

Help! I'm Losing My Hair

Annikki Hagros-Koski



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Hair Loss – You Can Treat It

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For the reader

This book provides new information about hair loss, pattern baldness, alopecia as well as other hair and scalp problems.

This book is intended for those interested in the well-being of their hair and body, hair and healthcare professionals and those working with herbal medicine. The book provides useful, genuine information on how the state of the hair and body plays a role in maintaining voluminous hair throughout one's life. The treatment methods have been tested with hundreds of test treatments.

It is crucial to understand that when it comes to hair loss, hair care does not instantly create voluminous, shiny and strong hair. For centuries, various pills and liquids have been claimed to be a quick solution to hair loss. There have even been some good products that were discontinued due to the lack of results. It was not always understood that hair loss is always caused by the influence of multiple factors – which is still not understood everywhere! Therefore, the problem remains ongoing.

The only reliable way to figure out the causes of hair loss, pattern baldness and alopecia is by examining the hair roots microscopically. No other method of examination provides adequate results. The general state of health can be checked with a blood test. Every problem must be treated either individually or simultaneously – depending on the possibilities.

The hair root area has not been researched by other fields before, not even the medical field from the perspective hair loss, pattern baldness and alopecia. This research has been done in Finland since the year 1985. The work is unique on a global scale!

The age of a person is irrelevant in hair loss treatment

Age is not a reason for hair shedding. As one ages, the body might encounter various ailments: slowing metabolism, drying skin, the influence of medication and disorders, possible gastrointestinal problems, and possibly unbalanced or even deficient nutrition. Starting hair-saving measures is beneficial regardless of age. Start treatment today and one day your hair will reach an astonishing condition – or at least be sufficiently voluminous. Why postpone it?

The author of this book

As for my university education, I have a Bachelor of Science degree (mathematics, physics and chemistry). At the age of 17, I started to lose hair; doctors being unable to find a solution to it. Only at the age of 40 a doctor detected a cause for my continuous throat infections: certain foods and dairy products. Changing my diet allowed my hair to regain its original strength.

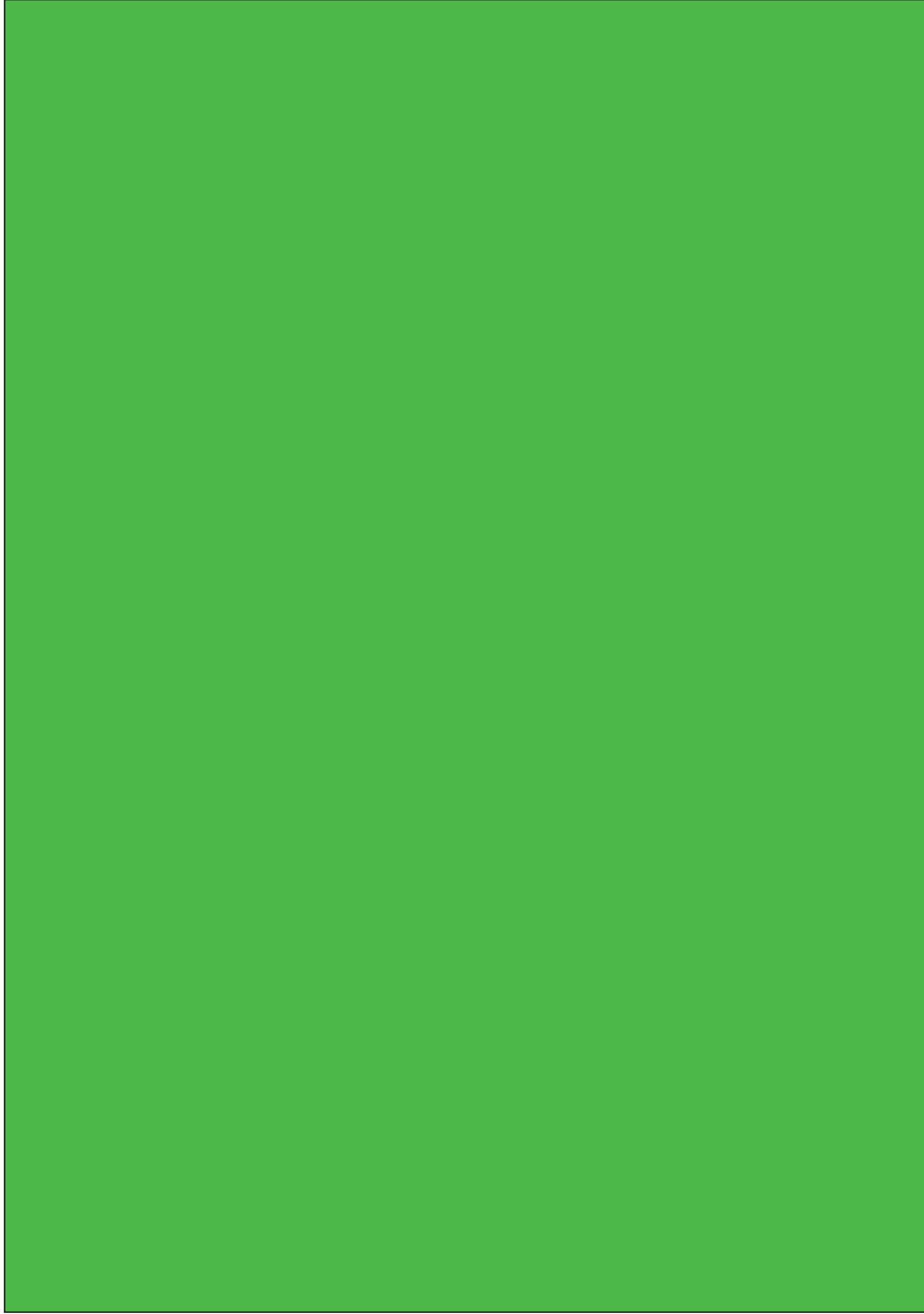
It took about 3.5 years for my hair to get thicker! This awakened my interest in the microscopic examination of the hair roots. I have received support for my research from various professionals: knowledge about the human body from doctors, help for the research methods from professors, as well as information from nutrition professionals and researchers from various research projects. The results have been phenomenal – the hair starts re-growing and the body starts to feel better as well!

