

7 WAYS TO NATURALLY REGULATE HAIR LOSS HORMONES



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by

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RESEARCH

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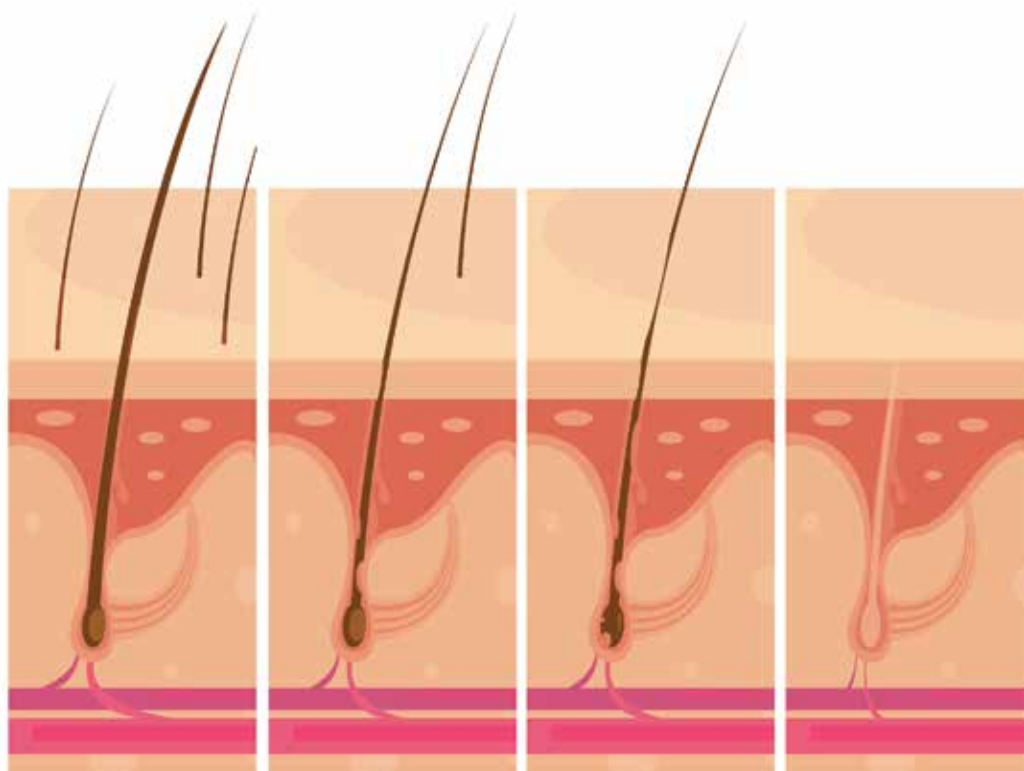
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INTRODUCTION:

