



Changes in Diet May Cause Hair Loss

By Denise Zingale

This past summer I entered a weight loss challenge. I was not overly over weight but I definitely could lose some pounds and tone up. Before starting my program I saw my doctor. She was aware of my current diet and the vitamins and supplements I was already taking. She advised me to start eating more balanced and regular meals and finding ways to de-stress. This challenge I thought was perfect for me. I began to workout every morning. I was eating smaller, balanced meals every three hours and still taking my vitamins. I did not feel as stressed and I was sleeping better. I lost 12 lbs. in 12 weeks and toned up better than when I was in my 20's.

Shortly after the 12 weeks I began to notice that my already thin hair was getting even thinner and others began to notice too. So imagine my shock as a hairdresser after completing my 12-week challenge to get healthier to find my hair had gotten even

thinner! So back to the doctor I went for a complete physical and blood work up to find out why my hair was thinning. Even though I live a much healthier lifestyle now, I ended up finding out that I still had some nutrient deficiencies.

It is a little talked about secret but a successful diet, whether you lose 10 lbs. or 100 lbs. can trigger hair loss. It is a proven scientific fact that any diet, especially one that is less than 1,200 calories a day can trigger sudden hair loss known as "Telogen effluvium". (This is not the same as Anagen effluvium (AE) which is sudden hair loss from chemotherapy or radiation treatments.)

Hair loss can be triggered by a variety of factors including pregnancy, stress, surgery, and age-related hormonal changes, to name a few. But few people realize that weight loss can also cause hair to shed, due to possible nutritional deficiencies. Although iron deficiency is often associated with diet-related hair loss, other nutritional deficiencies can result in thinning hair. Changes in levels of zinc,

magnesium, protein, essential fatty acids, and vitamins D, B and A can all trigger episodes of shedding hair. The fact that so many different nutrients can be the culprit in hair loss means any type of diet can take its toll on the hair. For example, when the body is deprived of sufficient protein, through dieting or abnormal food consumption, it will become malnourished. The body will feel a possible threat of survival and will shut down all production of hair. It does this as a means to devote all its energies towards conserving vital bodily organs. The body will save protein by shifting healthy hairs that are in a normal growth phase (anagen) into a sudden resting phase, which results in thinning hair or hair loss. Under healthy conditions, about 85-90% of all hair is in the growing phase.

Hair shedding or loss may not happen immediately after the diet is started. In some cases there is a two to three month delay between the actual start of the diet and the actual beginning of hair loss, as in

my case. Sometimes a person will have stopped a diet only to experience sudden hair loss months later. This can cause confusion regarding the cause of the sudden hair loss. For many people, diet related hair loss is temporary and may last only about two to six months. Once a person starts to eat a more balanced diet, eventually the hair starts coming back. In some, it may take one to two years to regain. Some dieters though may not be that lucky. A hair-shedding episode triggered by dieting may become a chronic problem if the dieter has a genetic predisposition for thinning hair. In addition, hair loss triggered by dieting can be exacerbated by hormonal changes, stress or medications resulting in a chronic cycle of hair shedding.

Under the advice and supervision of a doctor or dermatologist it is often advised for dieters to take a multivitamin with iron. Hair needs essential B vitamins, essential fatty acids and adequate minerals to grow properly. Biotin, which is a B vitamin, is sometimes

recommended to possibly help jump start hair growth, but it could take six months or more to see results, if any. An exercise program that keeps weight loss to a pace of one to two pounds a week and a healthy weight loss eating plan is essential. One that incorporates small portions of all the key food groups such as whole grains, fruits, vegetables and lean protein sources such as fish (which is also a great source of omega-3 fats) could be your key to happier hair.

Although many of you suffering from hair loss will and should work with a dermatologist or doctor to help with your hair loss, it is also good to find a salon and stylist that understands and is knowledgeable, supportive and sensitive to your hair loss.

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D'MAZ Lifestyle Salon is a one woman owned and operated salon in Woodmere. Understanding thin hair and hair loss from personal experience, I created the salon to be personal and private. I can help you find your best cut and true colors through a confidential consultation.

For some of you, your busy lifestyles demand you make the most of every moment as well as addressing your hair loss needs. I can help you do that. D'MAZ Lifestyle Salon has an intimate area where you can retreat that provides reading materials on women's issues, health, fitness and the latest in fashion. A TV/VCR keeps you abreast of the news or your favorite daytime soap, or if conducting business is a concern during the work week while getting your hair done, use the convenient courtesy computer or bring your own laptop and access the internet using wireless or the available hardwire Ethernet jacks.

Your visit with me concludes with a personalized home regimen on selected products to help reduce hair loss, boost your scalp's health and vitality, and restore shinier, fuller hair in just 30 days and has a money back guarantee. I invite you to experience the latest in "wearable" trends, treatments and technology at D'MAZ Lifestyle Salon where new things in hairdressing are not about drastically changing hair, but about making you look and feel the best you can.

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