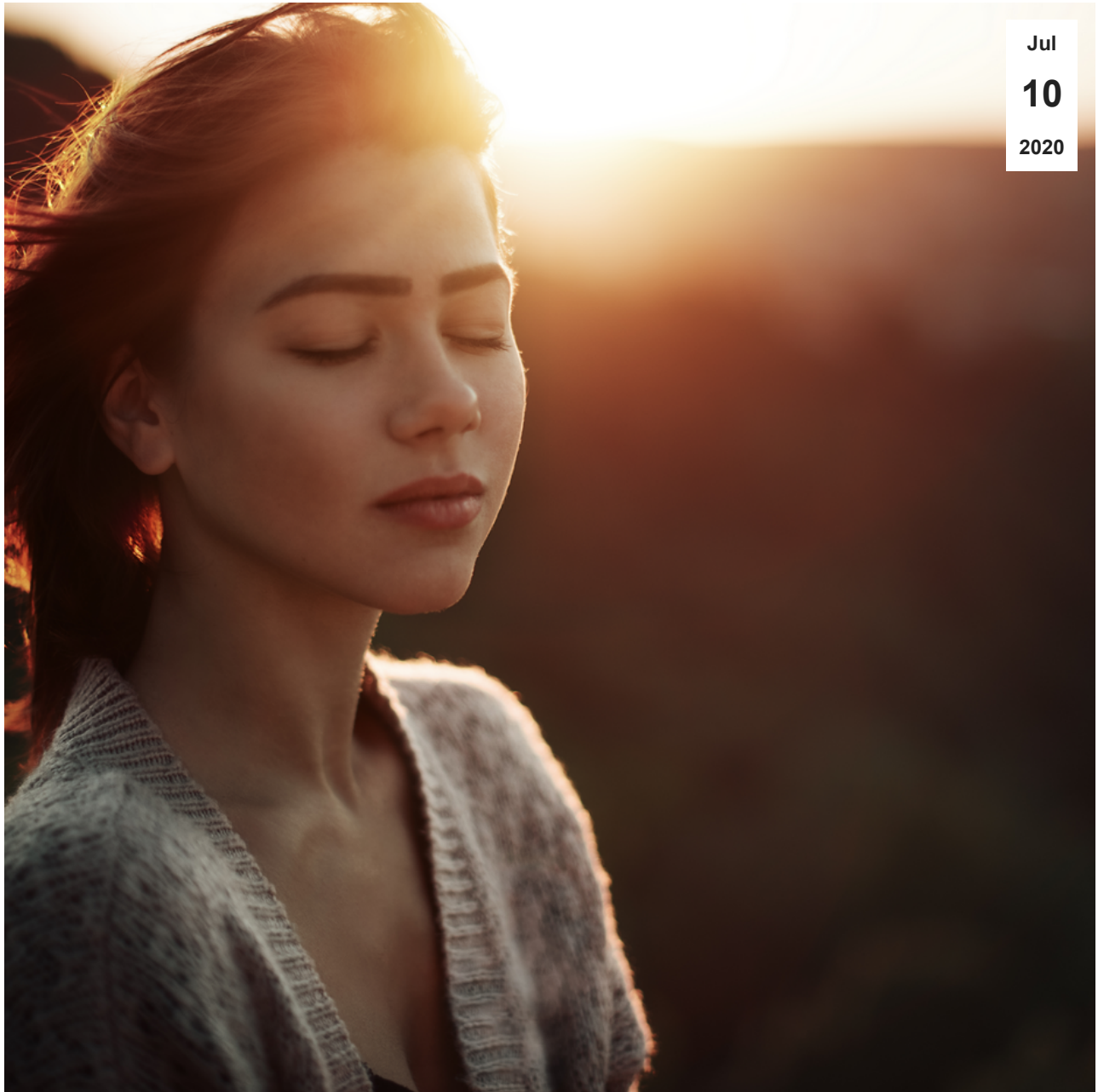




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We saw a woman come into the office not too long ago who had been suffering from alopecia for several years. Her doctors were baffled as to why she kept losing these two to three inch sized circles of hair around her head.





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tried, however, she couldn't seem to reduce her stress to a level where it didn't continue to occur, so she finally sought out stem cell therapy after trying a whole host of other recommendations.

While the stem cell therapy (our NextGen PRP) helped her to stop losing patches of her hair (and can help pretty much anyone to reverse hair loss), some of the other natural remedies for hair loss that she tried were interesting, to say the least, so we thought it would be fun to share a couple of the most memorable ones.

ONION JUICE

It already sounds like the grossest and potentially the smelliest treatment people try, however, there is some research to back it up. In a small study, alopecia sufferers rubbed onion juice on their scalp twice a day for two weeks. 74% of the onion juice patients regrew at least a small amount of hair where the placebo group saw 13% regrowth.

SCALP MASSAGE

Another one that has some science to back it up is massaging the scalp. There was a small study conducted in Japan which found men who massaged their scalps for 4 minutes per day saw thicker hair within 6 months. While scalp massage might feel amazing and have a whole of other benefits, there's no evidence (yet) that it does much more than help you to relax.

HIGH LEVELS OF PROTEIN

Eggs have been used as a hair treatment for centuries and are long celebrated as a solution to hair loss because of their high protein content, which studies show can be effective in hair regrowth and prevention. There are no studies to speak of, however, many home remedy recipes instruct you to mix one egg with olive oil and apply to your scalp. If nothing else, it's a great conditioner!

Hopefully, you've enjoyed exploring some homemade natural remedies for hair loss. If you have any of your own, share them with us on [Facebook](#). And of course, if you're battling hair loss yourself, don't hesitate to [call us](#) to find out how our NextGen PRP stem cell treatment can help you regain your hair.





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