

Helping women with  
***HAIR PROBLEMS***

*Organic Holistic Hair Care*





# Hair loss in women can be helped

*By Marilyn Searle, Trichologist*

The condition of your hair speaks volumes about your general state of health. Healthy and lustrous hair is a reflection of vibrant health; whereas dry, brittle and thinning hair can signal health and hereditary problems.

Having beautiful hair involves more than your daily beauty routine. No matter what type of hair your chromosomes have blessed you with, there are a number of solutions to get your hair in top condition. We have got to make the best of what we have got!

The quality of your hair is affected by many things. Fad dieting, gastro-intestinal disorders, and poor eating habits, can leave many people deficient in a number of hair nutrients. Healthy hair requires a good supply of protein, the minerals iodine, iron, silica, selenium, sulphur, vitamin C and essential fatty acids. These specific nutrients improve the strength of the hair and make it less breakable and less likely to fall out.

## **What are the causes of hair problems?**

Hair loss can be very difficult to treat successfully, unless we address all of its causes.

Hair problems in women can be caused by **hormonal imbalances** such as –

- Lack of progesterone production by the ovaries – this is common in women with polycystic ovarian syndrome, gynaecological problems and after childbirth.
- Menopause when the production of oestrogen and progesterone decline rapidly.
- Excess male hormones, which can be due to genetic factors, obesity or polycystic ovarian syndrome.
- The oral contraceptive pill and contraceptive hormone implants.
- Thyroid gland problems – both overactive and underactive.

Not many doctors know that hair loss in women can usually be helped by prescribing natural progesterone cream.

Excess male hormones cause male-pattern hair loss or balding in women – the hair thins in the frontal-temporal areas and the top of the scalp. In such cases blood tests may reveal very high levels of male hormones which can be treated successfully.

Thyroid problems may need to be treated with thyroid hormone and/or supplements of iodine, selenium and zinc to improve the condition of the hair.

Immune factors are also important in the genesis of hair loss and can cause diffuse hair loss or patches of baldness known as alopecia areata.

Some prescription medications can increase the rate of hair loss.

Chronic diseases such as kidney disease can cause hair loss.

Some hair care products, styling methods and unconscious habits like pulling or twisting the hair can lead to hair loss.

A high load of toxins in your body, in which case it is essential to have a scalp and body detox.

Other things that cause hair loss include stress and chemotherapy used to treat cancer or transplant rejection drugs.

## **Nutritional medicine for hair loss**

Natural anti-inflammatory nutrients to protect the hair follicles include –

### ***Collagen Food Powder***

This unique product contains MSM (Methyl-Sulphonyl–Methane), Vitamin C, biotin, zinc and silica; these nutrients provide the raw materials for collagen and keratin production. Collagen and keratin are a vital part of the hair structure and enable hair to be strong and healthy.

### ***NAC (N-Acetyl-Cysteine) and Selenium***

These increase the production of protective glutathione and detoxify the body.

### ***Essential fatty acids***

Fatty acids from oily fish, fish oil, avocados, hemp seeds, hemp oil, chia seeds and ground flaxseeds – these make the hair more lustrous and shiny and help to heal a dry itchy scalp.

### ***Raw vegetable juices***

Raw vegetables contain a plethora of living active enzymes, vitamins, minerals, antioxidants and phyto-nutrients. The pigments in vegetables and fruits act as powerful antioxidants. Juicing vegetables makes their nutrients more concentrated and available, as they require very little digestive effort. If you are a busy person you can make all the juice you need for the whole week and freeze it in individual containers to provide a daily supply of raw juice.

### **Holistic tips for healthy hair**

- Drink approximately two litres of liquid daily.
- Exercise will improve your blood circulation and the flow of nutrients to your scalp. Tight neck and shoulder muscles inhibit blood flow to the scalp; regular exercise, stretching these muscles and massage can counteract this.
- Limit your intake of alcohol, caffeine and sugar and avoid smoking.
- Avoid processed hydrogenated vegetable oil and trans fatty acids. The healthiest vegetable oils are extra virgin olive oil, cold pressed hemp seed oil, cold pressed macadamia oil and organic cold pressed coconut oil.
- Don't use harsh or potentially toxic chemicals on your hair and scalp.

