

Why The Heck Is My Hair Falling Out?

Discover the top 20 reasons why your hair is falling out and how you can reverse the process and regrow hair

It is not far from the truth that males are more likely to experience hair loss than females due to a pattern baldness. But then thinning of hair is also very much common in women. An unexplained and excessive hair loss can be very worrying, scary as well as demoralizing.



Because the hair is going to tell an awful story about you, including whether or not your body is in balance. Balance includes having a good physical and mental health, as well as having fully functioning organs and glands that are producing the correct hormones for your body. If a person is

healthy, emotionally and physically healthy, their hair is going to be much more radiant and shining, and their scalp is going to be healthy and moist. Their hair is going to be able to tell you a lot about what their health state is, both with physical health and with mental health.

If a person is not well, either not physically well, or not mentally well, their hair is going to be rather dull and they are going to have a hard time focusing on what their hair should be like. In an unhealthy person, you are even going to see periods of time in which their hair falls out. It might become waxy, due to the overproduction of the glands that are providing your hair with nutrients.

It is also a true fact that any changes we might be going through in our lives are going to be displayed for all to see on our heads. If we are well and healthy and happy, our heads will reflect this. If not, our hair might begin to fall out, and sometimes a slump in physical or mental state can be easily reflected in our hair.

There are many people who believe that hair loss is a disease, or is caused by a disease. However, this is simply not true. Baldness is not usually caused by a disease or sickness, but it is usually related to a number of factors. These factors might include aging, heredity, and testosterone levels in your body. These account for most of the usual male and female pattern baldness that is found. However, there are several other factors that might be either causing your hair loss, or contributing significantly towards it.

The thing is, everyone loses hair. It happens during your morning shower, while you're blowing it dry, or when you give it a quick brush—and that's normal. "On average, we lose fifty to a hundred hairs a day," says Francesca Fusco, MD, a New York City dermatologist who specializes in hair loss. "That's just hair going through its cycles, and there will be a new one to replace it."

And the good news is, there are often ways to fix this and below we will look at 20 reasons why you're experiencing hair loss and then how you can fix it.

Physical stress



Any kind of physical trauma—loss of a job, relationship, surgery, a car accident, or a severe illness, even the flu—can cause temporary hair loss. This can trigger a type of hair loss called telogen effluvium. Hair has a programmed life cycle: a growth phase, rest phase and shedding phase. “When you have a really stressful event, it can shock the hair cycle, (pushing) more hair into the shedding phase,” explains Marc Glashofer, MD, a dermatologist in New York City. Hair loss often becomes noticeable three-to-six months after the trauma.(so you see it can be as a result of a trauma that happened long ago).



Iron deficiency

Women who usually have heavy menstrual flows or don't eat enough iron-rich foods may be prone to iron deficiency, a condition which leads to not having enough red blood cells. Red blood cells transport oxygen to cells throughout your body, giving you the energy you need.



