

# THINNING HAIR- NOT JUST MALE PATTERN BALDNESS

Hair provides many vital functions for humans. Its psychological effect is nearly immeasurable. Luxurious scalp hair expresses femininity for women and masculinity for men.

It is normal to lose a small amount of hair daily. You loose between 20 – 100 hairs each day, sometimes without even noticing it. Under normal circumstances new hairs are constantly growing to replace daily lost hairs.

Hair is being created at the cellular level. Damage to these cells can be caused by product build-up, secretion of body waste, a major illness, giving birth, trauma, etc. (See: Common Causes of Hair Loss) when it occurs. Results of that event will appear 3-4 months later after the damaged cell becomes a hair outside the scalp. How your hair looks today actually happened 3-4 months or longer ago.

Every hair on your body grows from its own individual hair follicle. Inside the follicle, new cells form at the root of the hair shaft. As the cells form, they push older cells out of the follicle. As they are pushed out of the scalp, the cells keratinize and become the hair we see. A follicle will produce new cells for a certain period of time depending on where it is located on your body. This is a cycle phase when hair grows (4-6 weeks) and rests (about 2 weeks). At any one time 10% of your hairs are in the rest phase, 90% are in the growth phase. The life span of hair growth lasts 2-6 years at which time the hair falls out and the cycle repeats itself. Therefore, the length of time that the hair is able to spend growing during the growth phase controls the maximum length of the hair. The average person has around 100,000 strands of hair on their head and the average rate of growth is one-half of an inch per month.

Hair is extraordinarily resilient. It can absorb 3 % of its weight from moisture in the air. However it has no facility for renewing itself once it has extended out of the scalp: hair is inert.

**WARNING:** It is extremely important to first determine the cause of your hair loss and to eliminate any health issues by seeing a professional physician or health care provider. If the cause is a medical condition your physician can help you by discussing the many pharmaceutical and surgical options available today.

Please read the importance of Chelating the Hair under Trionics Information.

## COMMON CAUSES OF HAIR LOSS:

Most hair loss is caused by one or more of the following:

- Stress
- Rapid weight loss
- Dietary changes
- Sebaceous oil build-up on hair follicle
- Sweat
- Pollutants
- Chemicals
- Product build-up, coating the hair shaft and plugging the follicle, suffocating hair growth
- Poor diet
- Tight hair accessories
- Normal aging

#### MEDICAL REASONS FOR HAIR LOSS:

- Heredity
- Medications
- Chemotherapy
- Diseases
- Hormonal unbalance
- Thyroid condition
- Skin conditions
- DHT- byproduct of testosterone
- Alopecia

This list is just a few medical reasons for hair loss. Please consult your physician for more information.

#### PREVENTION & HELPFUL SOLUTIONS

- Removing all build-up on the scalp unblocks the hair follicle. This allows the hair to grow freely, the scalp to breath which promotes healthy hair growth and follicle development.(See P.C.C. and Chelator Shampoo)
- Increase circulation with scalp massage to stimulate blood flow and to allow nutrients to reach the papilla
- Get adequate vitamins (biotin is the hair loss vitamin)
- Eat a protein rich diet including lots of veggies rich in omega 3 fatty acids
- Avoid tightly braiding the hair, pony tails or cornrows and tightly fitting hats.
- Avoid excessive hot water, hot blow dryers or other hair care tools that may stress the hair.
- Avoid excessive brushing and combing of the hair. Treat it gently!
- Eliminate split ends by having regular trims which allows the hair to look, feel thicker, and healthier.
- Get plenty of rest and sleep to allow your body to grow hair.

**WARNING:** Always consult your physician or health care provider BEFORE you undertake any new type of vitamin, mineral program or herbal program of any type to make sure it does not interfere with any medical treatment you may currently be on.

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