

Best Hair Growth Products for Men & Women

Hair loss, also known as alopecia or baldness, is the loss of hair from part of the head or body. The severity of hair loss varies from a small area to the entire body. It may cause psychological distress in some people.

The common types of hair loss include male-pattern hair loss, female-pattern hair loss, alopecia areata, and a thinning of hair known as telogen effluvium.

Causes of Hair Loss

Shedding of 60 to 100 hairs daily doesn't really cause noticeable thinning of scalp hair because new hair grows in at the same time. However, when this cycle of hair growth and shedding is disrupted or when the hair follicle is destroyed and replaced with scar tissue, hair loss occurs.

Though the exact cause of hair loss may not be ascertained, it is usually related to one or more of the following factors:

- Changes in the hormones
- Medical conditions
- Medications
- Family history (Heredity)
- Age or other factors.

Hormonal Changes

Hormonal changes and imbalance can cause temporary hair loss. This could be caused by pregnancy, childbirth, or the beginning of menopause. Thyroid glands also affect hormone levels and this may cause hair loss.

- Patchy hair loss:** When the hair follicle is attacked by the body's immune system thereby causing sudden hair loss that leaves smooth, round bald patches on the skin, this type of non-scarring hair loss is called alopecia areata.
- Hair-pulling disorder:** Some people may have an irresistible urge to pull out their hair from the scalp, eyebrow or other areas of the body. This condition is called trichotillomania.

Medical Conditions

Certain medical conditions can also cause hair loss. There are:

- Scalp infections:** Scaly patches and hair loss may occur due to infections such as ringworm, which invade the hair and skin of the scalp. The hair can only grow back once the infection is treated.
- Other skin disorder:** Permanent hair loss at the scarred areas of the head may be due to diseases that cause scarring alopecia. These conditions include lichen planus, some types of lupus and sarcoidosis.

Medications

Certain medications such as drugs used for arthritis, heart problems, birth control, cancer, depression, and hypertension can cause hair loss. Excessive intake of certain vitamins like Vitamin A can also cause loss of hair.

Family History (Heredity)

Hereditary conditions called male-pattern baldness or female-pattern baldness is the most common cause of hair loss. It normally occurs gradually and in predictable patterns - a receding hairline and bald spots in men and thinning hair in women.

The extent of baldness, the age at which hair loss occurs, and the rate of hair loss is affected by heredity. Pattern baldness in men can begin as early as puberty. It may involve both hairs thinning and miniaturization where the hair becomes soft, fine, and short.

Age

The rate at which our hair grows decreases as we get older.

Other factors

Other factors that may cause hair loss include stress, smoking, overuse of alcohol, certain hairstyles, and treatments.

How to Stop Hair Loss and Make Hair Grow Faster

Before thinking of how to stop that loss of hair, you must first know the cause of the hair loss. You'll need to know if the problem is a thyroid condition, illness, or overuse of styling product and stress.

Knowing the cause of this loss of hair and treating it earlier guarantees a better chance of success. Topical treatments are mostly prescribed by Dermatologists to fix these problems and in most cases, minoxidil, an FDA-approved treatment for female hair loss invented to treat high blood pressure but causes significant hair growth as a side effect is prescribed for hair growth.

In this case, it is applied to the skin to make the hair grow instead of ingesting it. Various research conducted on this medication shows that a 5% concentration solution of minoxidil is more effective than 2%. Although clinical trials saw moderate regrowth on 20% of the patients treated with it.

Shampoos contain ketoconazole which is able to fight dandruff and may slow hair loss. This product slows down the damage caused by Dihydrotestosterone (DHT) to hair follicles by reducing testosterone production. The 2% concentration of it is more effective in fighting hair loss.

Hair transplant is another method of growing hair in men and women. Besides the treatment above, you can also take vitamins, apply other kinds of topical natural treatments, use light therapy or treat any illness which might cause your hair loss.

