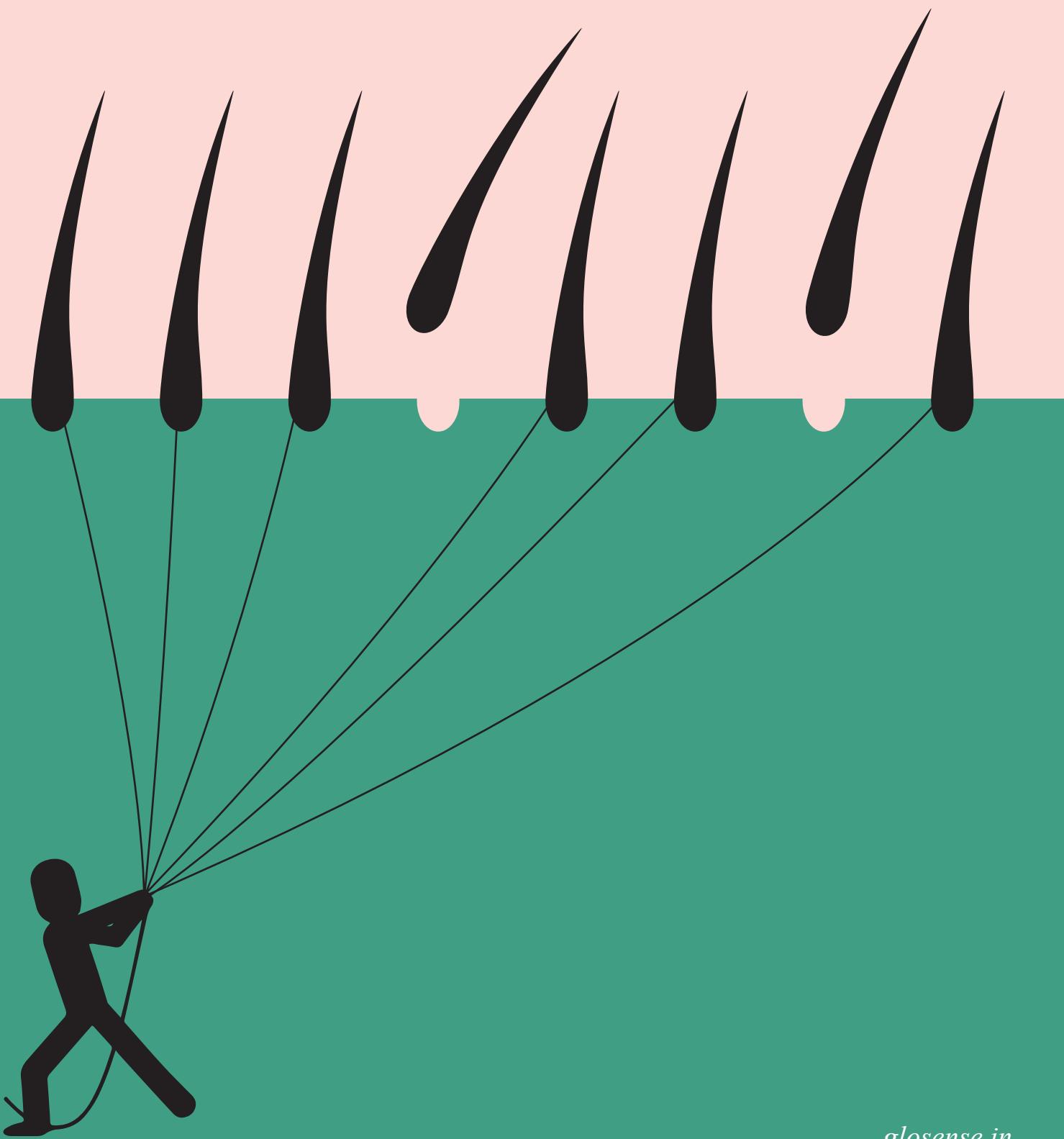


E-GUIDE

TO FIX YOUR HAIR FALL





**Life, like hair,
blooms with patience
and gentle care.**

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INTRODUCTION

Welcome to our Hair Fall Rescue E-guide! Whether you're a wellness guru or facing hair fall, this guide is here for you. Let's dive into the world of vibrant, healthy hair through nutrition, superfoods, and the latest trends. Get set for practical tips to boost your hair health. Ready to join us on this journey!!



♦ Chapter 01 ♦

Why does your hair falls?



