

UNDERSTANDING HAIR LOSS FOR A SUCCESSFUL HAIR RESTORATION



Adnan Dawood



I had a fantastic experience!



I am very happy so far with what I am seeing and would highly recommend IdealofMeD for anyone who wants a hair transplant. The preoperative consultations also helped as it prepared my scalp to be as healthy as possible



INTRODUCTION FROM OUR HEAD OF MEDICINE

DR DEVRIM DEMIREL

At IdealofMeD, your Northern European Medical Partner in Turkey, we aim to assist you in all aspects related to your hair loss. A hair restoration procedure is just one important part of the process. Our mission is also to guide you in relation to your hair loss issue, create a plan to decrease hair loss and provide a healthy, harmonious environment for your hair restoration procedure.

The healthier you, your hair and your scalp are at the time, the better the long-term results of your hair restoration procedure.

We believe in a holistic approach to hair restoration. This includes aiming to do as much as you can yourself by adopting healthy habits and practices. By doing so in advance of your hair restoration procedure as well as afterwards, you will get the best result possible.

Our Head of Medicine has been a doctor for 36 years and a surgeon for over 34 years and has extensive surgical operating experience from Sweden, Turkey and Germany.

INTERESTING FACTS ABOUT HAIR

- An average person has around 100,000 hairs.
- Losing up to 100 hairs each day is considered to be normal.
- On average, the lifespan of a human hair is between 2 to 7 years.
- The hair on our scalp goes through 3 phases; the anagen phase, catagen phase, and telogen phase.
- It is possible to approximate the probabilities of significant balding with age. For example, a 20-year-old has around 20% probability and an 80-year-old around 80% probability of being bald.

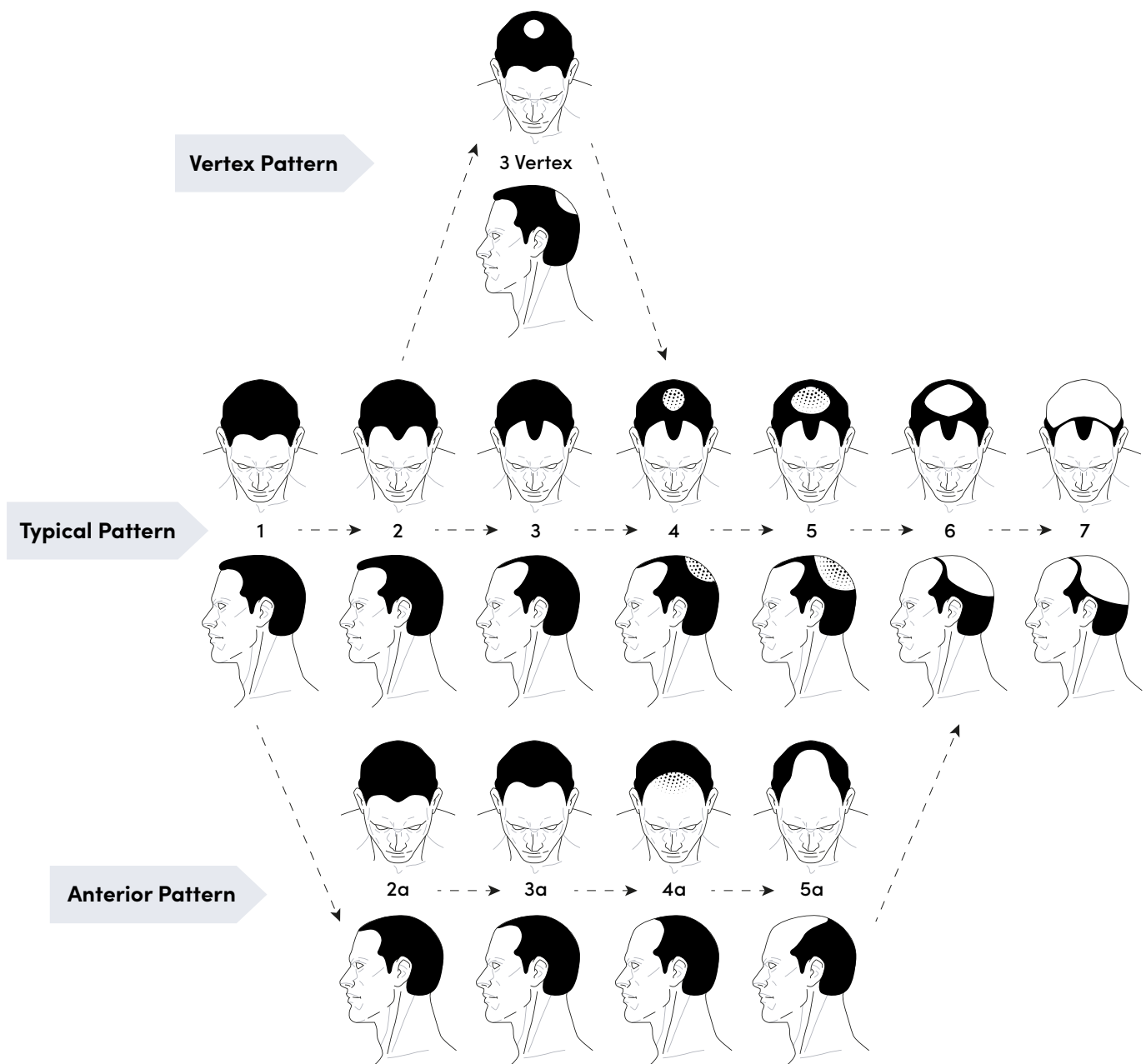
HAIR LOSS TYPES AND PATTERNS OF HAIR LOSS

The Hamilton–Norwood scale is used to classify the stages of male pattern baldness. The stages are described with a number from 1 to 7. This measurement scale was first introduced by James Hamilton in the 1950s and later revised and updated by O'Tar Norwood in the 1970s. It is sometimes referred to as the Norwood–Hamilton scale or simply the Norwood scale.