Things to Consider Before Buying Hair Loss Products

If you are worried about how to regrow your hair due to baldness or some bald spots, there are many products and solutions now available to make it possible but what you must consider is if there are effective or have side effects.

Unfortunately, there are some medications which may have a side effect but there are tips on how to get the right treatment for hair loss although the best approach is to check with a physician rather than self-medication because your hair loss could get worse if it is not properly diagnosed.

Don't just go for treatments that make good promises on their commercials because not all of them will work for everybody. You must go with hair essentials for hair growth before and after you use them and make sure there are visible results after the first week of usage though the result depends on the individual and the cause of the hair loss.

Here are some things to check before purchasing hair growth supplements.

- Make sure it contains all the vitamins and minerals needed by your body and hair to grow it back. Amino acids and some healthy fatty acids should be present in the hair supplement or else, it won't have any effect on your hair growth.
- Avoid chemically produced supplements. Products that contain only pure vitamins and minerals coming from organic sources are better for hair growth.
- Always purchase products that are FDA approved or else it may be illegal.
- Non-GMO supplements are also good because there are produced naturally and free from chemicals. GMO products usually have bad side effects on the body and can cause cancer in the long run.
- Plant-based supplements are also good for the skin as it is absorbed by body cells.

These considerations above are easy to remember before buying that hair supplement to grow back your lost hair. Added to these, always be sure to follow the right diet and sleeping habits because a healthy lifestyle is required if you must achieve a positive result.

Types of Hair Growth Products

There are several types of hair growth products which include:

- 1. Hair Growth Shampoos and Conditioners:** When it comes to hair growth shampoos and conditioners, there are two options; prescriptions or over-the-counter treatments. Prescription shampoos such as ketoconazole are anti-androgenetic which means that they prevent two hormones associated with hair loss known as testosterone and dihydrotestosterone (DHT) by targeting growth of hair at the site of the hair follicle and helping to interrupt the hormone cycle that causes thinning.

Over-the-counter hair growth shampoos contain amino acids and antioxidants that provide the components to rebuild hair as well as reduce damage and inflammation. If over-the-counter hair loss shampoos are best for your hair growth or you just want to promote strength and growth of your hair, formulas with antioxidants such as Vitamin E and ginseng, amino acids and B-vitamins are

recommended to help rebuild hair and reduce environmental damage. Products that contain parabens, sulfates, and fragrance are not recommended since they can irritate hair and reduce moisture.

- 2. Vitamin Supplements Tablet:** Hair supplements range widely in ingredients, with each product having its own special formula. The most important nutrients and vitamins for hair growth and thickness, and the ones you should look for in every supplement include Vitamin C, Iron, Zinc, Biotin, Niacin, and proteins. Any good supplement will contain all of these ingredients.

Vitamin C, B-Vitamins such as Biotin (Vitamin B7 or Vitamin H) and Niacin (Vitamin B3) are essential Vitamins for hair growth. Maintaining a balanced diet will help give a shiny, healthy hair and provide the nutrients needed by the hair.

These vitamins work to promote long, thick, healthy and fastest possible hair growth. Supplements are also important and effective if enough of these nutrients are not gotten from the food you eat. People with vitamin deficiencies stand to benefit greatly from supplements though few people absorb the ideal amount of nutrients in their diets, so supplements for hair growth and those that support fuller, shiny hair combined with a diligent hair care regimen can benefit most people.

Whatever supplements you choose, know that regular usage is the key to its success.

- 3. Hair Growth Devices:** Hair growth devices use the power of light to encourage hair follicles to produce healthy strands. Laser hair regrowth is a painless process that takes time to show noticeable results but it has been proven successful for most people though its success depends on repeated treatments.

Immediate hair growth may occur if certain kinds of scalp treatments like shampoos, creams like minoxidil or Propecia are used simultaneously with diet supplements. Whether your hair loss is genetic or as a result of chemotherapy or other health issues, laser devices can help restore your hair. It may be difficult for laser devices to help regrow new hair on nearly or completely bald hair because the hair follicles may have died. But if the hair is just beginning to fall out, there is hope.

