

## Recommended Diet

For healthy hair an overall healthy diet is required. In this day and age it is harder to achieve optimum nutrition from food, due to the plethora of fast foods filled with undesirables such as saturated fat, sugars and salt.

The nutritional value of food has decreased substantially over the past few decades due to intensive farming, the use of additives and in some cases; questionable food production techniques.

Low iron (ferritin) levels are a well-known cause of diffuse hair loss, yet it is often missed as many doctors do not specify this particular test when conducting blood tests. Fortunately this cause of hair loss can be easily resolved with iron tablets, supplements and adjustments to the diet. HOWEVER, no-one should start taking iron tablets without medical advice due to the risk of haemochromitosis. This is where the body stores too much iron causing toxicity which can be fatal. Fortunately a simple blood test will reveal whether or not you suffer from the condition.

In "What's Up With My Hair?" Mary covers how to absorb the maximum iron from your food and reveals the importance of Haem and Non Haem foods. There is a suggested diet plan with plenty of recipes to achieve an increase in iron levels.

It may be possible that an overgrowth of candida in the gut is responsible for hair loss. Candida can also cause other unpleasant symptoms such as Irritable Bowel Syndrome (IBS). Mary has devised a plan which she followed to "starve" the candida out of the gut. By removing the candida the gut wall is able to operate more efficiently and thereby allowing absorption of essential nutrients in the diet.

Hair is not essential to survival so it makes sense that this is the first supply line to be cut down, if the body as a whole is short of nutrition. I read recently that if the hair growth of every hair on the body was placed end to end, in a 24 hour period you would produce 23-25 metres of hair! This must surely support the importance of good nutrition.

It is also important to point out that not all forms of hair loss will respond to a change in diet. Some hair loss such as pattern baldness can be caused by a disruption of hormones, whereas illnesses such as systemic lupus can result in diffuse hair loss when in an active phase, or discoid lupus can result in permanent hair loss.

Various medications can also cause hair loss which is why it is important to investigate the contra indications on any medicine you may be taking, before assuming that diet may help.

All of the above information is addressed in more detail in ["What's Up With My Hair?"](#)

