

# **TO CONTROL HAIRFALL**

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## **GUIDELINE BY SANJAY G.M.**

- **For hairfall there are many reasons, but mostly can be controlled with below things :-**



- 1) Take 20 Minutes LIGHT GOLDEN SUN at 7.00- 8.00am or 5.00-6.00PM
- 2) Use Comb which has small gaps(like in photo). Comb in the morning, every hair in both direction
- 3) 3 times/week desi cow ghee massage instead of using oil.

### **OR**

3 times/week Badam Rogan oil massage at beginning for 2 months  
Then after hairfall control 2 -3 times/week

- 4) Hair Wash & clean by shaving gel (Not shaving cream) can use Patanjali saving gel.

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#### **NOTE:-**

- Take cold and mild hot water alternate 10 pot each for scalp blood circulation.
- Pull hair mildly with your fingers.
- Hairfall can be due to medicine reaction or any vitamin deficiency ( D, Iron OR B12) so check that & control.
- Continuous long time thinking occupy blood so blood circulation to hair reduce which cause hairfall (relax, keep small break while continuous thinking -work)
- Low testosterone and also high testosterone cause hairfall. Testosterone is related with DHT.
- High testosterone level can increase DHT level which cause hairfall  
High testosterone can be due to obstinance from Sex activty after continuous desire
- DHT can block by saw palmetto & pygeum africanum.
- High DHT level cause hairfall, so to reduce DHT level do regular cardio exercise, reduce stress, enough rest, massage scalp by Rosemary ( Pure) hair oil.
- Folic Deficiency can shedding OR thinning the hair, so Folic deficiency can cover by eating Asparagus, Broccoli & green leafy vegetables.