Balding patterns

THE HAMILTON–NORWOOD SCALE IS USED TO CLASSIFY THE STAGES OF MALE PATTERN BALDNESS.

Let's go through all 7 types of balding patterns.



Balding patterns

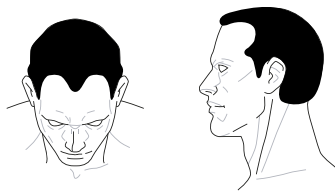
(Typical Pattern)

TYPE 1



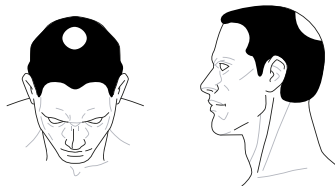
There is minimal or no recession of the hairline.

TYPE 2



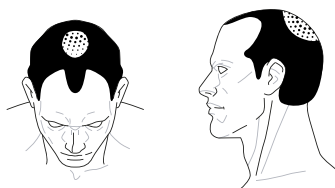
There are triangular, usually symmetrical, areas of recession at the frontotemporal hairline.

TYPE 3 (VERTEX)



This represents the minimal extent of hair loss sufficient to be considered as baldness according to Norwood. There are deep symmetrical recessions at the temples that are bare or only sparsely covered by hair. In Type 3 Vertex, the hair loss is primarily from the vertex with a limited recession of the frontotemporal hairline that does not exceed the degree of recession seen in Type 3.

TYPE 4

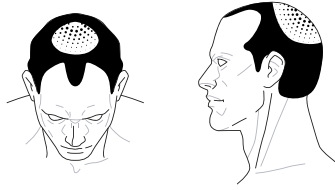


The frontotemporal recession is more severe than in type 3 and there is sparse hair or no hair on the vertex. The two areas of hair loss are separated by a band of moderately dense hair that extends across the top. This band connects with the fully haired fringe on the sides of the scalp.

Balding patterns

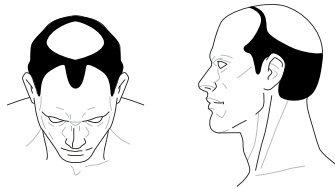
(Typical Pattern)

TYPE 5



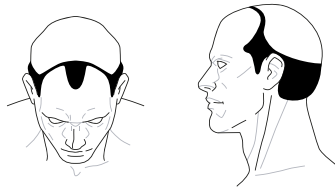
The vertex hair loss region is still separated from the frontotemporal region but it is less distinct. The band of hair across the crown is narrower and sparser and the vertex and frontotemporal regions of hair loss are bigger.

TYPE 6



The bridge of hair that crosses the crown is gone with only sparse hair remaining. The frontotemporal and vertex regions are joined together and the extent of hair loss is greater.

TYPE 7



The most severe form of hair loss with only a narrow band of hair in a horseshoe shape remaining on the sides and back of the scalp. This hair is usually not dense and can be quite fine.



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Balding patterns

(Norwood Type A Variant)

Norwood also defined a Type A variant from his standard classification system, which is distinguished by two major features and two minor features.

The major features are:

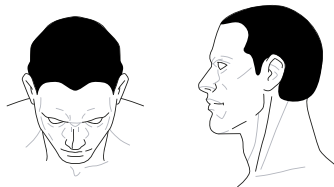
- The anterior border of the hairline progresses to the rear without leaving an island of hair in the mid-frontal region and
- There is no simultaneous development of a bald area on the vertex. Instead, the frontal hairline recession keeps progressing to the rear of the scalp.

The minor features are:

- There is a persistent sparse hair scattering in the area of hair loss and
- The horseshoe-shaped fringe areas of hair that remain on the side and back of the scalp tend to be wider and reach higher on the head compared to Norwood's standard.

THE VARIOUS TYPE A VARIANTS DESCRIBED BY NORWOOD ARE AS FOLLOWS:

TYPE 2A



The hairline is anterior to the coronal plane 2 cm anterior to the external auditory meatus.

Balding patterns

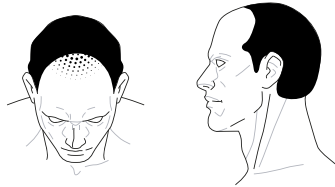
(Norwood Type A Variant)

TYPE 3A



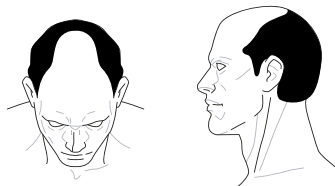
The hairline has receded back to a point between the limit of Type 2A and the level of the external auditory meatus.

TYPE 4A



The hairline has receded beyond the external auditory meatus but has not reached the vertex.

TYPE 5A



The area of denudation includes the vertex. Hair loss more severe than Type 5A cannot be distinguished from Types 6 or 7.

The Norwood classification is one of the most detailed classification systems for male pattern hair loss and is the most widely used classification worldwide.



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CAUSES OF HAIR LOSS

A number of reasons for hair loss have been established by the global medical community:

a) Genetic Factors

The primary baldness gene sits on the X chromosome, which is passed to men through their mothers. However, there are a number of other factors in play, too. Although hereditary hair loss is slightly more dominant on the mother's side, scientists have also found that men with bald fathers are more likely to experience thinning hair.

