

# Ask Leyla: What can I do to stop my hair loss?

**Q:** I had my thyroid removed in 2009 due to large nodules. My hair continues to fall out. I am taking Armour Thyroid, use tea tree shampoo, biotin shampoo, take fish oil, vitamins C, D and E, evening primrose oil, biotin, saw palmetto and resveratrol.

What else can I do to stop the hair loss?

**A:** The first order of business is to make sure you're getting enough thyroid replacement (Armour Thyroid). A thyroid panel will reveal if you have sufficient hormones. Ideally, your levels should be checked twice a year so your dosage can be properly evaluated and re-evaluated.



Second, are you anemic? Even if you don't have low hemoglobin and hematocrit, check your ferritin levels. Low ferritin is a common cause of hair loss. The ideal range is between 70-90ng/ml. The best way to increase ferritin levels is to include high heme-iron food sources such as dark meat poultry, egg yolks, red meat and organ meats such as liver.

Is your hair thinning or do you actually have bald spots on your scalp? See your doctor to rule out alopecia areata, an autoimmune condition.

High cortisol levels can cause hair loss. Check your adrenal function with a saliva cortisol test. If your cortisol levels are high, taking adaptogens such as **ashwagandha** along with **rosavin** would be beneficial.

Other nutritional deficiencies also can contribute to hair loss. Have you been checked for gluten sensitivity or celiac disease? This is worthy of investigation.

Finally, if you have any food allergies, it is best to eliminate those foods as these may aggravate your symptoms. A qualified nutritionist can help you identify potential food allergens, as well as review and optimize your current supplement regimen.

To your health!