

Searching for the Best Hair Loss Treatment

Many men suffer from hair loss which is very unfortunate and can be very scary for many people, people between the ages of 30 and 50 experience the most hair loss. Many people see this as an inevitable stage in getting old, however there are actually some things that you can do about it! Many people have tried hundreds of different hair loss treatments in an effort to search for the best hair loss treatment.

First it's important to find out exactly what the cause of hair loss. Normally the reason for hair loss is because of your genes, male pattern baldness is the most common cause of baldness in males between the ages of 30 to 50. If other men in your family suffer from baldness then you are at a greater risk of becoming bald yourself. It is thought that hair loss is actually caused by your body being too sensitive to androgen.

Normally men will experience a gradually receding hairline, then after this the hair on the top of the man's head will start to thin. This can make it very distressing for anyone suffering from hair loss. Lots of men suffering from hair loss think that they have lost their good looks, and they are no longer young. This will cause men to try and find out what the problem is so that they can learn about the best hair loss treatment.

Possible treatment and prevention options

- Exercise – Vigorous exercise such as weight lifting is thought to lower the levels of dihydrotestosterone in your body, these are the androgens which can cause your hair to fall out.
- Diet – You should be careful what you eat, if you eat a diet high in calories then you may be at a higher risk of losing your hair.
- Lifestyle – You should be active, an inactive lifestyle can add to your hair loss problems.
- Hair Transplants – These are always an option, however they are normally only used as a last resort if you are desperate. It can be successful but does cost a lot of money, and takes a long time!
- Drugs – A drug known as minoxidil has been very successful in treating hair loss in men suffering from male pattern baldness, many people regard this as the best drug to treat hair loss, it's very easy to purchase and can be brought over the counter. It uses FDA approved ingredients for peace of mind.

Hair loss can be a scary prospect for any man; however it is possible to manage it effectively. Make sure you understand how much your treatment will cost, and how long treatment will take. You can then use this information to find the best hair loss treatment for you.

About the Author

Anita Johnston is an expert in the field of [Hair loss products](#), [hair loss prevention](#) and [hair loss products & reviews](#) due to many hours of research. You can learn more about [hair loss remedies](#) and [natural hair loss](#) by visiting [HelloHair.org](#)

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