

Loss of Hair

interview to Doctor Magda Belmontesi

Often, during the winter and autumnal months, a loss of hair is more present than usual. When this happens in men already affected of "baldness" (androgenetic alopecia), the problem can become tragic. Reasons? Too many. Let us start with summer stress (sun, sea, wind..) and everyday life stress. And do not forget that the smog really does not help our hair.

EXPERT'S ADVICE

Doctor Magda Belmontesi, dermatologist and adviser of the website www.dottorbellezza.it, says: "also our hair needs a help both from the outside – shampoo and other products – and inside – good alimentary integrators.

It is important to know that, the values of the nutritional elements that current medicine considers in general right for our body, are not healthy "under the profile of trichology". Practically, the necessary nutritional elements for the "construction of the hair" (protein, amino acids, vitamins...) should be evaluated compared to the normal values different from the ones used in the test of hematic values.

Among the important minerals for hairs, pay attention to copper and silicon, if they are not present the hair faces some hard time to grow up.

In case of serious loss of hair, the hairdresser who wants to offer a good service to his/her client, should start to investigate, inviting him/her to verify the showing and entity of the loss of his/her hair (this is "normal" during the fall season).

Then he should give him/her some good advice to help the natural growth of the fallen hair.

The best advise and the most efficient is the one to use natural preparations, to avoid any collateral effect for the body, which might generate difficult situation, even worst than the loss of hair.

A SPECIFIC HELP

Among all the natural preparations, without any doubts, Serenoa Repens is the best. It is the natural inhibitor of the enzyme 5-alfa reductase, direct responsible for the androgenetic alopecia (it transforms the testosterone in DHT – powerful form of the testosterone – that shorten the [phase of growth](#) – Anagen – of the cycle of hair's life, making the follicles smaller and determining the growth of the hair more and more thin, till it falls).

The best thing to do after this treatment is the possibility to act in synergy trough a dietetic integrator specific of Vitamins, Minerals, sulphured Amino acids, containing also Keratin, but especially Serenoa Repens. It is a complete approach that associates the topic intervention of Serenoa (and other important microelements) trough a specific lotion, the nutritional integration of elements more useful for the life of hair, first of all the Serenoa, so that we can act trough the hematic way till the inhibition of the enzyme 5-alfa reductase at the level of the follicle.

Very interesting news dedicated to men is that Serenoa Repens has a benefic action toward the benign prostatic hypertrophy (IPB and androgenetic alopecia are both characterized by an increase of DHT that helps the enlargement of the prostate).

It is obvious that the oral integration of Serenoa has a benefit not only that strengthens the topic action, making the treatment very efficient, but it goes beyond what "you would never ask". Without forgetting that using natural preparation means avoiding collateral effects.

A BUSINESS AT THE TOP IN THE TRICHOLOGICAL FIELD

Keratrade, the first business in Italy that introduced on the market 10 years ago, detergents without laurylsulphate with sodium, put at hairdresser's disposal a complete line for the treatment of hair, totally natural, obviously based on *Serenoa Repens* and inclusive of specific dietetic integrator based on *Serenoa* and micronutrients, expressly made to fight the loss of hair and help the natural growth and beauty (Lotion with *Serenoa*, Lotion *Seloe* – *Serenoa* and *Aloe* – *Antiloss* Shampoo, Dietetic Integrator).

In short, it is a way to really act in a synergetic way and to boast perfect hair in spite of stress and environmental problems.

(from www.dottorbellezza.it interview of Brunella Paciello)