

Hair loss myth-busters

WE are sensitive about hair. And why shouldn't we be? The stigma, associated with not having 'proper' hair, cuts through every strata of society; rich or poor; male or female. And like all things sensitive, there is a lot of misconceptions surrounding hair, hair maintenance and hair loss.

Here is just the tip of the iceberg.

Although hair loss can be linked with hereditary traits, it is a fallacy that the genes for hair loss come from the mother's side of the family. You can also blame your father's side for that receding hairline.

If you are losing a lot of hair (over 100 a day; anything less is normal) then also know that shaving will not have any positive effect on your attempt to preserve hair. Experts would say that shaving can only make hair strands thicker, and adds volume to the hair but as far as numbers are concerned – no effect whatsoever!

Use shampoo! It is your saviour in disguise. Hair are categorised into three groups – oily, dry and mixed. The sebaceous glands of the scalp release sebum, an excess of which results in clogged pores. The roots then

become weak and the hair eventually falls.

It is thus important to clean your hair thoroughly. Just choose the shampoo that suits your hair.

Use conditioner! You've lathered. Rinsed. Repeated. Now, it's time to condition; at least twice a week. It will not only transform your hair into a stockpile of silkiness but also add to the health of your hair.

Don't fall prey to every fad. Hairstyles that put too much tension on hair as tight plaits, ponytails or winding too lightly on to rollers (especially heated rollers) can cause some hair loss. Blow drying can damage, burn or dry the hair, which can cause it to fall out, but this hair will grow back immediately. It is not considered to be permanent hair loss.

Don't use hair colour. Most hair colouring treatments contain chemicals that, if not properly used, are harmful to hair. However, such dyes don't cause permanent hair loss.

And lastly, Regaine does work. But only if you have healthy hair follicles. Unless the hair has no roots, no strands will sprout.



FOOD for healthy HAIR

WHAT'S one of the best-kept secrets for healthy hair? A balanced diet! For healthy hair, it is important to eat proteins, iron and other nutrients in the right proportions. A healthy hair is one that is growing out of every follicle, one that is not easily broken and one that is connected to a healthy scalp. And for that you need adequate nutrition.

Almost 90 percent of the hair that you see is in their growing phase, which can last up to three years; after which they enter a resting phase of three months before being shed, and eventually replaced by new hair.

Hair is made of protein so if your body is deficient of the protein required for hair growth, a disproportionate number of hairs may go into the resting phase resulting in hair fall.

A typical scalp has about 120,000-150,000 strands of hair, and sheds about 50 to 100 strands of them each day. Most people don't even notice that small amount. But if an unusually large number of hair enters the resting phase at the same time, hair loss can become noticeable.

So what is that that your body needs? Be sure to have plenty of green, leafy vegetables in your diet. Salads containing radish, beet root, carrot, cucumber, tomato, etc. are also essential. Add a glass of milk a day, a slice of cheese and a heavy dose of fresh fruits and your hair is covered nutritionally.

Remember what you eat is important, but it is also essential to avoid certain foods.

Say, 'no' to that delectable samosa, daalpuri and deep fried foods. One must also exclude other indulgences like chocolates, ice cream, soda, and even fruit juice (doctors suggest you take fresh fruits instead). And last but not least, tobacco!

Smoking can rage havoc to your blood stream and deprive vital organs from essential oxygen. We tend to forget that the scalp is basically skin. So less oxygen to the scalp makes it weak resulting in hair fall.

– LS Desk

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