



Getting to the Root of Hair Loss: 8 Lesser-Known Causes + Solutions

Message from Milly

Greetings to all,

If you've experienced the shock of slowly watching your hair thin or seeing big clumps come out in the shower, you know how stressful it can be.

Hair loss in men and women of all ages has become an increasingly common issue.

So let's get to the bottom of it, shall we?

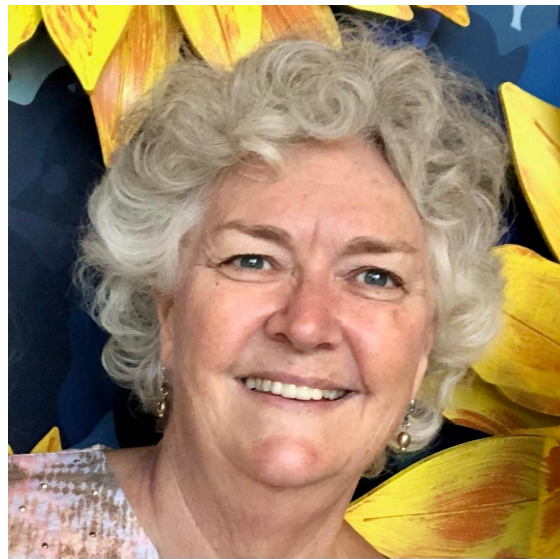
The truth is that dramatic or even gradual hair loss doesn't happen for no reason.

There's always a cause. And when there's a cause, there's a solution!

That's what this newsletter is all about, getting to the root cause(s) of hair loss (and some of them are pretty surprising!).

Blessings to all,

-Milly



What Is Normal Hair Loss?

One of the first questions that springs to mind when we notice hair loss is,



"How much shedding is normal?"

According to the American Academy of Dermatologists[1], it's normal to lose up to 100 hairs a day. These typically fall out during shampooing, brushing, combing, styling, or sleep.

Hair loss may also be more noticeable in people with long hair and women tend to shed more than men.

Lots of styling can also lead to more hair loss, so keep that in mind.

You can look up "What do 100 hairs look like?" to get a visual.

Hair loss may also be temporarily more pronounced during times of stress or 1-6 weeks after having a baby (known as postpartum hair loss, which results from dramatic shifts in hormones after giving birth).[2]

Postpartum hair loss should calm down after a few months. If it doesn't, it may be a sign of the stress of being a new parent, poor nutrition (make sure you're eating enough to support you and the baby if you're breastfeeding), and/or other issues like postpartum thyroiditis.

For some people, coloring or straightening of hair can also result in significant hair loss during and right after processing. If you color your hair every few weeks, this can add up to quite a bit of thinning over time.

Bottom line: losing up to 100 hairs a day is normal. If you style a lot, have had a baby, are under stress, or color/straighten your hair regularly you may lose more.

Next, we'll look at some of the root causes behind more significant hair loss.

References:

[1: https://www.aad.org/public/diseases/hair-](https://www.aad.org/public/diseases/hair-)

8 Root Causes of Hair Loss

Until recently, most healthcare practitioners would tell you hair loss was caused by genetics, a thyroid condition, over-styling, aging, stress, or a nutrient deficiency.

Although it is true that all those can be root causes or contributing factors, they aren't the only causes of hair loss.

Let's look a little deeper into a few more I've come across in recent years through research and clinical experience:

1. Iron Deficiency

Iron deficiency or insufficiency is surprisingly common, especially in women and girls who menstruate and is a top cause of hair loss.[1]

Iron deficiency can easily be missed on lab work if CBC (complete blood count) and ferritin (your stored iron) are not both measured. So don't presume your iron is normal if you've just had your check-up; make sure they're measuring ferritin as well as CBC.

2. B-Vitamin Deficiency (particularly B12 and Biotin)

B-complex is one of the first things I recommend to anyone suffering from hair loss.

Specifically, healthy amounts of B12 in the form of methylcobalamin or adenosylcobalamine (which bypass genetic mutations related to B-vitamin absorption), biotin, and B6.

B12 anemia, known as pernicious anemia, is surprisingly common these days.