Curious about your disappearing hair?

In this chapter, we uncover the reasons behind hair loss, helping you understand why your hair is saying farewell. From carefree childhood locks to adult challenges, this chapter is your guide to decoding your hair changes. By the end, you'll have a clear understanding of what's causing thinning and texture shifts. Knowledge is power for early intervention, so let's unravel the mystery behind 'Where Did My Hair Go?' and reclaim your crown together.

6 reasons of Hair fall

Find yours

i. Nutrition deficiency

Is your diet missing key nutrients that could be impacting your hair's health? Nutrition plays a vital role in maintaining vibrant hair, and deficiencies can lead to various issues.

Here's a quick guide to common symptoms and their potential causes:

- **Dry, dull hair:**

Could be a sign of low essential fatty acids.

- **Excessive hair shedding:**

You might need more Vitamin C, iron, zinc, or biotin.

- **Slow hair growth:**

Consider boosting your protein intake, along with Vitamins A and D.

- **Scalp issues & hair thinning:**

Lack of vitamins A, C, D, E, zinc, or iron could be contributing factors. Let's nourish your hair and scalp together!

ii. Hormonal hairloss:

Hair loss often stems from hormonal imbalances affecting the body's natural hair growth cycle. Both men and women may experience disruptions due to various hormonal issues like PCOS (Polycystic Ovary Syndrome) and thyroid disorders in women, and male pattern baldness. Hormones, particularly androgens, regulate the transition between growth, rest, and shedding phases of hair follicles. Imbalances in these hormonal signals can result in excessive shedding or slower growth. Understanding and addressing specific hormonal issues are vital for effectively managing and preventing hair loss.



iii. Hairfall after pregnancy & postpartum:

After pregnancy, hormonal changes lead to postpartum hair shedding, typically peaking at three to six months postpartum. Estrogen levels drop, causing increased hair entering the resting phase and subsequent shedding. Nutritional deficiencies, especially iron and essential vitamins like Biotin and Vitamin D, along with the physical strain of childbirth and caring for a newborn, can contribute to hair loss. To support healthy hair growth, maintaining a balanced diet with right nutrition, managing stress, and ensuring adequate rest are crucial.

iv. Genetical Hairloss:

Genetic hair loss, also known as androgenetic alopecia, is the most common cause of hair loss in both men and women. It's primarily caused by a combination of genetic predisposition and hormonal changes. In individuals genetically predisposed to hair loss, certain hormones, particularly dihydrotestosterone (DHT), bind to hair follicles, causing them to shrink over time. This leads to shorter and finer hair until eventually, the follicles cease producing hair altogether. Genetic hair loss typically follows a specific pattern, such as receding hairline in men or thinning at the crown in both men and women. While the exact mechanisms are complex, understanding genetic factors can help individuals manage and treat hair loss effectively.

v. Hairloss due to medication



Medication can trigger distressing hair fall. Drugs such as chemotherapy agents, antidepressants, and blood thinners disrupt the hair growth cycle, causing increased shedding—known as drug-induced alopecia. It's crucial to seek support from healthcare providers to manage such kind of hair loss.

vi. Hairfall due to stress:

Hair fall from stress is a common worry in our fast-paced world. Stress triggers hormone releases like cortisol, disrupting the hair growth cycle and causing excessive shedding—known as telogen effluvium. This typically starts a few months after stress and can last for months. Managing stress through relaxation techniques, exercise, and seeking support from healthcare professionals can help ease its impact on hair health.



♦ Chapter 02 ♦

Right nourishment to reduce hairfall



Poor nutrition affects not just your overall health, but also your hair and skin. Hair health relies on specific nutrients, and their absence can directly impact your hair. Embrace a balanced diet with colorful fruits, veggies, lean proteins, and whole grains. Stay hydrated and watch your portions. By choosing nutritious foods mindfully, you nourish your body, promoting healthier, more vibrant hair. Investing in a nutritious diet is investing in both your body and your hair's well-being.

Manifest your healthy hair with 6 easy steps

- 01 Commit to small dietary changes for lasting hair health improvements.
- 02 Say no to processed and unhealthy foods harmful to your hair.
- 03 Plan nutrient-rich meals and keep a handy grocery list for easy shopping.
- 04 Choose fresh fruits, vegetables, and whole foods packed with essential vitamins and minerals.
- 05 Skip sugary drinks and prioritise water for hydration and overall hair health.
- 06 Opt for home delivery partners for convenient access to wholesome food options.

