

The True Essence of Beauty [Thoughts on Hairloss]

Healthy and voluminous hair is considered essential for maintaining a youthful appearance. It allows a woman to accentuate her stunning features while obscuring what she perceives as flaws.

It suffices to say that luscious hair is one of a woman's most coveted attributes. Hence, it can be frustrating to frequently remove strands of hair off your clothes or bend over to pick some off the floor.

Nonetheless, hair shedding is not a cause for concern since it is an essential phase of the hair growth cycle. We naturally lose between 50 and 100 hairs a day on average. However, if you shed hair in excess of what is considered normal, there may be an underlying problem.

If your sink seems perpetually clogged with gobs of hair, constantly finding large chunks clumped together when you run your fingers through it, your locks may be thinning more rapidly than necessary.

For those suffering from thinning hair, we will further explore the contributing factors to hair loss and the possible treatments to resolve or alleviate the condition. (All information based on research.)

Note: before starting any treatment, consult your doctor to avoid serious health complications.

Understanding the Root Cause of the Problem

We cannot overstress how vital it is to pinpoint the causes and factors that lead to hair loss before seeking out an appropriate treatment. If we are oblivious of the underlying causes, trying to treat it is futile, wasting both our time and money.

Thus, identifying the root cause of the problem is key to halting hair loss in its early stages.

What Causes Hair to Thin?

It can be difficult for doctors to diagnose or treat female hair loss due to the many nuances involved. The viability of any treatment will also depend on the severity of the condition.

The following are some of the salient causes of hair loss and hair fall treatment options you may want to consider.

Taking Certain Medications

Several medications can cause hair to shed excessively. Thus, if you're experiencing hair loss more than usual, the problem may be caused by a medicine you are taking.

Here are just some of the medications that can cause hair to shed in large amounts:

- Antifungal Medication
- Acne Medication with Vitamin A or Retinoid
- Anti-Clotting Drug
- Birth Control Pills
- Cancer Medications
- Cholesterol-Lowering Drugs
- Hormone Replacement Therapy
- Anti-Inflammatory Drugs
- Thyroid Medications
- Weight Loss Drugs

Note: discontinuing the medicines mentioned above is not recommended to restore hair growth. Health comes first. However, we strongly advise consulting your health provider if you insist on stopping or reducing your prescribed medications, even for a brief period. Doing so will protect you from any adverse health consequences.

Stress

As women, we have a multitude of obligations vying for our undivided attention. A constant stream of family responsibilities and work commitments can sap our energy, adversely

impacting our well-being. Hence, many of us suffer from chronic stress, which contributes to significant hair loss.

To stimulate hair regeneration, practical stress management is critical.

Here are some helpful tips for **managing stress**. [\[link\]](#)

Thyroid Problem

Women suffering from untreated severe thyroid disorders are likely to lose large chunks of hair. However, medications used to treat this disease are also known to cause hair to fall out, exacerbating the condition in women who already have thinning hair.

If you wish to alleviate hair loss due to a thyroid condition, check out this helpful **resource**.

Recent Pregnancy

New mothers commonly experience significant hair loss shortly after giving birth. The temporary hair fall is not a cause for concern but a fairly common occurrence. We can attribute this condition to a decrease in estrogen levels in new mothers, causing temporary bouts of increased hair shedding.

Additionally, during breastfeeding, a mother loses a considerable amount of nutrients when nursing her newborn. The lost nutrients can result in vitamin deficiencies leading to thinner hair. New moms are also sleep-deprived, contributing to accelerated hair loss as inadequate sleep disrupts hormonal balance, a condition known to inhibit hair growth.

However, knowing how bone-tired and sleep-deprived new mothers are, it will be a good idea to schedule a time to cook nutritious food sufficient for the entire week. Providing them with a steady supply of healthy meals allows them to replenish the nutrients their bodies lose during breastfeeding.

Also, set aside time to walk around the neighborhood and keep your body and mind in tip-top shape. Being cooped up at home for weeks on end while caring for a baby, among other responsibilities, can be mentally and physically draining.

