



Health Matters

by

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Hair loss affects approximately 35 million men and 25 million women in the U.S. Even though the typical growth cycle for human hair is 2 years, an average person naturally sheds between 50 and 100 strands every day. But, not all hair loss is inevitable, nor is it entirely controlled by genetic predisposition. Multiple factors can contribute to hair loss, such as chronic stress, hormonal changes, nutritional deficiencies, auto immune illnesses, certain medications (cholesterol-lowering statins) and/or toxic chemical residues from conventional hair products. Dr. Oz has recently recommended **nettle**, an herb used for centuries to naturally restore nutrient levels to the hair to give it a noticeable difference in strength, shine and volume. We offer **nettle** in tea or capsule form. We also offer a hair analysis that can detect nutritional deficiencies and provide a detailed evaluation with personalized recommendations. As always, we guarantee your satisfaction.

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