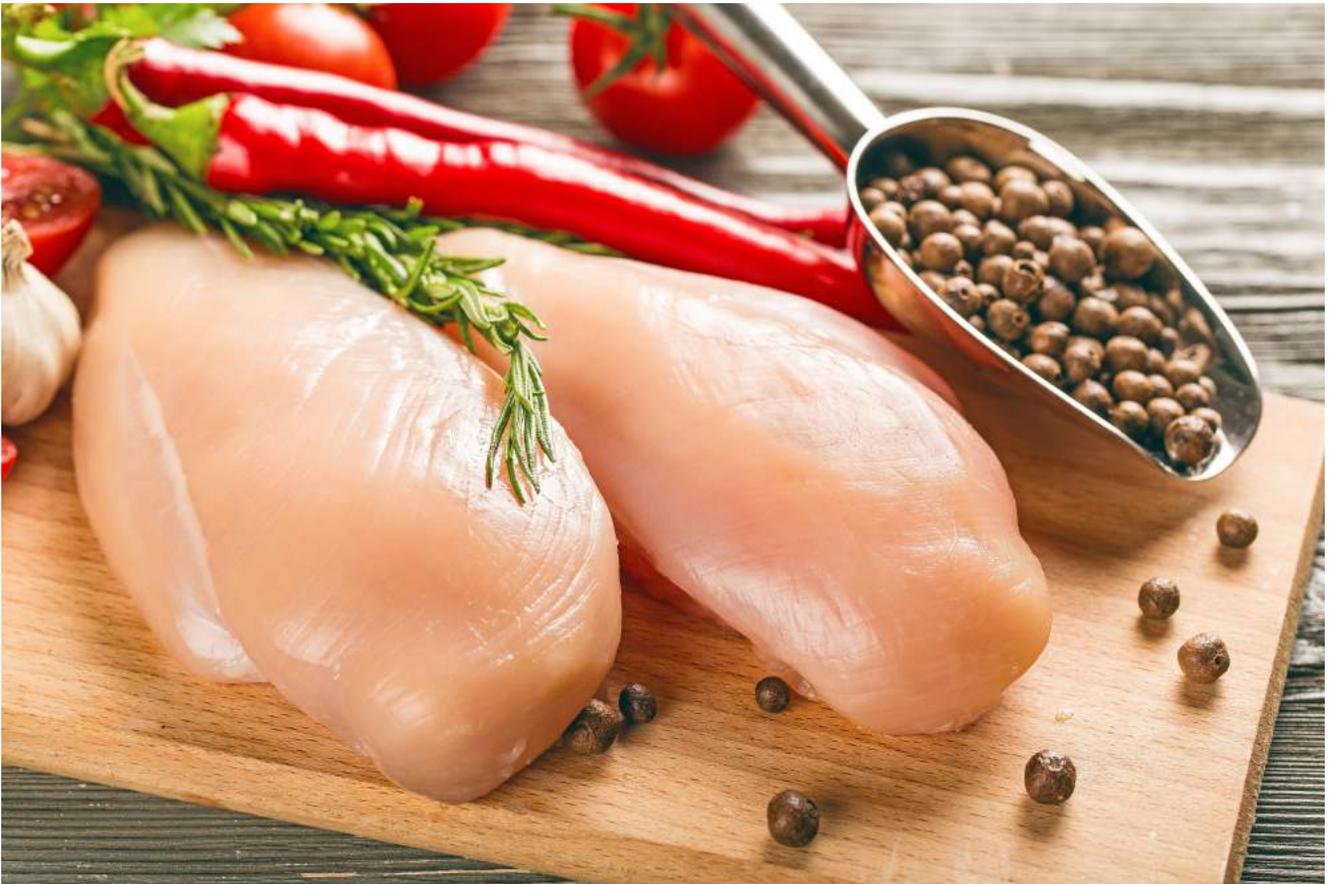
Pregnancy

Pregnancy is one example of the type of physical stress that can cause hair loss . Pregnancy-related hair loss is seen more commonly after your baby has been delivered rather than actually during pregnancy. "Giving birth is pretty traumatic," says Dr. Glashofer.