I discuss this at length in: [What's the](#)



3. Autoimmune disease

Various types of autoimmune diseases can cause hair loss due to their inflammatory effects on hair follicles, including:[2]

- Alopecia areata and alopecia totalis
- Certain autoimmune disorders of the skin (like pemphigus vulgaris)
- Hashimoto's thyroiditis (one of the most common causes of non-hereditary hair loss)
- Grave's disease
- Systemic lupus erythematosus
- Discoid lupus
- Dermatomyositis
- Scleroderma

4. Thyroid trouble

The connection between thyroid issues and hair loss has long been established.[3]

The trouble is, many people, women especially, often have sub-clinical hypothyroidism that doesn't show up on the standard TSH test.

So, you could have hair coming out in clumps and be told, "It's not your thyroid, your tests are normal."

However, if you're experiencing hair loss, plus other telltale signs of a thyroid imbalance, such as cold intolerance, insomnia, hormonal imbalance, weight issues, fatigue, mood swings, etc., you need to ask for a full thyroid panel to test for TSH, free T3, free T4, reverse T3, and thyroid antibodies.

We can also detect energetic resonance of thyroid trouble using BioEnergetic Assessment.

Often, a virus lodged in the thyroid is the cause of the trouble.

5. Adrenal fatigue/HPA Axis Dysfunction/Stress

Oh yes, stress can cause significant

hair loss that happens immediately, or several months after a stress or shock.
[4]

This is due to excess stress hormones, like cortisol and adrenaline, which create a noxious effect in the body that can negatively impact hair follicles.

So, if you deal with chronic stress, you can bet your hair loss is connected.

The thing about stress is it's also a root cause of or contributor to other conditions that cause hair loss, such as autoimmunity, hormonal imbalance, nutrient deficiencies (like B-vitamins and magnesium, for example) and adrenal fatigue.

6. Hormonal Imbalances, including PCOS

Hair follicles are sensitive to fluctuations in various hormones such as estrogen, estradiol, testosterone, estrogen, insulin, and thyroid hormone.[5]

So, if you've noticed more hair loss at a certain time in your cycle or once you hit perimenopause or menopause, or andropause for men, this likely is a cause or contributing factor.

PCOS can also cause hair loss, as well as hair growth in places you may not want it.

7. Diminished Microcirculation & COVID

This is a new one I've discovered since 2020, and it's coming up *a lot* on the microcirculation acupuncture point during BioEnergetic Assessments.

When microcirculation is compromised, it can wreak havoc on multiple organ systems, resulting in a wide range of issues, including hair loss!

What's really interesting, and likely connected, is that COVID-19 is now associated with hair loss.[2]. [6] More research is needed to confirm a connection or correlation between COVID and microcirculation issues. However, these are my observations

based on BioEnergetic testing and emerging research.

8. Medications

As a Registered Nurse and Certified Traditional Naturopath, I recognize the value of medications when used appropriately.

However, I do wish doctors and pharmacists would do a better job of educating patients on side effects...like hair loss!

Many medications, including chemotherapy drugs, immune-suppressants, birth control pills, and others can affect hair follicles directly or indirectly via their nutrient-depleting properties.[7]

References:

- 1: <https://www.scientificamerican.com/article/is-iron-deficiency-causing-your-hair-loss/>
- 2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10179687/>
- 3: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10492440/>
- 4: <https://www.nih.gov/news-events/nih-research-matters/how-stress-causes-hair-loss>
- 5: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9788837/>
- 6: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10188190/>
- 7: <https://www.goodrx.com/drugs/side-effects/is-your-medication-causing-hair-loss-these-drugs-are-common-culprits>

What To Do About Hair Loss

The first step to dealing with hair loss is to identify the root cause.

The information provided should give you some great starting points to mull over for yourself, with your healthcare practitioner, and/or at your next BioEnergetic assessment.

Although there is no one-size-fits all, the following are nearly universally helpful to support healthy hair growth:

- **Take a B-Complex:** I love



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Energetix Phyto-B Complex with Rhodiola because it contains methylated B-vitamins, which anyone can absorb regardless of genetic mutations. Rhodiola rosea is also a bonus adaptogenic herb.

