



Symptom: Hair Thinning or Loss

What's Happening

Fluctuating hormones can affect hair follicles and hair growth cycles, leading to a reduction in hair thickness and increased hair shedding.

What to Do

Use gentle hair care products, consider minoxidil (under medical guidance).

Supplements

Biotin, collagen, saw palmetto.

Food to Consider

Eggs, fish (salmon, mackerel), nuts (almonds, walnuts), spinach, sweet potatoes.

Lifestyle Changes

Manage stress, maintain a healthy diet.