Genetic hair loss baffles scientists to this day. Amazingly, researchers have found that more than 280 genes influence hair thinning. Hopefully, in the near future, we'll have established the means to identify genetic signals and predict who is more vulnerable to hair loss. This way, you'll be able to take preventative measures early on to preserve and nourish your hair.

Hair loss science is complex and ever-changing, but scientists have made some breakthroughs in recent years. Here's what we know so far:

- In 2005, German scientists released a memorable study noting that hair thinning can be traced to having more androgen receptors in the scalp. The gene for androgen lies in the X chromosome, which comes from our mothers.
- In 2008, one of the same scientists from 2005 conducted a collaborative follow up study and found that genetic variants on "chromosome 20" increase the risk of male hair thinning. This supported the theory that DNA from both our mother and father can affect baldness.
- In 2013, scientists studied over 3000 Korean individuals and found that environmental factors, such as smoking and drinking, can also contribute to hair thinning. However, genetic factors seem to be far more influential than environmental ones.
- Males who are prone to hair thinning are likely to have smaller hair follicles on their scalp, and each follicle produces less hair than average. Over time, these follicles thin and eventually die.
- Hair thinning has also been found to be caused by the sex steroid hormone dihydrotestosterone (DHT), which exists in both men and women. While women have far less DHT in their systems, the conversion of testosterone to DHT, which leads to damaged hair follicles, affects both genders.
- Telogen Effluvium is another form of less permanent hair loss that occurs in both men and women. It's triggered by a shift in hormones, the environment or as a side effect from some types of medication.

b) Scalp Condition

In addition to infections, eczema and other scalp diseases, one significant contributor to scalp related hair loss is oily and dry scalp conditions:

1) Oily Scalp

Hair roots come with sebaceous glands which secrete an oily substance called sebum. This sebum actually benefits the hair but excessive sebum production is the cause for oily hair. An oily scalp is caused by overactive sebaceous glands on the scalp. The oil attracts dirt more easily, produces dandruff, and makes hair stick together. In the worst cases, the sebum glands clog the hair roots and may cause excessive hair loss and dandruff.

Causes of excess sebum secretion include genes, hormonal imbalances, humidity, diet, etc. Hormonal imbalances found during pregnancy, menopause or puberty can also trigger an oily scalp. Some internal diseases can cause increased sebum secretion too.

The body regularly sheds dead skin cells as new cells are formed, which is a gradual and natural process. If this process speeds up, it produces excessive amounts of dead skin cells causing dandruff. In cases of poor hygiene and neglect, Seborrheic Dermatitis or Scalp Eczema is formed.

Continued neglect can slowly lead to infection, causing the rough patches to become red, itchy and painful. Severe cases of patching on the scalp can then result in a certain degree of peeling and hair loss. Sometimes, a fungal infection makes the condition worse. Hair regrows when the infected and inflamed scalp areas are treated properly.

We often observe large numbers of neglected cases of oily scalp with infected Seborrheic Dermatitis resulting in hair loss. Sadly, before medical treatment, many people try old techniques (oil massage, Castor oil, E-cap) which makes the situation worse and delays healing and treatment.

2) Dry Scalp

One of the main causes of a dry scalp may be an allergic reaction to a product you are using - it may just be too harsh for your scalp! Sulphate-free and organic shampoos are a lot gentler and contain fewer additives that your scalp may react to. They are also milder and will not strip your hair of existing oils.

When it comes to the condition of your hair, its texture and thickness, the condition of the scalp is key. Those of us with thinning hair can improve the thickness and amount of existing hair growth by making sure our scalp isn't dry. There doesn't seem to be a huge amount of evidence that having a dry scalp actually causes hair loss but according to experts and trichologists, there is evidence that it can disrupt hair growth.

It appears that a dry scalp may prevent some new hair growth by blocking individual hair follicles. This further causes clogging of the hair follicle with scalp sebum build-up, leading to limited hair growth. In practical terms, the new hair struggles to push past this plug on the surface of the scalp.

It makes total sense that a soft and moisturised scalp will provide the best environment for new hair growth. We are losing and replacing hair all the time, so the hair we have left needs to be growing to its maximum capacity. This way, it will remain thick and healthy instead of thinning in the areas where no male pattern baldness may be occurring.

c) Trauma

When your body is under serious physical stress, the natural cycle of hair growth and resting can be disrupted. This results in hair loss, often in the form of thinning hair or strands may even come out in clumps. Any trauma to the system, such as being in a severe accident, undergoing surgery, experiencing burns or becoming very ill, can also shock the hair follicles. The result can be up to 75% of your hair falling out, sometimes months after the fact.

e) Diet

The essential vitamins, nutrients and protein that you get from a healthy and well-balanced diet ensure good health throughout your body. They ensure all your organs and internal systems are working just as they should. Poor nutrition or following a severely restrictive fad or a crash diet can lead to all kinds of nutrient deficiencies, which in turn can result in hair loss, from thinning hair to patches of baldness. Evidence and trials suggest that intake of for example Biotin, Zinc, Selenium and Cod Liver Oil can significantly promote hair growth and reduce hair loss.

f) Hair Care

Sometimes you can cause significant damage, in an effort to style your hair which can result in hair loss and thinning hair. Shampooing or blow-drying too frequently and repeatedly using heated styling tools are good examples. Pulling on your hair, whether for blow-drying or styling a too-tight ponytail, or vigorously rubbing the scalp can all lead to hair loss.

g) Infections

A number of infections and illnesses can lead to hair loss. Any infection that causes a high fever, a fungal skin infection or bacterial infections like syphilis can all be responsible for balding or thinning hair. Treating the underlying infection can restore hair growth and prevent future hair loss.



