

# HAIR MYTHS DEBUNKED

PART



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

APPROVED BY

⦿ US FDA ⦿ HEALTH CANADA ⦿ AUSTRALIAN TGA

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## **Can we make hair loss zero? Stop my hair loss?**

Hair growth is a natural cycle. A fix number of hair regularly complete the growth cycle and are ready to fall which fixed by birth, being usually around 10%. If hair loss is more we can reduce it to within 10% but we cannot make it zero. The treatment is to replace fallen hair with new hair and prevent baldness.

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## **Continued hair loss will make me bald?**

You do not become bald due to hair fall. You develop thinning and empty spaces when fallen hair is not replaced with new hair. The hair cycle is interrupted. Stimulating hair growth and promoting new hair growth can counter baldness, the focus is not just preventing hair loss.

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## **You should worry about pollution affecting your hair only if you are exposed outdoors?**

Apart from exposure to cold temperature, working in closed building air conditioned environments recirculates the particles, chemicals, fumes from paint, polish, furniture, lint, VOCs, volatile organic compounds from the gases in the air conditioner, which settle on the scalp causing sensitive scalp, pain in the hair roots, hair damage and hair loss.

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## **Working in aircraft cabins can protect the hair?**

Working in pressurized air craft cabins causes dehydration of the scalp and hair loss. It is important to keep sipping something when in flight. Have good amount of water. Moisturize the scalp.

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## **Exposure to pollution, dust, sun cannot harm good quality hair?**

It is proven through scientific studies that 1.5 – 2 times more pollutants than levels in the air, settle on the scalp and hair leading to hair loss and sensitive scalp syndrome causing irritation, itching and pain in the hair roots. Exposure to dust and UV rays causes photo damage, generation of peroxides, changes similar to skin damage, leading to poor hair growth and hair loss.

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## **Heredity hair loss is untreatable?**

If heredity diabetes, heredity blood pressure, heredity

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asthma is treatable, why can we not treat heredity hair loss. Heredity only means that you can get hair loss more easily than others, but this is sure treatable. The hereditary gene sequence determines only 40% of the outcome, 60% is influenced by environmental epigenetic factors. Just like hereditary diabetes or heart disease is precipitated by faulty lifestyle or can be prevented with proper diet, lifestyle and exercise.

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### **Losing 50 to 100 hairs a day is alarming?**

It is normal to lose 20 – 100 hair a day as 10% of your hair is always in fall phase. If you lose full length hair with a small white end denoting is telogen shedding, These hair can grow back in the next 4 months cycle. If you get multiple small strands falling all over, this is hair breakage due to weak hair shafts. Hair breakage commonly occurs in iron, protein, fat soluble vitamin deficiencies, hair abuse, perming, straightening, curling, use of chemicals, frequent coloring, exposure to excess heat or excess cold.

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### **Split ends must be repaired or you will go bald?**

Split ends do not lead to baldness, they lead to poor quality hair. Split ends are result of dryness and hair abrasion during brushing, styling, detangling, handling of wet hair, use of blow dryer or harsh rubbing while towel drying. Weak hair cuticle can also lead to easy damage and split ends. Vitamin deficiencies, iron, calcium, protein deficiencies, fat soluble vitamin A, D, E, K deficiencies weaken the cuticle and take away the shine, bounce, luster in the hair. Use of hair serum OR good hair oil can coat the hair shaft and reduce abrasive damage. Do not handling the hair when wet, use a wide toothed comb, trim your hair regularly, use hair shaft repair treatments, have good nutrition to avoid split ends.

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### **People experiencing hair loss aren't brushing their hair enough.**

Brushing the hair allows the natural oil secretions from the base of the hair to spread all along the hair shaft and impart a healthy look. There is damage from hair pulling and friction during brushing. Excessive or more frequent brushing can cause hair breakage. Brush your hair not more than two times a day.

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## **Shaving the head can regrow thicker and better hair.**

Shaving the head causes some trauma to the scalp which temporarily increases the rate of hair growth. Few weak follicles in sleeping phase may not grow back immediately but would sure come back in the next 2-4 months. New growing hair looks thicker due to an optical illusion. Anything that is short in height looks thick, stout or fatter. In fact this new hair is the same thickness as the old hair.

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## **If you start coloring grey hair, rest of the hair also becomes grey?**

Once you start having grey hair, further graying continues irrespective of whether you would color the hair or not. But when you begin to color the progressive graying remains hidden under the color, it cannot be seen and suddenly one day you realize that practically all the hair has become grey, feeling that coloring lead to further graying.

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## **You can stop shampooing to prevent hair fall?**

The hair that falls during the shampoo is not loosened or broken during the shampoo. This is the hair broken over the past few days that comes out when we clean the scalp. If we shampoo once in 3 days, the hair broken over 3 days will come off at that time. If we shampoo once in 7 days, hair broken over 7 days will come off at a time. If we do not shampoo, it does not stop the hair from breaking or becoming loose. Hair loss will stop when you strengthen the hair roots from within by using scalp applications and vitamins. Regular shampoo to maintain the scalp hygiene is an important part of growing the hair better.

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## **My hair will not grow unless it stops falling?**

Hair growth and hair fall are two different cycles. In our minds we have connected the two. We feel if the hair is falling it has stopped growing. If some hair are in fall phase, there are other hair roots which at the same time are in growth phase. You will still continue to get new hair roots even if you have hair loss. Treatments ensure that more hair will grow back to replace the fallen hair, ultimately giving you a head full of hair.

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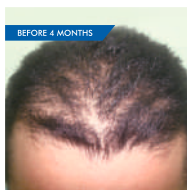
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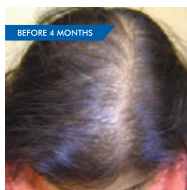
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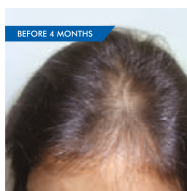
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