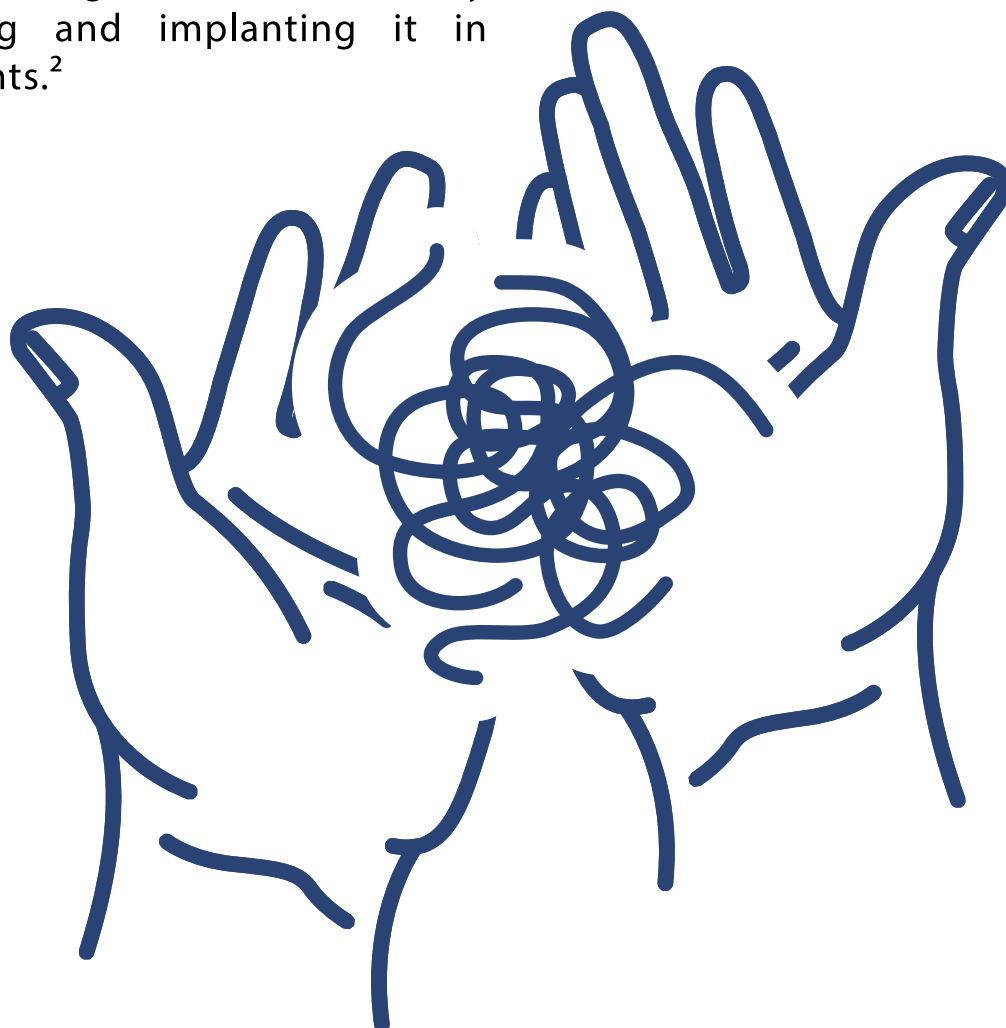
Hormones are those mysterious, amazing chemical compounds produced within our bodies that have wondrous effects on us. Hormones are responsible for muscle growth and mood swings. Most importantly for us, however, hormones are responsible for our hair growth and hair loss. Specifically, we're going to talk about a hormone our bodies produce called DHT (dihydrotestosterone). It is a byproduct of testosterone, the "male hormone" that increases muscle strength and virility. In reality, both men and women produce testosterone, and both produce estrogen, the "female hormone".

DHT is significant because it's mostly responsible for the specific type of hair loss we will examine. Though it goes by different names— "male pattern baldness" (MPB) or "female pattern baldness" (FPB)—the culprit is DHT. This hormone becomes more prevalent as we age and chokes off hair follicles, causing the hair to dwindle in size, fall out, and never grow back. In men, this is often seen as an empty horseshoe-shaped pattern on the head. The same process occurs in women, although it presents as general thinning of hair across the scalp.



Researchers have long known the presence of excess DHT in the bloodstream and scalp is responsible for hair loss. There have been numerous efforts to thwart this effect and reverse it. Most interested people know about minoxidil and finasteride, two drugs intended for other medical purposes that were found to counter the hair loss effect of DHT. Scientists continue working to overcome MPB and FPB medically. Two recent efforts have shown remarkable possibilities. One is a drug that reawakens dormant hair follicles.¹ The other study focuses on growing hair in a laboratory setting and implanting it in patients.²

The reality is, however, hair loss at this point cannot be scientifically reversed. The process can only be slowed. Therefore, in this book, we want to eschew medical treatments and focus on seven natural methods to fight DHT and slow hair loss.



THE RIGHT FOODS TO PROMOTE HAIR GROWTH

While it is generally recognized that our hair is protein and thus, if we want to grow hair, our bodies must have protein, the story of MPB and FPB goes beyond this. Hair growth is a cyclical process. As we age and DHT begins to impact our bodies, we find we are growing less hair atop our heads but more hair on other parts of our bodies.

This is a long-term effect of testosterone in the body.³ It reveals that we actually have a multitude of inactive hair follicles all over our bodies. DHT is a troublemaker because it deactivates the follicles on our scalps and activates hair elsewhere.

