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What the Hair?? Natural Hair Loss Prevention Tips from Amy Jo Howard, N.D.



Ultimately, our health comes down to how we eat, drink, feel, live and love. When we have hair loss, most of the contributing factors are a deficiency somewhere in the health of the person. Hair is an indication of the health of the nervous system, intestinal villi and more. Strong hair is a result of eating a balanced and healthy mineral rich diet.

The photo to the right was created by author Michio Kushi. It indicates what organs are weak that are contributing to hair loss. Baldness is a sign that our internal organs are becoming weak. The best natural solutions for hair loss include a health diet of whole foods as well as a selection of herbal remedies and essential oils.

Common Causes of Hair Loss

Minerals hold and control vitamins in the body. Vitamins are useless without a foundation of minerals! All body processes are dependent on minerals. It just so happens that we are at a time in which our food supply is the most mineral deficient that it has ever been in history.

Even a diet rich in fruits and vegetables is still mineral deficient compared to what it was 100 years ago. Over the last 100 years we have depleted our top soil over 80 inches. We have barely 4 inches left. This is due to ignorant and incorrect farming methods. Chemical fertilizers and pesticides have stripped the soil of necessary nutrients. Therefore, our society is now nutrient deficient as a whole and consequently the sickest it has ever been in history.

In addition, many people consistently eat processed foods that are completely void of nutrients and laden with chemicals which cause further imbalance and sickness within the body. Below is a list of the most important home remedies for hair fall and regrowth, including minerals and nutrients for hair, skin and nails.

Foods That Cause Hair Loss

Any of those foods high in trans fats, toxic chemicals, preservatives can all contribute to hair loss. Here are some of the most common foods that cause hair loss:

- Sugar
- Fish with Mercury
- Fried Foods

The Most Common Nutrient Deficiencies that Cause Hair Loss

Zinc

Zinc deficiencies not only contribute to a growth retardation of any kind, they also significantly contribute to hair loss as well as graying hair. A large percentage of zinc is stored in the hair, skin and nails.

Approximately 25 enzymes are needed in digestion that depend on the proper amount of zinc. Zinc is also imperative in the synthesis of DNA as well as dissolving cholesterol deposits!

The best food sources for zinc are: Raw goat milk, high protein foods, pumpkin seeds and all unrefined and unprocessed foods.

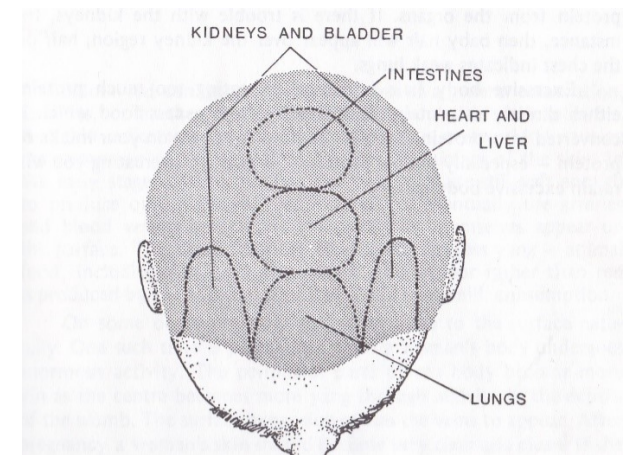
Sodium

Sodium is considered "The Youth Element" according to Dr. Jensen. He also stated: "Beauty and charm are possible through proper balance of sodium, iron, potassium, silicon and chlorine in the body". A Deficiency of Natural Sodium can be a contributing factor in hair loss. Sodium counteracts an over-acidity in the body. Sodium is necessary for all gastric secretions as well as the assimilation of nutrients through the digestive tract.

Highest Sodium foods are: Apples, asparagus, beets, greens, cabbage, carrots, celery, egg yolks, coconut, peas and strawberries.

Fluorine

Fluorine deficiency is yet another mineral that is necessary for any resistance to decay. Fluorine preserves youthfulness and acts upon tooth enamel, bones, skin, hair, nails, tendons and the iris. Natural fluorine is NOT the same as Sodium Fluoride found in toothpaste.



Natural fluorine is found in foods like: avocado, Brussels sprouts, cabbage, cauliflower, cheese, dates, eggs, garlic, any raw goat dairy products, and spinach.

Iodine

Iodine is a metabolizer. It is necessary for the absorption of all food and minerals. But specifically, it must be present for the assimilation of Calcium, Silica, Chlorine and Fluorine, which is necessary for healthy hair, skin and nails. Partner with your Naturopath for the best Iodine supplement for you.

Highest foods in Iodine are: Kelp, dulse, sea plants and fish.

