

Brimful

FREE GIFT WITH YOUR BUNDLE

The Hair Growth Guide

How hair grows, why it sheds, and the daily habits that give every strand what it needs.

How hair actually grows

Every hair on your head runs its own cycle. At any moment most are growing, a few are resting, and some are ready to fall. Losing 50 to 100 hairs a day is normal.

Phase	What happens	How long
Growth (anagen)	The follicle builds the strand, about half an inch a month	2 to 7 years
Transition (catagen)	Growth stops and the follicle shrinks	2 to 3 weeks
Rest (telogen)	The strand sits, then sheds as a new one starts	About 3 months

Why this matters

Because of that three-month rest phase, your hair today reflects how your body was doing about three months ago. It also means anything you start today needs about three months to show up in the mirror. Hair rewards patience and consistency, nothing else.

The takeaway. Give any routine 90 days before you judge it. Take a photo of your part line and hairline on day 1, in the same light, and again every 30 days.

This guide is general wellness information, not medical advice. It does not diagnose, treat, cure or prevent any disease. Follow the plan your prescriber gave you and ask them before changing your diet, medication or supplements.

Why hair sheds more than usual

When your body is under strain it moves more follicles into the rest phase at once. Two to three months later, they shed together. Common triggers:

- Fast weight loss or eating much less than usual
- Low protein, iron, zinc or vitamin D
- Illness, surgery or a high fever
- Major stress or poor sleep
- Pregnancy and the months after birth
- Starting or stopping some medications

This kind of shedding is usually temporary. The follicle is still alive, and regrowth follows once your body has what it needs again.

Feed the follicle

- **Protein.** Hair is made of keratin, a protein. Aim for protein at every meal.
- **Iron.** Red meat, lentils, spinach, fortified cereal. Pair plant iron with vitamin C.
- **Zinc.** Meat, shellfish, pumpkin seeds, beans.
- **Biotin and B vitamins.** Eggs, nuts, whole grains.
- **Vitamin D.** Sunlight, oily fish, fortified milk.

See a doctor or dermatologist if shedding lasts longer than six months, comes out in patches, or comes with scalp pain, redness or scaling. A simple blood test can check iron, vitamin D and thyroid.

Daily care that protects every strand

Wash and dry

- Wash your scalp, condition your ends.
- Massage your scalp with your fingertips for a minute as you shampoo.
- Blot with a towel. Do not rub.
- Detangle from the ends up with a wide-tooth comb while hair is damp.

Heat and styling

- Use the lowest heat that works and always a heat protectant.
- Give tight ponytails, buns and braids days off. Constant tension pulls on the root.
- Sleep on a silk or satin pillowcase, or in a loose braid.
- Space out bleach and chemical treatments.

Your daily five

- Two Brimful Hair, Skin & Nails Gummies
- Protein at every meal
- 8 cups of water
- 7 to 8 hours of sleep
- One minute of scalp massage

What to expect

When	What you may notice
Weeks 2 to 4	Nails feel stronger, skin looks brighter
Months 2 to 3	Strands feel softer and stronger, less breakage
Months 4 to 6	New growth along the hairline and part, fuller-looking hair

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