### **Help for thinning hair**

Thinning hair is especially common during and after menopause, after a hysterectomy, after child birth, and as a result of some hormonal disturbances. Your weight will also influence hair loss – if you are overweight, especially in the upper body and abdomen, you are far more likely to over produce male hormones. Excess male hormones will cause thinning of the hair on the top and sides of the scalp; this is known as male pattern hair loss.

## Toxins and your Hair

According to Marilyn Searle, a person with a high body burden of toxins will often have problems with their hair. This can include brittle hair, hair loss, thinning hair, premature greying and dull hair. Other symptoms can include dandruff, itchy scalp and scalp rashes caused by scalp inflammation.

Most commonly used hair dyes contain significant amounts of potentially toxic chemicals and/or heavy metals. Many shampoos and conditioners contain petrochemicals. The scalp, just like the skin, absorbs most chemicals applied to it and this is why it is important to minimize the use of hair products containing harsh chemicals.

Marilyn advises people on the best organic hair products and natural hair colours to use to protect their hair health and repair damage to the hair follicles.

The perspective of Western medicine is that thinning or unhealthy hair is mainly caused by hormonal changes, natural ageing, nutritional deficiencies, stress and genetic predisposition. These factors are important but it is a sad oversight that most doctors and trichologists do not think about toxic overload, as well as the health of the body's detoxification organs.

If your liver, spleen, kidneys and lymphatic system are overloaded with toxins this will cause your immune system to produce excess amounts of inflammatory chemicals which can attack the hair follicles. This can also reduce circulation of blood to the scalp. A build up of toxins can trigger autoimmune diseases such as lupus, connective tissue disorders, alopecia and Hashimoto's thyroiditis etc and these are known causes of hair loss and/or poor hair health.

After many years of research Marilyn has developed a program to detoxify your scalp and hair follicles which addresses the cause of unhealthy hair. She will look at your diet, lifestyle habits and the products you use. Marilyn also uses an ozone sauna in her detoxification programs. Marilyn can be contacted by email at **[marilyns@cabotclinics.com.au](mailto:marilyns@cabotclinics.com.au)**

Marilyn offers a complimentary hair assessment at the Camden clinic to see how she can help you. This is a great opportunity because she is not just a great hair detective, she is a fabulous hairdresser!

# SALON Medica

The Camden Holistic Health Centre has been fortunate to have a trichologist and hairdresser join their team. Her name is Marilyn Searle and she is available to help you in our Salon Medica at 16 Broughton Street, Camden.

At Salon Medica Marilyn can –

- Assess the cause of your hair and scalp problems.
- Give you a head and neck massage to promote circulation to the scalp.
- Wash and style your hair using chemical-free, organic products sourced from Denmark and Australia. Marilyn uses a certified, organic system to colour your hair. It is free of ammonia, paraben, hydrogen peroxide and resorcinol. These organic colours can be mixed in almost any colour and cover your greys very well. These colours leave your hair feeling healthy and fresh. Marilyn is an expert in using this product.
- Give you a detox program to reduce the chemical overload in your hair.

## Marilyn Searle – *Trichologist*

Marilyn Searle has had a varied and successful career in the hair industry. She is a master hair dresser and has taught Hair Science and Design.

Over many years Marilyn has helped thousands of people with hair and scalp disorders. As a perfectionist in everything she does, Marilyn wanted to help her clients on a deeper level and thus became a trichologist.



*Marilyn Searle – Trichologist*



**Consultations with Marilyn Searle in salon,  
by Zoom, FaceTime or phone.**

**Make an appointment by calling the clinic on (02) 4655 4666.**

**Email enquiries to - [marilyns@cabotclinics.com.au](mailto:marilyns@cabotclinics.com.au)**

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