

Tips from Dr. Rebecca Kazin on keeping hair healthy and full

September 25, 2014

10:30 PM MST



Rebecca Kazin, MD, FAAD
Rebecca Kazin

No one wants thin, limp hair. Keeping full, [healthy hair](#) is important and also extremely sexy, but for some of us reaching that flowy hair goal seems impossible.

“On average, we lose 50-100 hairs day,” says dermatologist [Rebecca Kazin](#), MD, FAAD. “This is all normal and part of the natural growth cycle. However, when hair loss becomes more noticeable, it may be time to seek professional help to determine the underlying causes.”

Dr. Kazin is apart of the Washington Institute of Dermatologic Laser Surgery and the Johns Hopkins Department of Dermatology. The Board-Certified Dermatologist knows a few good tricks to keeping hair from thinning and falling out.

Here are Dr. Kazin tips for a fuller man:

- Use a natural bristle brush. Plastic or artificial brushes can be aggressive with your hair and scalp. A natural brush will help limit damage.
- Switch your hair dryer to a cooler setting. Heat is extremely damaging to hair. It might take longer to dry and style your hair but it will prevent harm.
- Never skip the conditioning step. Conditioners help restore the natural oils that are removed from the hair and scalp during the washing process. A nourishing conditioner will help soften and strengthen your hair. Use protein based formulas, and stay away from sulfates.
- Avoid wearing hair in a tight ponytail. The pressure can weaken hair and result in hair loss.
- Splurge for the salon and don't color your own hair. The chemical process that colors your hair actually strips and re-pigments your hair. Many home color kits contain harsh chemicals that alter the stability of the hair and weaken its integrity.
- Consider adding leafy vegetables and eggs to your diet. It's been shown that diets rich in calcium and iron can help reduce or prevent hair loss. Be sure to also include proteins in your diet because hair is rich in protein.
- If excessive hair loss persists, Dr. Kazin recommends seeing a hair loss specialist to understand the underlying cause.

To learn more about Dr. Rebecca Kazin and her products go to www.rkmd.com

Recommended

'What Happened, Miss Simone?'
documentary movie
review

Pam Courson dies
April 25, 1974

**How to sue your
husband's mistress -
basic things you
need to know**

**Chelsea Clinton's
stunning plastic
surgery before and
after**

**Los Zetas drug
cartel seizes 2 U.S.
ranches in Texas**

**The ten sex
positions men enjoy
most: Lotus**

**Cause of death
revealed for former
WWE star Luna
Vachon**

**Hero dog mistakenly
killed at Arizona
animal shelter**

[Learn more](#)

Powered by

for Max



Tania Greene

NY Spa Examiner

© 2006-2015 AXS Digital Group LLC d/b/a Examiner.com