As for one of those little nuances that works your last nerve, you can check shedding hair off the list.

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Shedding hair is one of those nuances that irritates most just like those little white lint balls. Where do they come from and how do you get rid it? To get the answer, you decide to Google it. While sitting at your computer you sigh, “It’s just too much information.”

Never fear. No, “Under Dog” is not here. But the resolve to stop or slow down the shedding of your hair starts with understanding why hair sheds. From there, you can learn how to remedy

this nuance. Des Tobin, Associate Dean for Research at the School of Life Sciences, University of Bradford writes, “For most animals, like cats, dogs, rodents and the likes; you have a clear-cut wave of hair growth where all the follicles are synchronized. However, in the human there is quite a bit of synchronicity in the very early stages: before birth and in the neonatal phase but it breaks up very quickly so that you get what we call a mosaic form of hair growth. Each follicle is an autonomous mini organ.” In other words, each follicle (the little tiny opening that the hair grows out of) has its very own life cycle of when hair grows, sheds, falls out and then grows in another new strand of hair.

So, those strands of hair that we see in our brushes, on our shoulders and on the floor are normal because for the most part that is an excellent indicator that new hairs are growing in. Now, shedding hair and hair breakage are physically different. Hair that is shedding always has a very tiny white bulb attached. That hair bulb is called a papilla. Hair that is breaking is a strand of hair that has snapped and there is no white bulb attached. When hair begins to shed excessively (more than a teaspoon for short to medium and more than a tablespoon for medium to long/very thick heads of hair) and break easily. There are three main culprits.

The first culprit to excessive shedding is dehydration, not drinking enough water. The second one is over conditioning. The use of heavy conditioners and leaving them for over fifteen minutes results in ultra-soft over processed hair that sheds and breaks. The third is not enough heat. Surprised? Hair is very much like fabric.

To straighten hair effectively, a minimum of 430 degrees of heat in needed. The cooler the heated styling tool, the frizzier the hair; and the more it will break and shed.

To remedy unwanted excessively shedding hair and hair breakage, drink lots of water.

Purchase protein based conditioners that are not thick in consistency, but watery like a cheap lotion or facial cream. Remember to read the directions and follow them. Last, use more heat. Invest in quality flat irons. Voila, no more excessive shedding.

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Now, for those little lint balls? That is another article!