Thus, while protein is a building block and we want to have plenty of it for our hair and other body parts, what we really need in the way of food are those items that block DHT. There are specific foods that fill the bill, as this list demonstrates:

High lycopene foods	Tomatoes, tomato sauces, carrots, mangoes, watermelon
High zinc and L-lysine foods	Nuts such as pecans, cashews, peanuts, walnuts; green leafy vegetables like kale and spinach
Antioxidants	Green tea, black tea, coffee, white mushrooms
Biotin rich foods	Berries, Swiss chard, legumes, eggs, wheat germ, salmon, tuna
Isoflavones	Soy
Phytosterols	Oils such as sesame, olive, corn, and canola; rye bread, macadamia nuts, Brussels sprouts

While they act on it in different ways, each of these foods has the propensity to neutralize DHT. They are all also part of a healthy diet.



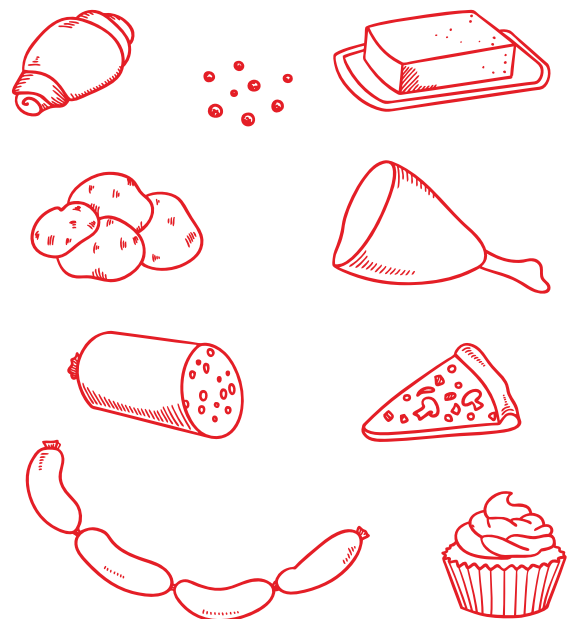
FOODS THAT MAKE YOUR HAIR FALL OUT

Actually, these foodstuffs don't literally make your hair fall out. Instead, they tend to promote biological functions that allow DHT to attack your hair follicles. It's interesting that in the same way foods that fight an overabundance of DHT are generally considered part of a good diet, so the foods that promote an abundance of DHT are thought to be part of an unhealthy diet, as seen below. Therefore, we could broadly say that eating a good diet is part of preventing hair loss.

The foodstuffs that promote the presence of DHT in the body tend to be trans fats. Each of these foods increases the level of testosterone in the blood as well. These foods are often chemically altered as a part of the process of preparing and preserving them. In this regard, an extra hydrogen molecule is added to unsaturated fat. When ingested, this raises the DHT level in the blood.⁴

HIGH DHT FOODS INCLUDE:

- **PASTRIES**
- **MARGARINE AND BUTTER**
- **RED MEAT**
- **ANIMAL ORGANS**
- **PROCESSED FOODS**
- **POTATOES**
- **SORGHUM**
- **REFINED SUGAR**



It may not be possible to completely escape eating these foods, either from a personal preference standpoint or simply because they are ubiquitous and cannot be avoided totally. A critical point frequently made regarding hormones has to do with balance. In the same way that absolutely eliminating DHT or any hormone would be destructive to your health, perhaps the key with these foods is to diminish and moderate the use of them to preserve a well-balanced diet.

LIFESTYLE MAKES HAIR STYLE POSSIBLE

As surprising as it may seem, the way we live from day to day impacts the DHT in our bodies. Just as a healthy diet diminishes DHT's impact, so a healthy lifestyle also tends to lessen the impact of this hormone on our hair. There are several common recommendations about improving lifestyle that literally reduce the DHT in our bodies.

Exercise is frequently mentioned as a necessity, though experts disagree on the recommended amount and type of exercise. Generally, if you can engage in moderate exercise 15 to 20 minutes each day, that will have a positive result on your DHT levels. Other authorities have indicated that vigorous exercise three days a week will profoundly affect physical well-being in general and DHT, especially. Some experts say that progressive weight training should be practiced. Others point out that this type of exercise produces testosterone, and the body turns 5% of that into DHT. Moderate exercise seems to be the ticket.