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h) Thyroid

Both an underactive thyroid, a medical condition called hypothyroidism, and an overactive thyroid, hyperthyroidism, can result in hair loss because each condition causes a hormonal imbalance. Hormones help to regulate nearly every function in the body, including hair growth. Getting the right treatment to control either of these thyroid conditions will ensure hormones are under control, stop any hair loss, and allow your hair to start growing back.

i) Medications

Hair loss can also be a side effect of a number of medications taken for common health problems. Blood-thinning medications, oral contraceptives, drugs for depression, NSAIDs, and beta and calcium channel blockers can all lead to thinning hair or baldness. Too much vitamin A and vitamin A-based drugs called retinoids can cause hair loss as well. Some chemotherapy drugs used to treat cancer are known to cause total hair loss as they work to destroy cancer cells. Just as hair usually grows back after chemotherapy, it should also grow back once you stop taking any medication that causes hair loss.

j) Alopecia

Alopecia is the medical term for hair loss and there are two main types: alopecia areata and androgenetic alopecia. Alopecia may cause hair loss only on the scalp or it can occur all over the body. It may result in thinning hair, patches of hair loss, some balding, or total baldness, and it may be permanent or temporary. There are numerous causes including genetics, so always talk to your doctor about possible treatments.

p) Autoimmune Diseases

Alopecia areata is often associated with autoimmune diseases. It is thought that some forms of hair loss can be caused by one of these medical conditions or is at least related to it in some way. Diabetes and lupus, in particular, are two autoimmune diseases that can result in hair loss. This type of hair loss may not always be reversible and may sometimes be permanent. In this situation, medications and hair restoration surgeries may help compensate for any hair loss.

David McMahon Jr



Excellent Customer care for your head of hair



Based on my experience to date I would give it 11/10 and I would recommend chatting to the IdealofMeD guys if you have any hair issues.



WHAT CAN I DO TO REDUCE HAIR LOSS?



There are plenty of non-surgical treatments to explore before you choose to decide on a hair restoration procedure. In addition, any hair transplant doctor should advise you to combine some or all of these treatments with your hair restoration procedure.

- Medical Treatments
- Laser Therapy
- PRP - Plasma Rich Platelets
- Mesotherapy
- Improving your Scalp Condition
- Healthy Diet
- Supplements

Medical Treatments:

1) Finasteride/Dutasteride

The main difference between dutasteride and finasteride is the intensity of the effect.

Finasteride 1mg blocks about 70% of DHT, whereas dutasteride 0.5mg blocks more than 90%. This means that dutasteride is more effective at stopping the conversion of testosterone into DHT. Since DHT is what causes hair loss, this results in more hair regrowth and thickening of existing miniaturised hairs compared to finasteride.

As with finasteride, patients taking dutasteride should be on the medication for one year or longer before its effects in preventing hair loss and re-growing hair can be accurately assessed.

During the first six months on dutasteride, you may note some thinning of existing hair. This may be due to either progression of your hair loss before dutasteride has had a chance to work, or some shedding of miniaturised hair that makes way for the new healthy hair to grow.

It is important to be patient during this period. You should continue the medication for at least one year before you and your doctor can assess the benefits. It should be noted that there can be an overall result of reduced quality of life, due to several side effects associated with taking Avodart (Dutasteride).

Side Effects

- Increased risk for diabetes
- Elevated cholesterol levels
- Increased risk of non-alcoholic fatty liver disease (NAFLD)
- Worsening erectile dysfunction

Treatment of benign prostatic hyperplasia (BPH) with the commonly prescribed Avodart (Dutasteride) may put men at an increased risk for diabetes, elevated cholesterol levels, non-alcoholic fatty liver disease (NAFLD) and worsening erectile dysfunction.

Physicians should be fully aware of these new findings according to the research and discuss with their patients the potential adverse side effects of Avodart on metabolic and sexual function before prescribing it. The study appears in the journal *Hormones Molecular Biology and Clinical Investigations*.

As men age, their prostate enlarges. This condition often results in urinary retention or other lower urinary tract symptoms, such as reduced urinary flow which results in waking up several times at night to urinate. To help improve symptoms, men are often prescribed an alpha-blocker, such as Tamsulosin (Flomax) which relaxes the prostate muscle and improves urination. Other drugs such as Proscar (Finasteride) or Avodart (Dutasteride) work by reducing prostate volume and improving urinary function.

"We believe our findings suggest that Avodart has a negative impact on men's overall health since it increases blood sugar and A1C and also increases blood lipids. The increase in blood glucose and A1C may predispose men to diabetes and the increase in lipids may predispose them to NAFLD. Most importantly, this agent worsens sexual function and reduces the quality of life" explained corresponding author Abdulmaged M. Traish, MBA, PhD, professor of biochemistry and urology at Boston University School of Medicine (BUSM).

2) Minoxidil

Minoxidil is a vasodilating drug which opens up blood vessels. While the exact mechanism of action for minoxidil (the active ingredient) isn't actually clear, it's believed to work by partially enlarging hair follicles and elongating the growth phase of hair. With more follicles in the growth phase, you'll see more hair coverage on your scalp.

Minoxidil does work to some extent as evidenced by clinical studies, but only for certain types of baldness, and only if you keep up with its application. However, it won't work for everyone. If it does work, you probably won't grow back all of the hair you've lost, and it can take up to 12 months to see any results. You'll have to use Minoxidil indefinitely to maintain any regrowth.