Sulphur

Sulphur affects every cell in the body, every nerve and drop of blood. Like iron and fluorine, Sulphur enhances beauty and promotes youth. Keratin contains Sulphur. Keratin is found in nails, hair, epidermis layer of the skin and the cornea of the eye. Sulphur is directly related to the building of hair, skin and nails as well as beautifies the complexion.

Foods highest in Sulphur are: Kale, Horseradish, Cabbage, Brussels sprouts and cauliflower.

Silica

Many hair, skin and nail problems are attributed to a Silica deficiency. When Silica is united with Sulphur it works effectively in the nourishment of hair and nails. Adequate Silica produces healthy, shiny and strong hair.

Food Sources: Alfalfa, oats, barley, nuts, seeds, kelp, rice polishings and bran.

Other Common Causes of Hair Loss

Hypothyroidism

One of Hypothyroidism's main symptoms is hair loss and thinning hair. Other symptoms are fatigue, weight gain and dry skin. An iodine deficiency can cause Hypothyroidism since one of the primary uses of iodine is in the thyroid gland. Adding foods rich in natural iodine will often improve thyroid function which will aid in the balance of thyroid hormones. Iodine is essential to the production of thyroid hormones. Chlorine in tap water, as well as many fluoride-based drugs like anti-depressants and anti-anxiety medications, displace the natural iodine in the body which can cause thyroid issues. Partner with your Naturopathic Doctor for a natural thyroid supplement that will work best for you.

Stress

Silica, Sulphur, Iodine, Fluorine deficiencies not only directly impact the health of the hair, but they also directly impact the nervous system. Any deficiency in these minerals causes frayed nerves. Frizzy hair is a sign of frayed nerves! Adequate magnesium and essential fatty acids are necessary for the strength of the nervous system and its ability to handle stress. High amounts of stress can cause hair loss. Author C. Young states, "Hair is an extension of the nervous system, it can be correctly seen as exteriorized nerves, a type of highly-evolved 'feelers' or 'antennae' that transmit vast amounts of important information to the brain stem, the limbic system, and the neocortex."

Poor Circulation

The amino acid Arginine is essential for vital biochemical reactions in the brain and body. It is also necessary for circulation as it facilitates blood flow. A deficiency in Arginine is also a contributor to hair loss.

Oxidative Stress

Vitamin C which is an antioxidant that fights with the free radicals of our body, stabilizes them and prevents them from causing oxidative damage to our hair follicles and scalp. This helps in making our hair stronger and minimizes the risk of premature greying of hair and hair loss.

Are There Natural Remedies for Hair Loss?

Seeing a Naturopathic doctor will help you figure out the contributing factors of your hair loss or premature graying. [Getting a nutrition consultation and assessment](#) will provide you with your own protocol to follow for home remedies for hair growth and thickness, regimens to strengthen organ weakness and bring your body back into balance.

Here are some essential oils, herbs and other tips that will help aid the process:

Essential Oils for Hair Loss

Oils that can be used topically to stimulate hair regrowth are:

- Cedarwood
- Lavender
- Rosemary
- Sage
- Thyme

Using nutritional oils to the skin such as Jojoba and Grapeseed as a carrier oil will also aid in the absorption of the oils and to help regrow hair naturally.

Top 3 Herbal Remedies for Hair Loss

Gotu Kola:

This herb has many tonic properties. It specifically strengthens the skin and nerves. It also promotes the growth of hair. It is high in silica, zinc, magnesium, B-Vitamins, sodium and vitamin A.

Horsetail:

Horsetail is known for being extremely high in the mineral Silica, which is necessary for skeletal strength and the growth & health of hair, skin & nails. Horsetail herb is highly bio-available when consumed and is high in iron, magnesium, potassium, silica and vitamin A.

Mulberry Fruit:

Mulberry fruit is one of the most recognized natural remedies to reduce hair fall. It is high in carotene and vitamin A & C. This herb is nutritive and a tonic. It aids in dryness and the premature graying of hair. It rejuvenates hair follicles, promotes hair growth as well as helping to retain color.

Diet to Stop Hair Loss:

A diet rich in organic whole foods is best. All processed and refined foods must be eliminated as much as possible. Diet governs as much as 80% of our health. You are what you eat and food is medicine! But what food is good for hair growth and thickness?

Here are the top foods you should increase in your diet to stop hair loss:

- Kale
- Alfalfa sprouts
- Carrots
- Raw goat dairy products
- Avocado
- Brussel sprouts
- Spinach
- Asparagus
- Beets
- Fish

The key to preventing hair loss and balancing the nutrient levels in your body is to eat a diet rich in whole foods, rich in the minerals that help your body retain and process vitamins.

What are your natural remedies for hair loss? Let us know in the comments!