



## Dr. Eccles' Top 6 Tips for Reducing Hair Loss

Dr Eccles is the inventor of the remarkable new BioGroHair program that is set to make a huge impact in the field of non-surgical hair restoration. It has the hallmarks of being effective, fast-acting and without side effects.

He states also that there appear to be several environmental factors that can influence hair loss.

### 1. Reducing Environmental Sources of Oestrogens

Reducing environmental sources of oestrogens and reducing their effects on the hair follicles is also an important strategy. Consider environmental sources of xeno-estrogens like commercially raised beef, chicken and pork, spermicide, detergents, soft plastics, pesticides, herbicides, personal care products and even tap water. Taking extra iodine in the form of wither Kelp or a drop of Lugols iodine solution (2 or 5%) has the effect of neutralising toxic oestrogens as well as being a boost to thyroid function. When the latter is under functioning, this can also lead to more hair fall.

### 2. Supplementing Key Plant Nutrients

It is always a good idea to prevent further damage to the hair follicles by supplementing some key plant-based antioxidants. One other factor that is important in the hair loss story is inflammation. One particular pro-inflammatory cytokine is TNF-a. When TNF-a is over-secreted in the sebaceous gland and hair follicles it causes rapid inflammation and hair loss. Certain nutrients act specifically on the TNF-a pathway including polyphenols from berries and grape seed extract. As a good all round organic plant based supplement I recommend NewGen. This is a great way of daily supplementing concentrates of anti-oxidant/anti-inflammatory plant nutrients.

You can purchase Newgen through [www.newgendirect.com/thenaturaldoctor](http://www.newgendirect.com/thenaturaldoctor)

### 3. Reducing Sugar Intake

Simple life style changes such as reducing sugar intact can also help to lower inflammation. Interestingly, some people who have tried the low-glycemic diet have reported more hair growth; there is also some anecdotal evidence that when diabetics lower their insulin dose, their hair grows more abundantly.

### 4. Keep Vitamin D Levels Optimal

Most people are walking around with either deficient levels or levels which are sub-optimal. It is a good idea to have your levels checked by your GP or through a home-kit blood spot test (contact us for more details on this). Ideally levels should be above 100 nmol/l (normal range is 50 – 200 nmol/l). Many people do not know that Vitamin D also has anti-inflammatory activity so the hair follicle is disadvantaged by levels which are too low.

### 5. Folic Acid

It is also known that Folic Acid makes hair grow faster and helps prevent the greying of hair. B Vitamins are absolutely essential for thick hair. Dr Eccles recommends a vitamin B complex as part of the regimen. One study (Schmidt 1994) did find significantly elevated cortisol levels in men and women with AGA as compared with controls; another reason that extra stress-relieving B vitamins make sense.



## 6. Rosemary

Rosemary has been used for centuries to treat hair loss and is widely recommended by natural-health practitioners for stimulating hair growth. Rosemary applied topically can promote new cell growth in the scalp, at least in part by curbing the build-up of scalp oil (sebum), which can plug hair follicles. It is included in the BioGroHair formulation specifically for this purpose. Rosemary also contains an antioxidant and anti-inflammatory compound called rosmarinic acid which recent research has shown to be a powerful tool in reducing age related damage to the body's protein structures. Dr Eccles also recommends adding a few drops of rosemary essential oil (without carrier oil) to your shampoo.

Because of Dr Eccles' philosophy to use natural molecules where possible together with his expertise in natural hormone medicine, he has devised the exciting new BioGroHair program that brings together the key elements highlighted above i.e. using natural molecules to:

- 1) reduce DHT in the scalp
- 2) increase scalp circulation
- 3) reduce inflammation in the hair follicle.

**He states "The results thus far, have been nothing short of remarkable".**