



SASKATOON  
HAIR LOSS  
CLINIC

***TOP 5 TIPS  
FOR  
HEALTHY HAIR***

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# ***TIP 1: HAIR WASHING AND SCALP CARE***

## ***HOW OFTEN SHOULD YOU WASH YOUR HAIR?***

A common misconception is that frequent hair washing causes hair loss, but this isn't true

Washing your hair daily or every second day is often beneficial for maintaining scalp health. Just like plaque builds up on your teeth, oil, dirt, and debris accumulate on the scalp, potentially impacting hair growth.

Washing removes this buildup and creates an optimal environment for hair growth





## ***TIP 1: HAIR WASHING AND SCALP CARE***

Shedding 50-120 hairs daily is natural and part of the hair growth cycle. Delaying washes can make natural shedding appear excessive when it accumulates.

This cycle includes three phases: anagen (growth), catagen (transitional), and telogen (resting and shedding). Keeping your scalp clean helps prevent clogged follicles, reducing risks like folliculitis and supporting better hair health.

Frequent washing, especially for oily scalps, can enhance volume and prevent hair from appearing thin. Always use shampoos suited to your hair type for the best results.

Regular hair washing promotes a healthy scalp by controlling excess oil and preventing buildup. This creates an optimal environment for hair growth while enhancing overall scalp health and cleanliness.



## ***TIP 1: HAIR WASHING AND SCALP CARE***

### ***SCALP MASSAGE, A GENTLE AND EFFECTIVE APPROACH***

When washing your hair, gently scrub and massage your scalp. This practice helps clear away excess oil, dead skin cells, and debris that can block hair follicles, encouraging healthier hair growth.

Scalp massages also boost circulation, delivering nutrients to the hair follicles and creating a supportive environment for new growth.

Massaging does not cause hair loss, even during the shedding phase, as hair in this phase has already detached naturally. Incorporating gentle scalp massages into your routine promotes a healthy scalp and supports hair renewal.



## ***TIP 2: PROTECT YOUR SCALP FROM THE SUN!***

### ***WHY WEARING A HAT IS ESSENTIAL FOR SCALP HEALTH, EVEN ON CLOUDY DAYS***

Protecting your scalp from UV rays is crucial year-round, as up to 80% of harmful rays can penetrate clouds.

A wide-brimmed hat offers the best protection, covering your face, neck, and ears. Choose tightly woven materials like canvas or straw, or opt for hats with a UPF rating of 50+ for optimal defence.

Pairing hats with sunscreen provides added defence, especially for exposed areas like the neck and ears.

For those with thinning hair or part lines, lightweight scalp sunscreen offers additional protection when a hat isn't an option.





## ***TIP 3: VITAMINS & SUPPLEMENTS FOR HEALTHY HAIR***

### ***HEALTHY HAIR STARTS FROM WITHIN***

Modern agricultural practices have significantly reduced the nutrients in our soil, meaning even a balanced diet often fails to provide all the vitamins and minerals your hair needs to thrive.

This nutrient gap can leave your hair vulnerable to thinning, breakage, and slowed growth. Hair supplements can help bridge this gap by providing targeted nutrients essential for hair health.

The top six vitamins and supplements we recommend are:

**Biotin (Vitamin B7)**

**Vitamin D**

**Vitamin E**

**Vitamin A**

**Zinc and Iron**



## **TIP 3: VITAMINS & SUPPLEMENTS FOR HEALTHY HAIR**

**Biotin (Vitamin B7)**, often called the “hair vitamin,” strengthens keratin to reduce breakage. A deficiency in biotin can result in brittle hair and hair loss.

**Vitamin D**, the “sunshine vitamin,” is critical for stimulating hair follicles and supporting the hair cycle. A deficiency has been linked to thinning and alopecia areata.

**Vitamin E**, a powerful antioxidant, protects hair cells from oxidative stress and enhances scalp circulation, encouraging healthier growth.

**Vitamin A** supports sebum production to moisturize the scalp and maintain hair health, but excessive intake can lead to hair loss, so balance is essential.

**Zinc and Iron** play vital roles in hair tissue growth and repair. Zinc helps maintain oil gland function around hair follicles, while iron supports oxygen delivery to the follicles. Deficiencies in either nutrient can cause thinning and shedding.

By integrating these supplements into your routine, you can support hair growth, strengthen strands, and maintain a healthy scalp, especially when modern diets fall short. Supplements act as a powerful ally in maintaining hair health, filling the gaps left by nutrient-depleted foods. Healthy hair truly begins from within.



## **TIP 4: GUT HEALTH**

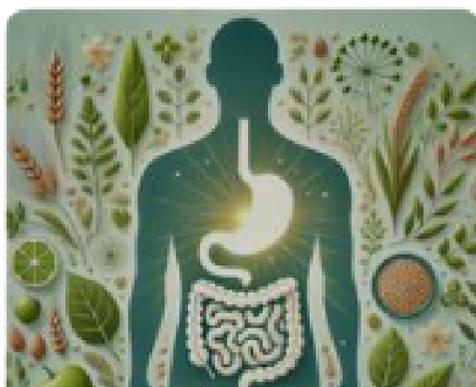
### ***THE SECRET ALLY FOR HEALTHY HAIR***

Your gut and hair share an unexpected yet vital connection.

A healthy gut is fundamental for strong, vibrant hair, much like the Tree of Life metaphor. Imagine your hair strands as the branches, visible reflections of your overall health. The scalp represents the topsoil, where nourishment begins, and the gut is the root system, delivering essential nutrients. When your gut is balanced, it ensures your body absorbs critical vitamins and minerals that fuel scalp health and promote luscious, resilient hair growth.

The gut bacteria are tiny helpers, working behind the scenes to promote healthy hair. These trillions of bacteria aid in breaking down food, absorbing nutrients like biotin, vitamin D, and zinc, and protecting your body from illness—all essential for hair growth.

When gut bacteria are unbalanced, a “gut imbalance,” your body absorbs fewer nutrients, which can lead to brittle, thinning hair.





## ***TIP 5: SCALP TREATMENTS***

### ***WHY ARE THEY IMPORTANT?***

Your scalp produces sebum daily, performing essential tasks to maintain scalp and hair health.

Sebum keeps the scalp soft and hydrated, helps hair glide smoothly from follicles, and forms a protective barrier against external irritants. However, if not properly managed, this natural oil can accumulate, creating an ideal environment for the growth of yeast, bacteria, or even mites like Demodex. This can lead to common issues such as flaking, dryness, or itching. An oily scalp can result in chunky flakes, itchiness, inflammation, or conditions like cradle cap.





# ***TIP 5: SCALP TREATMENTS***

## ***WHY ARE THEY IMPORTANT?***

Chronic sebum buildup can exacerbate skin conditions such as eczema or psoriasis, both of which can cause scaling, redness, and significant discomfort.

Without regular maintenance, these problems may hinder scalp health and hair growth. Tailored scalp treatments, such as exfoliating scrubs, clarifying shampoos, or hydration therapies, are essential to remove excess oil, rebalance the scalp's microbiome, and restore an optimal environment for healthy, strong hair growth.





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