



OUR HAIR
RESTORATION
STRATEGY



ROOT CAUSE GUIDE TO
HAIR LOSS

Understanding Hormonal, Stress-
Related, and Nutrient-Driven Hair Loss

GAYA WELLNESS



A ROOT CAUSE GUIDE TO UNDERSTANDING:

Hormonal, Stress-Related, and Nutrient-Driven Hair Loss

If your hair has started thinning, shedding more than usual, or simply not growing the way it used to, you're probably not imagining it.

Hair loss is one of the most common concerns we see in our clinic. It's also one of the most overlooked signs that your body is under stress.

While it's easy to reach for the latest shampoo or supplement, true healing starts with understanding what your hair is trying to tell you.

Let's break down the most common root causes and what you can do to support regrowth from the inside out.



Shweta Patel, MD FACOG



Telogen Effluvium: Stress-Induced Shedding

Telogen effluvium is often temporary, but that doesn't mean it's simple



COMMON TRIGGERS INCLUDE:

- » Acute illness (like COVID or flu)
- » Childbirth or postpartum hormone shifts
- » Emotional stress or trauma
- » Major surgery
- » Sudden weight loss or restrictive dieting

This type of hair loss usually appears diffusely across the scalp and may resolve over time, but only if the underlying stressor has been addressed.



Androgenic Alopecia: When Hormones Drive Hair Loss

Unlike sudden shedding, androgenic alopecia is a slow, progressive type of hair thinning, often influenced by elevated androgens like testosterone or DHT (dihydrotestosterone).

YOU MIGHT NOTICE:

- » Thinning at the crown or widening of your part (in women)
- » Receding hairline or thinning temples (in men)
- » Increased shedding around hormonal changes (perimenopause, postpartum, PCOS)

This isn't just "genetic." Hormonal shifts, insulin resistance, inflammation, and stress all play a role, and all can be supported with the right approach.



Nutrients That Matter

FOR HAIR HEALTH



Hair is built from protein and powered by nutrients. If your body isn't getting or absorbing what it needs, hair loss is often one of the first signs.

WE OFTEN FIND DEFICIENCIES IN:

- Iron and ferritin
- Zinc
- Biotin
- Protein
- Omega-3s
- B-complex vitamins

But supplementing blindly isn't always the answer. We also look at gut health, inflammation, and absorption issues to make sure your body is actually using the nutrients you give it.





Other Overlooked Factors:

Sometimes the root cause isn't what you'd expect.



WE ALSO EVALUATE FOR:

- ✓ Thyroid dysfunction (even when “labs are normal”)
- ✓ Birth control or medication-induced hair changes
- ✓ Autoimmune conditions (like alopecia areata)
- ✓ Chronic inflammation or high cortisol
- ✓ Scalp microbiome imbalances

Hair is a system-wide reflection. That's why we look at the whole picture, not just the scalp.



How We Help You Get To The Root:



In our practice, we take a comprehensive, personalized approach.

THAT STARTS WITH ADVANCED TESTING:

- ✓ Full hormone panels (estrogen, testosterone, DHEA, cortisol, thyroid)
- ✓ Micronutrient and inflammatory markers
- ✓ Gut and digestive health assessments
- ✓ Scalp evaluations to determine if topical support is needed

From there, we build a plan that supports your unique biology, not a one-size-fits-all protocol.



BOOK A
CONSULT
TODAY

Our Hair Restoration Strategy May Include:

- » Nutritional guidance and targeted supplementation
- » Hormone optimization, if indicated
- » Peptides like GHK-Cu to stimulate follicle repair
- » Regenerative scalp treatments
- » Stress and nervous system support to rebalance cortisol

Hair regrowth isn't instant, but when we support the underlying systems, lasting changes happen.

Hair loss is more than a cosmetic concern; it's often your body's way of signaling that something deeper is off. Whether it's stress, hormones, nutrition, or a mix of all three, you deserve answers and support that see the full picture.

If you're ready to stop guessing and start healing,
we're here to help. Book a consultation today and
let's get to the root of your hair loss together



WHAT DO

WE OFFER?

- ✓ CONCIERGE ACCESS VIA TEXT AND ZOOM
- ✓ 50+ BIOMARKER WORK UP
- ✓ COMPOUNDED MEDICATIONS
- ✓ NUTRITION AND WEIGHT TRAINING GUIDANCE
- ✓ ONGOING SURVEILANCE
- ✓ REGULAR CHECK INS

... & SO MUCH MORE!)



MAKE AN APPOINTMENT TODAY!