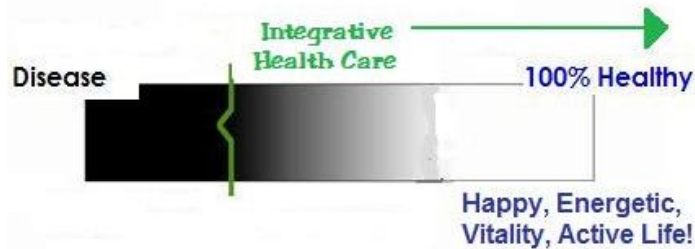




Hair Loss & Hormone Health

You don't look like anyone on the outside, so you don't function exactly like anyone on the inside either! We personalize health care to fit your exact needs and call it **"Integrative Functional Neurology."** Try these ideas first!



Your crowning glory- Hair! Hair is beauty & esteem, so stopping hair loss is important. Your lifestyle influences your health which affects hormones! **EMPOWERMENT**

Probable Causes of Hair loss: Many body systems are involved- liver, estrogen, **thyroid**, adrenal, digestion & enzymes, insulin, and the HPA-Hypothalamus, pituitary, Adrenals axis. **NOT ONE CAUSE**

Masculinizing Effect: Insulin resistance is the precursor to "Androgenizing" women- **masculinizing** features. This can lead to PMS, Polycystic disease, endometriosis, ovarian cysts & tumors, menstrual irregularities, infertility, fluid retention, fatigue, mood swings, acne, hair loss & unwanted hair growth, liver spots, heart disease and high cholesterol. **MASCULINIZING IS AGING!**

High Cholesterol? Insulin resistance burdens the liver with cleaning up excess hormones. The LDL's transport hormones and they increase which gives High cholesterol readings as a byproduct of dealing with excess glucose or sugar in your cells! Only 15% of LDL's are diet related!
SOLUTIONS: COD OIL DAILY & DETOX

Thyroid Affect? Thyroid does not cause hair loss, but is affected at the same time. T4 converts to active T3 in the gut, so improper digestion leads to inflammation which decreases T3 & TSH and increases Cortisol. Estrogen Dominance magnifies this! Hypo /Decreased thyroid hormones increase fat accumulation, Cholesterol & liver health. **HYPOTHYROID IS INSULIN RESISTANCE!!!**

Why Hair Loss? Insulin resistance, hypothyroidism (can lead to hyperthyroidism) speeds up the testosterone conversion into DHT. DHT attacks the hair follicle, thins hair or makes it disappear entirely, despite medication to correct. **"CORRECTED" THYROID doesn't stop hair loss.**

What causes Insulin Resistance? Altered posture-high shoulder, hip or head tilt, can signal organ dis-function. Muscles tighten to protect weak spinal areas which control organ function. **Tight midbacks= adrenals. Tight shoulder blades = Gut. Tight low back = colon & ovaries/uterus. Tight neck & head = thyroid.** This produces high cortisol resulting in thin stomach lining and leaches minerals from bones! **STAND UP TALL**

You are what you absorb, not what you eat. Food is altered to become usable nutrients. Putrefied food can cause inflammation, which ↓stomach acid. (NO TUMS) Instead drink 1 cup water with 2TBS apple cider vinegar. Inflammation = free radicals = aging = Sour mood! 95% of serotonin (mood) are in the Gut! **FOOD = MOOD**

Candida Yeast eats undigested food. Your immune system now sees food as the invader instead of instead of bacteria, yeast and viruses. Hormones are eliminated in the gut first, & yeast inflammation "un-wraps them," to be reabsorbed & elevates hormone levels. Poor digestion, yeast, poor liver detoxification and elevated hormones lead to Insulin resistance. **↑GUT ↑HAIR**

Remove Repair Restore Rebalance: Functional Neurology determines the smallest change needed to produce the biggest result. Don't take lots of pills! (Questionnaire) Allow 9 months to detox, repair the gut chemistry & recalibrate the hormone cycle. **Then, your body regrows hair!** Family Wellness Center: 636-527-5970

