



## Your Diet, Your Hair

*By Denise Zingale,  
Salon Owner, Hairdresser &  
NGA Pro Figure Competitor*



It is a little known secret, but a proven fact that any diet, especially one that is less than 1,200 calories a day, can trigger hair loss. A variety of other factors can cause hair loss such as stress, hormonal changes, and medications. Few people realize that possible nutritional deficiencies in your diet can also cause hair to shed. Although iron deficiency is often associ-

ated with diet-related hair loss, several nutrient deficiencies can result in thinning hair. Changes in levels of zinc, magnesium, protein, essential fatty acids, and vitamins D, B, and A can trigger episodes of shedding. Because so many different nutrients can be the culprit in hair loss means any type of diet can take its toll on the hair.

First, see a dermatologist or doctor to rule out anything other than nutritional deficiencies. Next, start a daily food journal that shows what you are eating, the amounts, and times of the day. This will give you a good idea where your nutrition is possibly lacking.

Are you eating 5-6 small meals a day? They should incorporate 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. Are you drinking enough water? Remember: if it

swims, flies, comes out of the ground or falls from a tree, it is yours! Get rid of processed, refined, and fast food. Limit fake food such as protein powders/shakes/bars. Avoid sugar loaded colas and juices, and limit or avoid alcohol, another form of sugar. Are you in your car most of the day? Pack a cooler with healthy snacks/meals and bottled water. Want a "cheat" day? Have ONE day a week to have your favorite foods. Just remember portion size!

Learning how to combine the right foods and amounts takes planning and time, but it is worth it. Nutrition is 80% of how you look and feel. Eating healthier and cleaner along with a good exercise program is the secret to a great body AND GREAT HAIR!

Work with a doctor to help with your hair loss and find a salon and stylist that understands and is knowledgeable, support-

ive, and sensitive to your hair loss. I maintain my nutrition and fitness program while operating D'MAZ Lifestyle Salon AND studying to become a certified personal trainer. I understand thinning hair and hair loss from personal experience and created my salon to be personal and private. For an ap-

pointment for a consultation or information on your thinning hair or hair loss, contact Denise at 216.292.HAIR(4247).

*Disclaimer: This article is provided for general information only. It is in no way intended to diagnose, treat or cure any form of hair loss or thinning hair and should not be depended upon as a substitute for any consultations with qualified health professionals.*

*Currently Denise's fitness goals are maintaining a clean diet and building her fitness level to compete on the Pro stages in 2008. Read and see more of Denise on her website at [www.denisezingale.com](http://www.denisezingale.com) and in upcoming issues.*

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# D'MAZ

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