



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Hair Loss from COVID?

What To Do

More and more people have been sharing that hair loss is a side effect of COVID. Most of us are not aware that hair loss can be caused by all kinds of stress. Stresses we don't consider like autoimmune disease, poor diet, post-surgery, postpartum, and now COVID. Chronic stress resets the nervous system toward sympathetic dominance and sets the stage for the fight or flight pattern discussed decades ago by Dr. Hans Selye. Multiple mechanisms are affected by chronic stress; the microbiome changes, pH changes, digestion wanes, leaky gut issues, cortisol rises and eventually falls.

Think of cortisol from our adrenal glands like the gas pedal on a car. We need acceleration to travel, but when it's chronically elevated, pedal to the metal so to speak, there is danger traveling

at high speed. The body in its wisdom tries to put the brakes on to slow everything down via the pituitary/hypothalamic axis. It slows us down by secreting less of the hormone TSH which stands for thyroid stimulating hormone. If the thyroid is not turned on, everything slows down as a hypothyroid clinical picture develops. If chronic stress and the hypothyroid continue, your energy pool is compromised or diminished. If your energy pool is compromised, the parietal cells that make digestive enzymes don't have enough energy to concentrate hydrogen ions to make sufficient hydrochloric acid. We need hydrochloric acid (HCL) to digest protein into the building blocks called amino acids.

Let me share an example how the stress of illness affects

Another Side Effect of COVID: Hair Loss

“The stress of infection can cause digestive issues. If you are not digesting protein, you are not growing healthy hair.”

hydrochloric acid production. One of my colleagues, Dr. Berskson shared a story of healthy college students that were assessed for a hydrochloric acid research study. Once baseline levels were established everyone got the flu. Since they had the baseline data, they decided to see how long it would take for healthy college students to return to baseline levels of HCL. For some of the students, it took 2 years to return to normal. This shows how the stress of infection can cause digestive issues.

Guess what? If you are not digesting protein, you are not growing healthy hair. To have healthy hair growth we need at least 3 things: digestible protein, vitamins and minerals or cofactors to support energy production, and the appropriate

hormones. I say digestible because if you are not digesting protein, it has limited value.

So, number ONE, increase protein and talk to your wellness clinician about how to assess the need for hydrochloric acid to improve digestion. My current favorite protein when it comes to hair growth is Collagen Protein Vanilla Creme. 2 scoops provide 17 grams of collagen which is essential for the growth of hair skin and nails and 20 grams of protein. It also comes in Chocolate, but I mix the vanilla collagen in my coffee or steel cut oats in the morning.

Number 2, take a well-rounded multivitamin mineral to support energy pathways of the mitochondria like Bio-Trophic Plus or ProMulti-Plus.

Number 3, address hormones, specifically the adrenals to balance sympathetic dominance. Biotics makes a few different adrenal products to reduce cortisol. Your clinician will help you with exact products and dosages, but here are ideas. The first product they manufactured was ADHS for ADrenal HyperSecretor. ADHS contains adaptogenic botanicals as well as trace vitamins and minerals to support adrenal health. This product has been an effective staple for doctors for the last 20 years to reduce cortisol. Also, Bio-

Ashwagandha. You may have heard about Ashwagandha's ability to reduce excess cortisol, but Ashwagandha affects multiple systems. Ashwagandha has been studied as adaptogenic, antioxidant, anticancer, antianxiety, antidepressant, cardio-protective, thyroid modulating, immune-modulating, antibacterial, antifungal, anti-inflammatory, neuroprotective as well as a cognitive enhancing agent.

Here's a caveat that I want to remind you of. When chronic stress sets in, cortisol goes up, which is a good thing. Dr. Selye called it the adaptive phase. But if that flight or flight pattern persists, the body goes into what's called the exhaustion stage and cortisol drops. When that happens, your clinician may suggest Cytozyme-AD to rebuild adrenals.

We started this video by discussing how chronic stress resets our nervous system into sympathetic overdrive. And as a result, repair and restore mechanisms take a back seat and hair, skin, and nail growth can be affected. This is a perfect opportunity to talk with your wellness clinician about wellness care vs. disease care. Ask them to suggest nutrients to calm your adrenals, support digestion, and tip the scales back toward parasympathetic balance. And once the repair healing mechanisms are in place the body can begin to make healthy hair, skin, and nails.