- 4. Topical Treatments like Minoxidil Formula Products:** Minoxidil belongs to a group of medications known as hair regrowth treatments. It is used to treat male-pattern baldness and not meant for baldness due to non-hereditary factors which may be baldness caused by an illness such as Iron deficiency or medications such as cancer (Chemotherapy).

Female pattern hair loss or thinning is treated with the foam formulation of minoxidil by stimulating hair growth when applied to the scalp. Minoxidil helps improve blood flow around the hair follicle thereby stimulating the hair follicle to grow hair.

It may take 6 months of regular usage for the medication to work and there may be a loss of hair at first usage though this is a temporary effect of the medication. Once the hair begins to grow, it'll stay for as long as the medication is used and the hair will begin to fall out again a few months after the application ends.

Top 5 Best Hair Growth Shampoos and Conditioners for Men and Women

a) Art Naturals Moroccan Argan Oil Hair Loss Shampoo and Conditioner Set:

This hair loss shampoo packs their content with other natural ingredients to increase hair growth and build a healthy scalp. It has aloe vera, rosemary, thyme, burdock root, and white willow bark. It is also designed to make the hair look fuller and healthier. White Willow bark and aloe help soothe the scalp and fight inflammation. Rosemary increases blood flow and argan oil is full of omega-3 acids and Vitamin E for a fuller, thicker hair. This shampoo can be used every day on any kind of hair.

Pros

- Rejuvenates thin, dull hair
- Leaves hair shiny & soft
- Contains hair thickening proteins
- Cleans without stripping color
- Sulfate, paraben, cruelty-free

Cons

- Does not form a lather

b). Pure Biology Hair Growth Stimulating Shampoo: Pure Biology Growth Stimulating and Anti Hair Loss Shampoo is formulated with natural extracts and oils in addition to the two proprietary complexes, 3HC & Amino Kera NPNF. These complexes have been clinically indicated to promote the body's own ability to stimulate growth and prevent breakage and hair loss.

Let's consider the two innovating systems:

3HC Hair Stimulating Complex is made up of a special blend of stem cell-derived ingredients that activate cells that are responsible for regulating hair follicle growth. It has been proven to reduce hair loss by 21% in 3 weeks.

Amino Kera NPNF is a type of Keratin-derived amino acids which penetrate deeper and better than other Keratin-based products. Another clinical study has shown increased strengthening and rejuvenation of damaged hair during use and within a short period.

Based on the clinical studies and the natural blends of plant extracts and oils, this shampoo proves to be very effective. It seems to be able to deliver what it is selling that is, reduced hair loss, increased hair growth, stronger hair, and a prolonged hair growing period. Just looking at all the statistics and the time frames (3weeks to 2 months consistent use) for noticeable improvement is indeed an incentive.

The shampoo is gentle and moisturizing and can be used for all hair textures and genders. It is non-GMO, paraben-free, and cruelty-free.

Pros

- Made up of all-natural ingredients.
- It gives quick results.

- The smell is really wonderful.
- Suitable for all hair types.

Cons

- It is expensive.
- In order to have the desired results, you have to use this product consistently for a long time.

c) PURA D'OR Original Gold Label Shampoo:

Pura D'Or Anti-Hair Loss Shampoo has been clinically proven to help in the fight against hair loss in men and women. It is suggested that you start a course of this shampoo once you think that you are experiencing thinning hair, premature hair loss, and first signs of balding, scalp irritations or simply needing a DHT blocker. The Gold label is 100% natural products.

Formulated with some power-packed natural blends like Argan Oil, Aloe Vera, Pumpkin Seed, Black Cumin Seed Oil, Nettle – which are a few of the 17 active ingredients it is made of.

