

FAQs

BY PATIENTS REGARDING
HAIR LOSS

QUERIES ON -LIFESTYLE-



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

APPROVED BY

⦿ US FDA ⦿ HEALTH CANADA ⦿ AUSTRALIAN TGA

No one in my family is bald, Why am I losing hair? Hair loss should happen in old age, I am young, Why am I losing hair?

Ans: The baldness you see today is not genetic or hormonal. It is being caused by the effect of the of the pollution, humidity, variations in temperature, seasons, smoking, hookah, alcohol, sleep, lifestyle, stress, competitive living, food habits, fad diets, loss of nutrition in foods, screen time, exposure to UV rays, closed building environments, continuous air conditioning etc. These factors weaken the cells, cause dysfunction of the cell cycles leading to hair loss. Strengthen the cells with well planned synergistic combinations of vitamins, minerals, amino acids that complement each other and you can restore hair growth.

Can we treat hair loss at higher age? Can we treat higher grades of hair loss?

Ans: At any given age or any stage of hair loss there are 30% more hair follicles which are non functional but still not dead. The areas where at present you can see some hair growth are where these 30% follicles are found. Hence you can get new hair growth at any age and any grade of hair loss within the hair bearing areas not where the hair is receded or disappeared leaving a shiny bald spot. Follicles in shiny bald areas are dead and none can come alive.

Can you treat stress related hair loss?

Ans: Stress causes hair loss through the build up of free radicals which can be neutralized with selected antioxidants to deliver visible results within 2 months. Hair loss caused by stress can sure be restored.

I get hair loss due to chlorine in the swimming pool water, can you help?

Ans: Chlorine in the swimming pool water gets absorbed into the hair changing the ph of the hair, leading to dehydration, dryness and easy breakage of the hair shaft. You can take care not to wet the hair, use a swimming cap. Apply coconut oil in your hair before getting into the pool.

Rinse your hair with water immediately after you come out of the pool. You can use a very little amount of soft, pH balanced shampoo.

I am losing hair due to hard water, how can you help?

Ans: Use a softener on the water supply. Wash the hair with bottled water. Weak hair is damaged by hard water. You can strengthen the hair roots with a low dose nutrition therapy so that the hair can withstand the hard water.

I have to continuously work in Air Conditioned environments, does this affect the hair?

Ans: Excess heat, excess cold, both are bad for the hair. Continuously being in an air conditioned environment causes dehydration of the skin and hair. There is recirculation of the suspended particles and volatile organic compounds or VOCs which settle on the hair leading to oxidative stress and hair loss.

Is steam / sauna, hot water good for hair?

Ans: Excess heat and excess cold both cause damage to the hair structure. It is best advised to cover the head with a soaked towel when taking a sauna. Mild steam can help open the pores for cleansing of the scalp and mild heat causes temporary vasodilatation helping in better absorption of local applications on the scalp. It has a soothing effect, releases tense temporal muscles and can be used occasionally.

Can exposure to sun light lead to hair loss?

Ans: Just as activation of peroxides in the skin leading to photo aging. There is formation of peroxides and oxidative stress generated from exposure to sunlight in the scalp and hair growing cells, leading to thin slow growing hair and hair loss.

Does working on a ship cause hair loss?

Ans: Round the clock working hours, frozen food,

desalinated water, chemical cargo, humidity can cause hair loss from working on the ship.

Does working night shifts at call centre cause hair loss?

Ans: Night shifts make a person drink less water. Altered circadian rhythm changes body cycles leading to hair loss.

Can shaving the head grow back better or more hair? Can shaving the head reduce hair loss?

Ans: You feel that the new hair growth after shaving is thicker than before. This is an optical illusion, anything short in height looks fatter. We perceive that the new hair growing looks thicker but in fact it is of the same diameter it was. Shaving does not improve the growth or quality of the hair. Hair loss continues the same after shaving. But the hair falling off is short and becomes unnoticeable leading to a perception that there is no hair loss. There are reports where persons who shaves their hair away did not grow back all the hair because a lot of these follicles were static, not growing actively but had not reached exogen. After shaving they were not capable of growing back new hair.

Why is hair greying at an early age? Can you treat grey hair?

Ans: Greying we see today is from external factors. Loss of ozone layer in the atmosphere, increased exposure to UV rays, increased screen time also contributes to UV rays, pollution, chemical fumes, smoke are some reasons for greying. We can strengthen the cells from inside but the benefit is 50:50. There is no sure shot remedy for grey hair.

How can you treat hair loss in kids?

Ans: Healthy diet, timely food habits, avoid processed foods, packed foods, good outdoor games and exercise, adequate sleep, less sugar, salt and fat foods, less bakery products, positive attitude can help improve hair loss in kids. We have a special program to build immunity, strengthen the cells and achieve wellness with hair growth in children.

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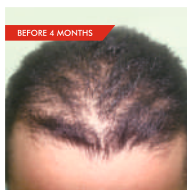
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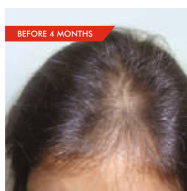
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