



## **BALDNESS**

**Saw palmetto** (*Serenoa repens*). It is widely understood that dihydrotestosterone, or DHT, kills off hair follicles. Taking saw palmetto internally blocks the formation of DHT.

**Licorice** (*Glycyrrhiza glabra*). Licorice contains a single compound that can prevent the conversion of testosterone into DHT.

**Rosemary** (*Rosmarinus officinalis*). For hundreds of years, many different cultures of people have massaged their scalps with rosemary oil to keep their hair lush and healthy.

**Horsetail** (*Equisetum*, various species). The minerals selenium and silicon both help promote circulation to the scalp, and as a result, they help maintain healthy hair. Both minerals are present in horsetail.

**Stinging nettle** (*Urtica dioica*). Nettle root blocks two enzymes, 5 $\alpha$ -reductase, which makes the dihydrotestosterone (DHT) and aromatase enzyme, which makes estrogens. Studies showed that nettle root extract was efficient in inhibiting these two enzymes which was a leading cause of hair loss.

**Green tea** (*Camellia sinensis*). It is thought that catechins found in green tea may inhibit the enzyme 5- $\alpha$ -reductase that converts testosterone into hair-unfriendly DHT. It is therefore believed to be effective in preventing and treating male pattern type baldness.

**Ginkgo** (*Ginkgo biloba*). This popular herb is thought to improve blood circulation to the brain and skin. Herbalists believe that the increased flow of blood to the brain area delivers more nutrients to the hair follicles thus promoting hair regrowth.