

# FAQs

BY PATIENTS REGARDING  
HAIR LOSS

## QUERIES ON -PRODUCTS-



ENSURING **30-40%**  
MINIMUM HAIR RE-GROWTH  
ACROSS ALL INDICATIONS AND GRADES

APPROVED BY

⦿ US FDA ⦿ HEALTH CANADA ⦿ AUSTRALIAN TGA

---

### **Does dandruff cause hair loss? How to avoid dandruff?**

**Ans:** Dandruff causes itching, followed by nail injury, loss of outer protective layer of the scalp chances of infection, fungal growth and hair loss.

To prevent dandruff, reduce fried foods, sugar foods, red meat, foods with preservatives, additives, artificial taste makers, bakery foods containing fat or lard to make them crispy, added colours. The synthetic additives, need to be detoxified and secreted out through oil and sebum glands of the body, giving rise to hyperactive glands on the scalp and dandruff. Fatty meals also increase the release of androgens. Wash your scalp regularly to prevent the oil secretions from attracting fungal infection leading to notorious dandruff. Wet the scalp massage the shampoo, keep it for 2-3 minutes and then wash, allow time for the shampoo to act.

---

### **Which is a good hair growth shampoo?**

**Ans:** pH balanced shampoo with no special formula for dry hair frizzy, hair oily hair, curly hair etc. But simple shampoo labelled for daily use or regular use is best suited. The shampoo is used to clean the scalp. Do not overuse it for all the hair and do not use it more than once. Wet the scalp massage the shampoo, keep it for 2-3 minutes and then wash, allow time for the shampoo to act. The shampoo should leave your hair soft and manageable. Reduce the quantity if it makes the hair dry and frizzy.

---

### **Does shampoo cause hair loss? How frequently we can shampoo the hair?**

**Ans:** The hair you see falling out with the shampoo is not what is broken during the shampoo. This hair was already broken and entangled, it washed out during the shampoo. If you do not shampoo the hair does not stop from breaking, only you do not see it. If you shampoo every two days the hair broken in two days will flow out. If you shampoo once in five days the hair broken in five days will flow out. Maintaining the scalp clean is required for good hair growth. Depending on your scalp oiliness and exposure to dust and pollution, you may have to shampoo every day or alternate day. Medicated anti dandruff shampoo can be used only two times a week.

---

### **How effective are Hair Spa treatments and hair packs? How do they help?**

**Ans:** The hair that grows out of your body is dead. You cut it does not bleed, it does not pain. You cannot expect to apply proteins, herbals over dead hair to make it grow better. The packs and spa treatments can make your hair look better for a few days till the grooming effect lasts but it does not stop hair fall or strengthen the hair or improve hair growth.

---

### **Does frequent ironing and blow drying affect hair loss?**

**Ans:** Blow drying and ironing breaks the bonds, weakens the hair and dehydrates the hair. Use it less often. Try using air without the heat.

---

### **Can wearing a cap continuously or wearing helmet cause hair**

---

---

**loss?**

**Ans:** Covering the hair allows collection of sweat, oil, secretions and affects scalp hygiene which can lead to hair loss. Good to remove the cap or helmet after 30-45 minutes, allow fresh air, dry the scalp and wear it again if required.

---

**Which oil can grow hair? What is the benefit of hair oil?**

**Ans:** Oil can condition the hair and the scalp. Prevent dehydration, help to maintain pH, promote conditions for hair growth, but it does not directly grow hair. Marico industries have conducted good research on various hair oils. Coconut oil has the long chain polymer structure that matches the polymer structure of the hair shaft. Coconut oil can shift inside the hair shaft to soak it like a sponge. Therefore coconut oil can prevent other damaging factors like dust, pollution, colour, rain water from entering the hair. Oil will protect the hair but does not directly grow the hair. Absorption of coconut oil in the hair is 70-80%. Other oils are all below 56%. Do not fall for other fancy oils. Sesame oil has good absorption through upper layers of the scalp. Sesame oil can deliver ayurvedic active into the scalp. A combination of coconut and sesame oil seems to work well. Castor oil has very high viscosity. Once applied it does not come off easily and remains for a long time. Castor oil also is known to protect from dandruff but there are no scientific studies.

---

**MINOXIDIL RELATED:**

---

**I do not want to use minoxidil, once you use it has to be applied lifelong?**

**Ans:** Hair loss is not a sickness or disease but slowing down of the biological cycles due to weakness of the cells. Minoxidil stimulates the hair to come in the growth phase. If not minoxidil you can use any other method to stimulate the hair. The hair is growing due to the stimulation. Growth will stop if there is no stimulation. The concerned agent is not at fault, we fail to realize that the hair follicles need the stimulation, push. Not only minoxidil, you achieve hair growth with any agent, the hair will respond only till the agent is used. Even a herbal oil will grow hair till you use it and hair will stop growing if you stop the oil. Minoxidil is FDA approved, proven product but it is bad mouthed to divert your attention to other less effective remedies, that can be sold. Minoxidil always works. 2% or 5% is best never fall for 10% minoxidil.