Side Effects

- Severe scalp irritation
- Unwanted growth of facial hair
- Chest pain
- Fast heartbeat
- Swelling in hands or feet
- Rapid weight gain
- Dizziness
- Confusion
- Flushing - warmth, redness, or tingly feeling

Laser Therapy

The hair growth cycle consists of three phases: growth (anagen phase), resting (telogen phase) and shedding (catagen phase). Hair loss in androgenetic alopecia depends on a testosterone derivative in the skin, dihydrotestosterone (DHT).



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Low-level laser therapy is believed to increase blood flow in the scalp and stimulate metabolism in catagen or telogen follicles, resulting in the production of anagen hair. In theory:

- The photons of light act on cytochrome C oxidase leading to the production of adenosine triphosphate (ATP). This is converted to cyclic AMP in the hair follicle cells, releasing energy and stimulating metabolic processes necessary for hair growth.
- Release of nitric oxide from cells leads to increased vascularisation to the scalp distributing nutrients and oxygen to the hair roots.
- Excessive build-up of DHT is prevented.

Platelet Rich Plasma (PRP)

Platelets are a component of blood, along with red and white blood cells. When a person sustains a cut or wound, the platelets are some of the “first responders” that arrive to stop the bleeding and promote healing.

Researchers theorised that if they could extract concentrated platelets and inject them into damaged areas of the body, they could accelerate healing.

To produce PRP, a medical professional will take a blood sample and put it into a machine called a centrifuge. This machine spins at a rapid rate, which separates the components of the blood. The medical professional then extracts the platelets for injection.

PRP contains a range of growth factors and proteins that speed tissue repair. As some types of hair loss result from damage to hair follicles, researchers initially hypothesised that PRP could help regrow hair by reversing the process that occurs in androgenetic alopecia. PRP has become a popular method of restoring hair growth. Doctors have also used PRP to treat injuries to the tendons, muscles and ligaments, such as those that people sustain during sporting activities.

Mesotherapy

Mesotherapy is an alternative treatment that is used to treat both male and female pattern baldness. It regulates the growth factors, proteins and vitamins in the scalp, and can promote a significant reduction of hair loss and lead to increased hair density and hair diameter. This therapy is undoubtedly a quick way to restore lost hair by restoring the hormonal balance and subduing the effects of DHT hormones.

Mesotherapy involves the use of essential nutrients injected into the mesoderm of the scalp. The physician gives the injection to the patient only after diagnosing the cause of the hair loss.

Using a 30 number gauge thin needle or a computerised mesotherapy mesogun, vitamins and minerals are injected into the mesoderm at every 1 cm of the thinning area on the scalp. The treatment maximises the absorption of nutrients by the hair follicles. This absorption activates the dormant or semi-dormant hair follicles to trigger more growth. It ensures the scalp receives a proper amount of amino acids which is crucial for the hair health and boosts keratin production. For this reason, it is considered as an effective treatment for almost all scalp and hair related issues.

As Mesotherapy can be an ambitious and expensive treatment, numerous experts advocate monthly application of uniquely formulated hair serums instead, following the use of a Dermaroller. Such a procedure will somewhat replicate a Mesotherapy session, without the associated costs, as it can be done in the tranquillity of your own home. Items that can be recommended in such context are **the Ideal Dermaroller**, **the Ideal Collagenic Scalp Serum** and **the Ideal Hair Restoring Serum**.

Scalp Condition

Scalp hygiene and care is very important; shampoo more frequently and always use cool water. Choose shampoos produced specifically for oily scalps and dandruff, although these are only temporary solutions. There are also scalp treatments available, depending on the cause. Usually, at least 3 or 4 treatment sessions are required to completely cure the scalp condition. Treatment of oily scalp with pH balancing also delivers longer-lasting results.

If your scalp is dry it needs to be moisturised and if your scalp is oily, then focus on measures to reduce grease and oil in the scalp. Hair washing habits need to be determined based on your scalp condition.

Eat a balanced diet of healthy fats and carbohydrates. Oral supplements of vitamins and minerals can be helpful. Treat your scalp and hair once a month for oil control, pH balancing and removal of any build-ups. Use shampoos and serums that are developed for hair loss patients, the following are examples of items that can help: **the Ideal Hair Restoring Shampoo** and the Ideal Collagenic Scalp Serum.

Supplements

Always ensure that your diet is not lacking basic nutrients. When it comes to maintaining healthy hair, this means making sure you're eating enough protein, iron, omega-3 fatty acids and vitamin B.

Biotin

Sometimes called vitamin H, this is a B-complex vitamin that strengthens protein structure in your skin, hair and nails. You probably know it as the supplement people take to grow their hair faster and that's exactly what it does. It helps hair grow stronger, though you'll first notice the increased frequency with which you're clipping your nails. As a solution to hair loss on its own, well... it isn't one.

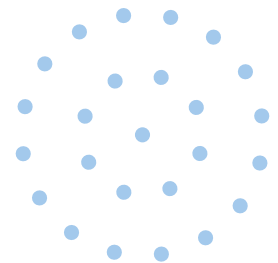
However, if you are taking the aforementioned hair loss prescriptions (like finasteride and minoxidil), then it will help expedite and fortify your hair regrowth. Similarly, it will strengthen the remaining hairs you have on your scalp. So in this way, it could slow hair fall on the follicles that are withering away.

