

Most of the time hair loss can be prevented or treated with good nutrition, change in life style and medical treatment. Here are few hair care tips

Avoid changing of shampoo and conditioner frequently

Use a mild shampoo and be gentle while washing your hair

Avoid using very hot water, use lukewarm water to wash hair

Wash your hair at least three days in a week

If you have dandruff, use antidandruff shampoo as advised by the dermatologist

Apply conditioner to lower mid length of your hair avoiding the scalp after every hair wash

Avoid using hair dryer, let your hair dry naturally.

If you need to use a hair dryer, use in cool mode at a distance of 1 feet

Never apply heat to one section of hair for more than a few seconds

Once the hair dries naturally, detangle your hair with wide tooth comb first and later with fine comb

Tie your hair loose, avoid tying your hair very tight which will damage the hair

Drink plenty of water

For healthy hair eat a balanced diet of lean proteins, fruits and vegetables, whole grains, legumes, omega 3 fatty food such as fish (salmons, sardines), walnuts, flax seeds and low fat dairy products. Especially have iron (dates, jaggery, green leafy vegetables, drumsticks) and protein (sprouted grains, organ meat) rich food.

Get enough sleep

If you smoke, try to quit or at least cut back

Reduce stress

Be regular while taking medicines for hair loss, it takes at least 4-6 months to see optimal results

Initial hair loss after using minoxidil is quite common. It usually settles after initial few weeks of treatment

Consult the doctor if you have any doubts with respect to medicines or the treatment