The complete list of the natural plant ingredients are:

- Amla Oil
- Argan Oil
- Biotin
- Black Cumin Seed Oil
- Cedarwood Oil
- Clary Sage Oil
- Green Tea Extract
- Hibiscus Flower Oil
- Lemongrass Oil
- Nettle Root Extract
- Niacin
- Pumpkin Seed Oil
- Red Korean Seaweed
- Rosemary Oil
- Saw Palmetto Extract
- Tea Tree Oil

This list is loaded with ingredients for your hair. Each plant has a part to play for your hair though there has to be some synergistic combination as well in order for them all to work effectively.

It is simply amazing what Pura D'Or has managed to combine and in doing so, provide a product that works.

This shampoo is a USDA bio-based certified product and has selective certified organic ingredients. There are no SLS, no parabens, and no harsh or harmful chemicals. It is gluten-free, hypo-allergenic, color-safe, and cruelty-free.

It helps to fight hair loss naturally and powerfully. It helps to reduce breakage, increase hair volume, moisturizes, and gets to the root of the problem. It can be used for any hair type and can be used as a daily shampoo.

The general feedback on this shampoo is that you will be able to see results within 3 months of consistent use. Be aware as well that initially, you may experience continued hair fall as the shampoo tries to get rid of the weak hairs and prepare the way for the new, healthier hair. The recommendation is also to use the synergistic conditioner to maintain great results.

Pros

- Going bald or losing your valuable natural hair is one of the biggest fears for quite a few people. Using Pura D'or Organic Anti Hair Loss Shampoo is a great way to stop existing hair loss and prevent future hair loss. Additionally, this shampoo has been shown to improve the overall health of your hair by increasing the strength of the hair follicle and improving hair cell health. This leads to thicker and richer hair that will truly stand out in a crowd.
- Now you no longer have to worry about damaging your hair by using your favorite shampoo. All the ingredients used in this shampoo are 100% natural and are bio-based organic, meaning they have no chemical properties or compounds which could be harmful to your hair and scalp.
- In addition to reducing the chances of hair loss, Pura D'or Organic Anti Hair Loss Shampoo has been shown to increase the health and strength of your existing hair. This is accomplished through the use of DHT blockers. DHT is a natural chemical found in your body which contributes to hair loss and damage. By combining over 15 different DHT blockers in the ingredients list, this shampoo is able to limit the amount of damage that is done to your hair follicles and cells.

Cons

- Despite the numerous advantages related to using this shampoo for anti-hair loss measures, the price is fairly steep, even for the well-to-do consumer.
- Another disadvantage related to using this shampoo is the long treatment timetable involved. It is recommended that this shampoo be used for at least three months on a daily basis to notice any improvement. This timetable may be too long for those that are impatient or desire immediate gratification.

d) Ultrax Labs Hair Surge:

Ultrax Labs advertises its Hair Surge Shampoo as being a “one of a kind revolutionary” product, which may sound a bit hyperbolic.

Hair Surge Caffeine Hair Loss Growth Stimulating Shampoo has earned positive reviews, and it rates very high on the list of best hair growth products for men and women. It's formulated to be a complete delivery system in that it delivers the right ingredients to hair follicles while making sure that they stay there.

Its ingredient contains caffeine. A shampoo containing caffeine doesn't mean a bottle full of coffee grounds but rather caffeinated compounds integrated with essential oils and ketoconazole.

Several studies show that caffeine causes hair follicles to grow more rapidly than using other hair-loss ingredients. Caffeine compounds have also been shown to reduce hair loss.

And, in case you're wondering, you can't just skip the shampoo and drink excess amounts of coffee to prompt your hair growth.

The other two primary ingredients in Ultrax Labs Hair Surge shampoo are ketoconazole and palmetto, which are vital hair-loss product ingredients.

Some people may notice hair regrowth after only using Hair Surge for three months (remember, hair growth doesn't happen overnight). Others may say that it works particularly well for regrowth around the hairline.