Vitamins A and C, Zinc and Selenium

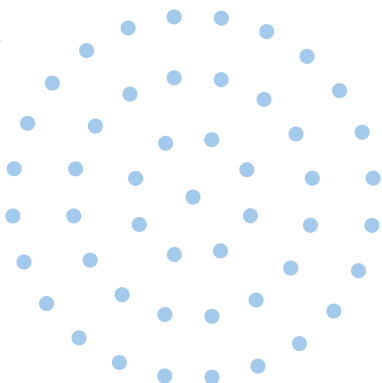
While Vitamins A and C both help the scalp to produce healthy amounts of sebum—which keeps hair healthy, nourished and lustrous—they have individual benefits as well. Vitamin A helps reduce breakage, while Vitamin C improves iron absorption and collagen production, both of which assist in the formation of strong hair.

The minerals zinc and selenium can be especially beneficial. Zinc improves oil production (in a good way, to produce the necessary amounts of sebum), and is one of the best means of slowing hair loss. Selenium prevents and combats dandruff and dry, itchy scalps, which can hinder hair growth. Find supplements that combine any and all of these vitamins and minerals for more proactive defence against hair loss.

A product that combines numerous vitamins, minerals and essentials, and which is recommended in this context are the mouth soluble **Ideal Hair Vitamins**, which will ensure a healthy supplement intake on a daily basis. The mouth soluble feature will also enhance nutrition intake as it enters the bloodstream more efficiently.



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OUR RECOMMENDATION



THE IDEAL HAIR RESTORATION BOX

To simplify and optimize your hair care, IdealofMeD has developed its unique combination of items that will assist you in reducing your hair loss and significantly enhance your hair restoration process - **the Ideal Hair Restoration Box**.

It can be used by all hair and scalp types and also prepare you for a potential hair transplantation procedure. For exact usage instructions based on your scalp type request a free of charge hair consultation from a specialist at IdealofMeD, which will assist you in your hair restoration process.

1. Dermaroller

We know scalp massage feels good, but can it help grow your hair? Maybe it can.

Studies show that participants are seeing results with as little as five minutes of scalp massage a day over the course of 24 weeks. For this purpose, IdealofMeD includes a 1,0 mm **Ideal Dermaroller** with 540 titanium nails in its Ideal Hair Restoration Box that can be used all around your scalp for around 3-4 minutes every third day before bed if not otherwise suggested by your IdealofMeD specialist. The dermaroller will increase your blood circulation in the scalp and can reduce hair loss.

The IDEAL DERMAROLLER can also be used prior to applying the IDEAL HAIR RESTORATION SERUM and the **Ideal Collagenic Scalp Serum** which are both included in the IDEAL HAIR RESTORATION BOX.

IdealofMeD has in its Ideal Hair Restoration Box also included an Ideal Derma-roller Disinfectant, which should be used to disinfect your personal derma-roller after each use.

2. Regular Washing

Historically, frequent hair wash was viewed as a cause of hair loss, this view is unfortunately not correct. On the contrary, frequent washing your hair is essential to reduce hair loss for a majority of hair loss patients. Often daily hair wash with room temperature water is to recommend. The only exception to such rule is for hair loss patients with significant dry scalp, where around 3 days a week of hair wash is more ideal.

Washing hair daily may protect against hair loss by keeping the scalp healthy, clean and clear of oil and sebum. The key is to use a mild shampoo. Harsher formulas may dry hair and cause irritation or dryness and lead to further hair loss. THE IDEAL HAIR RESTORATION BOX includes the **Ideal Hair Restoring Shampoo**, which can be used daily. It has approximately 50 active ingredients such as Saw Palmetto, Zinc, Propocil, Aloe Vera and Panthenol which all work in tandem to stabilize and nurture your scalp and hair.

The formula is developed in the IdealofMeD laboratories and is in particular suitable for patients which suffer hair loss or aim to prepare their scalp for a potential hair restoration procedure.

In addition to only using room temperature water to wash your hair, we also encourage patients to utilize a multi-stage Portable Shower Filter for hair washing purposes. This reduces the probability of your skin and scalp absorbing harmful substances from your showering water. The shower filter should be attached to your shower and would be replaced every 3-6 months, to keep the filter active and clean.

A shower filter can protect your scalp and skin from among other things chlorine, heavy metals, iron, sediments, fungi, scale, mold and bacteria which can be harmful for your hair, skin and general health.

3. Gentle Styling & Hair Processing

Skip tight braids and ponytails that may pull on hair at the root and potentially lead to excessive shedding. Also try to avoid too long hair, which can put strain on follicles. Wash the hair in room temperature water with a multi-stage shower filter and let your hair air dry naturally to avoid irritating your scalp. Heat stylers, like curling or straightening irons, may also damage or break the hair shaft. Avoid using a hairdryer at all times.

Chemical treatments, like perms or hair colour, may also damage your hair and scalp. Also strictly avoid conditioner if you have an oily scalp. Dry scalp patients can wash their hair less frequently and can also use the below suggested scalp and hair serums that will enhance your hair and scalp health.

4. Hair Serums and Mesotherapy

To apply nutrients directly into the mesoderm area of the scalp can be a more efficient way to absorb vitamins and minerals than taking pills. The IDEAL HAIR RESTORATION BOX includes two types of serums.

The Dihydrotestosterone (DHT) blocking the **Ideal Collagenic Scalp Serum**, contains active ingredients such as Saw Palmetto, Apigenin, Collagen and Hyaluronic acid. The serum will provide intensive care to support a healthy scalp, whilst reducing hair loss by repairing the Keratin structure of your hair. The serum should be applied twice a week, before bed, following your derma-roller session. It should be gently applied to the scalp using fingertips and the serum can stay overnight and be rinsed away in the morning if otherwise has not been suggested by your IdealofMeD specialist.

