

# Mary Corrigan's Timeline

**May 2006** Small patch of alopecia areata appeared.  
Two subsequent patches appeared the following month.

**October 2006** Major diffuse hair loss commenced

**February 2007** Established "**The Fit Food Company**"  
Initially set up by Mary to act as a distraction to her hair loss problems. This was a home based catering business with particular emphasis on healthy, yet delicious food. Mary was able to hone her professional chef skills and rapidly developed into providing specialist gluten free products to local businesses such as Virgin Active, as well as providing cookery lessons to children in the Fit Food Juniors Club. Mary took the decision to wind up the business two years later due to other commitments.



**February 2008** Commenced Anti-Candida Food Plan

**April 2008** Hair grew back all over her head

**June 2008** Mary was a contestant on ITV "Britain's Best Dish" filmed at The London Studios. Once again Mary pushed herself to enter as she did not want to be held back by her alopecia. However, by the time filming commenced, she was well on the road to recovery.

**September 2008** Mary was invited by "Britain's Best Dish" to be a guest judge for the Celebrity Final in London. Mary was delighted to accept and went on to sample the wares of Hayley Tamaddon, Ingrid Tarrant and Eddie 'The Eagle' Edwards.

**March 2009** Mary met Joanna Hall at the Vitality Show **JOANNA HALL**   
As Mary had linked a combination of dieting and high intensity exercising to a potential cause of hair loss in the past, she was very nervous about exercising again. However, she needed to lose the extra pounds gained from the combination of comfort eating and not exercising during her alopecia days. Joanna assured Mary that walking would not result in hair loss as it is a low intensity form of exercise. If performed correctly walking can cause significant weight loss and inch loss – which Mary was delighted to discover and not at the expense of her hair! Mary was soon a regular at Walkactive events as well as pounding the streets around her home in Bromley.



**May 2010** Mary completed the London Moonwalk in aid of Breast Cancer Awareness. The 26.2 miles marathon walk around central London throughout the night, with 15,000 women wearing specially decorated bras was an experience Mary will never forget.



**December 2010** Mary launched her YouTube channel providing various informative videos. The amateurish filming has not distracted from getting the message across and Mary has received over 25,000 views and lots of enquiries as a result.

**January 2011** **Daily Mail article**  
Further to this article being published in the newspaper and online, Mary was inundated with requests for help, from a worldwide audience.



**January 2011** BBC local news  
Further to the article being published in the Daily Mail, Mary was featured on the BBC local news programme.

**March 2011** National Woman's Magazine  
Another mention in a national publication

**April 2011** Book launch for "What's Up With My Hair?"

**May 2011** Article in News Shopper



**May 2011** London (1/2) Moonwalk  
This time Mary signed up for the Half Moon with her friend Caroline

**August 2011** Enrolled for Trek Nepal & pledged to raise £3,200 for Genesis Research Trust. The fundraising turned out to be just as challenging as the physical training required.

**September 2011** Commenced BTEC Diploma in Counselling skills at Bromley College

**March 2012** Organised and hosted Bollywood Ball in aid of Trek Nepal at the Bromley Court Hotel

**July 2012** Passed BTEC Diploma in Counselling Skills

**September 2012** **Trek Nepal**  
Despite being physically and mentally demanding, the trip was a lot of fun with some spine-tingling experiences. Ultimately it was an amazing experience with lifelong memories.

**June 2013** Appointed as a Trustee on the board of AAR-UK



Throughout the time period listed above, Mary counselled and supported many sufferers of hair loss from all continents of the globe. She sold out of her books in the Autumn of 2013. Mary made the decision to re-launch her business in 2014 and over the coming weeks and months will release her new services.

**April 2014** Newly printed copies of "What's Up With My Hair?" will be available to purchase

**April 2014** Launching the new website



**4-6 July 2014** Mary is having a stand at the Allergy & Free From Show 2014, Olympia, London.

If you would like FREE tickets and the opportunity to have a chat with Mary at the show, go to Mary's website and click on the link.