Ending a sedentary lifestyle is a second recommendation. Medical writers counsel that hair loss is the least damaging result of a sedentary life. Experts do recommend calming activities, but not engaging in any activities is counterproductive. It's important to set down the remote, push away from the computer, go outside, and be active.

Next is every physician's favorite recommendation: stop smoking. Smokers have higher DHT levels than non-smokers. When smokers stop using tobacco, their DHT levels return to normal. It should be noted that smoking, by itself, also increases hair loss apart from the impact of DHT.

A commonly expressed recommendation is to create a daily and weekly schedule that lists various activities and exercises. Following the schedule creates new habits, which is the best way to get rid of bad habits.



Create a daily and weekly schedule that lists various activities and exercises.



AVOIDING STRESS

Stress is continually listed in hair loss literature as both a cause of hair loss and a result of hair loss. In particular, women whose hair begins to thin suffer emotional distress. It is also the case that stress promotes DHT formation in the body, making it a double-edged sword.

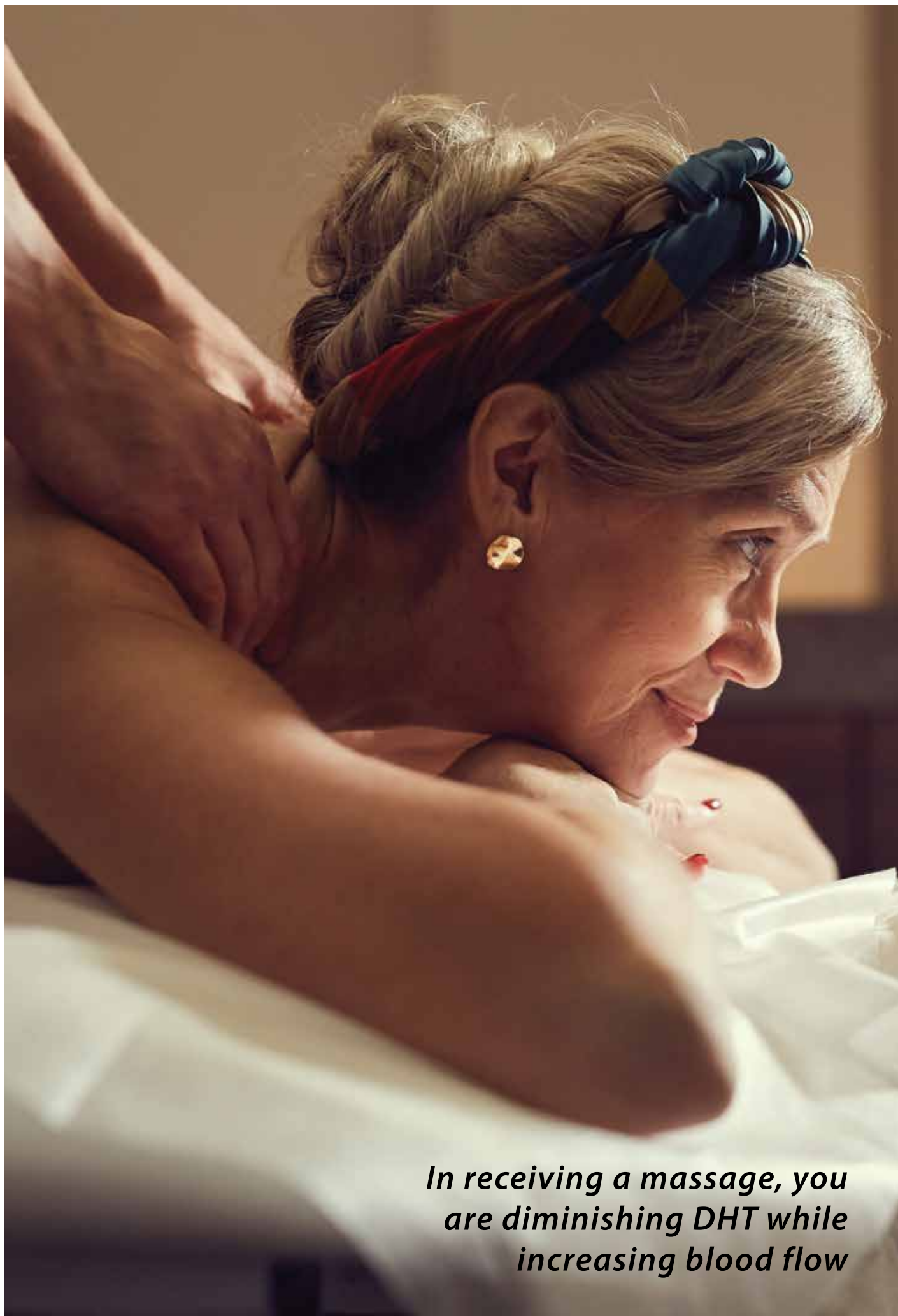
There are several techniques for minimizing or avoiding stress. Amazingly, all of them are enjoyable—raising the question, why weren't you engaged in these stress-reduction practices already?