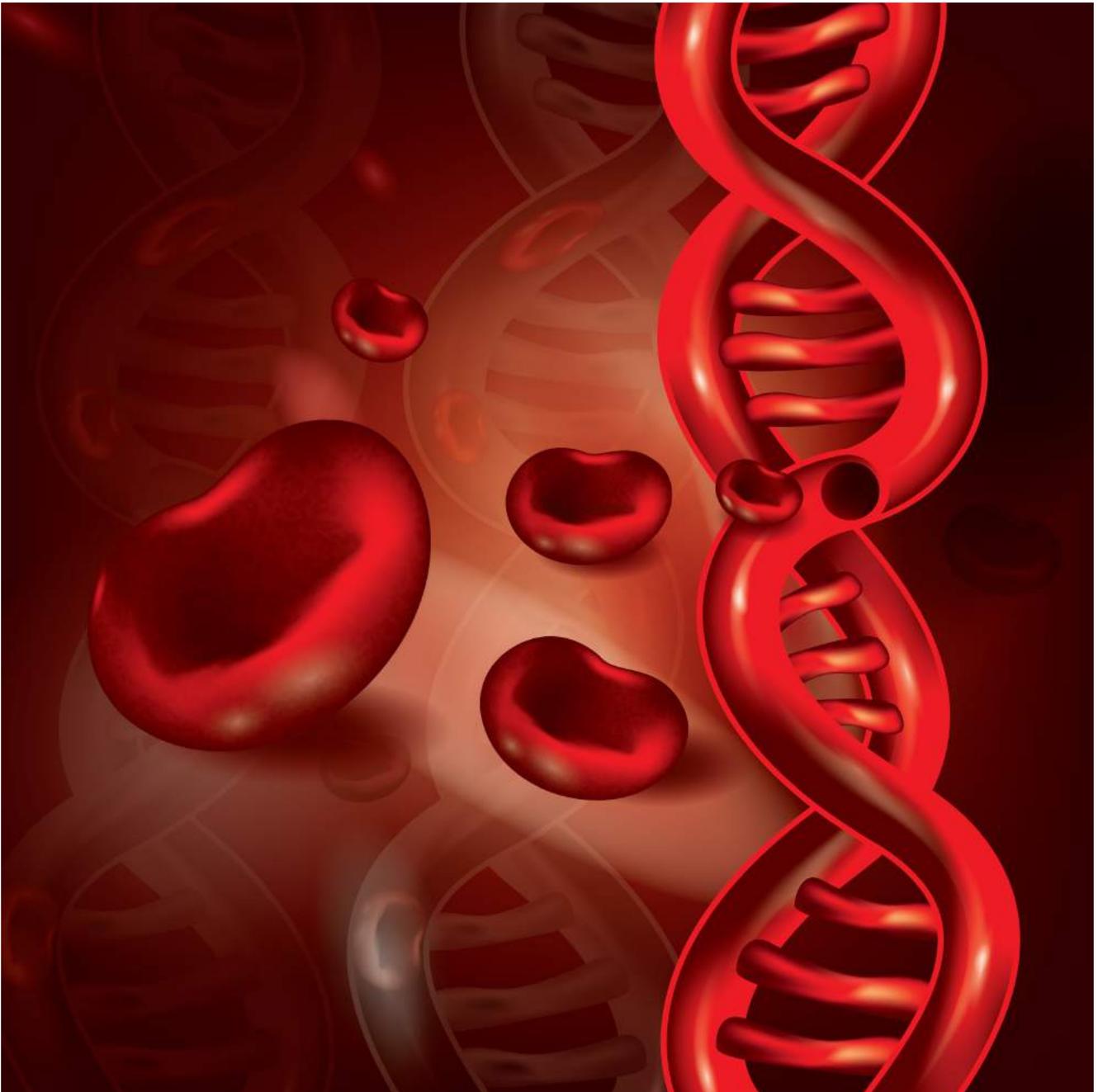
Too much vitamin A

Yes too much of everything is bad. Taking too much vitamin A-containing supplements or medications can trigger hair loss, according to the American Academy of Dermatology. The daily dose of vitamin A is 5,000 International Units (IU) for adults and kids over age 4; supplements can contain 2,500 to 10,000 IU.



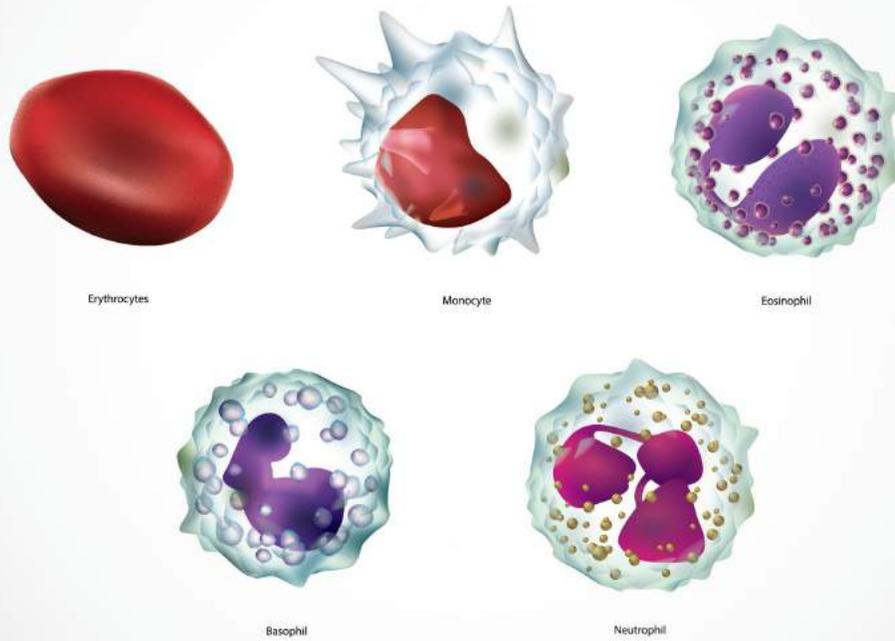
Lack of protein

If you don't eat enough protein rich diet, your body may ration protein by shutting down hair growth, according to the American Academy of Dermatology. This can happen about two to three months after a drop in protein intake.



