

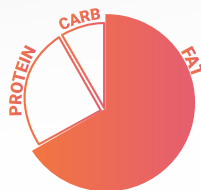
HELP ME, I'm Having Hair Loss!



GET ENOUGH NUTRIENTS

HOW:

Know by tracking your macros



WHY:

It will shorten the transition period when hair loss can occur

REDUCE YOUR STRESS LEVEL

HOW:

Do meditation, yoga, walk, sleep, avoid stressful situations



WHY:

High cortisol levels from stress can contribute to hair loss

GET ENOUGH SLEEP

HOW:

Before bed wind down, stretch, relax; Bed earlier; Have a rhythm; Get 8 hours per night



WHY:

Low sleep imbalances the endocrine system, raises stress levels, causing hair loss

EXPLORE UNDERLYING CAUSES

HOW:

Consult your doctor if hair loss persists



WHY:

Could be nutritional deficiency, thyroid condition, autoimmune disease, or medication reaction