“Incorporate these pointers into your daily routine to adopt more than just a diet; it's a lifestyle that nurtures your body and hair, laying the foundation for a healthier, more vibrant you.”

Best foods for healthy hair

Including a variety of nutrient-rich foods in your diet can contribute to the nourishment of your hair.

Foods that Promote Hair Growth:

Indian Gooseberry (Amla):

Rich in vitamin C, supports collagen production for hair strength.

Lentils (Dal):

High in protein, iron, zinc, and biotin, crucial for hair growth.

Coconut:

Contains essential fats, vitamins, and minerals, nourishing the scalp.

Curry Leaves:

Packed with antioxidants and vitamins, stimulates hair follicles.

Nuts and Seeds:

Almonds, walnuts, flaxseeds, chia seeds - rich in omega-3 fatty acids and essential vitamins.

Yogurt:

Rich in protein and vitamin B5, supports hair follicles and prevents hair loss.

Fenugreek (Methi):

Contains proteins and nicotinic acid, promoting hair growth.

Guava:

Packed with vitamin C, aids collagen synthesis essential for hair structure.

Sweet Potatoes:

High in beta-carotene, converts to vitamin A for a healthy scalp.

Spinach:

Good source of iron and vitamins A and C, promotes healthy hair growth.

Foods to Stop Hair Fall:

Eggs:

Rich in biotin, promoting hair growth and reducing hair fall.

Spinach:

Contains iron, which helps prevent hair fall due to iron deficiency.

Citrus Fruits:

High in vitamin C, enhances iron absorption, reducing hair fall.

Salmon:

High in omega-3 fatty acids, reducing inflammation and preventing hair fall.

Onions:

Contains sulfur, promoting blood circulation and reducing hair fall.

Greek Yogurt:

Provides protein and vitamin B5, essential for reducing hair fall.

Walnuts:

A good source of omega-3 fatty acids, reducing hair fall and promoting scalp health.

Carrots:

Rich in vitamin A, helps prevent hair fall and maintains a healthy scalp.

Green Tea:

Contains antioxidants that promote hair growth and reduce hair fall.

Pumpkin Seeds:

Rich in zinc, reducing hair fall and supporting overall hair health.

Pulses and Legumes:

Chickpeas:

High in protein and zinc, supporting overall hair health.

Black Beans:

Contain protein, zinc, and biotin for hair nourishment.

Lentils (Dal):

A protein-rich option with iron for hair strength.

Dairy and Alternatives:

Milk:

Rich in protein and contains biotin, promoting hair growth.

Yogurt:

Provides protein and vitamin B5, essential for strong hair.

Tofu:

A plant-based protein source aiding in hair nourishment.

Soybeans:

Rich in proteins and iron, beneficial for preventing hair loss.

Paneer (Cottage Cheese):

High in protein and iron, supporting hair health.

Vegetables and Spices:

Carrots:

Rich in vitamin A, promoting a healthy scalp.

Ginger:

Anti-inflammatory properties benefit the scalp and hair.

Tomatoes:

Contain antioxidants supporting hair health.

Turmeric:

Antioxidant-rich, helps maintain a healthy scalp.

Incorporate these vegetarian ingredients into your diet for a protein-rich approach to support hair growth.

Remember, a well-balanced diet is key for both overall health and vibrant hair.

How supplements beat hairfall

Supplements are key in tackling hair fall by supplying vital nutrients for hair growth and overall health. Biotin, or vitamin B7, strengthens hair and stimulates growth. Omega-3 fatty acids from fish oil nourish the scalp, reducing inflammation and preventing loss. Other supplements, like vitamins A, C, D, and E, along with minerals such as zinc and iron, address deficiencies contributing to hair fall. Incorporating these supplements into a balanced diet and lifestyle enhances overall hair care, promoting stronger, healthier hair and reducing hair fall over time.

“In our fast-paced world, eating right can be a challenge. Luckily, there's a simple solution – supplements! These tiny helpers ensure our bodies get all the nutrients they need, especially when we're on the go. Let's discover why they're perfect for busy people like us!”

Why these little helpers are so great for people who are always on the move!

01

Convenient solution for busy schedules, providing nutritional support on the go.

02

Effortless way to meet dietary needs without extensive cooking.

03

Versatile options available, from pills to powders, for easy consumption.

04

Tailored supplements address specific health concerns, including hair health.

