

HAIR LOSS

Hair can fall out for many different reasons and can range from mild hair thinning to total baldness. For autoimmune disease related hair loss, please see alopecia.

POSSIBLE CONTRIBUTING FACTORS



- Hypothyroidism
- Nutrient deficiencies such as iron, B12, biotin, zinc, essential fatty acids
- Hormone imbalances: insulin resistance, androgen dominance, post-partum hormonal shifts
- Stress (pushes hair follicles into a resting phase)
- Post-viral (depletes nutrients like folate/B9 needed for immune support)
- Infections of the skin or hair follicles
- Toxins: mold exposure, heavy metals
- Certain medications

LIFESTYLE & DIETARY RECOMMENDATIONS



- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day. Avoid all other forms of sugar and sweeteners.
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods
- Eliminate fried foods, hydrogenated fats/oils
- Stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Assess home or workspace for hidden mold growth

SUPPLEMENT CONSIDERATIONS



- Digestive bitters
- Thyroid nutrient support formula
- Blood sugar support formula
- Nutrients as needed: iron, vitamin A (or cod liver oil), zinc, omega-3
- Bio-available B complex
- Adrenal adaptogens and/or glandulars