

Hair Loss

By: Nelson Narciso www.keepwell.ca

Hair loss in women isn't as uncommon as one might think. Approximately 30% of women experience hair loss before reaching age 50ⁱ. A significant contributor to hair loss is nutrient deficiencies. The most relevant single nutrient deficiencies are listed below one should always consume as close to 10 servings of fruits and veggies a day and consume quality clean protein. Often this alone can resolve mild hair loss. Try to have 0.7 grams of protein per pound of body weight. A little more if you exercise religiously. Stress can play a major role in hair loss. You may unknowingly be suffering from prolonged "adrenal exhaustion". I would certainly consider stress control measures like meditation, yoga, tai chi, etc and the use of adrenal support remedies (I list some below).

1. Nutrient deficiencies that have been implicated in hair loss (* indicate the most relevant). A quality multivitamin like our Progressive's Multi should have you covered for the most part. That said take additional vitamin D3 (if you limit your sun exposure I would have 2000i.u. a day).
 - a. *Vitamin Dⁱⁱ
 - b. *Vit A
 - c. *Iron
 - d. *Zinc
 - e. EFA's (especially Omega-3's. You should absolutely use a quality Fish Oil and aim for no less than 4000mg of total fish oil per day)
 - f. Potassium,
 - g. Copper
 - h. B vitamins
2. Herbs
 - a. Saw palmettoⁱⁱⁱ (shown to reduce the conversion of testosterone to DHT, a form of testosterone that has been shown to impact hair loss in women and men)
 - b. Forskolin^{iv}
3. OPC
 - a. This antioxidant is found in grape seed/skin extract and has been scientifically shown to help stimulate hair growth ^{v,vi,vii}
4. Hypothyroidism
 - a. Although you may have had your thyroid checked it isn't uncommon to have what's known as subclinical hypothyroidism which simply means that your hypothyroidism falls under the radar of conventional tests.
 - b. I've attached a protocol you can do at home which some feel may be an accurate test for assessing thyroid function. It's known as the "basal metabolic rate test".
 - c. There are several good thyroid support supplements. All the companies below have ones that are quite good
 - i. Genestra
 - ii. AOR (Advanced Orthomolecular Research)
 - iii. Now

5. Adrenal support

- a. Given the possibility of prolonged stress on your adrenal function I would encourage a good adrenal support remedy. Studies have shown a strong link between adrenal function and hair loss. Ideally it should contain some “adrenal extract” from an animal source like porcine. Vitamins B1, C and herbs like licorice support adrenal function.
 - i. Genestra
 - ii. AOR

6. Home made shampoo (This shampoo was used in a hair loss study with impressive results^{viii}.)

- a. As a base use 100 ml of a natural shampoo mixed with
- b. 15 drops jojoba oil
- c. 8 drops carrot oil
- d. 7 drops cedarwood oil
- e. 7 drops rosemary oil
- f. 7 drops lavender oil
- g. 4 drops thyme oil
- h. 2 drops clove oil
- i. 2 drops tea tree oil
- j. Massage into scalp daily and leave in hair for 5 minutes each time

7. Use of bioidentical hormones

- a. These hormones are available through compounding pharmacies and require a doctor’s prescription.
- b. Here’s a link to compounding pharmacies in the US
<http://www.angelfire.com/fl/endohystnhrt/pharmacy.html>)

8. Probiotics

- a. Use a quality probiotic (friendly bacteria). Two Canadian companies make high quality probiotics; one is called Progressive HCP70 and the other is *Genestra HMF Replete*.

9. Great resource: www.angelfire.com/fl/endohystnhrt/1.html

ⁱ Van Neste DJJ, Rushton H. Hair problems in women. Clin Dermatol 1997;15:113-125.

ⁱⁱ Gamady, A., et al. Vitamin D enhances mitogenesis mediated by keratinocyte growth factor receptor in keratinocytes. J Cell Biochem. 89(3):440-449, 2003.

ⁱⁱⁱ Prager, N., et al. A randomized, double-blind, placebo-controlled trial to determine the effectiveness of botanically derived inhibitors of 5-alpha-reductase in the treatment of androgenetic alopecia. J Altern Complement Med. 8(2):143-152, 2002.

^{iv} Takahashi, T., et al. Several selective protein kinase C inhibitors including procyanidins promote hair growth. Skin Pharmacol Appl Skin Physiol. 13(3-4):133-142, 2000.

^v Kamimura, A., et al. Procyanidin B-2, extracted from apples, promotes hair growth: a laboratory study. British Journal of Dermatology. 146(1):41-51, 2002.

^{vi} Takahashi, T., et al. Proanthocyanidins from grape seeds promote proliferation of mouse hair follicle cells in vitro and convert hair cycle in vivo. Acta Derm Venereol. 78(6):428-432, 1998.

^{vii} Takahashi, T., et al. The first clinical trial of topical application of procyanidin B-2 to investigate its potential as a hair growing agent. Phytotherapy Research. 15(4):331-336, 2001.

^{viii} Hay IC, Jamieson M, Ormerod AD. Randomized trial of aromatherapy. Successful treatment for alopecia areata. Arch Dermatol. 1999 May;135(5):602-3.