

ALOPECIA

There are many different types of alopecia including areata, **androgenetic**, telogen effluvium, anagen effluvium, **cicatricial**, traction and trichotillomania. The most common being the two highlighted. Tests can identify (or eliminate). Causes range from harsh shampoos, food intolerances, digestive issues, side effects of medications and stress.

Nutritionally, the following can help:

Foods:

- All foods with silica in them will encourage hair re-growth; cucumber, celery, radishes, carrots, garlic, bean sprouts, onions, sesame seeds, dandelion and millet are amongst the best.
- Walnuts have unique omega-3s which have been linked to hair regrowth
- Eliminate dairy and nightshades (for auto-immune alopecia conditions)
- Avoid raw egg dishes (such as mayonnaise)
- Eat plenty of fresh and raw fruit, veg, nuts and seeds – intolerances permitting.

Supplements to help:

- Co-enzyme Q10 – helps hair regrowth
- Evening primrose oil
- Silica (try Ultra Hair from Nature's Plus)
- A Stress B complex (like Thorne's)
- Zinc (suggest 30 mg for children, 45mg for adults a day)- stimulates cell renewal
- Gingko Biloba – stimulates the scalp in particular
- If your condition is caused by stress, try taking an adrenal support supplement (there are quite a few to choose from)

Other:

- Use apple cider vinegar and sage tea **externally** on your head

Remember that you are unique. For a personal assessment, call 07447 881212