

Hair Loss Prevention Battle Plan

What is hair loss?

Baldness or loss of hair is referred to as *alopecia*. Hair loss affects women and men of all ages and has its “roots” in the maternal gene pool. However, heredity can be interrupted, delayed and even reversed in some cases when deficiencies are corrected, and certain stimuli are applied. This program will provide the body with the specific fatty acids, amino acids, trace minerals and hormone smothering phyto-chemicals that will allow your body to regenerate longer, thicker, naturally colored hair and hair follicles without drugs or surgical procedures.

Facts you should know:

- It is normal to lose 50 to 100 hairs per day.
- Hypothyroidism is often the cause of hair loss.
- Taking large doses of vitamin A can trigger hair loss.
- Approximately 50% of the population experiences normal hair loss by the time they reach age 50.

Causes of hair loss:

Hair loss can occur for many reasons. Here are some factors to take into consideration:

- Poor circulation
- Heredity
- Hormones
- Aging
- Acute illness
- Surgery
- Radiation
- Skin disease
- Sudden weight loss
- Iron deficiency
- Thyroid disease
- Nerves

Recommendations:

The following steps should be taken to maximize your chances of stimulating new hair growth and strengthen the hair you already have.

Treatment and Prevention:

1). Diet

- Hair is made up of a form of protein. You should eat an adequate amount of protein to maintain normal hair production.
- Consume a diet rich in organic whole foods such as fruit, vegetables, whole grains, poultry, fish, eggs, beans, nuts and seeds, which are rich sources of vital nutrients needed for healthy hair roots and the protein keratin.

- Reduce salt, sugar, tea, coffee, carbonated beverages, fried foods and chocolate intake.
- Vegetarians are prone to hair loss because their diet generally lacks the important nutrients, vitamin B12, iron and lysine. Vegetarians need to be aware of this and supplement their diet.

2). Nutritional Supplements

- **Spirulina** contains protein, essential fatty acids, B vitamins, minerals and trace minerals all of which are essential for strong and healthy hair. It also naturally contains copper, which helps restore color to once dark hair. Take 6 –10 capsules or 1 – 2 tsp. of powder daily.
- **Renew Hair Skin & Nails** contains the Chinese Herb Ho Sho Wu, which has been used for centuries for hair loss and to stop graying. It also contains Horsetail and bamboo providing naturally occurring silica as well as other synergistically combined nutrients to promote increased circulation, hair growth and inhibition of the hormone DHT that contributes to hair loss. Take 6 capsules daily.
- **Heart Aid** promotes circulation, which is vital to hair growth and loss prevention. Take 6 capsules daily.
- **Master Amino Complex** provides easily assimilated protein that is essential for hair growth. Take 1 tablet for every 25 lbs of body weight daily.
- **C From Nature** provides natural vitamin C. Vitamin C has been shown to inhibit DHT production, which is the hormone that can kill hair follicles. Take 3 capsules daily.
- **Rice Bran Solubles** provides vitamin E as well as B vitamins, which are essential for healthy hair and scalp. Take 1 – 2 tbs. daily.

Recommendations:

1. Vigorously massage your scalp daily to increase circulation. Start by pushing upward from your temple and back of your neck. Finish with your fingers moving back and forth from front to back in a crossing pattern.
2. Elevate your feet above your head for 20 minutes, twice daily.
3. Consume ½ your body weight in ounces of water per day to stay hydrated.
4. Stop wearing tight fitting hats or tight ponytails.
5. Reduce the frequency of shampooing (best if twice per week) and stop using conditioner.
6. Avoid blow-drying your hair if possible.

Protocol for PHP supplements

Take the PHP recommended supplements as instructed on the product labels.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.