

FAQs

BY PATIENTS REGARDING
HAIR LOSS

QUERIES ON — DIET —



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

APPROVED BY

⦿ US FDA ⦿ HEALTH CANADA ⦿ AUSTRALIAN TGA

I eat well, I am healthy, Why am I losing hair? If I am having healthy food, do I still need to take Vitamins?

Ans: The fact faced by agriculture and horticulture experts today is that there is loss of nutrition in the soil from over cultivation and wrong agricultural practices, leading to 30-40% loss of nutritive value of the crops, vegetables and fruits we consume. We are growing faster crop varieties which do not get the time to be exposed to seasonal variations and develop the immunity in nature. We protect these crops with pesticides and try to strengthen the produce with fertilizers. Now these chemicals have entered our food chain and are turning out to be harmful to our health. The first system to show it is hair growth. Having wrong food combinations, wrong time, selecting non seasonal foods or foods not produced locally further adds to the loss of nourishment during storage and transport. Some supplements are required to meet our essential nutritional needs.

I have High Protein diet, I am using Whey Protein, why am I losing hair?

Ans: High protein diet is ultimately digested into aminoacids and acidic residues which increase the acidity of the blood. Which causes release of calcium from the bones back into the blood to buffer the acidity. High calcium levels in blood cause excretion of calcium through kidneys. High protein diet creates increase load on the liver and kidney to clear the nitrogenous waste. Whey protein is required only after you have achieved good body building with regular exercise, regular food and now you need a booster. Whey protein not to be relied upon from day one of body building. The days you have intense workout with weights, you need the whey protein, other days please allow your body to recuperate and rely on a balanced diet.

Why should we avoid Chicken?

Ans: Chicken farms are run like production units. Chicken are injected with hormones and antibiotics to fatten them faster and cover these biologically weak chicken from falling sick. When you eat these chicken, all the chemicals enter your system increase the toxic load and cause harmful imbalance in your system. No food is safe, have chicken once or twice a week but you cannot have it every day. Include other sources to provide protein turn by turn. Rotate your source of food. The same food every time creates the same metabolic waste and same by products or toxins which gradually accumulate causing damage to other body systems. If you cannot discontinue the food, reduce the quantity and frequency of consumption.

Why should I avoid fish?

Ans: Fish are dying in their own water. The waste of the world flows into the water and comes back to us through the fish. Poisonous heavy metals have been detected in the fish. You can have fish once or twice a week but think before having the same food more frequently. Include other sources to provide protein turn by turn. Rotate your source of

food. The same food every time creates the same metabolic waste and same by products or toxins which gradually accumulate causing damage to other body systems. If you cannot discontinue the food, reduce the quantity and frequency of consumption.

Can I have eggs?

Ans: Eggs too contain trace of hormones and antibiotics used in the poultry farms. You can have 1 or 2 eggs once or twice a week but avoid having 4-6 eggs per day or two three times a day. Include other sources to provide protein turn by turn. Rotate your source of food. The same food every time creates the same metabolic waste and same by products or toxins which gradually accumulate causing damage to other body systems. If you cannot discontinue the food, reduce the quantity and frequency of consumption.

Why to avoid red meat?

Ans: Red meat contains invisible fat. Meals containing animal fat lead to rise in levels of testosterone, androgens and the hormone binding globulin which are not regularly good for health or for hair growth. Include other sources to provide protein turn by turn. Rotate your source of food. The same food every time creates the same metabolic waste and same by products or toxins which gradually accumulate causing damage to other body systems. If you cannot discontinue the food, reduce the quantity and frequency of consumption.

Hair loss on Keto diet?

Ans: Keto diet consisting of high fat and low carbohydrates leads to biotin deficiency causing hair loss. Any extremes of diet may be good temporarily for a short period but when continued they deprive the body of all essential elements, creating deficiencies and grounds for ill health. Balanced diet is the best option, after a short spell of extreme diet if it must be done.

Why to avoid fried foods for good hair growth?

Ans: Fried foods tend to increase the oiliness of the scalp by increased activity of the sebum glands. The enzyme 5- Alpha reductase which is responsible for formation of DHT is stored and active in the sebum glands. Thus reducing sebaceous gland activity by avoiding fatty foods helps in better hair growth. High fat meals also cause postprandial release of androgens and testosterone promoting more formation of DHT.

Why to avoid Bakery foods for good hair growth?

Ans: All bakery foods are prepared with equal amounts of fat and flour. Each layer of a puff or croissant is smeared with fat to make it crispy. Thus bakery foods need to be avoided to reduce fat intake.

Why to avoid Sugar foods for good hair growth?

Ans: Sugar levels release insulin. High insulin levels release

testosterone from the binding protein leading to easy availability for conversion to DHT.

Why to avoid colas, fast foods, processed foods for good hair growth?

Ans: Preservative, additives, artificial tastemakers, flavoring agents are chemicals which increase formation of free radicals and increase the oxidative stress on all rapidly growing cells in the body.

Why to avoid fruit juice for good hair growth?

Ans: Fructose sugar in fruit juice is bad for health. When making fresh juice, the fruit skins is peeled off and discarded. The healthy fiber is contained in the fruit skin. All the vitamins nutrients and minerals which you desire to have from the fruit juice are concentrated just under the fruit skin. The pulp contains only fruit sugar and water. Also to make a glass of juice we crush 3-4 fruits. So not only are we having bad fruit sugar we are having it many times more per serving. Best way to eat fruits is to cut a fruit have it with the fruit skin when possible. It gives vitamins, minerals and healthy fiber with lower amount of fruit sugar.

Hair loss due to Smoking?

Ans: Smoking provides a load of toxins and free radicals which interfere with rapidly dividing hair root cells. Smoking causes blockage of the thin blood vessels supplying the hair roots leading to hair loss. You may have several friends who smoke and do not lose hair because they are born with good hair roots. If you have sensitive, weak hair roots and are losing hair, you cannot afford to smoke.

How does alcohol reduce hair growth?

Ans: Alcohol reduces the absorption vitamins, minerals, nutrients from the gut. Alcohol alters the mucosal lining of the gut leading to poor nutrition and hair loss. Alcoholics also tend to eat less and have very poor food selection.

Crash dieting causes hair loss?

Ans: Whenever body is low on nutrition the first process to be discontinued is making new hair. Body conserves the resources for vital functions and has nothing to lose by not making hair. There is no need to grow hair to remain alive. Heart, lung, liver, brain can all continue to function without any requirement for hair growth. Crash dieting may or may not give you weight loss but sure give you hair loss.

Why do strictly vegetarian people have higher risk of hair loss?

Ans: Vegetarian food does not provide Vit B12, heme iron, quality protein with essential amino acids, adequate omega 3, zinc, selenium, magnesium, trace elements, which are required for wellness as well as good hair growth. Some correction can be achieved with careful selection of specific foods and some can be met with low dose supplements as in the Cyclical Nutrition Therapy.

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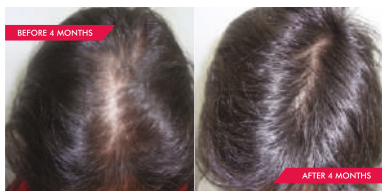
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