The first stress control technique relates to the concept of scheduling expressed in the previous section: establish and maintain a schedule that allows adequate time for sleeping. Sleep passively defeats stress. The absence of adequate sleep increases DHT. Keeping a sleep schedule is necessary, and you should remember not to use exhaustion as a sleeping pill.

Rely on your past experiences to schedule activities, resting periods, and passive events that you find nurturing and restful. As an individual, you are aware of things that you find extremely exciting and stimulating. Avoid those things for a set period each day so you can relax. And if you fall asleep while you're relaxing, that means you needed more sleep. Your hair will thank you.

Get a massage. This helps in two ways. Obviously, a massage is a consummately relaxing experience. However, it's also the case that a massage stimulates blood circulation. DHT cuts off the circulation of the blood to hair follicles. So, in receiving a massage, you are diminishing DHT while increasing blood flow—and all you did was lie there.





*In receiving a massage, you
are diminishing DHT while
increasing blood flow*

SUPPLEMENTS THAT WORK

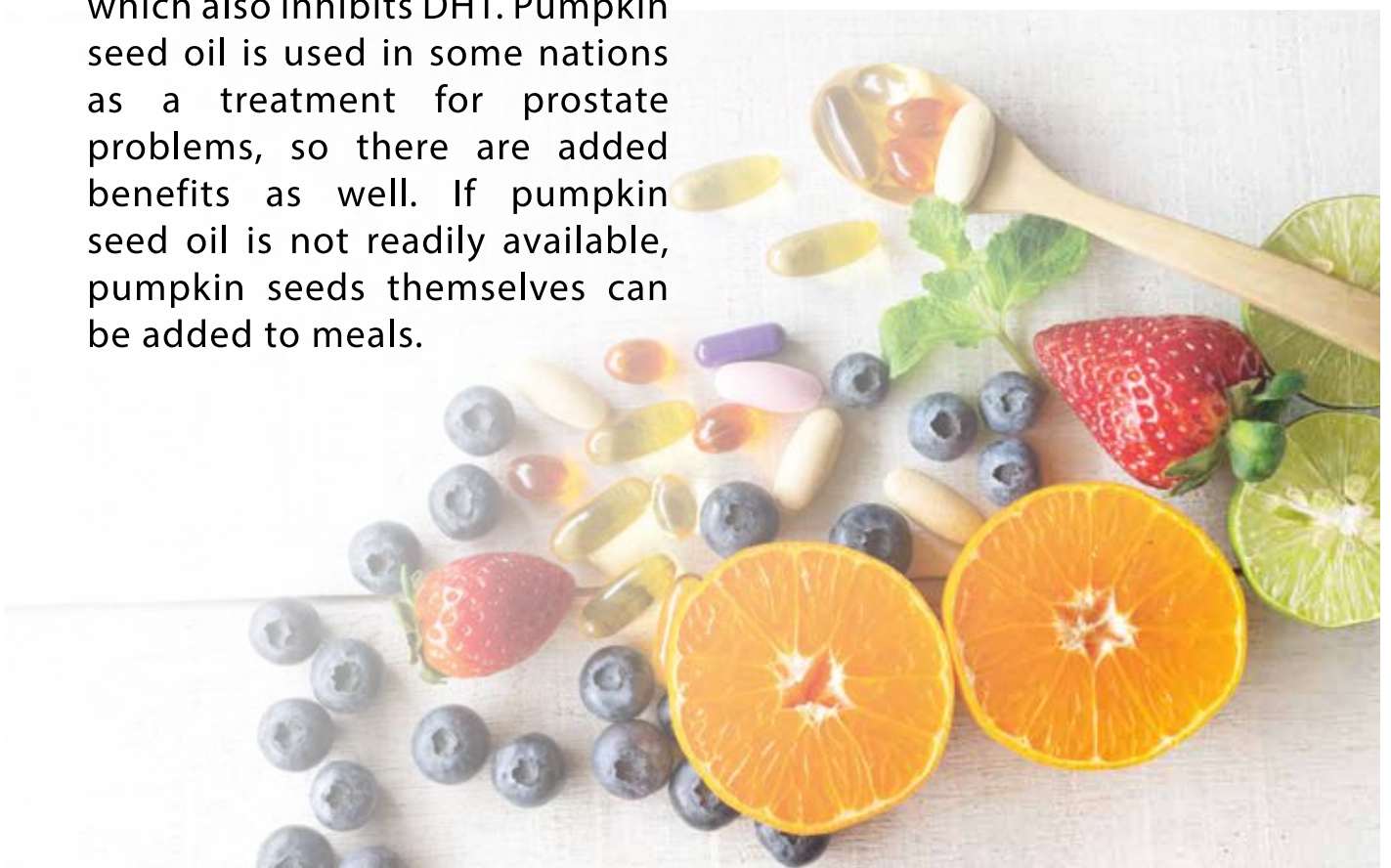
While we're dismissing any discussion of prescription medications for hair regrowth, it should be noted that there are several over the counter supplements, vitamins, and minerals that do have a positive impact on hair. Some of these work by diminishing the impact of DHT and others simply promote hair growth.

