



Hair loss and hair thinning

Getting to the root of the problem How to set up your own Hair Retention Programme

Most of us take our healthy shining head of hair for granted. However, an ever increasing number of people are suffering from hair loss, thinning hair or falling hair. The impact of this on an individual can have many consequences from lack of self esteem and confidence to becoming unsociable and reclusive.

There are many products on the market which have been developed to try to deal with losing hair, but do any of them actually address the root of the problem?

Hair growth and the condition of our hair is affected by several factors - some we can address and others such as hereditary factors we have little or no control over. The following factors can all affect the hair and its healthy growth; inadequate diet, scalp infections, certain medicines, hormonal changes, stress, lifestyle and use of harsh chemicals. By addressing these factors, we can increase our chances of keeping hair for longer as well as supporting its growth and having healthy, thicker hair.

Hair cannot be considered as an entity in its own right; it is an extension of the skin and hence needs to be treated as such. Men's and women's hair have differing needs; hence the products we use on our hair have to reflect this. In the present day culture of eating fast and processed foods



Amla-emblica officinalis

could it be that a lack of certain essential vitamins and minerals in our diet is a major cause of our hair problems? Research carried out in Japan showed that people living in the interiors of the country where they ate more traditional food of fruits, vegetables and soya products, all foods rich in vitamins and minerals, compared to fast foods eaten in the larger cosmopolitan cities had healthier and thicker hair.

In independent trials, two out of three people who had thinning hair found their hair felt thicker after using a supplement rich in hair nutrients such as botanical marine proteins, multivitamins and minerals. Around 50% of these people also felt there was a reduction in the number of hairs they were losing.

Some herbs such as Indian Gooseberry (*Amla-emblica officinalis*) are potent free radical scavengers, Fenugreek is rich in vitamins and minerals and Saw palmetto (*Serenoa repens*), is thought to work by preventing the breakdown of testosterone to dihydrotestosterone - a factor in hair loss and hair thinning. All have been traditionally used to combat hair thinning and hair loss.

Some authorities suggest an over-usage of common cleaning agents present in the vast majority of shampoos - such as the lauryl sulphates and chemicals in this family may be a possible problem for some scalps. For these people it may be wise to use hair products that do not have these harsh chemicals in them. Hair shampoos such as Nutrigo or Amway may be suitable alternatives.

As a therapist, the way in which you can help your clients and your business is to set up a Hair Retention Programme. This is already being implemented in salons and hairdressers and offers a customer the complete package in helping to overcome their hair problems and thus re-instil the confidence and self esteem where it is required.

At present the main Hair Retention Plan is only available in pharmacies. Now there is one available for therapists in the Hair and Beauty Industry.

Why start a Hair Retention Programme?

You could help your clients with their hair thinning and hair loss, improve job satisfaction, achieve new client interest, retain your present clients, increase your range of services and increase your profit.

What is involved?

You would be trained in reviewing the individual's hair or scalp problem with the aid of a questionnaire. From this you would be able to offer different treatments from: regular treatments with low-level laser comb, do an Ayurvedic head massage to stimulate follicles and encourage flow of nutrients to the hair follicles by working on marma points to promote hair growth, show the client the correct way of shampooing to prevent further loss of hair, give healthy lifestyle advice, offer suitable supplements with harsh chemical free shampoo and conditioner. Follow-up reviews are carried out weekly. **CHW**

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Sushma Bhanot MRPharmS RS Hom Dip Ayur Dip Nutri
Co-director Coolherbals Ltd, Hass House
386 Green Lane, Ilford, Essex IG3 9JU
T: 020 85979039

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Helping depression with kinesiology

Suffering from depression is not the same as just feeling 'a bit fed up'. It can be triggered by grief, shock, or other life shattering events OR can be more insidious and pervade one's whole life.

Depression can be a deep dark hole surrounded by a large brick wall and seemingly impossible to escape from. A sufferer described her symptoms to me as like "wading through treacle". One of the problems with the illness is the general feelings of apathy and worthlessness it can bring, enveloping the sufferer and making them feel increasingly unable, unwilling or unworthy of help.

In my work as a kinesiologist I am fortunate and privileged to help people heal themselves. I can show them - through their own muscle response - where energy blockages are and what may help balance them and then agree how much they can continue themselves between sessions. This agreement is critical because the client needs to spearhead their own wellness. It is not for me to 'make them better' - I can provide a multitude of tools and techniques - nutritional supplements - suggestions for lifestyle changes, and massive support, but ultimately the client does the work to get themselves better.

It is important that change comes at the client's own pace, but having said that I have achieved startling results with supplementation of B complex, vitamin C, vitamin D and 5HTP. The beauty of kinesiology is that there is no guesswork so just because vitamin B worked for one client doesn't mean it will have the same effect in another. Bach flower essences are also enormously helpful and I can mix unique blends

for the client's own history and make-up, changing the blend as layers are removed.

Sometimes what can happen is a layer of the onion is revealed very quickly to reveal a more stubborn layer which requires more work. The client's own fundamental conflicts need to be understood and released. Clients describe the process as having been "lifted" and feeling a weight removed.

Kinesiology is unique in that it treats the person 'whole-istically' by looking at emotions, chemicals, food, structure and electrical energy. It doesn't judge - and provided the tests are carried out authentically with a clear mind, the body will always tell you what it needs... and in what order.

With depression I need to show my clients the glimmer of light in that dark hole and the ladder over the wall. They choose whether to move towards it. Sometimes the brighter that light gets the more frightening it becomes and they get dazzled and fall back... but with courage and commitment it is possible to climb to the surface again and enjoy life's open road with a clear and bright outlook. **CHW**

© Linda Belcher is a Systematic Kinesiologist with a busy practice in Shoreham by Sea, West Sussex. Linda can be contacted via www.lindabelcherhealthcare.co.uk or 07787 194337.

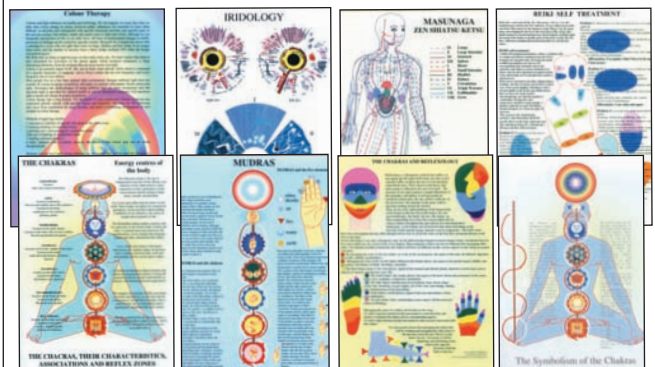
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