

# HAIR LOSS 脱发



Most people will experience hair shedding daily; the normal amount of which is anywhere between 50-100 hairs a day. Hair shedding is very much part of the natural cycle of your scalp function. As some hair falls out, it makes room for new regrowth.

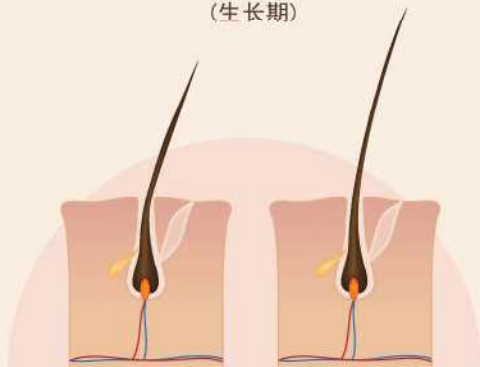
一个健康成年人一天掉50根至60根头发属于正常现象，即为生理性脱发，是头皮功能自然循环的重要组成部分。当一些头发脱落时，就会有空间让新头发长出。

There are 3 cycles that our hair goes through:

头发有三个周期：

## ANAGEN (growing phase)

毛发生长期  
(生长期)

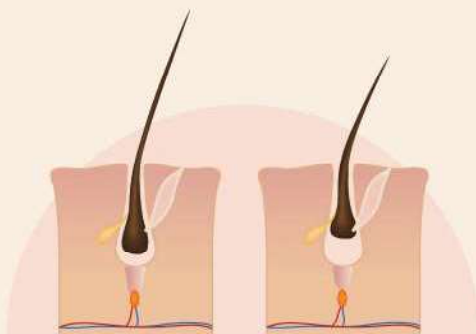


Takes between 2-8 years and around 80%-90% of the hair on your head would be in this phase.

需要2-8年，大约80%-90%的头发处于这个阶段。

## CATAGEN (transition phase)

退行期  
(过渡期)

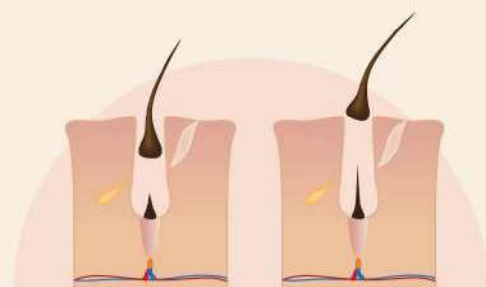


When the hair follicles shrink and is ready for shedding and regrowth.

毛囊收缩，准备脱落和再生。

## TELOGEN (resting phase)

静止期  
(静息期)



This is the ending phase whereby the hair begins its natural cycle of shedding.

这是头发开始自然脱落周期的结束阶段。

As our hair goes through these cycles, you will notice that in certain circumstances there is hair loss and not hair shedding. The main characteristic of hair loss is that as hair falls out, fewer or none grows back—this is what is medically termed as “alopecia”, and is a condition that affects both men and women to varying extents.

Whilst there are still many ongoing studies conducted into the causes of hair loss, the most common include:

- Long term use of chemically harmful products
- Hairstyles that pull the hair and damage the roots
- Hereditary hair loss
- Nutritional deficiencies
- Stressful events
- Thyroid disease
- Medical treatments or medication

当我们的头发经历这些周期时，您会注意到在某些情况下是病理性脱发而不是生理性脱发。病理性脱发的主要特征是，随着头发脱落，很少或没有再长出新头发来，这就是医学上所说的病理性脱发，对男性和女性都有不同程度的影响。

虽然目前仍有许多关于脱发原因的研究在进行中，最常见的包括：

- 荷尔蒙变化
- 长期使用化学有害产品
- 拉伤头发和损伤发根的发型
- 遗传性脱发
- 营养缺乏
- 压力
- 甲状腺疾病
- 医疗或药物治疗

## Symptoms of Hair Loss and Do I Have It?

Every individual goes through hair loss in different ways, depending on what is causing it. Below are some indicators or symptoms to look out for:

- Loss of hair on your scalp and body
- Empty patches of hair on your scalp
- Receding hairline (typical of male pattern baldness)
- Obvious widening of the scalp showing on your hair parting
- Thinning hair all over the head (typical of female pattern hair loss)

Whichever stage of hair loss a person is at, losing your hair—whether temporary or permanent—can be emotionally difficult. However, depending on what is causing it and at which stage, proper management and care have shown promising results to slow down the extent of hair loss. Although there are many factors that come in to play, prevention and doing our best to care for our hair and scalp is always helpful.

