

What a Non-Drug Hair Growth Shampoo Can and Can't Do

Like any health care product on the market, there are limitations to what non-drug hair growth shampoos can and can't do. It's important to inform yourself about the functionality of this type of shampoo, its effectiveness, and the best products to use for your needs. Understanding which non-drug hair growth shampoos have valid results and what it will do for hair care, positive or negative, can help you as a consumer decide which route to take.

Limitations of Drug-Free Hair Growth Shampoos

Most hair growth shampoos on the market are non-drug based, as other solutions that need to be FDA-regulated require constant usage or else their formulas can be easily washed off (thus resulting in self-sabotage from the standpoint of growing more hair). A good hair growth shampoo restores density, increases length, and creates fullness in thin areas. It will also reduce shedding by normalizing your hair growth cycles.

Consumers can choose from a variety of non-drug shampoos to help reduce their hair loss. This type of shampoo can regrow hair, protect hair, and prevent future hair loss. It does not contain a drug-controlled substance, but it is still proven to be effective in hair growth. Some non-drug solutions are better because of their salon-grade formula. Pay close attention to the main active ingredient in the solutions chosen, as that plays a big role in the desired results.

An important thing to note is that these solutions can't grow hair where there is none. They'll have little to no impact on sparse growth, peach fuzz, and total baldness. When used on areas with hair, they can stimulate and restore thinning, regardless of the hair's length. The factors resulting from this hair loss, such as genetics and environmental aspects, do not matter at this point. As long as there's hair, they can restore a level of growth.

With troubled zones, most commonly corners and crowns for men and the center part for women, it can thicken hair and fight or stall future hair loss. The finer areas of your hair may take a little longer to see results with prolonged use of the solution. Hair loss will never revert on its own, so you may find it necessary to use products like these to protect, prevent, and restore.

The limitations of a non-drug shampoo depend on its active ingredients and what the combination of these ingredients do. Look carefully at the shampoo bottle and know what issues it targets, as well as any disclaimers of its effectiveness.

Go beyond the store shelf and research different products online. Read carefully through customer reviews and their experiences with the product. You may find helpful information there that you can't find on the bottle. Compare your favorite shampoos and understand the differences. Each one will have a different formula of ingredients. Know what these ingredients do, and if they are helpful or harmful to your needs. Do extensive work to feel comfortable with your purchase.

Pros and Cons of Hair Growth Shampoos

The Ups/Downs of Hair Growth Shampoos

Non-drug shampoos can be extremely effective in their function to grow hair, yet they can cause cosmetic issues with the appearance and feel of your hair and scalp because of the harsh formulas. The concentration of the ingredients and the types of substances used, like alcohol and propenyl glycol, can irritate your skin or leave it dry.

There are always trade-offs and risks to consider, even with a product that is drug-free. The possible cosmetic risks can include:

- Damage to hair follicles
- Scalp irritation
- Hair that isn't as soft or shiny
- Unmanageable hair
- Hair you can't style

In an attempt to avoid these issues, it may be more beneficial to you to find a product with a salon-grade formula. The salon-grade products may not have any or only minimal trade-offs, since they are known to be gentler on your scalp. The effectiveness will still be there, but know there are risks and possible, unwanted cosmetic results.

There are several active ingredients available to be used in non-drug shampoos, but the best ones have high concentrations of follicusan and trichogen. Other possible ingredients are:

- Argan Oil, which is loaded with vitamins A, C, and E
- Soy Proteins, blocking hormones that cause hair loss
- Keravis, which strengthens your hair

Turning Back the Clock

A good hair growth shampoo can slow down Mother Nature's effects such as genetics and lifestyle choices leading to the hair loss. There will never be a cure, but you can put up roadblocks. The shampoos that work don't usually have gentle formulas, leading to unmanageable or unappealing hair, yet more follicles are stimulated, which means more hair growth. You could gain three to ten years of prolonged, better hair, reversing the clock to make your head of hair look younger.

The way you live – like drinking habits, smoking, stress, diet, etc. – can affect your overall health, which includes hair loss. Drug-free hair growth shampoos can be a puzzle piece in regaining health and happiness, as they help in the Norwood and Ludwig (early to middle) stages of hair loss, if you're looking for an alternative solution to drug-based shampoos.

Spotting and Validating Claims

Knowing Which Products are Valid

Non-drug hair growth shampoos are only as effective as the concentration of active ingredients used to fight hair loss. These ingredients should be helping to achieve optimal scalp health. If your scalp health is suboptimal, it can lead to more hair loss that isn't caused by genetics or lifestyle.

Since you can inherit hair loss if your scalp health isn't optimal, non-drug shampoos will work best to lay the groundwork to improve health. The most effective non-drug shampoos have clinically proven 5 alpha reductase inhibitors, which block the formation of DHT (the hormone leading to hair loss).

A helpful regimen in regaining your hair growth circulation looks like this:

- Step 1 - Bring your scalp back to full health.
- Step 2 - Block the DHT hormone.
- Step 3 - Improve microcirculation of your blood and oxygen in the scalp (this can include ingredients such as caffeine and peppermint, among others).

Clues for Choosing Your Shampoo

Do your research before purchasing any product involving your health. Start by looking for healthy ingredients, no chemicals, and which ingredients are active in stimulating hair follicles. Look for a product that has Ketoconazole, which fights Follicle-DHT, the biggest cause of hair loss.

Understand your own body, so there is no chance of you negatively affecting your progress without knowing it. Ask yourself:

- Am I allergic to any ingredients or chemicals?
- What is the root cause of my hair loss?
- Do I need advice from my doctor first?

Read the label on the bottle of shampoo, so you know which specific areas it targets. If a hair growth shampoo doesn't target hair loss, it may not have the right ingredients. Additionally, if you're not sure what's causing your hair loss, but need to try something right away, pick a product that targets an array of hair loss issues. Be mindful of your health needs and restrictions while understanding the specifics of your chosen product.

Be the Conscious Shopper

Be careful when searching for a hair growth solution that works best for you. With a specialized product like this, you might not want to pluck the first thing off the shelf. Understand the benefits of drug-free shampoos, as well as the risks you're willing to take with each product.

It's not guaranteed that all or any of the side effects will happen to you, but it's important to be aware of the possibilities. Look up reviews of the products, ask current users, and most importantly (if you think it's helpful to your needs) talk to your doctor about what will be most effective for you.

The more information you have, the easier it will be to make your choice. If you're stuck between two products, weigh the pros and cons of each. Hair growth shampoos, when you find the right ones, can be extremely effective, but you have to decide which solutions are more beneficial for you.