---

**I know of friends who have tried Minoxidil, it did not work?**

**Ans:** Minoxidil only extends the growth phase of the hair. Hair is not made up of minoxidil. Once the hair is in the growth phase you need to supply the required building blocks to ensure the growth. Use of iron, calcium, amino acids, vitamins along with minoxidil ensures the growth. Minoxidil alone is a half hearted therapy.

---

**Why do we have to apply Minoxidil two times a day?**

**Ans:** Minoxidil is used as a low dose external application. The

---

---

action of minoxidil lasts 2-3 hours. If we stimulate the hair twice in a day cycle it can be pushed to grow twice. You benefit twice.

---

### **Minoxidil makes the hair dry frizzy and unmanageable? How to correct his problem?**

**Ans:** Minoxidil has a property to bind to the hair making it look dull and frizzy. Brush the hair 15-20 minutes after minoxidil application and apply 5-10 drops of oil to make the hair look smooth. You can also use a hair serum or styling gel applied lightly over the hair shafts.

---

### **Does Minoxidil cause hair loss?**

**Ans:** Initially when you start minoxidil application, it pushes all the hair cycles to go faster. Hair in growth phase will grow faster, however hair in fall phase will also fall faster, till all the fall phase hair is converted to growth phase or replaced by hair in good growth phase over 3-4 weeks. During this phasing period some patients can face temporary hair loss. Do not panic, continue the minoxidil application. The hair falling now would have anyway fallen in the next few months and all the fallen hair will be replaced with new hair when you are on the hair care program.

---

### **Does Minoxidil causes dandruff?**

**Ans:** Some minoxidil that does not get absorbed in to the scalp crystallizes to a white salt which appears as dandruff. You can just brush it off. You can use few drops of oil or hair serum to prevent the dry, dull look from minoxidil holding on to the hair shaft. You can apply minoxidil more over the scalp at the level of the hair roots and prevent it from holding on to the hair shaft as well.

---

### **Does Minoxidil cause itching or skin reaction?**

**Ans:** Minoxidil can lead to dryness of the scalp causing itching. You can also be allergic to minoxidil which causes redness and itching. Use moisturizer for the scalp to prevent dryness. Use alcohol free minoxidil which prevents dryness and scalp irritation. You can have anti allergic medicine if required.

---

### **Is there an option if I cannot use Minoxidil at all?**

**Ans:** You can avoid using minoxidil and apply Peptide Creams or use LLLT Hair Growth Laser Cap or apply Growth Factor Extract Serum or have PRP injections on the scalp. Any of these methods can stimulate hair growth.

---

### **I get dragging sensation or pain in the hair roots, what is the cause?**

**Ans:** Pain in hair roots or trichodynia can be a sign of Vit D, Vit B12, deficiency or micro inflammation around the hair follicles.

---

### **I have to take pain killers for headache, body ache, neck pain, will it affect hair loss?**

**Ans:** Routine medications can have a side effect of hair loss when used regularly. Frequent use of pain killers is one such practice that leads to hair loss. (provide list of medicines causing hair loss).

---

# NOW GET RESULTS IRRESPECTIVE OF CAUSES



## GRADE IV HAIR LOSS IN YOUNG PATIENT

*Improvement with  
Cyclical Vitamins*



## 28 YEAR PATIENT WITH GRADE IV HAIR LOSS

*Improvement with  
Cyclical Vitamins*



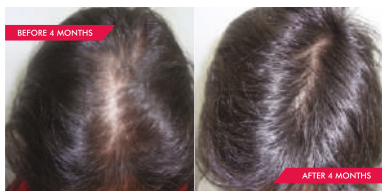
## GRADUAL REVERSAL IN GRADE VI MPHL

*Improvement with  
Cyclical Vitamins & Laser*



## STRESS RELATED DIFFUSE THINNING

*Improvement with  
Cyclical Vitamins*



## HAIR LOSS FROM THYROID HORMONE IMBALANCE

*Improvement with  
Cyclical Vitamins & Laser*



## TEMPORAL THINNING & RECEDING

*Improvement with  
Cyclical Vitamins*



## HAIR LOSS DUE TO PCOD

*Improvement with  
Cyclical Vitamins*

**HAIR FACT is only available with your  
Dermatologist / Plastic surgeon...  
HAIR FACT is not available  
online or with any etailer or retailer ...  
Please consult your Doctor for HAIR FACT**



### PROVEN ... PUBLISHED ... PATENTED PROTOCOL

- ☐ 100% results in all indications and grades.
- ☐ Creates a toxin-free nutrient environment for hair regrowth.
- ☐ Ensures results irrespective of causes.
- ☐ Absolutely safe for long term use.
- ☐ Benefits in overall well-being as well.
- ☐ Available across the US, Australia, New Zealand and Canada.
- ☐ With US FDA, Australian TGA and Health Canada Approvals.
- ☐ Being used by over 3000 professional practitioners.
- ☐ Benefitted more than a million patients across the globe.
- ☐ With over 12 international and national publications and trials, establishing minimum 30-40% hair regrowth for all.



**fluence pharma pvt.ltd.**  
[www.fluencepharma.com](http://www.fluencepharma.com)