## What Can I Do to PREVENT or SLOW DOWN Hair Loss?

1. Eat a healthy and balanced diet that includes protein, carbohydrates, making sure to include iron-rich foods such as spinach.
2. Take the appropriate daily supplements:
  - **C Complex**—vitamin C helps to reduce inflammation throughout the body and prevent hair loss by improving our absorption of both iron and calcium, which promote hair growth.
  - **B Complex**—the B vitamins play an integral role in hair health/growth. Deficiency of vitamin B can trigger genetic hair loss conditions.
  - **Niacin**—in addition to improving blood circulation to the scalp, Niacin directly impacts hair health as it helps with keratin production. Keratin is a fibrous protein that forms the main structure of hair. Niacin also helps to seal in moisture.
  - **Kelp**—rich in minerals such as magnesium and zinc that can help to prevent hair loss.
  - **Calcium Complex with Boron**—calcium helps with the secretion of both biotin enzymes and hormones that help to strengthen hair. It also supports the absorption of iron, which is essential for healthy, strong hair. In addition, boron is a vital trace mineral required for normal hair growth.
  - **Zinc**—also regulates DHT (male hormone) levels in the body, which is one of the common causes of hair loss.
3. Avoid hairstyles that causes long-term damage to the scalp (tightly pulled hairstyles, chemical perms, hair extensions, etc). Chemical dyes, bleaches and highlights can also damage hair and negatively affect scalp health.
4. Use natural, gentle shampoos and conditioners that do not contain any harmful chemicals, such as **NewLife™'s Organic Care Natural Shampoo** and **Natural Conditioner** (see page 10 & 11 for more).

**NewLife™'s Organic Care Natural Shampoo** uses gentle and natural ingredients. It contains argan oil and essential oils of rosemary, orange and patchouli, along with vitamin E that all work together to improve scalp and hair health, promote hair growth and prevent hair loss.

**NewLife™'s Organic Care Natural Conditioner** contains organic extra virgin coconut oil, organic castor oil, essential oils of orange, patchouli, and rosemary oil and is fortified with vitamin E. Regular conditioning after every wash strengthens, smooths and increases the resilience of hair.



## 脱发症状—是否已中招?

每个人脱发的方式都不同，这取决于导致脱发的原因。下面是一些指标或症状看点：

- 脱发发生在整个头皮和身体上
- 头皮上的空斑
- 发际线后移 (典型的男性秃头)
- 分发线显示头皮，脱发面积明显变宽
- 整体头发稀疏 (典型的女性型脱发)

无论一个人的脱发处于哪个阶段，是暂时性的还是永久性的，都是很难让人接受的。然而，根据其原因和脱发阶段，在某些情况下，适当的管理和护理确实显示有希望减缓脱发的程度。虽然有很多因素在起作用，但预防和尽力护理我们的头发和头皮总是有帮助的。

## 如何预防或减缓脱发?

1. 吃健康均衡的饮食，包括蛋白质，碳水化合物，确保包括富含铁的食物，如菠菜。
2. 每天服用适当的补充剂：
  - **维他命C综合丸**—维生素C有助于减少全身的炎症，并通过改善我们对铁和钙的吸收来促进头发的生长和防止脱发。
  - **维他命B综合丸**—维生素B在头发的健康和生长中起着不可或缺的作用，缺乏维生素B会引发遗传性脱发。
  - **血液循环补充丸(烟碱酸)**—除了改善头皮的血液循环外，烟碱酸还会直接影响头发健康，因为它有助于角蛋白的产生。角蛋白是一种纤维状蛋白质，构成头发的主要结构。烟碱酸也有助于密封水分。
  - **海藻宝**—富含镁和锌等矿物质，有助于防止脱发。
  - **钙合成剂加硼**—钙有助于生物素酶和激素的分泌，有助于加强头发。它还支持铁的吸收，这是健康、强壮的头发必不可少的。此外，硼是头发正常生长所需的重要微量矿物质。
  - **锌**—可以调节体内的雄性激素水平，这是影响脱发的常见因素之一。
3. 避免那些对头皮有长期伤害的发型，如扎紧头发尤其是长期束马尾、化学烫发、接发等。化学染料、漂白和挑染也会损害头发，对头皮健康产生负面影响。
4. 使用不含任何有害化学物质，自然温和的洗发水和护发素，如**新生命有机养护纯天然洗发水和护发素** (阅第10页和11页了解更多)。

