

# FAQs

BY PATIENTS REGARDING  
HAIR LOSS

## QUERIES ON -TREATMENTS-



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

APPROVED BY

⦿ US FDA ⦿ HEALTH CANADA ⦿ AUSTRALIAN TGA

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## **I do not want any hormonal treatments, can you treat hair loss without hormones?**

**Ans:**

1. If hormones are the cause they should equally affect all the hair. Why are some hair thinning while other hair still growing well, on the scalp?
2. Researchers agree that hormone levels in hair loss patients are normal, hormones are not raised, you need not counter normal hormones, DHT levels are normal.
3. The cells have become weak and defenceless making them susceptible to suffer damage from normal hormones.
4. The aim is to strengthen the cells and promote active hair growth instead of fighting normal hormones.
5. Hair loss treatment can be done by either fighting the loss or strengthening the weak hair and increasing the growth.
6. Various methods of fighting the loss have yielded marginal to no benefit. Our approach is to strengthen the cells and improve hair growth. This can be achieved with well planned use of nutritional supplements, which always works.
7. Our controlled clinical trial shows 30%-156% new hair growth within 4 months, control of hair loss and response in all men and women with pattern baldness at all ages.

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## **What is the cause for hair loss in my case? How will you treat the root cause?**

**Ans:**

1. Hair loss is not a sickness or disease. Hair loss cannot be corrected by fighting the cause.  
Causes are vague, abstract, not measurable, not quantifiable, cannot be confirmed with any investigations, causes also keep changing.
2. If you treat one cause, hair will fall for another cause.
3. The hair is weak and is therefore affected by multiple causes.
4. Our aim is to strengthen the hair and make it strong enough to stand for any cause.

The root cause is that for every cycle 5-10% of your hair shifts to fall phase and the fallen hair is not being replaced with new hair leaving an area of thinning which gradually becomes bald.

We ensure that the hair growth is stimulated. Hair roots that come in growth phase are provided with nutrients to ensure hair growth and the activity is supported by good scalp hygiene.

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## **What is the new Cyclical Vitamin Therapy?**

**Ans:** Cyclical Nutrition Therapy is a new approach of utilizing nutrients in synergistic combinations which reduce the dosage and improve the efficiency. Inter nutrient interactions are avoided by spreading the nutrients over different days. Antagonist nutrients are not administered together. It includes more number of nutrients spread out into a low dose once in three days cycle. Nutrients are employed in prophylactic or preventive doses which are lower than the treatment dose.

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## **What are side effects of the hair loss treatments?**

**Ans:** Hair loss treatment planned with cyclical nutrition therapy has no side effects. Sometimes having nutritional supplements on empty

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stomach can give some nausea and discomfort. Best to have the nutrients after breakfast or after dinner.

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### **How soon can you see the results of the treatment?**

**Ans:** Half the telogen or resting phase, within 2 months you can see improvement on photographs along the parting line, front hairline, temporal angles, crown and occipital whorl.

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### **How long do you have to continue the treatment?**

**Ans:** There is no course or defined period of time. Cyclical Nutrition Therapy is a more of a care program. The more you follow the better it is. The program grows hair by delivering wellness, good health and hair growth. You would follow some vitamins & supplements for good health, best to continue the low dose wellness program. Usually patients are happy with the results and stop it after 8-10 months. If you feel the hair is becoming weak you can start the nutrition care again to deliver results.

Like you wash your face apply a moisturizer, like you use a sunscreen or brush your teeth every day, this is a hair care program which also protects your system from rising pollution, stress and poor nutrition.

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### **Can you treat Thyroid related hair loss?**

**Ans:** Yes we can not only achieve hair growth but also improve thyroid function. Thyroid hormone is made from amino acids, minerals and requires vitamins to help. Poor nutrition is one of the main reasons for thyroid dysfunction. Cyclical Nutrition restores cellular function at all levels.

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### **Can you treat PCOD related hair loss?**

**Ans:** There are studies to prove that use of vitamins, nutrients, minerals, coenzyme Q10, can improve insulin resistance, androgen levels, female hormones and reduce the interval between ovulation cycles in PCOD. Our patients have reported improvement of PCOD symptoms along with hair regrowth with Cyclical Nutrition Therapy.

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### **Can you treat Post pregnancy hair loss?**

**Ans:** Pregnancy utilizes the nutritional stores from a women's body to create another body. These nutrients need replacement. A well planned synergistic combination of nutrients that complement each other helps in restoration of the nutrition stores and ensures hair growth.

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### **I am losing hair after a weight loss program, can you treat this hair loss?**

**Ans:** Cutting down on the calories for weight loss unknowingly alters the nutritional balance in the body. Hair growth is arrested to redirect adequate nutrients to essential body functions. A well planned synergistic combination of nutrients that complement each other helps in restoration of the arrested hair cycles.

