

Hair Health Quiz

September 5, 2008

1. How long is normal hair growth?

- a) 1-3 years
- b) 2-6 years
- c) 5-8 years

2. How many hairs are on a healthy scalp?

- a) 100
- b) 10,000
- c) 100,000

3. What is the most common cause of hair loss?

- a) trauma
- b) stress
- c) heredity

4. Which statement is true?

- a) cutting hair can make it appear healthier
- b) cutting hair makes it grow faster
- c) brushing hair makes it grow faster

5. Black hair is stronger than other hair types.

- a) True
- b) False

6. Stress causes gray hair.

- a) True
- b) False

7. Which statement is true?

- a) conditioners repair split ends
- b) the only way to repair split ends is to cut them off
- c) brushing can repair split ends

8. If you pluck a gray hair, how many will grow back in its place? (Hint: Think logically.)

- a) 4

b) 6

c) 1

9. Hair loss can occur in women after

a) a menstrual cycle

b) childbirth

c) exercise

10. Which ingredient promotes a healthy scalp?

a) mineral oil

b) petroleum jelly

c) olive oil

Answers: 1) b, 2) c, 3) a, 4) a, 5) False, 6) False, 7) b, 8) c, 9) b, 10) c

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<http://beta.docker.realhealthmag.com/article/hair-health-quiz-15243-4775>