



All About Hair and Nutrition

According to the American Academy of Dermatology, approximately 90 percent of hair on the scalp is continually growing (growing cycle), while 10 percent is in a resting cycle. The growth period lasts two to six years and slows down as we age. The resting cycle lasts only several weeks, and the "falling out" cycle is when hair dies and falls out, to be replaced by new hair. Most head hair grows about half an inch per month, faster in the summer. We normally shed 50-100 hairs per day.

At times, problems can interfere with the normal process of hair growth and hair health. Some of these problems include the following:

Hair loss can be caused by a number of factors including genetics, scalp inflammation, disease, surgery, childbirth, and ringworm (a fungus). Some medications (e.g., birth control pills) can also contribute to hair loss. Two of the biggest factors of hair loss in women are stress and yo-yo dieting.

Hormone imbalances, like a thyroid gland that isn't working right, can also cause hair loss. Severe problems with nutrition, such as not having enough protein or iron in your diet, can result in unhealthy hair that falls out or breaks easily. If you have concerns, see your doctor.

Bumble and bumble density therapy regime calms down scalp inflammation, uses skin care technology to strengthen the epidermis. This line works great if the hair bulb is still alive but not able to grow in a healthy environment.

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Dandruff appears in many forms, such as common dandruff, psoriasis, neurodermatitis. Dandruff itches and when scratched falls away easily. Psoriasis is a more difficult disorder where the scales, silver-white in color, cling tenaciously to the scalp. Neurodermatitis is a condition confined to the area at the base of the scalp, characterized by extreme itchiness and common among menopausal and post-menopausal women.

Research indicates that dandruff becomes evident because a chemical reaction in the body causes the normal shedding of dead cells to increase, making the peeling process, normally imperceptible, much more apparent. Commercial anti-dandruff shampoos are too harsh can dry out the hair and strip the scalp. This can cause the scalp to over-produce a naturally occurring sebum. The cycle continues and makes the problem seem worse. Commercial shampoos will only take care of the symptoms not the problem.

Bumble and bumble Scalp Rebalancing regime calms the scalp down and returns the scalp to a normal state.

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When we think of hair care, the first things that come to mind are good hair products. Quality products are definitely helpful, but we must also remember to take care of our hair by starting on the inside. Everything we eat, or don't eat, affects the way we look. This includes hair. A well-balanced diet that includes lots of fruit and veggies will contribute to healthy looking hair. Dull, lifeless hair is caused not just by abuse and inadequate hair products, but also by lack of a proper diet containing essential vitamins and nutrients.