

# How Excessive Testosterone Leads To Your Hair Loss

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**Article Rating: NA**

**Submitted by: articlediner on 2006-10-04 and viewed 55 times.**

**Total Word Count: 542**

**Author Rating:**

## **Sample of Content:**

Learn where you create excessive testosterone so that you can stop it and at the same time stop un-natural hair loss.

## **Content:**

Hair loss has been observed and studied for ages, and some interesting discoveries were made in ancient times. It was noticed that eunuchs:

\* those males without genitals-never went bald

\* men who were castrated as a result of accidents in battle also never went bald

This was the first sign that testosterone had something to do with hair loss. It has also been found that the more recessive the hair gene, the chances you have of becoming bald.

### Androgens Testosterone and Adrenaline

What exactly are androgens? Androgens are sex hormones mainly produced by males. The main male androgen is testosterone. Androgens are produced by your adrenal glands â€“ testosterone and adrenaline - which protect your body in stressful situations and give you the power to respond to dangerous situations.

When you are under constant stress, you have adrenals that are overactive. Under this stress, you are producing both testosterone and adrenaline. The excess testosterone, you create can be a cause in your hair loss. Also if you constantly over eat fatty foods and red meat, this will cause an overactive adrenal gland.

### Hair Loss and Prostate Gland

There is a definite connection between Male Pattern Baldness (MPB) and the prostate gland. The prostate gland is actually a cluster of small glands in males surrounding the urethra, located just below the bladder. There is not a lot known about all the functions of the prostate, except that it serves to squeeze seminal fluid into and through the urethra during ejaculation.

Prostate problems can cause serious problems with urination if it becomes enlarged, and sometimes the prostate becomes cancerous. Non-cancerous enlargement of the prostate is called benign prostatic hyperplasia (BPH).

DHT is responsible for the division of cells in the prostate, and is normally expelled by the prostate. However, when the prostate fails to expel the DHT, it builds up and causes enlargement. It has been confirmed that typical North American and northern European diets lend to the perpetuation of BPH and prostate cancer, whereas these are uncommon phenomena in other lands and was even uncommon here in the past.

This is significant since the overproduction of DHT is responsible for BPH and prostate cancer, and is also responsible for MPB or androgenetic alopecia.

The findings in research for BPH cures have usually simultaneously produced benefits in hair growth.

So to minimize the genetic tendency for hair loss be aware of excess stress in your life and work on reducing it. Learn what kind of diet is necessary to keep your prostate healthy.

Two additional facts about hair loss are:

- \* If you are blond-haired, you have a greater tendency toward hair loss than darker-haired people. But if you are Caucasian, then you have a greater tendency toward hair loss than non-Caucasian people.
- \* Beyond the genetic tendency of certain people for hair loss, diet seems to play a factor in hair loss. This is good to know, since this is one additional you can make changes to you to your lifestyle.

Rudy Silva is a natural nutritionist. He writes a newsletter called "Natural Remedies That work." For more information on hair loss go to: <http://www.hair-loss-remedies.for--you.info> You can subscribe to his newsletter and read some of the back issues, which give you information on how to have better health. Read his latest newsletter at: <http://www.natural-remedies-thatwork.com/nl-118.html>

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