

Why Am I Losing My Hair?
8 of the Top Reasons You are Losing Your Hair and What You Can Do
(Hint: 90% of Hair Loss is Because of One Reason)
Cliff Notes

- **This is an important issue: 30% of women in their 30s, 50% of 50 plus women experience this!!**
- People don't realize this is a problem until it's too late.
- Definition of hair loss: partial or complete loss of hair. Most of the time it is reversible. It's normal to lose 50-100 hairs per day. We only notice it when we lose more.
- Different types of hair loss - all over your head or different spots- clumps of balding
- It is a common attitude among physicians that this is a vanity issue. But it is an important issue for women who are getting older and want to age gracefully.
 - Doctors can give lame feedback; Rogaine does not treat the cause!
 - Another common treatment prescribed is Menasteroid, which gets rid of all the testosterone in the body. It is FDA approved for men, not women.

Part 1: There are 8 reasons you could be losing your hair.

1. Iron and lysine

- **90% of women with hair loss are low in iron and lysine**
- **Premenopausal women (ages 35-50)- 23% completely depleted in iron (ferritin less than 15), 57% low iron stores (ferritin between 15 and 40)**
- Ferritin of 40 or less- there is a problem with your iron stores
- **Postmenopausal- 52% had moderate or excessive hair loss- 23% low iron stores, 5% depleted**
- It is still an issue post-menopause.
- 80% before menopause, 20% after menopause

2. Stress/ Cortisol

- After a traumatic event, your emotional processing is different from person to person.
- Cortisol- helps you focus and fight and get yourself out of trouble when experiencing trauma
- We are only supposed to deal with stress for brief periods of time, but the problem is, some people experience this stress repeatedly and their cortisol levels soar.
- Cortisol is involved in other hormones as well. Charlie's angels (hormones important for women)- cortisol, thyroid, estrogen
- Cortisol affects your thyroid and estrogen, which is why there is more than one cause for hair loss.

3. Thyroid

- Thyroid problems affect 20% of population and they don't know it.
- We need to manage it now. It helps keep hair on your head.

- Many symptoms of a problem with your thyroid- weight gain, cold hands and feet, constipation, mood problems, affects hair loss and hair texture (brittle) and dry skin
- The thyroid is responsible for your metabolism. It prioritizes what is most essential- shuts down what is not- i.e. beautiful hair and skin.

4. Menopause

- Menopause is when it has been one year since your last menstrual period. The hormonal changes are dramatic.
- You experience high estrogen then low estrogen.
- Estrogen in balance with testosterone changes, which can cause hair loss and also make you grow hair where you don't want it.
- Related to genetics

5. Nutrition

- How is food plan serving you? Are you getting enough iron and B Vitamins?
- Need to get it from food or a supplement
- There is more iron per ounce in kale than red meat.

6. Autoimmune problems

- Hair loss could be one of the first signs of a problem.
- Also affected by your food choices and exercise and having a sedentary lifestyle
- Alopecia areata- ANA test- increased hair loss
- Other autoimmune diseases that cause hair loss- Grey's disease, lupus, SLE, rheumatoid arthritis, celiac disease and fibromyalgia

7. Medications

- Many medications can cause hair loss
- 1. Telogen effluvium- lose more than 100 hairs per day
 - Experience hair loss 2-4 months after taking medication. It affects hair in the resting phase.
 - Examples include birth control, anti-depressants, acne medications, Advil, ibuprofen, thyroid medication, and weight loss drugs.
- 2. Anagen effluvium- affects your hair when it is actively growing
 - Experience hair loss in the first few days after taking medication.
 - Examples are chemotherapy medications.
- We are not saying don't take medication. Just look for a natural cure before jumping to a medication.

8. Androgens

- Like hormones, the androgens should not be too high or too low.
- Too high- more common- polycystic ovarian syndrome, loss of head hair
- Too low- loss of head hair, pubic hair

Part 2: Is this reversible?

- Most of the time hair loss is reversible or we can slow down the process.
- Extremely rare for women to lose all their hair

- This is different than men. The earlier you take this on, the better.
- **Facial hair and gray hair- reversible?**
- Gray hair is related to stress, heredity, thyroid function and the amount of melanin you have in your hair.
- Causes for gray hair could be that you are low vitamin B12, problems with your thyroid gland, and how you're managing stress.
- Facial hair could be related to polycystic ovarian syndrome or menopause caused by an imbalance of hormones.
- There are natural remedies.

