

Traditional Chinese Medicine Clinic

中国医学

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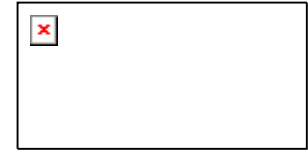
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Mailing To:



Traditional Chinese Medicine

*Integrating Eastern and
Western Medicine*



Stamp

Hair grows on affluent blood.

Stated in Traditional Chinese Medicine. It is believed in Chinese Medicine that if blood supply (Nutrients) in a person has more than the body need, the extra blood supply will promote growing more hair. If we do not have enough blood, or blood stagnation (circulation problem in the term of western medicine), there is not going to be enough blood (nutrient) to scalp. It means that hair would not have enough source of nutrient to promote hair growing. Then hair will lose its glories, dry, grey and failing.

If a person who has hair falling does not match his age. One should be aware of there may be some disharmony with blood supply to the scalp.



For female: many female who has pre mature grey and falling hair due to blood deficiency in Chinese Medicine term, and most of blood deficiency woman has menstrual disorders, dry skin, dry hair pre-mature grey and failing hair. Because blood deficiency would not nourish and warming body and skin, most of those people feel cold in limbs.

The same theory apply to male. If there is any thing happen internally and externally that compromise blood supply in the scalp in male. Dry, pre-mature grey and failing hair will happen.

There was research in China indicated that most of cases of pre-mature grey and failing hair in female related to menstrual disorder, most of those female has prolonged low body temperature due to insufficient of hormone secretion that contribute to menstrual cycle disorder in the concept of Western Medicine.

In order to maintain healthy hair in female, regulating menstrual disorder is the first step to have healthy hair.

Major factors to cause damaged hair:

1. Chronic diseases: such as chronic hepatitis, autoimmune diseases, chronic gastritis and any types of anemia
2. Unhealthy Diet
3. Smoking.
4. Stress.

How Chinese Medicine can help and maintain health hair:

For example:

a female having headach, menstrual pain, lower abdominal pain some of blood stagnation symptom, a herbal formula should focus on moving blood and dissolve stagnation, in a word is to increase circulation of blood of the body and to scalp in order to regulate overall condition and solve the hair problem too.

If an individual has dizziness, feel cold, ear tinnitus, palpation, with or with anemic, and some other of blood deficiency symptom, herb formula should focus to nourish blood and strength blood to strength the whole body including hair.

If one under a lot of stress, with reducing stress such as meditation, body massage, exercises, we can use herbal formula to harmonizing body due to the stress.

B). External Herbal Shampoo

Use certain herbs in the shampoo to maintain healthy hair has long history in Chinese Medicine.

- a. A person has less hair, indicate that scalp has no enough blood to grow hair, use herbal shampoo to increase scalp condition along with whole body treatment, such as Dang gui and chai hu. Make sure with herbal shampoo, one should gentle massage scalp for 10 minus before rising off.
- b. If one having severe loses hair due to inflammation in follicle, use certain herb juice or herbal shampoo with Huang Bai and huang ju to wash hair and scalp.

For more information of how to maintain health hair and order herbal shampoo, Please contact Dr. Hu @ (619)-226-6506