**新生命有机养护纯天然洗发水**使用温和和天然的成分。它含有阿甘油、迷迭香油、广藿香油、柑橘油以及维生素E，共同改善头皮和头发的健康，促进头发生长。

**新生命有机养护纯天然护发素**含有有机特级初榨椰子油、有机蓖麻油、橘子精油、广藿香和迷迭香油，并添加了维生素E。每次洗发后定期使用护发素，可以增强、顺滑头发和增加头发弹性。



# NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO

## 新生命有机养护纯天然洗发水

RESTORATIVE & NOURISHING | 修复又滋养

### What It Does

- Boosts cell health and stimulates blood circulation in the scalp, promoting hair growth.
- Removes impurities, improves scalp health and fights dandruff.
- Strengthens hair follicles for healthy hair growth.
- Prevents hair loss and reduces hair breakage.
- Moisturises, hydrates and nourishes hair.
- Makes hair smoother and more lustrous.
- Refreshing scent.

### 效益功用

- 增强细胞健康，刺激头皮血液循环，促进头发生长。
- 去除杂质，改善头皮健康，对抗头皮屑。
- 增强毛囊，促进头发健康生长。
- 防止脱发并减少头发断裂。
- 滋润、保湿和滋养头发。
- 使头发更顺滑，更有光泽。

### KEY INGREDIENTS 主要成分



Rosemary Oil  
迷迭香油



Argan Oil  
阿甘油



Patchouli Oil  
广藿香油



Orange Oil  
柑橘油



Vitamin E  
维生素E



COSMOS  
CERTIFIED

All ingredients are COSMOS and ECOCERT certified.  
所有成份均通过天然有机标准组织及欧盟有机认证组织的验证。

Clean. Natural. Safe. | 清洁、天然、安全。



No Silicones  
不含硅酮



No SLS & SLES  
不含月桂基硫酸钠  
和月桂醇醚硫酸钠



No Parabens  
不含对羟基苯  
甲酸酯



No Phthalates  
不含邻苯二  
甲酸盐



No EDTA  
不含乙二胺  
四乙酸



No PEGs  
不含聚乙二醇



No Artificial  
Fragrance  
不含人造香精



No Artificial  
Colourants  
不含人造色素



Suitable for all ages and for coloured hair.  
适合所有年龄和染发。



NEWLIFE™ ORGANIC CARE

# NATURAL CONDITIONER

## 新生命有机养护纯天然护发素

RESTORATIVE & NOURISHING | 修复又滋养

Makes hair stronger, smoother, and more lustrous.

Safe and natural. Refreshing scent.

让头发更健康，更顺滑，更有光泽。安全和自然。清新芳香。

### Introduction

**NewLife™ Organic Care Natural Conditioner** is a restorative and nourishing conditioner which uses natural oils to hydrate and protect your hair. It is suitable for everyday use and does not weigh your hair down. It keeps your hair soft and silky without the build-up of silicone on your hair shaft.

### What is silicone, and why is it bad?

Silicone is a manmade substance, something of a hybrid between synthetic rubber and a synthetic plastic polymer.

Silicone is commonly found in shampoos, conditioners, and hair styling products. It is easy to see why silicone is a haircare staple: it coats the hair shaft, which locks in moisture, reduces frizz, and gives hair that coveted soft and silky feel.