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### **How will you stop my hair loss?**

**Ans:** Hair is in a continuous cycle. In animals it is all lost together and grows back together. In humans 5-10% of your hair is always in a flux. This 5-10% hair, responds with hair fall depending on external and internal conditions around the hair follicles. Even if this hair falls. You

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are not balding due to the hair fall, but thinning and balding happens because the fallen hair is not being replaced with new hair. The therapy ensures that you grow back more than what you lose and maintain a positive balance. Some hair loss as immediate response to changes in the pollution, humidity, temperature, seasons, stress, sleep, diet will continue. Hair loss in excess of normal can be expected to come back within limits. Hair fall less than 5% becomes unnoticeable.

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### **How can you grow new hair?**

**Ans:** You grow new hair by achieving all the existing hair to grow together in a common growth phase. Hair that is out of phase is regulated to be in growth phase. The therapy converts all existing villus hair (baby hair) to good growing terminal hair. You can grow back non performing follicles which had become invisible but are still not dead, to begin regulated hair growth cycles and contribute to the added hair density.

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### **Hair fall continues during the treatment?**

**Ans:** In humans 5-10% of your hair is always in a flux. Hair falls in response to changes in the pollution, humidity, temperature, seasons, stress, sleep, diet. Also hair that completes its growth phase will fall off. Body will not retain any hair damaged out of any reason. You can never make hair fall zero. But we can always have a healthy provision to replace the lost hair with new growing hair.

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### **Can I see some effect in one month?**

**Ans:** Hair growth has a resting phase or telogen of four months. In half the phase at two months you see a comparable change that the hair status is improving. On careful examination some evidence of new growth along the hairline, parting line, trichoscopy along the vertex can show early hair growth.

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### **How can you check the improvement on photographs?**

**Ans:** Record photographs in a fixed room, under same light, same camera, same flash, same distance. Pull the hair back to see the front hairline, take a top view with centre parting if required to show the scalp, take occipital whorl view and the right and left temporal corner views to expose the hairline. Compare photographs from day one with two months later. You can see new hair growth along the frontal hairline, between the gaps or space in the hairline, better thickness of individual hair fibre, same can be seen along the temporal hair line, the temporal corners appear to move forwards, new growth can be seen along the parting line and gaps on either sides of the parting line, occipital area appears to fill in from the margins towards the centre.

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### **There are too many medicines to take?**

**Ans:** The Cyclical Nutrition Therapy dose does not contain any medicines. These are only nutrients. FDA approves all six vitamins to be taken every day. We have worked hard to achieve results with only two tablets per day. Any lesser would not be effective. You can divide the dose as one in the morning and one in the evening if you do not wish to have two together.

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### **Can this therapy be followed during pregnancy and Breast feeding?**

**Ans:** Minoxidil application should be avoided during first three months

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of pregnancy and immediately before breast feeding. One of the herbal supplements needs to be avoided, otherwise there is no contra indication during pregnancy or breast feeding.

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### **Can this therapy be used along with Blood pressure, Diabetes, Thyroid or other conditions?**

**Ans:** The therapy is based on low dose nutrition. Nutrients and minerals are recommended once in three days allowing complete utilization before the next dose. It can safely be continued along with all other treatments for diabetes, blood pressure or thyroid. The therapy improves cell function and will improve response to other treatments.

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### **When can we stop the medicines or have a lower maintenance dose?**

**Ans:** If you achieve good hair growth in 6-8 months, you can try to shift on a lower dose of one vitamin per day instead of two per day. It may work for some individuals.

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### **What do I do if I miss a dose on the indicated day?**

**Ans:** If you miss a dose in the morning, you can have it anytime during the day. If you miss dose for one day let it pass and continue with your new dose indicated for the next day.

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### **I have weak stomach, I cannot tolerate iron and calcium, how can you help?**

**Ans:** Usually iron and calcium being only two times a week with three days gap are tolerate gradually as you continue the therapy. For weak stomach we have very low dose formulations that are available as a separate kit.

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### **Can you treat Alopecia Areata?**

**Ans:** Alopecia areata is a proper autoimmune disease that requires specific management. Cyclical Nutritional can build better immunity, can strengthen the adjacent hair follicles and prevent the spread of the disease. Growth of the surrounding hair can improve, allowing better coverage for the hair less patches. Alopecia areata has no defined treatment.

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### **Can you treat Scarring Alopecia?**

**Ans:** Scarring alopecia is a inflammatory condition that requires specific management. Cyclical Nutritional can build better immunity, can strengthen the adjacent hair follicles and prevent the spread of the disease. Growth of the surrounding hair can improve, allowing better coverage for the hair less patches.

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### **Can the treatments be used by patients having migraine?**

**Ans:** Minoxidil can precipitate headaches in migraine. Application of Peptide gel is recommended in migraine. Nutritional supplements can be continued with good benefit.

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### **I am getting hair loss after Bariatric Surgery, can you help?**

**Ans:** Post bariatric surgery the nutritional balance has to be maintained very well. Studies have shown that patients who maintain the vitamin and mineral balance do not lose hair. Cyclical Nutrition Therapy is useful in multiple ways after bariatric surgery.

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

**hair  
fact**  
Fluence Advanced Cyclical Therapy

**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.