Walking around for 30 minutes or so can provide a much-needed mental boost and physical workout to energize the body.

If you are suffering from **pregnancy-related hair loss**, here is a helpful guide. [\[link\]](#)

Genetic Predisposition

You will likely experience hair loss if your genes predispose you to the condition. In some cases, however, you may not be genetically susceptible to developing this disorder but could be the first in your family to acquire the disease.

If your thinning hair is due to genetic factors, here is your definitive guide for treating gene-related hair loss.

Vitamin Deficiency

Usually, women put their family's health above their own, neglecting themselves in the process. Thus, most of us suffer from an acute deficiency of specific vitamins and minerals, leading to severe hair loss.

Deficiencies in the following vitamins may contribute to hair loss (a partial list):

- Vitamin D
- Iron
- Vitamin A
- Selenium
- Vitamin E
- Zinc
- Biotin

Note: it is strongly advised by medical practitioners not to take the aforementioned vitamins if you aren't sure if you're deficient in them.

In college, I committed the blunder of taking a bottle of biotin supplement from the pharmacy to thicken my hair without consulting a doctor to see if I was deficient in it. What a big mistake.

Vitamin over-supplementation carries its own risk so let's be mindful of the dangers associated with overconsumption of these nutrients. Additionally, excessive intake of

vitamins can be counterproductive when trying to revitalize thinning hair because vitamin overload can also lead to hair loss.

Here is an informative post if you want to access an in-depth review of vitamins' and minerals' role in hair loss.

Female Pattern Alopecia

It is estimated that 95% of women's hair loss is due to female pattern baldness, also known as alopecia. To learn more about the causes and treatment options, here is an insightful article about this **auto-immune disease**.

Chemical Treatment-Induced Hair Loss

Prolonged use of hair styling tools such as flat irons or chemical-laden hair products like sprays, gels, among others can lead to weakened hair follicles. Thus, if you're already losing hair, you may want to steer clear of them.

For healthier hair, it is best to use gentle, non-toxic products on your hair and scalp. Organic products designed for keeping hair in good condition without causing irritation to your scalp are ideal.

Additional Tips to Keep Hair Healthy and Strong

Getting a regular scalp massage is not only one of the most relaxing experiences there is, but it also helps thicken hair, according to a study published in 2016.

The study found that regular scalp massages stretch the hair cells, causing the hair to grow thicker over time.

Gently massaging your scalp can also help stimulate blood flow which helps carry vital nutrients to your hair follicles, providing them with the nourishment necessary for a much stronger, healthier hair.

Note: please avoid deep tissue massage on the scalp and nape. There are risks associated with this type of massage, especially around sensitive areas.

Beware of Protein Deficiency

It is not surprising that protein deficiency is inextricably linked with hair loss. Hair follicles are predominantly made up of protein, so eating enough of this nutrient is crucial if you want to stimulate the growth of new hair.

Eggs, for instance, are beneficial for maintaining hair health. Not only are eggs rich in protein, but they are also rich in biotin, two nutrients that help hair grow thicker and longer.

Note: please consider other sources of protein if you cannot eat eggs due to a medical condition

My final tip comes from a 2003 study that examined the effects of coconut, sunflower, and mineral oils on hair before and after washing. Following each treatment, protein loss was assessed.

The result is astonishing. Compared with mineral oil or sunflower oil, coconut oil prevents protein loss better when applied before or after washing the hair.

This superior ability of coconut oil to protect hair is attributed to its chemical structure. The oil found in coconut is mainly made up of medium-chain fatty acids called lauric acid. It is a type of acid that gives the oil a long, linear structure, making it easier to penetrate further into the hair shaft than other oils.

Here is a link to learn more about **coconut oil hair benefits**.

Note: for safety reasons, ensure you aren't allergic to coconut.

Lastly, should you ever feel anxious about how you look, let us be reminded of this verse in Proverbs 31:30 ESV:

"Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised."