stress, hormonal upsets and pregnancy. A reduction in your hair's diameter can also be influenced by these things, but is most often due to genetics, follicle sensitivity to hormones, and to age. However, the most common cause of hair loss we see in women are anaemia and ferritin deficiency. Furthermore, while many people associate finer hair with ageing, women as young as 18 can experience genetic thinning, triggered and/or exacerbated by conditions such as PCOS, and/or simply a strong genetic predisposition. Eating disorders can also cause hair fall in women and men of any age. As the causes of hair loss can be quite wide-ranging, and are also often triggered by more than one thing, it is important to see a trichologist if you are concerned with hair loss. So many variables can play a role in the health of your hair, and often the stress of closely inspecting your own hair on a daily basis for signs of problems can exacerbate the condition. If you think you are losing your hair, or that it is thinning, read this book to get an overview of this problem. Much can be done to stop excessive hair loss and also slow, and even stop or reverse, the process of hormonal or metabolic-related hair thinning. This book was designed as an overview for people who know little about this problem. It will tell you the basics and help you choose the appropriate course of action. **DISCLAIMER:** this guide is not a replacement for medical advice. After downloading this book you will learn... Chapter 1: Hair Loss Overview Chapter 2: Primary Causes of Hair Loss Chapter 3: Simple Hair Loss Remedies Chapter 4: Preventing Hair Loss Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Scroll up and click the orange button Buy Now on the top right of this page to access this book in under a minute **LEARN MORE TODAY ABOUT HAIR LOSS AND SEE WHAT YOU CAN DO ABOUT IT !** Tags: hair loss; hair loss cure; hair loss solution; hair loss in women; hair loss protocol; hair loss black book; hair loss books; hair loss tips; hair loss help; hair loss 101; hair loss for beginners; hair loss for dummies; hair loss treatment; hair loss therapy; hair loss advice; hair thinning; hair loss prevention; hair thickener; hair loss remedies; hair loss in men; hair loss solutions; hair loss self help; hair care; losing hair; hair loss and cancer; hair loss regrowth; hair loss essential; hair loss natural; hair loss laser; hair loss no more; hair loss vitamins

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