

HAIR LOSS

Master Plan

quick start guide



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“QUICK START” GUIDE

In our 150-page book the *Hair Loss Master Plan*, we have in-depth information on what you can do to deal with your hair loss. To help you make a “quick start” in your efforts to resolve hair loss, here are the steps to take in creating your own plan to master hair loss!

1. START FAKING IT TILL YOU MAKE IT!

Even if you start today on the perfect treatment for YOUR hair loss, it is likely going to take 3 to 4 months (or more) before you even *start* seeing results from your efforts. You need to stick with your plan AND be patient.



Over time, you should notice small baby fine hairs at your hairline starting to grow, or a slowdown in your hair loss around that time. This is a sign of major progress!

[From Mary: In my own case, after getting on the right thyroid medication, and starting supplements, my hair loss started to slow in around 4 months, and then I noticed some hair growth at around 6 months. But I didn’t feel like I had truly turned my hair loss around for about two years.]

Meanwhile, don’t wait to do what it takes for your hair to look great. As Brent always says, “Fake it till you make it!” Check out our advice on products and services that improve your hair volume, concealers, extensions, and even wigs. Consider a new cut to make the most of the hair you have. We have more details in the book, or post a question in the support group.



The point is, while you work on resolving your hair loss from the inside out, you can and should also do many things to make your hair look great *today*!

Need extra help? Consult with a stylist who specializes in dealing with thinning hair and hair loss clients.

2. DO A DRUGS & SUPPLEMENTS INVENTORY

If you are taking any prescription drugs, over-the-counter drugs, and/or vitamins and supplements, we have some homework for you. Some drugs and supplements list “transient or permanent hair loss” as a side effect. That means it’s important for you to make a list of *all* drugs and supplements you are taking.

Then, find out if hair loss is listed as a potential side effect of the drugs and supplements you take. Where to start? The U.S. government's MedlinePlus site has a helpful drug, herbs, and supplements database, located at <https://medlineplus.gov/druginformation.html>.



3. GET A MEDICAL CHECKUP

It’s important to determine what type of hair loss you have, and have a workup for the common medical causes of hair loss. If you have a thyroid condition, or alopecia areata, or a scalp infection, the diagnosis will help determine the range of options available to you for treatment. It may make sense to start with your primary care provider, and see if they recommend a referral to a dermatologist if needed.



If you want to order your own thyroid, adrenal, hormone, and ferritin tests without a doctor visit or lab order – in both the U.S. and Europe -- we have a variety of panels available through True Health Labs, at <http://panels.reviews/tests>

4. GET FERRITIN TESTED

Even if you’ve had a recent checkup, you probably didn’t have your ferritin checked. **GET IT CHECKED!** If you are experiencing hair loss, and your levels are not optimal (in the top 20th percentile of the reference range) talk to your doctor about supplementing with iron. (But remember, it needs to be 3 hours apart from thyroid medication.)

You can order your own ferritin test through True Health Labs using this link: <http://tests.today/ferritin>

FERRITIN & HAIR LOSS

- Ferritin is the *stored* form of iron
- Low ferritin can **CAUSE** hair loss
- Have a ferritin blood test
- An **OPTIMAL** result is a level in the top 20% of the range

**LOW END
OF RANGE**

**12
ng/ml**

HAIR LOSS LIKELY

**HIGH END
OF RANGE**

OPTIMAL

**160-200
ng/ml**

if your ferritin is not optimal, supplementing with iron can help. (But remember: take iron and thyroid meds at least 3 hours apart.)

5. OPTIMIZE YOUR THYROID FUNCTION



If you have had your thyroid tested, and were told that your levels were “normal,” pull out your lab test report right now. If they’re more than a year old, we recommend you have a complete panel again, including TSH, Free T4, and Free T3 test at minimum.

