



How To Tell If Your Hair Has Too Much Protein?

If you're noticing your hair is drier than usual, feels unusually brittle, or is difficult to style, it might be a sign you have too much protein in your hair. Although protein is essential to healthy hair, too much protein can lead to various problems. Here are a few telltale signs that your hair has had enough protein and needs a break.

The Role of Protein in Hair

Hair is made up of a protein called keratin. Keratin is made up of amino acids, which are the building blocks of protein. So, when you consume enough protein, your body has the raw materials to produce keratin.

Keratin helps keep hair strong and resilient. Without enough protein, your hair can become weak and brittle. You may also experience hair loss.

Keratin can be added to your hair, fortifying the strands. You can utilise products such as leave-in conditioners and deep conditioning treatments to coat your strands with keratin.

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The distinctive symptoms of protein overload are split ends and limp strands. Hair that has been damaged can indicate your hair has been subjected to too much keratin.

Protein treatments coat your hair with keratin, strengthening strands of hair. This protein can then accumulate on your cuticle, making your hair stiff and harder to manage as time passes. This can make your hair thin over time as it fights in opposition to the effects of gravity.

Hair damaged from dyes, bleaches, hot air styling products, and other chemicals tends to become frizzy, brittle, and split end riddled, making it increasingly difficult to spot the problem.

Remember that protein overload in your hair doesn't stem from giving up a high protein diet or deciding to live a plant-based lifestyle. Only protein overloads occur after your hair is treated with protein.

Check if the hair products you use contain proteins or keratin. Check your products for words similar to "silk protein" or "hydrolyzed collagen." If you consistently take good care of your hair, but one or more ingredients it contains are proteins or keratin, protein buildup could be a possible reason.

Certain types of hair seem to be more susceptible to this, such as hair that's dry and hair that's textured or curly.

How to Fix the Problem of Too Much Protein in Your Hair?

Clarifying Shampoo

Start your hydrating routine by soaking your hair in warm water. You may even need a clarifying shampoo to break apart proteins bonded to your hair.

Clarifying shampoos are designed to remove built-up deposits from the hair and can be particularly effective at removing excess protein.

Have a Haircut

Cutting your hair will remove the excess protein and leave your locks looking healthier and shinier. If you're worried about losing too much length, don't be. A trim or even a few layers can make a world of difference.

And if you're still not convinced, remember that having a haircut is always better than dealing with the consequences of too much protein in your hair, which can include brittle strands and split ends.

Stop Styling for a short period

If your hair is beginning to get damaged, it's time to take a relaxing break from heat styling, hair dye, and most other hair products. Wear it loose or pull it back gently, and let it take a break in its natural state.

A protein buildup prevents you from using a hair treatment or deep conditioning process to treat it, as these products likely precipitated the problem in the first place.

Some Good Products to Consider

Paul Mitchell Instant Moisture Conditioner

[Paul Mitchell Instant Moisture Conditioner](#) is a conditioner that helps to hydrate and detangle hair. **Paul Mitchell Instant Moisture Conditioner** is ideal on average to dry hair and can be used on wet or dry hair. **Paul Mitchell Instant Moisture Conditioner** contains a blend of botanical extracts and conditioners that help to hydrate and protect hair from damage.

Aphogee Protein Treatment

[Aphogee Protein Treatment](#) is a product that can be used on all hair types to help restore damaged hair. It contains proteins that help to strengthen the hair, as well as nourish and moisturise it. This treatment helps to repair damage caused by heat styling, colouring, and other chemical treatments. It also helps to prevent breakage and split ends and leaves the hair looking shiny and healthy.

[Shea Moisture Deep Treatment Masque](#)

This product is designed to moisturise and repair damaged hair deeply. It contains shea butter, a natural emollient, and other ingredients that help restore lustre and elasticity to dry, brittle hair.

Cantu Natural Hair Moisturizing Curl Activator Cream

This curl activator cream from Cantu is a natural hair product that promises to moisturise and define curls. It is made with shea butter and other natural ingredients and contains no harsh chemicals. This cream can be used on wet or dry hair and must only be applied once daily. It is also said to be light enough to use on fine hair without weighing it down.

Conclusion

In conclusion, if you have too much protein in your hair, there are a few things you can do to fix the problem. Deep condition your hair regularly, use products that contain moisture, and avoid using heat. You can get your hair healthy and strong again by following these steps.