The **Ideal Hair Restoration Serum 10 ml** is an additional serum that in particular aims to increase the thickness and diameter of each hair through its uniquely developed formula.

The serum contains a combination of numerous substances such as Hydrogenated Castor Oil, Hydrolyzed Keratin, Wheat Protein, Hamamelis Virginiana Leaf Extract, Rosemary Leaf Oil, Equisetum Arvense Leaf Extract, Biotin, Vitamin B1-B3 and Vitamin B5-B6, Eucalyptus Dives Leaf Oil and L-Arginine.

The IDEAL HAIR RESTORATION BOX contains three bottles of the Ideal Hair Restoration Serum (10 ml each). The content of each bottle should be split into three, and be used three times per week for three weeks in total. So one bottle per week effectively. The treatment should be repeated every third month for improved results. The serum should be massaged into the scalp following dermaroller sessions in the evening. During the three week use of the **Ideal Hair Restoration Serum (10 ml)** the **Ideal Collagenic Scalp Serum** can be discontinued temporarily. The serum can stay overnight and be rinsed away in the morning if otherwise has not been suggested by your IdealofMeD Specialist.

5. Proteins, Vitamins, Minerals and other essentials

Hair follicles are made mostly of a protein called keratin. One 2017 study of 100 people with hair loss noted several nutritional deficiencies in participants, including amino acids that serve as the building blocks of protein. As such, eating a diet rich in protein may help prevent hair loss. Healthy choices include foods like eggs, nuts, beans and peas, fish, low-fat dairy products, chicken and turkey.

Vitamin A is composed in part of retinoids and has been shown to increase the rate of hair growth. This vitamin will also help to keep your scalp healthier and able to retain more hairs. Fill your plate with foods rich in vitamin A, such as sweet potatoes, sweet peppers and spinach, just to name a few.

Scientists have determined that vitamins A, B, C, D, Iron, Selenium and Zinc are all important to the hair growth and retention processes, specifically cell turnover. You can find daily multivitamins at most grocery stores and drugstores or ask your doctor to prescribe one for you. Vitamin D is also associated with nonscarring alopecia. Treating any deficiency may help with hair regrowth.

Biotin – vitamin H or B7– is another important vitamin involved in fatty acid synthesis in the body. This process is essential to the hair lifecycle and you may experience hair loss if you have a deficiency.

Ginseng contains certain phytochemicals that may promote hair growth on the scalp. Further study is needed to recommend specific dosages. In the meantime, speak with your IdealofMeD specialist about taking ginseng supplements or consider trying topical solutions that contain this ingredient.

To capture hair essentials, the IDEAL HAIR RESTORATION BOX includes the Ideal Hair Vitamins, which combine various vitamins, minerals and nutrients to assist you in restoring a healthy hair promoting environment. Among other substances, the product includes Biotin, Ginseng, Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Horsetail extract, Zinc and Iodine. The products should be taken twice a day for optimal results.

The herb Saw Palmetto, which is also an ingredient of the Ideal Collagenic Scalp Serum, derived from the fruit of American dwarf pine trees, may help men maintain their levels of testosterone as well as their hair. One 2004 journal article revealed that a large majority of participants taking Saw palmetto experienced improved hair growth.

According to a 2018 review of studies, researchers believe that modest doses of coconut oil may help prevent hair damage from grooming and ultraviolet (UV) light exposure.

Lauric acid found in coconut oil helps bind protein and protect hair from a breakage at the root and strand. Massaging coconut oil into the scalp may also promote better blood flow and help with regrowth. Use a very modest dosage and maximum one time each week. Not recommended for patients with an oily scalp.

Essential oils may help reduce hair loss. A 1998 study divided 86 people with alopecia areata into two groups, one of which rubbed cedarwood oil mixed with lavender and rosemary into their scalps. After seven months, a significant portion of that group showed improvement in their condition.

Other essential oils to consider include lavender, lemongrass and peppermint. Try mixing a couple of drops of any, or all of these oils, with a couple of tablespoons of carrier oil. Jojoba or grapeseed are good choices. Apply to the scalp and leave for 10 minutes before washing once or twice per week.

The Ideal Hair Restoration Serum provides a combination of healthy oils in modest doses for your continuous use.

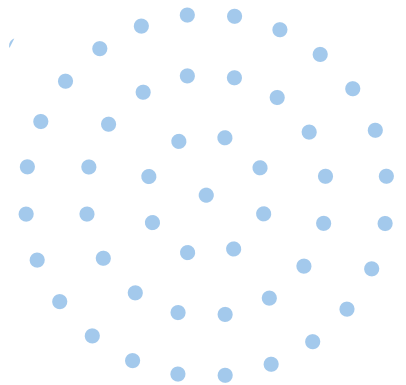
6. Yoga and Exercises

Hair loss caused by stress may respond well to yoga and exercise. One can try these stress-relieving yoga poses to prevent and slow hair loss: Downward Facing Dog, Forward Bend, Camel Pose, Shoulder Stand, Fish Pose or Kneeling Pose.

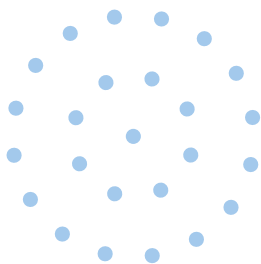
7. Stop Smoking

Cigarette smoking can damage your immune system, which can lead to diseases or illnesses that cause hair loss. A poor immune system may also increase your chances of a bacterial or fungal infection on the scalp, both of which can prevent your follicles from producing healthy hair. The smoke itself caused by cigarettes can also be harmful for your scalp.