Another reason to like Ultrax Labs Hair Surge shampoo is that it's effective for men and women.

Pros

- Can be used alone or together with a regular shampoo
- Effective for men and women
- Complete delivery system

Cons

- Doesn't foam as well as some hair-loss shampoos

e) Nizoral A-D Anti-Dandruff Shampoo: Ketoconazole is the primary hair loss/hair growth ingredient found in Nizoral A-D Anti-Dandruff shampoo and it's an ingredient in many other hair products.

We briefly talked about ketoconazole and its anti-fungal qualities earlier, but those qualities are worth further examination because studies have shown that ketoconazole has an impact on hair growth.

Ketoconazole fights fungus on the scalp; the fungus which inhibits hair growth and may cause hair loss. It also has anti-inflammatory properties that are good for scalp health. If seborrheic dermatitis is one of the causes of your hair loss, then products with ketoconazole such as Nizoral's A-D Anti-Dandruff Shampoo are worth serious consideration.

Besides, with Nizoral A-D you get the added benefit of a strong dandruff fighting shampoo. And you know how dandruff is: an unwanted visitor that shows up on your clothes at the worst possible moments.

Nizoral A-D prevents the flaking, itching, and scaling associated with dandruff. As it turns out, ketoconazole is an effective dandruff fighter as well as taming fungus and inflammation on your scalp.

Unlike other anti-dandruff shampoos, Nizoral A-D is formulated so that you only have to use it twice a week to keep those unwelcome flakes at bay. Ketoconazole binds to the natural protein of your hair so that it keeps working throughout your usage of Nizoral A-D.

We also like that it's gentle on the hair, gentle enough that it's suitable for color-treated hair, as well.

Pros

- Proven to fight dandruff and hair loss
- Fights fungus on your scalp
- Natural fresh scent

Cons

- Some people wish it came in a bigger bottle

Hair Growth Serums, Vitamins and Supplements

a) Hairfluence – Hair growth formula for longer hair: Hairfluence contains biotin, bamboo extract, collagen, keratin, methylsulfonylmethane, Vitamin C, B12, A, D3, folate, and thiamine. All these are natural ingredients and the formula used is listed on the label of the bottle.

Pros

- It is affordable
- Contains all-natural ingredients
- Has a full refund guarantee of 60 days

Cons

- Doesn't work for everyone
- Has a side effect which includes weight gain, migraine, stomach upset and acne problems
- For most people, the capsule is big and hard to swallow.

b) Biotin (High potency) 500mcg per veggie: Enhanced with Coconut Oil for better absorption, Supports Hair Growth, Glowing Skin, and Strong Nails.

Biotin is B-complex vitamins. They boost your metabolism and help your body produce keratin, which is essential for healthy skin and hair.

These Biotin Soft gels contain a solution of 5,000mcg of Biotin in cold-pressed organic coconut oil. There contain no preservatives, no GMO products, no soy, stearates, or gluten in them. You only need to take 1 soft gel per day.

They come with a 90-day money-back guarantee. If you aren't satisfied with results, send them back for a refund.

Pros

- It helps treat any underlying deficiency in the body
- It doesn't contain preservatives, stearates or gluten which are considered harmful to the body
- Enriched with coconut oil which contains good fatty acids, antioxidants, and nutrients that supply natural protein to strengthen hair and prevent breakage helps in keeping the hair soft and supple.
- They contain antifungal and antibacterial properties which protect the hair and keep it healthy
- It helps in thickening the hair strands to look fuller, heavier and smooth.

- Has a full refund guarantee of 90 days

Cons

- It causes skin inflammation in some people.

c) Naturenetics HairAnew (Unique Hair Growth Vitamins with Biotin): HairAnew contains 5,000mcg of biotin which is a water-soluble vitamin B-complex that helps promote hair growth. It also contains other vitamins, herbs and amino acids which helps address any deficiency in the body that could cause loss of hair.

