



EVERWELL CHINESE MEDICAL CENTRE

198 Victoria Road, Romford, Essex, RM1 2NX Tel: 01708-769888 Fax: 01708-766555
Website: www.everwell.co.uk E-mail: tcm@everwell.co.uk

SUGGESTIONS FOR HELPING RECOVERY OF HAIR LOSS

1. Hair loss (baldness, alopecia) is due to deficiency of Vital energy of Spleen and Kidney. Tonifying Spleen and Kidney requires a long period of therapy.
2. There are many causes for hair loss, such as mental stress, lack of sleep, irregular life style excessive use of shampoo etc.
3. Growing hair is a rather slow process. It may require 3 to 6 months persistent treatment to be successful.
4. Avoid overwork, over anxiety, fatigue, mental stress, worry, anger, especially whilst taking meals.
5. Stay relaxed, maintain regular sexual activity.
6. Eat plenty of vegetables and fruit, and avoid spicy food such as pepper, curry, chilli, ginger, onion, garlic and seafood products such as fish, crabs, shrimps, lobsters.
7. Avoid eating greasy food together with cold food.
8. Use children's shampoo when washing hair, avoid using hot water or soap. The use of shampoo should be limited to once a week.
9. Every night apply "hair tonic tinctura" into scalp with small cotton swab and gently massage for 20 minutes.

Prof. Jiafeng An
7 Little Newport Street
London
WC2H 7JJ
Tel: 020 7287 1086
Fax: 020 7287 1095
Email: London1@everwell.co.uk