Part 3: Fix me now!

- Labs- things to test- CBC ferritin, thyroid- TSH, cortisol, androgens- testosterone, DHT, ANA etc.
- 80-20 rule: supplements

1. Multivitamin

- Liver detox- twice a year
- Thorne detox nutrients packet- 1 month/ twice a year, Thorne daily basics nutrient packet, Integrated Therapeutics- examples- Clinical nutrients for women, clinical nutrients for women 45+, mega multivitamin powder
- Not just one pill- one pill does not fill the gaps
- Fill in mineral gaps
- Detox- good to get rid of toxins- endocrine disrupters
- Reduce exposure and detox

2. Iron

- **59% of women experiencing hair loss have low iron and lysine**
- Again, premenopausal (ages 35-50)- 23% completely depleted in iron, 57% low iron stores
- ferritin of 40 or less- problem with iron stores
- Postmenopausal- 52% had moderate or excessive hair loss 23% low iron stores, 5% depleted
- still an issue post-menopause
- 80% before menopause, 20% after menopause
- Ferritin- want to be between 70 and 80
- Iron picolinate- Thorne, Integrative Therapeutics

3. L-Lysine-

- amino acids- 1-1.5 grams per day

4. Biotin

- Vitamin B7, ceratin- supports skin, nails, hair- stabilizes blood sugar
- Hair growth vitamin, spurs hair growth, reduces split ends-
- It is hard to get biotin from food. You need a supplement or you can use a shampoo.
- Dosage ranges- 2-10 mgs per day

- Biotin Forte- Integrated Therapeutics
 - If you experience patches of hair loss, you should work with a physician as this tends to be a sign of something more severe.
 - If you are biotin deficient, you tend to have more yeast infections.
5. Omega 3s
- Fish oils- lower androgen imbalance- which contributes to male pattern baldness or hair loss around temples
 - Gottfried protocol
 - You want to fill the nutritional gaps with supplements. The goal is balance: not too little, not too much.
6. Hormones
- Stability, equilibrium
 - There are five important hormones to consider when dealing with hair loss.
 - a. Thyroid b. Cortisol c. Insulin d. Vitamin D e. Androgens
 - a. Stabilize thyroid
 - i. TSH in optimal range- (0.1 to 1.5 or 0.3 to 2.5)- make sure you take multivitamin
 - ii. Autoimmune Thyroiditis- when your immune system attacks your thyroid, which increases hair loss.
 - iii. It is important to manage stress properly.
 - b. Cortisol
 - i. Main stress hormone- glucocorticoids
 - ii. Many ways to manage it- yoga, mindfulness
 - iii. HeartMath provides a device that records your response to stress. It detects your heart rate and provides external accountability.
 - c. Insulin
 - i. Fat storing hormone
 - ii. If you have a fasting glucose of 87 or higher you have insulin resistance.
 - iii. Glucose intolerance test- fasting insulin should be less than 7
 - iv. Hemoglobin A1Z- tells you what is happening with glucose over the past three months- optimal range is less than 5
 - d. Vitamin D
 - i. Involved in brain function, thyroid hormone production, thyroid function
 - ii. Dosage between 75 and 90- toxic >150
 - e. Testosterone
 - i. Low glycemic index food plan
 - ii. Glycemic Index- ranking of carbohydrates 0-100- extent to which they raise your blood sugar- the higher the GI, the faster you digest it
 - iii. Ideally, you want to have lower GI foods.
 - iv. Eating lower GI foods lowers your androgens.

- v. Make sure you are getting enough fiber because it helps with getting rid of estrogen and testosterone.
- vi. You want to eat Omega 3s rather than Omega 6 fatty acids.
- vii. Zinc is important to get from food sources

Remember:

Everything is connected; this is your beauty blueprint.

- Hair loss can be reversible
- If this is overwhelming, pick just one thing and start with that.
- Make a change; you will get a different result.
- There is no one pill that is the magic bullet.
- When you start to focus on your hair, you will feel empowered and you get other benefits! Your energy is better and you will experience vitality.