- **Beef up on Biotin: Biotin is in most hair, skin, and nail formulas because it works.** Extra biotin can be taken in addition to a B-Complex if you're losing hair. Note: If you feel nauseous after taking biotin, make sure to take it with food. If that doesn't help, dial back the dose and increase slowly.
- **Make sure you're getting enough iron from foods.** The best sources are from animal products like red meats, liver, dark meat chicken, shrimp, and tuna. The best plant-based sources are dark leafy greens, black strap molasses, lentils, tofu, and dried peas and beans. I don't recommend taking supplemental iron until you have your iron levels checked by your doctor or directly through a lab.
 - Make sure they check your CBC *and* Ferritin levels!
- **Check your stress.** Have you experienced significant stress and/or trauma in the last few months or years? Trauma doesn't have to mean you've been attacked or threatened; it could be from a death in the family, hurt feelings, a breakup or divorce, children leaving home, or any type of shock. Or do you always feel stressed, like you can never truly rest? All these types of stresses can lead to hair loss and other health issues.
- **Address your stress.** There are so many ways to help calm down that stress response, which is often stuck in a heightened state after trauma, loss, or just too much going on

all the time. Some easy ways to address this are:

- Movement and exercise, every day for 20-30 minutes.
 - [Spend time in community](#) with friends, family, and neighbors
 - Get enough sleep! That's 7.5-9 hours a night. Get helpful sleep tips in: [Solutions for Better Sleep \(beyond sleep hygiene\)](#).
 - Reduce screen time.
 - Increase outdoor time and time spent in nature.
 - Take adaptogens, like Tulsi tea, Core Ashwagandha, or Rhodoila. [Our previous newsletter provides more information on these powerful stress-busting herbs](#).
 - Take supplemental magnesium and B vitamins, as these are depleted by stress.
 - Eat regular balanced meals. If you let yourself get too hungry, your body will go into stress mode, which can also cause a negative impact on hormonal balance
- **Address any underlying viral patterns.** Viruses are tricky because they do impart some benefits, such as genetic upgrades and strengthening adaptive immunity, but they also cause a lot of problems. Especially those that hang around, lodge themselves in organs and systems (like the thyroid), and flare up from time to time.

Working with an integrative practitioner who understands the role viruses play in chronic illness and mystery symptoms is essential to detoxifying

these rascals and getting your health (and hair!) back.

[BioEnergetic Assessment](#) is an awesome non-invasive tool for this, and there are some lab tests that can be helpful too.

- **Be gentle with your hair.** Dying your hair, for example, is extremely damaging over time. If minimizing hair loss is the goal, consider less toxic alternatives like [Hairprint](#), [Henna](#) (yes, it can cover gray without turning your hair orange these days!), and [Green Hair Mud](#). I also recommend opting for non-toxic, fragrance-free shampoos and conditioners.
- **Use [MyTavin.com](#) to check on medication-caused nutrient deficiencies** that may impact hair growth (B vitamins, iron, vitamin C, vitamin A especially).
- **Eat sea vegetables.** They are inexpensive and a rich source of trace minerals, including natural iodine, which is essential for healthy hair, adrenal, immune, and thyroid function.
- **Eat enough protein.** You don't need to go nuts here (unless you're training hard), but make sure you're getting at least a palm-sized portion at every meal. Protein supplies the body with essential amino acids, which are critical for hair growth, and also helps support adrenal health by stabilizing blood sugar.

Herbs, such as Fo-Ti, Nettles, and Horsetail, can also be very helpful for supporting hair growth.

What about collagen for hair loss?

Many people swear by collagen as a magic bullet for all things beauty, including thicker hair.

I'm not totally sold on this, as much of the collagen out there is low-quality

and processed, and many people don't feel great after taking it.

It can also act as a band-aid while the root cause continues to fester.

If you'd like to try collagen, make sure it's of the highest quality, organic, pasture-raised (if sourced from mammals), and tested for contaminants always.

Another less processed option is to drink and cook with bone broth, which contains natural hair- and gut-healthy collagen and gelatin.

Again, these tips are a great place to start, but there is no one-size-fits-all.

For a custom plan, [check in with me \(or your integrative healthcare practitioner\) at your next appointment](#) so we can pinpoint causal factors.

If you're interested in ordering any supplements mentioned here, [email Holly at: info@quintessentialhealth.net](mailto:info@quintessentialhealth.net).

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