Several hair loss experts mention saw palmetto, and its use has been suggested in various ways. Our bodies use an enzyme called 5-alpha-reductase type II to change testosterone into DHT. Saw palmetto prevents the enzyme from creating DHT.

Another recommended supplement is pumpkin seed oil, which also inhibits DHT. Pumpkin seed oil is used in some nations as a treatment for prostate problems, so there are added benefits as well. If pumpkin seed oil is not readily available, pumpkin seeds themselves can be added to meals.

Next is every physician's favorite recommendation: stop smoking. Smokers have higher DHT levels than non-smokers. When smokers stop using tobacco, their DHT levels return to normal. It should be noted that smoking, by itself, also increases hair loss apart from the impact of DHT.

Vitamin D is an essential nutrient for our health in many ways, not the least of which is hair growth and quality. It's worth noting that one of the symptoms of vitamin D deficiency is hair loss. This nutrient is the cheapest of all, as your body gains vitamin D by absorbing sunshine. Just 20 minutes of noontime sun three times a week should provide what you need.



Here are some other nutrients that are pegged as being beneficial to hair growth:



THE OLDEST REMEDIES OF ALL

Hair loss restoration and hair loss prevention have been a major interest in Ayurvedic medicine for millennia. “Ayurveda,” of course, is an ancient Sanskrit phrase meaning “science of life,” referring to the 5000-year-old practice of Indian medicine. Ayurvedic medicine focuses on achieving balance in a person’s physical state primarily through nutritional means.

Ironically, the foods that Ayurvedic physicians recommend as being best for preventing hair loss just happen to have the ability to diminish the effects of DHT. Here are some of the key foods and nutrients recommended for ingestion by Ayurvedic physicians to prevent hair loss:⁵

Aloe vera	Has two DHT inhibitors: phytosterols and linoleic acid
Black Sesame	Fights DHT with linoleic acid, oleic acid, lauric acid, and lignans; also soothes the scalp
Grapeseed	Highly concentrated linoleic acid as well as oleic acid; seals moisture in your hair and treats dandruff
Flaxseed	Contains α-linolenic acid, linolenic acid, oleic acid, and lignans; prevents free radical damage to hair
Poppyseed	Has almost 75% concentration of linoleic acid; boosts collagen production on the scalp
Black Cumin	A natural moisturizer for hair that contains linoleic acid and oleic acid



THE OLDEST REMEDIES OF ALL

It stands to reason that some natural hair loss preventatives would involve touching and treating the hair on your scalp. Here are some suggested processes that may not only beautify and enrich your hair but also help it to stay put.