The ingredients include Vitamin C, E, B-6, kelp, Niacin, Pantothenic acid, Ginkgo Biloba.

Pros

- Promotes healthier hair
- Vegan and gluten-free

Cons

- Doesn't work for everyone
- It is expensive
- Has side effects like headaches, cystic acne, and nausea in some people.

d) Viviscal Extra Strength Supplements: This supplement contains Aminomar, a proprietary manufacturer's marine content that is a mixture of mollusk and shark powder combined with other nutrients and helps promote hair growth.

Another unique formula in these supplements is a mixture of zinc, iron, biotin, vitamin C, calcium.

Pros

- Helps in growing hair and reducing hair loss
- Gives shiny hair
- Doesn't cause stomach upset

Cons

- It is expensive
- Not suitable for vegetarians and vegans as it contains animal products
- It is a bit hard to swallow for some people.

Hair Growth Devices

a) iRestore Laser Hair Growth System: iRestore is a medical device that uses laser technology to treat hair loss, receding hairline, balding, and thinning hair for men and women.

It is a device that looks like a helmet through which low-level laser therapy stimulates the hair follicles to grow thicker and fuller hair. Light energy is radiated through 51 medical-grade laser and LEDs which enhance cell metabolism rate and reactivates follicles to stimulate hair growth.

It is lightweight, durable and comfortable to use. By simply putting it on top of the head, turning it on and allowing it to complete 25 minutes cycle, positive results will certainly be achieved.

This device is very comfortable to use as it doesn't contain foams or liquids, has no side effects and it's ideal for people with allergies or sensitivity to certain drugs or ingredients.

Pros

- FDA approved
- Comfortable and convenient
- Easy and safe to use
- Excellent results

Cons

- Results may not come quickly

b) Hairmax Ultima 9 Laser Comb: Hairmax researched and developed a line of low-level laser therapy device which provides a safe and effective hair loss system. Many users report positive hair growth results from using this comb. It uses the process of photo-bio stimulation.

Hairmax Ultima 9 Laser Comb delivers visible, nourishing light to the scalp to stimulate hair growth. It also extends the growth phase of hair that helps to create a new hair growth cycle, hair density, and fullness.

It has 9 medical-grade laser which emits low-level laser light. It also has an LCD screen that shows battery life and elapsed treatment period. The kits include a charger, power cord, user manual, and a quick start-up guide.

Since this device uses photo-bio stimulation, it increases ATP (Adenosine triphosphate) and keratin which are responsible for stimulating cells such as hair follicles while prompting intercellular energy transfer.

It also helps increase blood flow to hair follicle cells and ensure that nutrients are delivered more easily to your hair. It is recommended to use Hairmax Ultima 9 for 10-15 minutes, 3 times a week.

Pros

- Approved by FDA for safety
- Increases blood flow to the scalp
- Stimulates the growth level of hair follicles

Cons

- Causes minor itching and irritation for some users.

c) Theradome Hair Growth Helmet: Theradome Hair Growth Helmet is a cordless device which provides greater convenience when in use. It has a power switch to turn it on/off.

This lightweight plastic helmet has foam pads that allow it to fit different size of heads and has a sensor to detect if the helmet is well positioned on the head. It also has an automated treatment counter that

keeps a record of the individual's total number of treatments and will automatically trip off after 20 minutes of usage.

Always ensure that the hair is washed and dried before using. Continuous usage of this helmet for 18 to 26 weeks is highly recommended as hair growth will be experienced at 28 to 52 weeks. It also has a 1-year manufacturer's warranty and 120-days money-back guarantee.

Pros

- 80 laser diodes provide expanded treatments
- Reaches all parts of the head
- Fits all head sizes

Cons

- It is more expensive than many helmets and hair treatment devices.