05

Consistent intake of essential nutrients through daily supplement incorporation.

06

Prioritize understanding individual health needs before choosing supplements.

Opt for superfood-based products like Hair Buddy for simple and effective nourishment.

Things to keep in mind while choosing supplements

- 01 Quality Ingredients:** Seek high-quality organic plant sources, including nutraceuticals.
- 02 Natural or Full of chemicals:** Always choose natural supplements as they are derived from natural extract and chances of side effects are less
- 03 Certifications:** Look for certified organic, non-GMO supplements, including nutraceutical options.
- 04 Bioavailability:** Prioritise bioavailable forms of nutrients in plant-based and nutraceutical supplements.
- 05 Transparency:** Choose brands transparent about sourcing and testing for both plant-based and nutraceutical products.
- 06 Allergen-Free:** Consider allergen-free options in both plant-based and nutraceutical supplements.
- 07 Reviews and Reputation:** Research reputable feedback for both types of supplements.

In the hustle of our busy lives, it's often a challenge to include essential superfoods or nutrient rich foods in our daily diet. Recognizing this, we introduce "Hair You Glo," a unique superfood blend crafted for your convenience. This plant-based powder is a powerhouse of nutrients derived from superfood ingredients. It offers the goodness of fruits, vegetables, and herbs in a simple and accessible form.



Hair You Glo by Glosense, not just a supplement, but a nutraceutical powerhouse designed specifically for your hair's well-being. What sets us apart is our commitment to providing a unique blend of superfood nutrients in a convenient powder form. This superfood blend is free from chemicals and

artificial flavorings, ensuring a pure and natural experience. With Hair You Glo, you no longer need to worry about missing out on vital nutrients. It's easy to consume and designed to fit seamlessly into your routine. Elevate your daily nutrition effortlessly - let Hair You Glo by Glosense be your plant-based companion for vibrant and healthy hair.

To get one visit our website glosense.in

Supplement Myths: Debunked

Let's unravel some common myths surrounding supplements and shed light on their role in supporting overall health:

MYTHS

Supplements Replace a Balanced Diet

More is Always Better

Supplements Work Instantaneously

All Supplements Are Safe

Supplements Are Only for Specific Groups

FACTS

Supplements complement, not replace, a balanced diet; focus on whole foods for optimal nutrition.

Moderation is key; excessive intake of supplements can be harmful.

Patience is crucial; consistent use over time yields gradual health benefits.

Quality matters; choose reputable brands and consult healthcare professionals for safety.

Supplements support overall health for all; they're a versatile addition to well-being.

♦ Chapter 03 ♦

External Haircare made easy



Maintaining healthy hair involves more than just shampoo and conditioner. Let's explore how external care practices and nutrition work together to keep our locks vibrant! From choosing the right products to scalp-friendly routines, this topic covers it all. It emphasizes how nutrition, like proteins and vitamins, is vital for supporting hair health.

“For healthy locks, start with mindful shampooing. Choose wisely, tailor to your needs, and remember: vibrant hair is more than just shampoo—it's a holistic ritual that includes proper conditioning for complete care.”

Managing haircare with Shampooing

i. Choosing right shampoo:

Choosing the right shampoo is key! For oily scalps, go clarifying; for dry hair, opt for moisturizing. And if you've colored your locks, sulfate-free is the way to go to keep that vibrancy!



ii. How to shampoo:



Start by wetting your hair thoroughly. Apply a coin-sized amount of shampoo to your palm and lather, focusing on the scalp. Gently massage, allowing the suds to cleanse away impurities. Rinse thoroughly to avoid product buildup.

*Don't fall for flashy ads or attractive packaging alone.
Flip the bottle and scrutinize ingredients. Prioritize formulas without harsh sulfates, parabens, or silicones for a gentler cleansing experience.*

iii. Decoding Shampoo Ingredients:

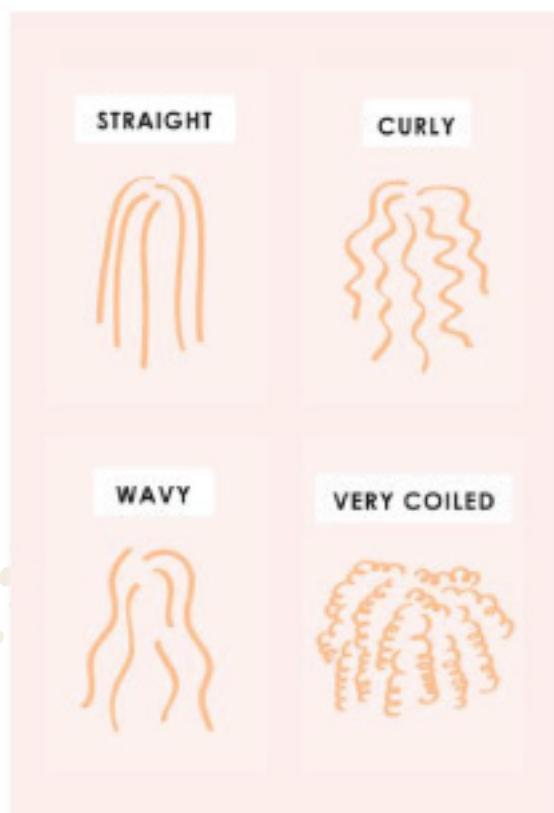
Sulfates: Cleaning agents; opt for sulfate-free for gentler cleansing.

Parabens: Preservatives; consider paraben-free options for those with sensitivities.

Silicones: Add shine but may cause buildup; clarify occasionally.



iv. Understanding Shampoo and Hair Types:



For Fine Hair: Look for volumizing shampoos that add body without weighing hair down.

For Thick or Coarse Hair: Moisturizing or smoothing shampoos can help manage frizz and enhance softness.

For Color-Treated Hair: Sulfate-free and color-protecting shampoos preserve color intensity.

CONDITIONER

for defence & nourishment:

Conditioning is like giving your hair a big hug! It keeps it healthy, soft, and shiny by giving it the nourishment and hydration it needs. Plus, it makes styling easier and protects your hair from damage, so you can rock your locks with confidence!

Conditioning Tips:

For Dry Hair: Choose deeply moisturising conditioners with ingredients like shea butter or argan oil.

For Oily Hair: Opt for lightweight, volumizing conditioners and focus application on the ends to avoid scalp buildup.

For Fine Hair: Select volumizing conditioners and use sparingly, avoiding the scalp to prevent weighing down hair.

For Curly or Coily Hair: Use creamy, moisture-rich conditioners for curls, detangling gently to maintain hydration and definition.

For Color-Treated Hair: Use colour-safe conditioners with UV protection to preserve vibrancy and occasional protein-rich treatments for strength and repair.

Hair masks are magical!

- 01 Hair masks combat dryness and styling damage, deeply moisturising and repairing hair.
- 02 Packed with nutrients, they nourish roots and improve overall hair health.
- 03 Customizable for different needs, such as adding volume or hydrating dry strands.
- 04 Applying a hair mask provides a relaxing spa treatment for both hair and mind.
- 05 For best results, apply to clean, damp hair, focusing on the ends, and use heat to aid penetration.
- 06 Regular use ensures long-term hair strength and vitality.

Unlock the Full Potential of Hair Masks:

- Apply on clean, damp hair for better absorption.
- Focus on mid-lengths and ends, where hair is most damaged.
- Use heat (like a warm towel or shower cap) to enhance penetration.
- Consistency is key for long-term benefits.
- Let hair masks be your secret weapon for luscious locks.

One Page Plans for

Travel, Salon, and Special Events



Maintaining well-groomed hair is crucial for travel, salon visits, and special events. Prioritise regular care for healthy, vibrant hair. Opt for protective styles while travelling and schedule salon appointments ahead of events for perfect styling. Follow this guide for effortless and beautiful hair on every occasion.

Travel Haircare

Packing Essentials:

- Travel-size shampoo and conditioner.
- UV-protectant hair serum or spray.
- Wide-tooth comb for gentle detangling
- Silk or satin hair scarf or bonnet
- Leave-in conditioner or hair oil
- Hair ties/ clips and bobby pins

Sun Protection: Wear a hat or scarf and opt for protective hairstyles.

Hydration: Stay well-hydrated with water-rich fruits and snacks.

Healthy Snacking: Avoid junk food and incorporate nuts and seeds.

Travel-Friendly Masks: Pack pre-packaged hair masks for overnight use.

Minimal Heat Styling: Use low-heat settings and protectants sparingly.

Silk Pillowcase or Loose Bun: Reduce friction while sleeping.

Gentle Drying: Pat wet hair with a microfiber towel or T-shirt.

Post-Travel Care: Treat hair to a deep-conditioning mask and trim split ends upon return.

