

# health link

- family medicine
- chiropractic/active release technique
- nutrition consulting

- physiotherapy
- acupuncture
- registered massage therapy

- naturopath
- laser hair removal
- orthotics

## Naturopathic Treatments for Hair Loss

By: *Dr. Selene Wilkinson, Naturopathic Doctor*

The naturopathic approach to hair loss involves identifying the cause of hair loss from a holistic and a scientific perspective using the patient's symptoms, health history and various medical tests where indicated. Once the root cause is established, a treatment plan is created for each individual to attempt to support hair growth.

### Health Tips for Hair Loss

Below are some generalized suggestions for anyone looking to support hair growth:

#### Nutrition

Reduce your intake of pro-inflammatory foods (saturated fats, dairy products, and other animal products) and include more fresh vegetables, whole grains, essential fatty acids, and, in particular, protein in your diet.

A diet that contains whole foods, particularly the outer skin of plants such as potatoes, cucumbers, green and red peppers, and sprouts can give strength to hair because they are rich in the mineral silica. Foods that are high in iron, such as lean meats, are important for people who have been diagnosed with iron deficiency hair loss. Vegetables are important because deficient B Vitamins can also be the cause of hair loss.

#### Supplements

A good quality fish oil is an excellent addition to any hair growth protocol and can help improve hair texture and prevent dry and brittle hair. As well, B Vitamins, especially biotin should be a part of most protocols as B Vitamins are important for the health and growth of hair and deficiencies have been linked to hair loss.

#### Hormone Imbalance

A hormone imbalance may also lead to hair loss. Hormones can be tested through saliva or blood and then treated naturally to balance hormones.



#### Massage

Therapeutic massage increases circulation and reduces stress. A scalp massage using essential oils of rosemary, lavender, sage, thyme, and cedar wood may be helpful in increasing circulation. Add 3 to 6 drops of essential oil to 1 tbsp. of jojoba or grape seed oil. Massage into scalp daily.

#### Traditional Chinese Medicine

In traditional Chinese medicine the kidneys are the main organs that provide us with our energy and life "Qi". Hair loss and premature greying is linked to a kidney deficiency syndrome. Other symptoms of kidney deficiency are weakness and fatigue and low back pain. kidney energy is believed to naturally decline with age, but people with early or accelerated hair loss may have particularly weak kidney energy. Acupuncture, eating food that supports the kidneys and kidney tonics are usually recommended.

#### Prevention

Some forms of hair loss can be prevented by minimizing stress, eating a healthy diet, detoxifying annually and, if possible and approved by your doctor, switching to medications that do not cause hair loss. Hair loss from fungal infections can be prevented by keeping hair clean and by avoiding sharing hats, combs or brushes with other people.

**For more information or to book an appointment with Dr. Selene Wilkinson call the Adelaide Clinic at 416-367-5200.**

# Laser Hair Removal, is it for you?

By: *Patricia Roussel*

Hair removal using a laser is now considered a common and effective way to eliminate unwanted hair.

Hair removal lasers create energy that successfully render hair follicles inactive. The light emitting laser selectively targets pigment cells found in the hair follicle. Light is absorbed by dark objects, therefore the dark matter found in the hair structure absorbs this source of energy and disables the hair in its anagen or growth stage. Hair that is lighter in colour or white or blond cannot be treated because it is lacking in pigment cells so it will not attract the light from the laser.

Virtually any area of the body can be treated successfully with laser hair removal. The most common areas are bikini, armpits, legs, backs and arms. Facial hair brought on by hormonal imbalances or changes that accompany ageing can also be effectively treated with laser treatment. Psuedofolliculitis Barbae (PFB) or razor bumps commonly referred to as ingrown hairs can also be treated successfully

The advances in laser hair technology have resulted in a very fast and effective methodology that has been embraced by many happy and satisfied people.

The Adelaide Clinic uses a Diode Laser considered the Gold Standard in laser hair removal treatment.

Since every situation is not the same it is recommended to book an appointment for a consultation to properly assess personal needs.

To book a consult feel free to contact the clinic at 416-367-5200.



Cambridge Group of Clubs

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