Topical Treatments

a) Men's Rogaine Hair Loss and Hair thinning treatment minoxidil foam: Rogaine Men's Hair Regrowth Treatment is perfect for individuals looking to add more hair to the top of their scalp. This foam helps to slow and even block this process through its contents designed to promote the opening of channels in your cell membrane to promote hair growth. Though it's not a DHT blocker, this method of hair regrowth has provided incredible results for a wide range of people.

It revitalizes hair follicles, easy to use and comes with a dermatologist recommendation.

The only ingredient used in this product is 5% minoxidil topical aerosol. This chemical is responsible for stimulating hair growth follicles. Opening the channels in your cell membranes, the minoxidil will gradually stimulate hair growth over time. Though it's effective, it does take some time for the effects to be seen, requiring a minimum of 3-months before results are expected. Again, it should be noted that it is not a DHT blocker. As a result, it has significantly fewer chemicals than other regrowth treatments, making it a popular choice among dermatologists as it is simple and to the point.

Rogaine requires constant usage to produce and keep results, but there are also some side effects you need to be aware of. As stated above, the average amount of time before noticeable hair growth improves is 3 months. Also, if you stop using it, you will begin losing hair again. Be aware that during the first few weeks, there may be an increased amount of hair shedding. This is normal, as it signifies your hair follicles being stimulated and beginning to grow hair. If shedding continues after two weeks, then you may want to consider seeing your doctor.

Pros

- Positive results from consistent usage within 3 months.
- Easy to apply to the scalp.
- It is not expensive compared to other treatments
- Recommended by dermatologists and clinically proven to help regrow hair.
- Though not designed for frontal hair growth, some people have reported improvement.
- An alternative for more complex chemical DHT treatments.

- An alternative approach towards hair regrowth that can be paired with other hair loss prevention methods.
- Great for re-growing hair at the top of the scalp.

Cons

- Does not work for everyone.
- Rogaine Men's Hair Regrowth Treatment may not help individuals whose primary cause of hair loss comes from DHT since it is not a DHT blocker.
- Requires constant use and keeping track of its usage.
- It is not recommended to help with frontal hair loss or a receding hairline.
- It is also not recommended for women.

b) Women's Rogaine Treatment for Hair Loss: Rogaine treatment for women is FDA approved and clinically proven to regrow hair up to 25% more hair than other products when used daily. It uses Minoxidil foam with Rogaine's Tricho-prime technology that penetrates into the scalp and reactivates shrunken hair follicles. It's not only good for growing thicker, fuller hair, but helps prevent further hair loss.

It's also easy to use because it's a lightweight foam that takes little effort to apply. You can apply it in the morning, or at night before bed. And it's truly designed for once-a-day use.

It is important to use it consistently, otherwise, your hair loss will begin afresh.

Although you may still experience some hair loss during the first couple of weeks of usage, you'll quickly begin to see results after that.

Pros

- Produces fast hair growth results
- Designed for daily use
- Clinically proven

Cons

- Results may vary

c) Kirkland Minoxidil: This product is for men with a general thinning of the hair on the top of the scalp.

Because it uses a 5% concentration of Minoxidil rather than the 2% found in many other products, Kirkland minoxidil lives up to its "extra strength" expectation. It's offered as both a topical solution and a foam. The foam is recommended for men with more sensitive skin and who need faster drying time.

There's a lot to like about this hair loss/regrowth product besides the fact that 5% Minoxidil is proven to be more clinically effective than smaller concentrations of it. Kirkland assures its customers that its Extra Strength Hair Loss treatment will produce positive results quickly, and some users say they've noticed an improvement in as little as eight weeks.

It's also easy to apply, whether you choose the topical solution or the foam. Your purchase comes with a dropper style applicator that allows you to apply the topical solution directly to the area where you're

trying to grow hair. With the foam, you apply it to the affected area and gently massage it into your hair and scalp.

Another plus with Kirkland's 5% Extra Strength Hair Loss treatment is that it's typically cheaper than other products.

Pros

- Great for thinning hair on top of the scalp
- Easy to apply
- Stronger than many other products

Cons

- Not for men seeking to treat their receding hairline.