Salon

Packing Essentials for Post-Treatment Hair Care:

Ensure your salon-treated hair stays stunning with these tips. Cheers to healthy, happy hair!

Choose Products Wisely: Avoid costly salon products; consult experts or research before purchasing.

Post-Treatment Patience: Allow time for adjustment after treatment; be patient.

Keratin Care: Wait before washing post-keratin; use sulphate-free products and towel-dry gently.

Colour-Treated Hair: Wait 48 hours before washing; use colour-preserving products and regular touch-ups.

Heat Styling Caution: Limit heat usage, opt for lower settings, and use heat protectants.

Nighttime Care: Use silk or satin pillowcases for hair health.

Scalp Soothing: Massage scalp with nourishing oils if possible; avoid excessive scratching or harsh brushing.

Special occasions

From pre-event prep to post-celebration recovery, ensure your hair stays effortlessly gorgeous during the festivities, weddings, birthdays, or any major event that comes your way. Shine on!

Pre-Event Prep: Schedule a deep-conditioning treatment a week prior and trim split ends for a polished look.

Effortless Elegance: Opt for low-maintenance styles like buns or braids for women, and use serums or gels for men.

Heat-Free Styling: Try overnight curls or twists and use strategic hairpins for chic updos.

Instant Volume: Tease roots gently or spritz hair with revitalising spray for volume, and use a volumizing spray for added oomph.

Emergency Detox: Use clarifying shampoo for a quick detox and pack essentials like bobby pins, hair ties, and a compact brush.

Post-Celebration Pampering: Detangle and moisturise gently for stress-free recovery, wash hair carefully, and unwind with a hydrating hair mask.

DIY Hair Mask Recipes

Embark on a journey of self-care with these time-tested, homemade hair masks. Infused with the goodness of Indian ingredients, these elixirs promise to revive and rejuvenate your locks, echoing the wisdom of generations past.

01. Coconut & Amla Delight:

Ingredients:

- 2 tablespoons Coconut Oil
- 1 tablespoon Amla Powder

Recipe:

Mix coconut oil with amla powder to form a paste.

Apply to the scalp and hair, massaging gently.

Leave on for 30 minutes before washing with a mild shampoo.

Benefits:

Strengthens hair, promotes growth, and adds a natural shine.

02. Yogurt & Honey Bliss:

Ingredients:

- 1/2 cup Yogurt
- 2 tablespoons Honey

Recipe:

Blend yogurt and honey until smooth.

Apply the mixture from roots to tips.

Allow it to sit for 20-30 minutes, then rinse thoroughly.

Benefits:

Strengthens hair, promotes growth, and adds a natural shine.

03. Fenugreek Infusion:

Ingredients:

2 tablespoons Fenugreek Seeds (Methi)

Water (for soaking)

Benefits:

Reduces hair fall, strengthens roots, and adds shine.

Recipe:

Soak fenugreek seeds in water overnight.

Blend soaked seeds into a paste.

Apply the paste and leave on for 30-45 minutes before washing.

4. Banana & Olive Elixir:

Ingredients:

1 ripe Banana

2 tablespoons Olive Oil

Benefits:

Hydrates, softens, and reduces frizz.

Recipe:

Mash the banana and mix it with olive oil.

Apply the mixture evenly and leave for 30 minutes.

Rinse with a gentle shampoo.

5. Curry Leaves & Coconut Potion:

Ingredients:

Handful of Curry Leaves

3 tablespoons Coconut Oil

Benefits:

Strengthens hair, prevents greying, and nourishes the scalp.

Recipe:

Heat coconut oil and add curry leaves.

Allow it to cool and strain the oil.

Massage the oil into the scalp and leave for at least an hour.

Summary

As we wrap up this ebook journey, we've explored the intricate world of hair care, from understanding the reasons behind hair fall to mastering effective nourishment techniques. We've simplified external hair care with practical tips on shampooing and conditioning. Plus, our one-page Haircare E-Guide streamlines your routine for travel, salon visits, and special events. With these insights, you're equipped to nurture healthier, more vibrant hair with confidence.





Dear readers,

Your presence and trust mean the world to us. This journey toward healthier hair is not just a pursuit, but a commitment to your well-being and confidence. Remember, each step you take towards better hair health is a testament to your dedication and self-care. You are special, and your journey is worth every effort. We thank you as you fulfil your aspirations for vibrant, beautiful hair, and may it reflect the radiance within you.

Glo from within, Happily!