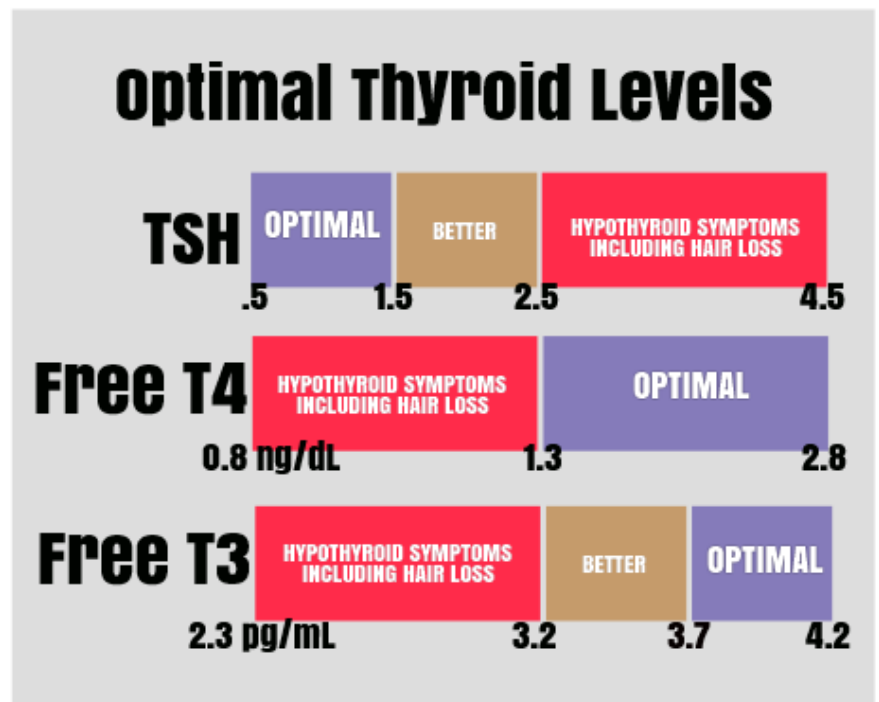
If your levels are not “optimal,” and you are not being treated, this is the time to discuss starting treatment with your doctor.

If your levels aren’t optimal but you recently started treatment, here’s some good news: your hair loss will usually slow down within a few months, and may eventually stop entirely...once your hormone levels are stabilized and your TSH levels fall below around 2.5, and your Free T3 is in the upper end of the reference range.

If you’ve been diagnosed and treated, give yourself several months to get your thyroid levels stabilized and optimized on treatment.

BUT...if it’s been more than a few months and your hair loss continues or worsens, then here are some things to consider:

- You may need to be at a different (usually lower) TSH level to minimize your symptoms
- You may be sensitive to your levothyroxine. Switching to the hypoallergenic Tirosint brand of levothyroxine may help.
- You might respond better to the addition to T3 to your levothyroxine treatment.
- You might respond better to a natural desiccated thyroid drug, i.e., Armour or Nature-Throid. [Note from Mary and Brent: Both of us had significant hair loss on levothyroxine, but switching to a natural thyroid drug helped slow down the hair loss QUITE A BIT!]



6. TRY KEY SUPPLEMENTS

Many of our friends and clients have had success stemming hair loss by taking three key supplements:

- A great hair vitamin
- Evening Primrose Oil
- Collagen protein

We have more information and details about the role of hair vitamins, EPO, and collagen in fighting hair loss in the *Hair Loss Master Plan* book.

You can order our favorite hair vitamin, EPO, and collagen protein from Amazon.com with these direct links:

- [Cooper Complete Dermatologic/Hair Vitamin, on Amazon.com.](#)
- [Barlean's Evening Primrose Oil, on Amazon.com.](#)
- [HealthDirect Collagen Peptides, Sugar-Free Mango, on Amazon.com](#)

Important note: remember to *always* check with your own health care provider regarding *any* health care decisions you make based on information you've read here...or anywhere.

7. IF YOU'RE LOSING HAIR FAST, CONSIDER MINOXIDIL (ROGAINE)

During periods of intense shedding, minoxidil (Rogaine) may help prevent loss of some of the hair that you do have. You need to use it twice a day for *at least four months* before results are typically seen. Minoxidil is available over the counter without a prescription. Remember, however, that after you stop using the minoxidil, hair goes back to normal. The goal is to use the minoxidil until you start to see enough improvements from other changes you are making that stopping it will not return you back to square one in terms of your hair loss.

If you want to start keeping the hair you have with minoxidil, you can get [5% Minoxidil \(Rogaine\) online, at Amazon.com.](#)

8. EAT A HAIR-HEALTHY DIET

Let's recap the recommendations we made in the *Hair Loss Master Plan* regarding a hair-healthy diet:

- Avoid processed foods and sugar
- Choose organic, hormone-free, pesticide-free whole foods whenever possible.
- Make sure you are getting enough dietary protein (but don't overdo the soy)
- Stay well-hydrated
- Include hair-friendly foods in your daily diet, such as eggs, berries, spinach, fatty fish, oysters, walnuts, almonds, beef/bison, sunflower seeds, and green tea.



9. CHOOSE THE RIGHT HAIR CARE PRODUCTS

Consider purchasing specialized shampoos, conditioners, and volumizers designed for hair loss and to improve hair texture. These products can reduce scalp and follicle inflammation, help strengthen and protect your hair, reduce brittleness, tangling and breakage, and improve your hair's volume, texture, and overall appearance.