Natural Hair Growth Remedies

Although hair loss is most commonly associated with men, women also suffer from this problem and sadly, hair loss in women is a lot less acceptable in society today. However, women actually make up 40 percent of hair loss sufferers. Hair loss can be prevented and reversed with these natural remedies.

Foods to Eat

Whole foods, nutrient-rich diet is vital in supporting healthy hair growth. There are many food choices that can help to fend off hair loss, they include:

- **Organic foods:** These foods are free of chemicals. Chemicals can act as endocrine disruptors interfering with hair growth.
- **Pumpkin seeds:** Pumpkin seeds are one of the top foods high in zinc, which is necessary for healthy hair. Research has also shown that zinc deficiency is linked with hypothyroidism and hair loss.
- **Wild-caught fish:** Wild-caught fish like salmon are high in omega-3 fatty acid which decreases inflammation while supporting hair growth and hair thickening.
- **Green tea:** Green tea helps promote detoxification and contains antioxidants that promote hair growth. It also stops the conversion of testosterone into DHT.
- **Super seeds:** Chia, flax, and hemp seeds are high in fiber and healthy fats that can aid hair growth.
- **Bone Broth:** High in protein, collagen and amino acids, bone broth is the perfect food for encouraging healthy hair growth.
- **Caffeine:** Caffeine has been shown to increase hair growth. According to research, caffeine stimulates hair shafts and helps them grow faster, by damping down the effects of DHT, a substance that slows hair growth.

Essential Oils for Stimulating Hair Growth

You can use essential oils to make some of the best topical home hair loss remedies.

- **Rosemary oil:** This is one of the top essential oils when it comes to enhancing hair thickness and growth. It is believed to increase cellular metabolism that stimulates hair growth.

Research shows that rosemary oil appears to work as well as minoxidil, a conventional topical hair loss treatment.

- **Spikenard oil:** This oil is known for promoting the growth of hair and slowing down the graying process. When using spikenard extract on rats, there was a 30 percent reduction in the time it took for the hair to grow back on the tested rats, which makes it promising for human use.
- Lavender, thyme, cedarwood, sage, and peppermint are other great options that may help increase scalp circulation. One recommendation to stimulate new hair growth is to combine three to four drops each of peppermint, rosemary, and a sage in one tablespoon of olive oil.

Then simply massage the mixture gently into the area of concern one to two times daily. You may also want to make Rosemary, Cedarwood & Sage Hair Thickener, which is an essential oil triple threat against hair loss.

- **Reduce Emotional Stress:** Emotional stress can also be a major causative factor in hair loss. Get plenty of sleep, and schedule times of rest and fun into your week. It's also a great idea to incorporate therapeutic massage into your life as much as you can, along with other natural stress relievers.

Massages not only helps reduce overall stress levels, but they also help increase blood circulation, including blood flow to your scalp. Better blood flow to the scalp helps encourage hair growth.

Top Hair Loss Remedies

There are foods that should be avoided as much as possible:

- **Trans-fatty acids:** Unhealthy fats like trans-fatty acids have been shown to increase inflammation and production of DHT, which can cause hair loss. Staying away from hydrogenated oils like corn oil and soybean oil, which are loaded with trans-fats is ideal.
- **Sugar:** Sugar plays a role in hormone imbalance, contributes to insulin resistance, increases DHT and causes inflammation, all of which can lead to hair loss.
- **Processed foods:** Foods that are highly processed are often loaded with unhealthy fats, sugar, and sodium so they're counterproductive to healthy hair growth.
- **Alcohol:** Alcohol can increase inflammation and cause liver toxicity, leading to hair loss. Heavy consumption of alcohol as well as smoking has both been linked to the increased risk of hair loss.
- **Caffeine:** Organic coffee and tea can be beneficial to hair health, but too much caffeine can cause dehydration, hormone imbalance, and production of DHT.