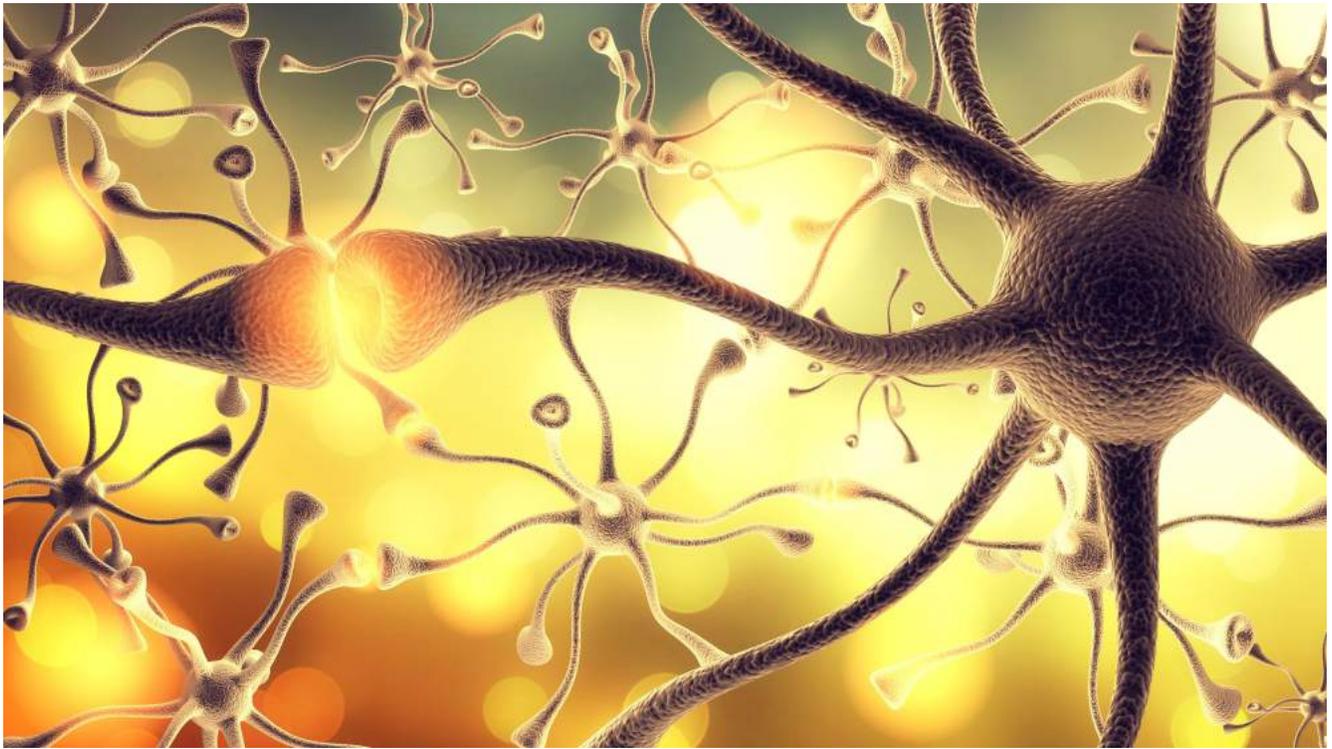
Family History

In my case, I realized it was hereditary as my dad was bald and his sister who is my aunt was battling with a thinning hair. You see, female-pattern hair loss, called androgenic or androgenetic alopecia, is basically the female version of male pattern baldness. “If you come from a family where women started to have hair loss at a certain age, then you might be more prone to it,” says Dr. Glashofer. Unlike men, women don't usually have a receding hairline, instead their part may widen and they may have noticeable thinning of hair.