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TYPES OF HAIR LOSS AND HAIR PROBLEMS

1. HAIR LOSS

What hair loss means

Hair has its own life span that is independent from the life span of humans. The life span of a hair follicle is limited, usually 2–6 years. The length of the life span depends of genetics. Hair replaces itself multiple times during a person's lifetime. A human sheds about 50–100 hairs every day depending on the amount of individual hairs and normally the same amount of hairs grow back. Consequently, a standard amount of hairs remains on the head. **So-called normal hair loss refers to the renewing of hair, which lasts for the entire life of a person.**

In hair loss, the normal hair mass decreases.

If you have been healthy during puberty, your hair has turned into strong, adult hair. If the hair mass has decreased or the hair is shedding more than usual, you are suffering from some type of hair loss, which must be treated. It is always a dysfunction in the body and deep in the scalp, the growth area of hair roots.



Hair loss can look outside in different way. You cannot say any reason only just looking at a person, you need to do microscope hair research. It tells exactly, what is going on inside the body. Hair does not tell anything!

As for the number of causes of hair loss I have discovered on a single person during my examinations, the smallest number was three and the highest number was seventeen! Treating these causes and consequently eliminating the detrimental factors is necessary in order to achieve satisfactory results..

Regardless of the causes of hair loss, **hair loss always signifies that the root of the hair shifts into a resting phase, or dies, during its growth**, making the hair fall out prematurely. New hair will grow from the same hair follicle regardless of the person's age but only after end of the growth cycle of the hair.

The growth cycle of a hair does not change, making it impossible to manipulate the time it takes for a new hair to start growing. It always takes nearly the time of the growth cycle to get close to the original thickness of the hair. There is no shortcut for growing back hair.

Annikki Hagros-Koski



This book talks about hair loss, Alopecia, baldness and different disturbances of the scalp and how you can get real help that is based on extensive studies. The book contains a vast amount of knowledge of nutrition and dietary supplements. You will also obtain information on how to treat your hair right and on erroneous myths.

The book is the result of over 35 years of research work carried out at Hair Academy Finland regarding the reasons of hair loss. Physicians have assisted us on issues related to how the body functions, professors on research-related issues and nutrition professionals and various researchers on several issues related to nutrition and health.

The book clarifies how even the imperceptible disturbances of the body may hinder hair growth. The results of hair research have been astonishing – new hair growth occurs, and the overall well-being of the body simultaneously increases.

Annikki Hagros-Koski



I have co-operated with Annikki and Hair Academy for several years as part of professional training. It has been a pleasure to follow Annikki's enthusiasm and eagerness to adopt the possibilities and applications provided by the latest research for hair care and customer advice.

Erkki Antila, Physician, PhD



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