
ACUPUNCTURE AND HOLISTIC HEALTH ASSOCIATES, S.C.
THE DRUG-FREE SOLUTION FOR HEALTHCARE

Nutrition and Lifestyle suggestions: Hair loss

Nutrition

- Biotin, found in green peas, oats, soybeans, sunflower seeds and walnuts, is essential for health hair and skin. Kelp and seaweed are also excellent choices to include in your diet.
- Protein is the essential make-up of hair. Therefore, the intake of food high in protein such as milk, fish, egg, and beans are recommended.
- Intake of vitamin A and B are also recommended, as they can improve circulation to the scalp and promote hair growth.
- Increase the intake of water, vegetables, fruits, seeds and nuts for patients with dry skin.
- Those with dandruff can increase the intake of vitamin B6 and B12.
- Consume adequate amounts of vegetables for vitamins, as they improve circulation to the scalp and promote hair growth.

Lifestyle

- Avoid cigarette smoking and second –hand smoke, sugar, alcohol, caffeine and junk food.
- Stay out of the sun as it can dry and damage skin and hair.
- Stress can impair the delivery of nutrients to the scalp as it causes stagnation. Stay away from stressful situations.
- Natural bristle brushes are recommended, Brushes with sharp tips should not be used as they might scrape the scalp. To invigorate circulation to the scalp, brush hair 100 times from back of the head towards the front with the head down at least twice daily.
- Untangle hair with brush before shampooing. Mild shampoo should also be selected to avoid over stimulation to the scalp.
- Blow drying and use of hair products such as gel, mousse, and hairspray are not recommended. Chemical treatments, perms, and color should also be avoided.
- Avoid swimming as much as possible as chlorine does much damage to the hair. If one cannot avoid swimming it is recommended to wear a swimming cap or rub baby oil into the hair.
- Get regular exercise and establish a normal pattern of sleep.

Source: Clinical Manual of Oriental Medicine, An integrative Approach, 2nd ed. California. Lotus Institute of integrative Medicine. 1998, 2002, 2006

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