Hair Loss : Know the Problem to Find a Solution

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Hair loss comes with age. Women who are in their late 30s or early 40s often start facing such a problem. They get completely stressed out and start seeking advice on the next course of action. It's necessary to know the reasons that cause hair fall. Is it enough to use a hair loss shampoo for women or does the problem call for some more serious action? Unlike men, women do not expect hair loss. So, when they find their beautiful hair in the basin or a clogged water outlet, their natural instinct is to panic. There is a lot of psychological trauma among women associated with this issue!

It's always advisable to get the basic facts in order before identifying the solution to the problem. An average human being has 100,000 hair on his scalp. As many as 90 percent of these hair are growing actively at any given instant. A fun fact to know is that hair is the second fastest growing tissue in the human body after bone marrow. However, it needs some basic conditions to be growing right. Hair fall is experienced if there are some restrictions placed on these conditions of growth. Alternatively, hair fall can also happen if a person's gene dictates the same.

Using a hair loss shampoo for women is alright. However, how do you get to know that you are losing hair? If your hair strands come out easily from the roots as you lightly pull them, then it's clearly a case of hair shedding as opposed to temporary damage. Hair can get temporarily damaged due to the use of harsh hair care products or styling, involving some involuntary pulling at the roots.

Three phases of hair growth!

Anagen Phase: When the hair are growing, they are in the anagen phase, where each strand remains connected to the follicle and can remain in its position for around three to seven years. After that, the hair would naturally fall off and be replaced by a new hair shaft.

Catagen Phase: After the anagen phase, there comes the catagen phase, that lasts for around two weeks, in which the hair shaft dies.

Telogen Phase: The next phase is the telogen phase, in which hair normally falls out. This last phase could last for a period of three months.

Losing around 100 hair a day is normal, though the problem arises when most of your hair go into the third phase. In such an instance, you would lose around 300 hair strands a day.

The hair loss that you experience today might be due to some sort of stress, which started three months earlier. This could be anything from high fever, surgery or childbirth to rapid weight loss, nutrition deficiencies or anemia. Hair loss could also be due to hormonal changes and thyroid disorders, where there is a sudden change in the secretion of hormones in the body.

However, the good news is that hair loss in most of these instances is temporary and can be rectified. Usually, hair tend to regrow in six months with the cessation of the initial trigger causing hair fall. All you need to do would be to eat right, exercise and generally try and avoid any sort of stress in your day-to-day life. You could also try using a shampoo for thinning hair for women.

Then, there is the gradual loss of hair in women that might occur any time between puberty and old age. This type of hair loss can be arrested by using certain specially formulated products and

shampoos containing approved ingredients that help regrow hair. Female pattern hair loss or hair thinning can be stopped to some extent by using a hair loss shampoo for women. There are some hair regrowth products containing Minoxidil, the only FDA approved treatment for hair loss. With a regular use of such products, you can arrest hair loss and get fuller looking hair.

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Keranique offers a a hair loss shampoo for women that is sulfate free and good on colored-treated hair. Infused with antioxidants and vitamins, Keranique's a shampoo for thinning hair for women nourishes hair follicles and gives you a fuller looking hair.

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