

REVERSING AGE RELATED HAIR LOSS PAULA KRAMER

Add 5 drops of each essential oil to 1/2 cup shampoo:

Cedarwood
Lavender
Peppermint
Rosemary
Tea Tree
White Thyme

Spread a little of the shampoo on your thinnest areas half an hour before shampooing.

Massage your entire scalp while shampooing.

It could be six to seven months before you see results. I was certain my hair was thicker before the end of a year.

You could do a skin test beforehand just to make sure your skin isn't sensitive.

<https://www.aromaweb.com/articles/essential-oil-skin-patch-test.asp>

I used a good quality tea tree oil and peppermint oil shampoo. I added 3 drops each of peppermint oil and tea tree oil instead of 5 drops.

BALDNESS FROM BOTH ILLNESS & AGE

I started college at age 35. At the beginning of the last week of classes, I got sick. Because it was the last week of classes, I kept going to school. I was still sick through the week of finals. I was sick for a month and needed two months to recover. Doctors gave me three different diagnoses, so I'm not sure what I had.

Because I kept going to classes, I had a high fever for more than a week. High fevers lasting that long can lead to hair loss. I got sick at the beginning of May. By the end of May my hair was falling out. Since my hair is thick, people refused to believe me when I started saying my hair was falling out. I convinced them by running my hand through my hair. I would then show them the many strands of hair stuck between my fingers.

After two months straight of that kind of hair loss, I got desperate. I found a supplement to take that stopped my hair from falling out. My hair loss didn't stop until I took the supplement in dangerously high dosages. Therefore, I am not going to reveal what that supplement was. I stopped taking the supplement as soon as my hair stopped falling out.

I lost so much hair that I forgot what my hair line looked like. Most of the hair I had left was at the back of my head. I was thin on the sides and bald in the front. I had enough on top to have see-through bangs that sort of covered the front bald spots. I was so afraid of my bald scalp getting sunburned that I never went outside without a hat.

Within a couple of months, my hair started growing back in. It grew in wonderfully thick. Three years later, I discovered that most of my hair was on a three year life cycle. Most of my hair had fallen out and grown back in within months. That meant that when the life cycle of all that hair was up, it all fell out within months. I didn't have bald spots again, but I did have extremely thin areas where the bald spots had been. My bangs were see-through again because I had too little hair in front to have solid bangs.

For 11 hair cycles, I went through a thin year, a normal year, and a thick year, followed by a thin year, a normal year, and a thick year. For the first several thin years, I cut my hair very short. The former bald spots meant my hair was thinner in some places than others. During the early thin years, my hair looked best when it was very short. For my normal and thick years, I let my hair grow longer again.

Around 2008, I realized my thick hair year was not quite as thick as it had been. 2015 was another thin year for me. That year I had bald spots in front again. Age related hair loss on top of my three year hair cycle meant visible bald spots every third year.

Luckily, I read a short magazine article about essential oils that could reverse age related hair loss. I did research online about the best essential oils for hair and scalp. I also read advice about how to use essential oils for reversing hair loss. I put together the recipe above. The article said it would take 6 to 7 months for hair regrowth to appear. I waited until I was six months away from the beginning of my next thin year. I washed my hair every other day using the recipe and procedure above. The year 2018 should have been another thin year with even bigger bald spots, but my hair is thicker again. No bald spots anywhere and my bangs are solid.

In case you were wondering, I never let anyone take photographs of my bald head or bald spots. Living with them was enough. I don't need to ever see them again.

Research essential oils for your hair and scalp conditions. I chose the oils that seemed to be right for me. Other possibilities exist.

Good luck and enjoy the look and feel of your new hair.