Alopecia areata

Alopecia areata is an autoimmune disorder in which the immune system attacks hair follicles. Although not a very common cause in this part of the world and occurs equally in men and women. The cause is unknown, but it may be triggered by stress or illness.



Hormonal Changes And Medications

Just like pregnancy hormone (progesterone) changes can cause hair loss, so can switching or going off birth-control pills. This can also cause telogen effluvium, and it may be more likely if you have a family history of hair loss. The change in the hormonal balance that occurs at menopause may also have the same result. “The androgen (male hormone) receptors on the scalp becoming activated,” explains Mark Hammonds, MD, a dermatologist with Scott & White Clinic in Round Rock, Texas. “The hair follicles will miniaturize and then you start to lose more hair.”



Excessive styling

Excessive shampooing, styling with gel, tight braids, hair weaves or corn rows as well as chemical relaxers to straighten your hair, hot-oil treatments or any kind of harsh chemical or high heat and dyeing can harm your hair. Heat and chemicals weaken the hair, causing it to break and thus, fall out. Often times, it's a combination of treatments—keratin, coloring, and blow-drying, for instance—that does the damage.

Vitamin B deficiency

Although not very common., low levels of vitamin B are another preventable cause of hair loss.



Rapid weight loss

A sudden weight loss is a form of physical trauma that can result in a thinning hair. This could happen even if the weight loss is intentional and good for you. It's possible that the weight loss itself is stressing your body or that not eating right or not enough can result in vitamin or mineral deficiencies. Loss of hair along with noticeable weight loss may also be a sign of an eating disorder such as anorexia or bulimia.



Skin conditions of the scalp

When your scalp is unhealthy, it can result in an inflammation that makes it difficult for hair to grow. Skin conditions that lead to hair loss include seborrheic dermatitis (dandruff), psoriasis, and fungal infections such as ringworm.

Polycystic ovarian syndrome

This is a very common condition amongst women, an imbalance in the male and female sex hormones. 1 out of 5 women suffers from this ovarian syndrome. The condition, which can begin as early as age 11, is caused by a hormonal imbalance in which the ovaries produce too many male hormones. PCOS often causes infertility.



Chemotherapy

Hair loss can be caused by some of the drugs used to beat back cancer “Chemotherapy is like a nuclear bomb,” says Dr. Glashofer. “It destroys rapidly dividing cells. That means not just cancer cells, but also rapidly dividing cells like hair.”



Antidepressants

Certain other classes of medication may also increase the chances of hair loss. More common among them are certain blood thinners and the blood-pressure drugs known as beta-blockers.



Trichotillomania

Trichotillomania, known as an impulse control disorder, whereby an individual compulsively pull their hair out. “It’s sort of like a tic, the person is constantly playing and pulling their hair,” says Dr. Glashofer says. Unfortunately, this constant playing and pulling can actually strip your head of its natural hair protection.

Aging

It’s not uncommon to see hair loss or thinning of the hair in women as they enter their 50s and 60s, says Dr. Glashofer. Experts are not certain why this happens.



Anabolic steroids

If you take anabolic steroids—the type abused by some athletes to bulk up muscle—you could lose your hair, according to the American Academy of Dermatology. Anabolic steroids can have the same impact on the body as polycystic ovary disease (PCOS), as the mechanism is the same, says Dr. Hammonds.



Hypothyroidism

When your body produces too little thyroid hormone, the hormone responsible for metabolism, heart rate, and mood, you are said to have hypothyroidism. Thyroid hormone is responsible for everything from your basal metabolic rate—the rate at which your body uses oxygen and energy to function—to the growth of your hair, skin, and nails. But when you don't have the right amount, you may notice changes in bodily functions.

The gland that produces the thyroid hormone is located in your neck.

Menopause

Once a woman hits menopause her body starts undergoing series of changes and one of them can be hair loss. This is because estrogen hormone levels are low in the body. Which usually makes the hair dry leading to hair loss if due care isn't taken. It is essential to use mild shampoos and condition your hair as well as eat right.

DIET: Try as much as you can to Always eat right.