However, while your hair may feel silky smooth right now, long-term use of silicones would lead to excessive build-up on your hair, resulting in a dry feel and dull appearance. You may even notice your hair becoming weaker and more prone to breakage.



Also, the layer of silicones seals around the hair strand that keeps the hair hydrated from within, this same coat can also prevent water from fully penetrating your hair, which can lead to excessive dryness and damage over time, especially in curls.

And if you are using a form of silicone that is not water-soluble, it can be really hard to remove it with a regular wash.

### Is your hair product truly free from silicone?

You may not find the word "silicone" on the back of your shampoo or conditioner bottle but that does not mean your hair product is truly free from silicone. That is because there are many kinds of silicone with many different names. Generally, anything ending in "-cone" is a form of silicone, such as amodimethicone or dimethicone.

### What should I use instead?

**NewLife™ Organic Care Natural Conditioner** is a silicone-free product. It contains essential oils and vitamin E that strengthen and nourish your hair; it is gentle yet effective and leaves your hair shiny and silky soft without any heavy or greasy residues.

Coming soon in

AUGUST

2022

8月

即将推出!



### 介绍

**新生命有机养护纯天然护发素**是一种修复和滋养护发素，使用天然油脂来保湿和保护您的头发。它适合日常使用，不会让您的头发觉得很重。它保持您的头发柔软丝滑，同时也不会头发上堆积硅酮。

### 硅酮是什么？为什么不好？

硅酮是人造物质，是合成橡胶和合成塑料聚合物的混合物。

硅酮普遍存在于洗发水、护发素和美发产品中。很容易理解为什么硅酮是护发产品的主要成分：它包裹住发干，锁住水分，减少卷曲，给头发柔软和丝滑的感觉。

虽然您的头发现在可能感觉柔滑，但长期使用会导致头发过多积聚硅酮，造成头发干燥暗淡。您甚至可能会注意到头发变得越来越弱，更容易断裂。

此外，围绕在发丝周围的一层硅酮可以让头发从内部补水，同样的一层硅酮也可以阻止水分完全渗入头发，随着时间的推移，这会导致头发过度干燥和损伤，尤其是卷发。

如果您使用的是一种非水溶性的硅酮，那么平常普通清洗就很难去除它。

### 您的护发产品真的不含硅酮吗？

您可能在洗发水或护发素瓶的背面找不到硅酮这个词，但这并不意味着您的护发产品真的不含硅酮。这是因为硅酮有许多种，也有许多不同的名称。一般来说，任何名称中含有“硅”一词的都是硅胶的一种形式，如氨基二甲基硅氧烷或二甲基硅氧烷。

### 我应该用什么代替呢？

**新生命有机养护纯天然护发素**是一款无硅产品。它含有精油和维生素E，加强和滋养你的头发：它是温和而有效的，使您的头发光泽和丝绸般的柔软，没有任何沉重或油腻的残留物。

## KEY INGREDIENTS.

### 主要成分



Rosemary Oil  
迷迭香油



Patchouli Oil  
广藿香油



Orange Oil  
柑橘油



Vitamin E  
维生素E



Organic Extra Virgin  
Coconut Oil  
有机特级初榨椰子油



Organic Castor Oil  
有机蓖麻油



COSMOS  
CERTIFIED

All ingredients are COSMOS  
and ECOCERT certified.

所有成份均通过天然有机标准组织  
及欧盟有机认证组织的验证。

✓ No Silicones 无硅酮

✓ No Sulphates 无硫酸盐

✓ No Phthalates 无邻苯二甲酸酯

✓ No Propylene Glycol 无丙二醇

✓ No Parabens 无苯甲酸酯

✓ No PEGs 无聚乙二醇

✓ No Triclosan 无三氯生

✓ No EDTA 无EDTA

✓ No MEA / DEA / TEA  
无乙醇胺/二乙醇胺/三乙醇胺

✓ No Synthetic Fragrances 无合成香料

✓ No Harsh Detergents 无刺激性洗涤剂

✓ No Artificial Colours 无人工色素

✓ No Animal Derivatives 无动物衍生物

✓ No Petrolatum / Mineral Oils 无凡士林或矿物油

Clean.  
Natural.  
Safe.

清洁·天然·安全