



Supplements For Hair Support

These are our best suggestions for treatment based on the cause for your hair loss, by Dr. Jessica Keating.

Autoimmune Hypothyroid

Nutrients that support thyroid function are: selenium, copper, zinc, guggul lipid, inositol, ashwagandha and L-tyrosine. Be sure to avoid taking excess iodine as it can worsen autoimmunity. Vitamin D can help regulate the immune system.

Postpartum Hypothyroid

This tends to resolve naturally on its own. The best thing you can do is support your overall health postpartum. Make sure you are taking a high-quality multivitamin designed for pregnant and breastfeeding mamas. Stay hydrated, especially if you're breastfeeding.

Iodine Deficiency

Take iodine! Exact dosing should always be based on individual need and factors like blood levels, lifestyle and diet.

*Do not take supplemental iodine if you have Hashimoto's thyroiditis.

Iron Deficiency

Good quality iron supplements will not cause constipation and should always be taken with plenty of water and away from your multivitamin. Iron is best absorbed with certain B12, methyl-folate and vitamin C.

*Never take with calcium as iron requires an acidic stomach environment to absorb.

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Folate Deficiency

Folic acid is added to grain products in the US but as folic acid, it is the inactive form of the vitamin. Many of us have a gene variant which means we do not convert folic acid into methyl-folate very efficiently or at all. Always look for methyl-folate instead of folate or folic acid so you know your body can utilize this essential nutrient.

Stress

Stress requires a holistic approach – optimizing mental health, prioritizing self-care, eating well, exercise and getting adequate sleep all help with stress management. Herbs such as adaptogens (rhodiola, ashwagandha, panax ginseng, American ginseng, holy basil, schisandra, eleuthero, reishi mushroom and maca) help re-balance your body's stress response. Nutrients such as B vitamins and vitamin C are also helpful as stress depletes them more rapidly.

Hormone Imbalances

The solution here depends on what the root cause of the hormone imbalance is. Sometimes it means avoiding plastics and pesticides which act like estrogen in the body, sometimes it means supporting liver function to improve elimination of excess hormones and improving digestion so your body can dispose of them properly. Certain herbs will help to decrease high testosterone and adaptogenic herbs can also have a positive effect on hormonal regulation.

Radiation Therapy

Some sources recommend taking antioxidants to counteract the harmful effect of radiation but many oncologists recommend waiting until treatment has concluded so as not to interfere with the intended effects of the therapy. Always speak to your doctor before taking something new. Post-treatment, castor oil packs to the scalp can help to improve blood flow and encourage healing of the hair follicles.

Hairstyling and Treatments

The best approach here is to avoid harmful hair treatments! Try to find more gentle alternatives. Utilizing castor oil packs to the scalp may also be beneficial.

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