

Herbal cure for hair loss problems

Neeta's Herbal offers a safe and natural solution to combat hair problems.



WHEN one is balding or suffering from hair loss, it can be a traumatic experience. Neeta's Herbal offers a safe and natural solution to combat hair problems. A pioneer in ayurvedic hair treatment, Neeta Gosalia has been practising herbal treatment for the past 29 years, and has established many outlets worldwide.

While lustrous, healthy hair is a source of pride for men and women alike, many are forced to battle an array of hair problems. Neeta introduced her corrective formulas after years of research for products that act to eradicate hair loss. Commonly encountered hair dilemmas among clients are: hair loss, premature greying, hereditary baldness, male pattern baldness, alopecia areata also known as patchy baldness and dandruff.

There are many reasons as to why a person may start losing their hair. Research has shown that stress is a vital factor in determining hair condition. A poor hair care regime, climate changes, lifestyle and diet also contribute to the loss of hair growth.

Hair loss falls into two categories, one where it is distributed over the entire scalp and the other where hair loss is localised to certain areas of the scalp. In some cases of alopecia, the condition is caused by infection of bacteria or other pathogens whilst others may be attributed to severe systemic disease.

The root is responsible for all the natural qualities, such as colour, texture, length, thickness and shine which the hair possesses. These provide the starting point for hair-care products, which are designed to bring out the best in their natural qualities. Therefore, root nourishment is essential for healthy hair.

"It's difficult to change your eating habits, but you must do it. Instead of taking carbonated drinks with almost every meal, why not take fruit juice, soya milk or barley drink, which is not only nutritious but helps to reduce heat in the body," said Neeta.

She adds, "You may even need a blood test done if you have an illness. Hairstylists who are inexperienced with the physiology of hair health may recommend you have a perm to temporarily give the effect of volumising your hair."

"However, once this effect wears off, you are left with visible hairless gaps between the curls. In addition, the highly concentrated chemically active lotion that is used to facilitate perming is severely detrimental to hair follicles. Many of my clients have experienced baldness due to the brutal process of perming."

Wearing a scarf, hat or helmet over damp hair should be avoided because when the scalp eventually sweats, the dampness will not only give off a bad odour but also attract fungi and bacteria. This may contribute to hair loss, dandruff and other scalp conditions. Be sure to dry your hair thoroughly before covering the head.

■ Whether you are suffering from a hair disorder or simply wish to maintain a healthy scalp, visit Neeta's Herbal Remedy headquarters at 101, Jalan Maarof, Bangsar Baru, 59100 Kuala Lumpur or call Bangsar (03-2282 8868), new branch in Johor Baru (07-5353 588), Damansara Utama (03-7728 6751), Klang (03-318 1412), log on to www.neetasherbal.com or email info@neetasherbal.com



EAP counsellors may also work in a consultative role with managers and supervisors to address employee and organisational challenges and needs.

Lending an ear to employees

AN employee assistance programme (EAP) is an employee benefit programme that assists employees with personal problems and/or work-related problems that may impact their job performance, health, mental and emotional well-being. EAPs generally offer free and confidential assessments, short-term counselling, wellness coaching, referrals, and follow-up services for employees.

Increased productivity and other benefits of EAP

Numerous studies indicate that offering EAPs may result in various benefits for employers, including lower medical costs, reduced turnover and absenteeism, and higher employee productivity. EAPs may also provide other services to employers, such as supervisory consultations, support to troubled work teams, training and education programmes, and critical incident services.

Small businesses can especially benefit from EAP programmes. Even though they may have fewer employees and may not see the need to implement an EAP programme, small business owner's bottom line can suffer quicker due to decreased performance and productivity and workplace negativity.

- Benefits of EAP are:
- Direct access: Employees call the psychologist's office directly.
 - Quick response: The first counselling session occurs within a few days, and a crisis is dealt with immediately.
 - Professional: Counsellors are typically qualified psychologists, and are experts in human behaviour.
 - Confidentiality: The employer never knows who uses the service.
 - Off-site: Counselling takes place at the psychologist's office.
 - Direct treatment: Referrals are made only when the patient requires another specialist or long-term care.

- Appropriate coverage: 24 hours a day hotline with offices in towns and cities in which employees are located.

EAP in Malaysia

In Malaysia, many multinational companies (MNCs) have EAPs as part of its SOPs. As Malaysian companies start to compete in the global market, they too start to adopt EAP. Local EAP providers such as the International Psychology Centre (www.Psychology.com.my) who has pioneered the provision of EAP in Malaysia have also equipped themselves with comprehensive EAP provisions including wellness coaching, workplace counselling, 24/7 hotline service, critical incident briefing, assessment and development set-ups and attitudinal and behavioural change training programmes.

The banking industry, led by Bank Negara Malaysia who has engaged the International Psychology Centre as an EAP provider has for example, adopted EAP in its quest to be globally competitive.

This year sees the first Asia EAP International conference (www.EAPMalaysia.com) to be held in Malaysia from April 27 to 28.

For companies wishing to know more about EAP and how their companies can benefit from this programme, it is an ideal opportunity to do so.

Further details of this conference can be found at www.EAPMalaysia.com

This article is provided by psychologists from PsyCorp, Centre for Corporate Psychology of the International Psychology Centre.

■ For more information, contact www.Psychology.com.my; email Info@Psychology.com.my; call 03-2727 7434 or visit <https://www.facebook.com/MalaysiaEAP/>

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