DHT BLOCKER SHAMPOOS

These shampoos, which can be found commercially on the Internet, usually contain both a DHT blocker and an Alpha 5 Reductase inhibitor. They employ a wide variety of organic materials (like saw palmetto, pumpkin seed oil, aloe vera, etc.). They cleanse the scalp, unblock pores, and stimulate scalp blood flow.



EXFOLIATION

This simply means cleansing the scalp of dead tissue and sebum (natural skin oil) to stimulate blood flow. DHT accumulates on the scalp to attack follicles. This process, when regularly applied, removes the hormone and improves the hairs' growing conditions.



ESSENTIAL OILS

Now you have a justification for all those oils you bought and thought you'd never use. These oils all combat DHT and can be mixed with shampoo or applied as a hair pack: rosemary, peppermint, tea tree, pumpkin seed, saw palmetto, and lavender. Many of these oils are aromatic as well and have the benefit of promoting relaxation.



SCALP MASSAGE

Massaging the scalp, particularly when using some of the oils mentioned above and following an exfoliation, is a relaxing experience that also puts DHT inhibitors where they can do the most good. Unlike a body massage, a hair massage can be done by the individual. It is most effective when it becomes a regular part of a weekly or monthly self-care schedule.

SUMMARY:

One word that repeatedly crops up in discussions on hair loss, hormones, and DHT is "balance." Both western medical practitioners and Indian Ayurvedic providers discuss a lack of balance as being a condition that prompts hair loss. Over time, this process—which is scientifically called androgenic alopecia and afflicts about 50 million American men and 30 million American women—progresses more rapidly.

While scientific research has made inroads into slowing hair loss progression, with dramatic new advances in the offing, the reality is that MPB and FPB, as of this moment, are irreversible. The best we can do is strive individually to slow the progression. We have learned that the stress induced by fretting over our hair loss exacerbates the conditions that result in hair loss. Ironically, those treatments and lifestyle changes recommended to diminish stress are quite enjoyable. This is to say that the treatment may be better than the intended cure.

Oddly enough, as our discussion has revealed, slowing the progression of DHT hair loss through the various means we've enumerated turns out to be a matter of achieving and maintaining balance: balance in our emotions, in our physical well-being, in the way we live day-to-day, and in our diets. Striving to relax, eat right, rest up, and take good care of our hair may or may not prevent us from growing bald. Still, even if we do continue to lose hair, at least our lives will be all the more balanced because we tried.

RESOURCES:

- <https://www.birminghamdermatologyclinic.co.uk/blog/can-you-reduce-levels-of-dht/#:~:text=Practicing%20a%20healthy%20lifestyle%20can,tension%20and%20increase%20blood%20flow.&text=The%20herbal%20route%20is%20also,reduce%20DHT%20in%20the%20body.>
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- <https://www.webmd.com/skin-problems-and-treatments/hair-loss/hair-loss-causes-women>
- <https://www.zrtlab.com/blog/archive/hormones-and-hair-loss/>
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- <https://www.healthline.com/health/dht#hair-loss>
- <https://www.healthline.com/nutrition/balance-hormones>

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2. (Hasan, Erbil Abaci, et al., "Tissue Engineering of Human Hair Follicles Using a Biomimetic Developmental Approach," Nature Communications, December, 2018.)
3. (Zhu, Alissa, "Why Do Old People Get So Hairy: Scientists Explain What Causes Hair to Grow Everywhere But the Head As We Age," Popular Science, May, 2013.)
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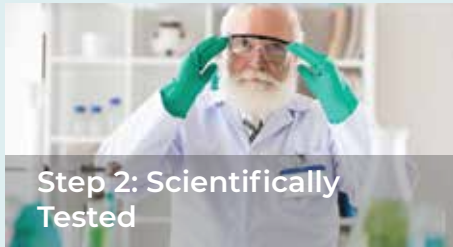
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