Having Talked about the causes of hair loss, Let's look at how this awful condition can be fixed

As we discussed above you'll realize that losing some hair is normal, when you take shower, brush it and other everyday activities. It's very natural. However, if your hair is falling out in large amounts, is thinning significantly and you are seeing bald patches then you know it's a symptom of a much bigger problem. More often than not, It's a dietary deficiency, which is easily treated. For a proper diagnosis, you should visit your health care professional.

It's important to identify the underlying causes of your hair loss so that you can treat it effectively. When it comes to the nutrients, your body needs to grow healthy hair; Biotin is at the top of the list.

It's the vitamin, that makes your hair healthy, strong and keeps it looking good. Clinical studies have proven maintaining a good level of Biotin in your body is as essential as maintaining other vitamins and minerals. It's necessary for your overall health.

What Biotin else does for your body?

Biotin is a member of Vitamin B complex family, sometimes known as Vitamin H or Vitamin B7. It's water soluble, which means, if body has high level of Vitamin H at a certain day or time, it pass out through Urine. It's produced in the intestine with the help of bacteria. It aids in the metabolism of carbohydrates, fats and proteins, which helps in maintaining steady blood sugar levels. It's very good for people suffering with Diabetes.

- Sources of Biotin

Foods like eggs and liver contains a lot of Biotin. Consuming these as well as other foods like green peas, oats, soybeans, walnuts, sunflower seeds, green peas, and brown rice will help your body in maintaining a good level of Biotin.

If you suspect that stress is triggering your hair loss, then you will have to make changes in your lifestyle; otherwise, you could end up with thin spots or even bald patches on your head.

Did you know that stress can be triggered externally or internally. External situations come from the environment. Internal factors are linked to emotional responses such as depression, grief or resistance to change. If stress is continuous over a long period without being resolved, it will begin to affect your mental and physical well being.

Hair loss will often result as a reaction to the way in which stress affects the balance in your body. When stress begins to affect your body, your hormonal balance is upset. There may be an excess production of hormones, which may go into the scalp area causing your hair to literally fall out.

Usually, this type hair loss won't be noticeable right away, but after a couple of months you will begin to experience its affects. You will begin to notice more hair falling out than usual, thinning, lack of luster and in extreme cases bald spots. For men it often results in a receding hairline.

To manage stress, you can use a variety of techniques. Yoga or meditation techniques to help you let go of daily problems. Massage therapy relax your body. You can also work on changing dietary habits and exercising regularly. If the problems are more external or related to a life-changing situation, there are professionals like your doctor, a therapist or a certified life coach that can help you work through

your problem.

The effects of hair loss due to stress triggers will often reverse quickly once you learn how to control your stress and ease the pressures causing it.

As we have discussed before, our health has a big impact on our hair and a lack of nutrients is one of the main contributors to hair loss. If our bodies lack the necessary vitamins and minerals it needs to function properly our skin and hair suffer.

In fact, one of the major nutrients that prevents and treats hair loss is zinc. By understanding how this nutrient relates to hair loss, you can consume a diet that is rich in it and help prevent excessive hair loss.

Studies have shown that zinc provides extra proteins for your system that are proven to help improve hair growth, as well as healthy skin and nails. If you don't have enough in your system, it will cause your hair to stop growing and fall out.

Zinc works in relation to the several proteins that are located throughout your body in order to create a support system. It's needed for cell division, in the growth and maintenance of muscles, helps to control oil glands, and It's required for the synthesis of protein and collagen, which is great for wound healing and a healthy skin.

Zinc deficiency not only produces problems with hair loss, but also with changes in the scalp. Your scalp may become dry, flaky itchy or become irritated because of a lack of nutrients. Some even say that zinc can be effective in preventing hair from turning gray. Even when hair is already, gray or becoming thinner or balding has occurred, zinc has the ability to reverse the effects when taken in proper amounts.

While correcting your diet, it's important you also work on your damaged hair follicles and scalp. This is where our 2 in 1 hair grow formula will play a vital role.



Andrea is packed with vitamins, biotin and other minerals to help revitalize your scalp, open up your hair follicles to allow a rapid hair growth up to four times the normal rate.

Andrea works from the inside out

Ingredients:

- Ginger
- Ginseng
- Loca festival
- Fleece-flower root
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- Softening
- Anti-dandruff
- Hair loss treatment
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Thanks

Queen Cynthia

Q-C