



ALOPECIA

Alopecia is a term for hair loss or baldness. Alopecia areata is an autoimmune condition that affects only portions of the body mainly the head, whereas alopecia universalis affects hair loss over the entire body.



Possible Contributing Factors

- Blood sugar dysregulation and diabetes
- High androgens (male sex hormones)
- PCOS (polycystic ovarian syndrome)
- Autoimmune conditions (Alopecia Areata)
- Slow or fast thyroid
- Nutrient deficiencies: iron, zinc, vitamin D, vitamin B12, biotin, omega 3 fatty acids
- Too much vitamin A
- Stress (mental/emotional, physical, physiological)
- Anemia
- Eating disorders
- Hair styling habits & products: sulphates, formaldehyde, keratin, dimethicone
- Medications: acne with vitamin A, antifungals, antidepressants, birth control pills, hypothyroid med, cholesterol-lowering, NSAIDS, steroids, immunosuppressants, chemotherapy

Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats.
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour
- Increase iron-rich foods. Heme sources from animal products are better absorbed and include B12 and zinc
- Regular sun exposure
- Focus on sleep hygiene
- Consider an elimination diet removing the common offenders like gluten and dairy for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, and peas
- Stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Change styling habits & hair care products
- Scalp massage

Supplement Considerations

- Immune support formula: Vitamin D3 with K2, Vitamin A (contraindicated in pregnancy), zinc, vitamin C
- Methylated B complex and/or iron if anaemic
- Red light and near infrared therapy
- 5alpha-reductase inhibitors: saw palmetto, stinging nettle root, pygeum africanum, EGCG, Reishi
- Turmeric cream (Note, it stains but can help with inflammation in the scalp that stimulates local 5 alpha-reductase production)