If you don't want to actively research and try different product lines

yourself, we recommend that you go with our favorite brand, Monat. Monat products are available in sets or as individual products.



You can learn more about the full line of Monat products online at <https://hairlossmasterplan.mymonat.com>

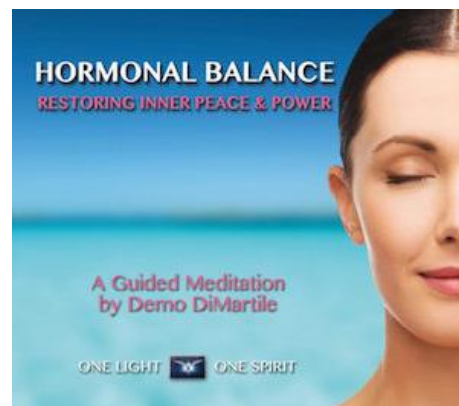
FREE SAMPLES: If you'd like free samples of Monat products (all you pay is shipping/handling): go to: <http://hairlossmasterplan.monathomehairspace.com/>

Some other hair care products we love include the [Zenagen line \(available on Amazon\)](#), and [Exure \(website\)](#)

10. MANAGE YOUR STRESS

Set aside 10 minutes – *every day* -- for meditation, biofeedback, breathwork, or other formal stress reduction practice that works best for you. Ten minutes is the amount of time proven to have a genetic, physical, and mental benefit.

An easy way to practice a proven stress reduction technique is daily guided meditation. If you want to get started right away, we love Demo DiMartile's "Hormone Balance" Meditation. You can get it as a CD – or an immediate MP3 download – online at CDBaby.



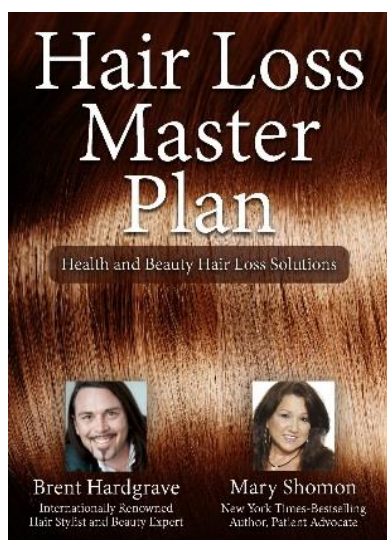
11. GET A BRENT BRUSH

Protect the hair you have! Many brushes can tangle, break, and damage your hair, but not the Brent Brush. Designed by our very own Brent Hardgrave, these brushes are ultra-gentle for your hair, they detangle hair easily, and minimize breakage! (They're also perfect for extensions and sensitive scalps!)



You can get your own Brent Brush at <http://www.brentbrush.com>

12. GET THE FULL BOOK!



These tips are just the brief highlights of the in-depth information and advice regarding supplements, dietary changes, products, and the various causes and types of hair loss discussed in *Hair Loss Master Plan*.

Hair Loss Master Plan has 150 information-filled pages featuring step-by-step, practical ways to deal with your hair loss challenges. Whether you're a woman dealing with thinning hair, hair loss or alopecia, or a man with a receding hairline or premature baldness, you will find comprehensive information and advice on the hormonal, medical, and other health-related causes of hair loss.

For more information, and to purchase your paperback or ebook copy: <https://www.mary-shomon.com/hair-loss-master-plan>

13. KEEP LEARNING IN THE SUPPORT GROUP

Keep following our posts and information at the Hair Loss Master Plan Support group at Facebook.

<http://www.facebook.com/groups/HairLossMasterPlan>.



14. FINALLY, KNOW THAT **YOU ARE ALREADY BEAUTIFUL!**

True and lasting beauty comes from the inside. So keep smiling and laughing, be yourself, speak your truth, be kind, play hard, love harder, and live with gratitude and gusto, and you will **ALWAYS** be beautiful!



IMPORTANT NOTE: This *Hair Loss Master Plan* guide does not provide medical advice, diagnosis or treatment. The contents of this guide, such as text, graphics, images, and other material contained in the guide ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition, supplements, or other issues related to your health. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide! If you think you may have a medical emergency, call your doctor or 911 immediately.

CHECKLIST AND NOTES

<input type="checkbox"/>	<i>1. START FAKING IT TILL YOU MAKE IT!</i>
<input type="checkbox"/>	<i>2. DO A DRUGS & SUPPLEMENTS INVENTORY</i>
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<input type="checkbox"/>	<i>4. GET FERRITIN TESTED</i>
<input type="checkbox"/>	<i>5. OPTIMIZE YOUR THYROID FUNCTION</i>
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