



# Cómo prevenir y combatir la caída del cabello (Spanish Edition)

*Gabriel Aquino*

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## **Cómo prevenir y combatir la caída del cabello (Spanish Edition)** Gabriel Aquino

Desde tiempos inmemoriales el cabello ha sido asociado a las ideas de seducción, fuerza y juventud. Por esa razón es que casi nadie se resigna a su pérdida sin luchar con las armas que hoy en día le ofrece el conocimiento humano.

Este libro es, en buena medida, un sintético compendio de esos saberes y técnicas al estado en que se encuentran a principios del siglo XXI. O sea: un “arsenal de armas” para quien desee emprender la lucha contra una de las afecciones más universal y democráticamente distribuida: la pérdida de cabello.

Incluye:

- Causas de la alopecia o calvicie.
- Síntomas de envejecimiento capilar que pueden indicar una calvicie incipiente.
- Cómo cuidar el cabello.
- Combatiendo la calvicie desde la alimentación.
- Cosmética y suplementos nutricionales contra la calvicie.
- Las soluciones más radicales contra la caída de cabello.

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