To continuously maintain a healthy scalp and IdealofMeD has developed the IDEAL HAIR MAINTENANCE BOX. The box contains items needed for long term hair maintenance and support. For details of use, it is recommended that you book an online hair restoration consultation with an IdealofMeD Specialist.



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HAIR VITALISATION BOX



The Hair Vitalisation Box contains the **following items**

IDEAL HAIR RESTORING SHAMPOO 200 ML

Two bottles for continued use for all hair types that can be used daily. It has approximately 50 active ingredients such as Saw Palmetto, Zinc, Propocil, Aloe Vera and Panthenol which all work in tandem to stabilize and nurture your scalp and hair. The formula is developed in the IdealofMeD laboratories and is in particular suitable for patients which suffer hair loss or has weak hair growth.

IDEAL HAIR RESTORING CONDITIONER

Following the use of the Ideal Hair Restoring Shampoo, it is recommended to apply the **Ideal Hair Restoring Conditioner**.

The conditioner will feed weak hair with layers of nourishment. Its rich protein substances relieve scalp tightness and increase the hair quality, and its rich keratin and collagen formula adds moisture to your hair.

Among other substances, it includes Keratin, Cetyl Cetearyl Alcohol, Collagen, Cyclopentasiloxane, Soy Protein, Citric Acid, Wheat Protein, Phenoxyethanol Ethylhexyl, Glycerin, Fragrance.

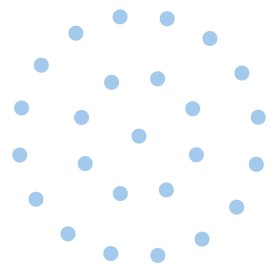
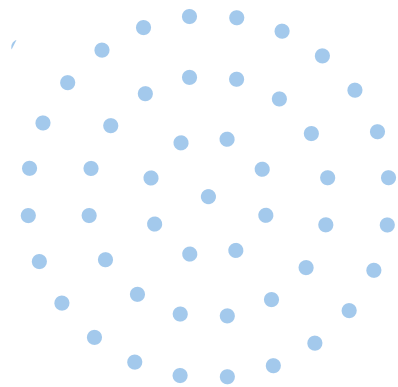
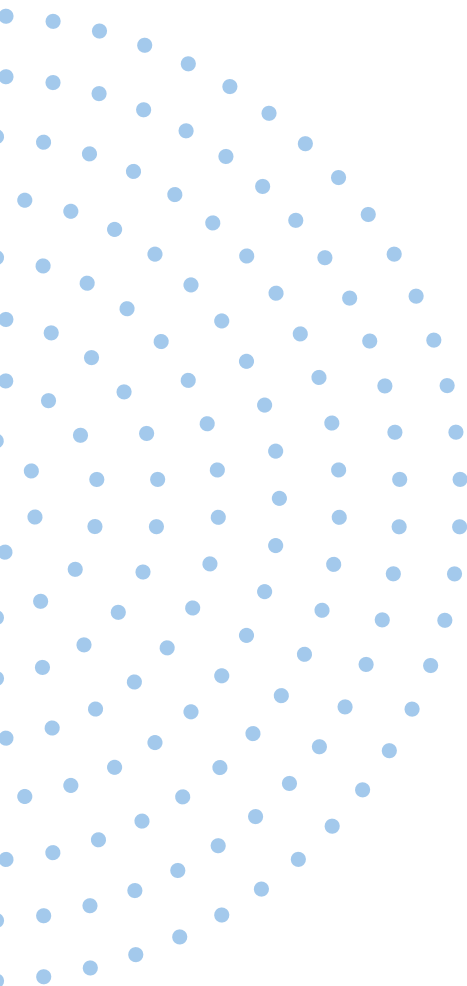
IDEAL HAIR VITAMINS

Two bottles of vitamins, minerals and nutrients to assist you in restoring a healthy hair promoting environment is included in the box. Among other substances, the product includes Biotin, Ginseng, Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Horsetail extract, Zinc and Iodine. The products should be taken twice a day for optimal results.

IDEAL COLLAGENIC SCALP SERUM

The Dihydrotestosterone (DHT) blocking Ideal Collagenic Scalp Serum, contains active ingredients such as Saw Palmetto, Apigenin, Collagen and Hyaluronic acid. The serum will provide intensive care to support a healthy scalp, whilst reduce hair loss by repairing the Keratin structure of your hair.

The serum should be applied twice a week, before bed, following your derma-roller session. It should be gently applied to the scalp using fingertips and the serum can stay in overnight and be rinsed away in the morning if otherwise has not been suggested by your IdealofMeD specialist.



CONCLUSION

We believe that you have already taken the most important step toward restoring your hair as you are reading this very ebook. The above suggestions are methods to keep your existing hair and decrease the rate of your hair loss. The methods can also slightly improve your hair quality and density.

For a proper hair loss assessment, we would recommend to contact IdealofMeD for a free of charge online hair consultation at idealofmed.com or just to chat in our online chat.

WE LOOK FORWARD TO ASSISTING YOU IN RESTORING YOUR HAIR.



[Book a free hair consultation](#)

Damian Brady Creates



A great company can only be great with brilliant individual members working together.



What a great team. From the very first conversation I had a good feeling of IdealofMeD. Each member has been excellent, from rep to translator to the amazing doctors. What blew my mind the most was they completed 6000+ grafts

