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# Thyroid Disorder & Hair Loss



A Hair Care Guide & Treatment options after Hair Loss.

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Thyroid hair loss is a common symptom of an overactive or underactive thyroid, and it can cause a lot of anxiety and self-consciousness. If you're struggling with thyroid hair loss, don't worry - there are things you can do to improve your situation.

A thyroid disorder can affect the hormones in your body, leading to an increase or decrease in production of certain chemicals and hormones. When this happens, it can lead to changes in your hair growth cycle, causing hair to fall out more quickly than normal.



Symptoms of thyroid hair loss may include brittle nails, dry and itchy scalp, excessive facial or body hair, fatigue as well as changes in temperature sensitivity. In order to treat this condition, hormone replacement therapy will be necessary.

At least 12% of Americans will experience a thyroid disorder at some point in their life, according to the American Thyroid Association. Women are five to eight times more likely than men to have thyroid problems.

#### What Types of Hair Loss Can Be Caused by a Thyroid Disorder?

The most common type is called diffuse hair loss, which is when the hairs become thin and weak all over the scalp. Another form of hair loss due to a thyroid disorder is patchy alopecia, where bald patches appear on the scalp or other areas of the body. It's important to consult your doctor before any treatment.

#### What are the treatments for thyroid hair loss?

Seeing your doctor is important to early diagnosis, which is key for timely treatment since some cases may even require medication interventions in order to get back strong and healthy tresses. Other treatments may be considered, such as topical solutions (Hair serum) that help to strengthen hair follicles, as well as over-the-counter supplements and shampoos designed to encourage healthy hair growth.

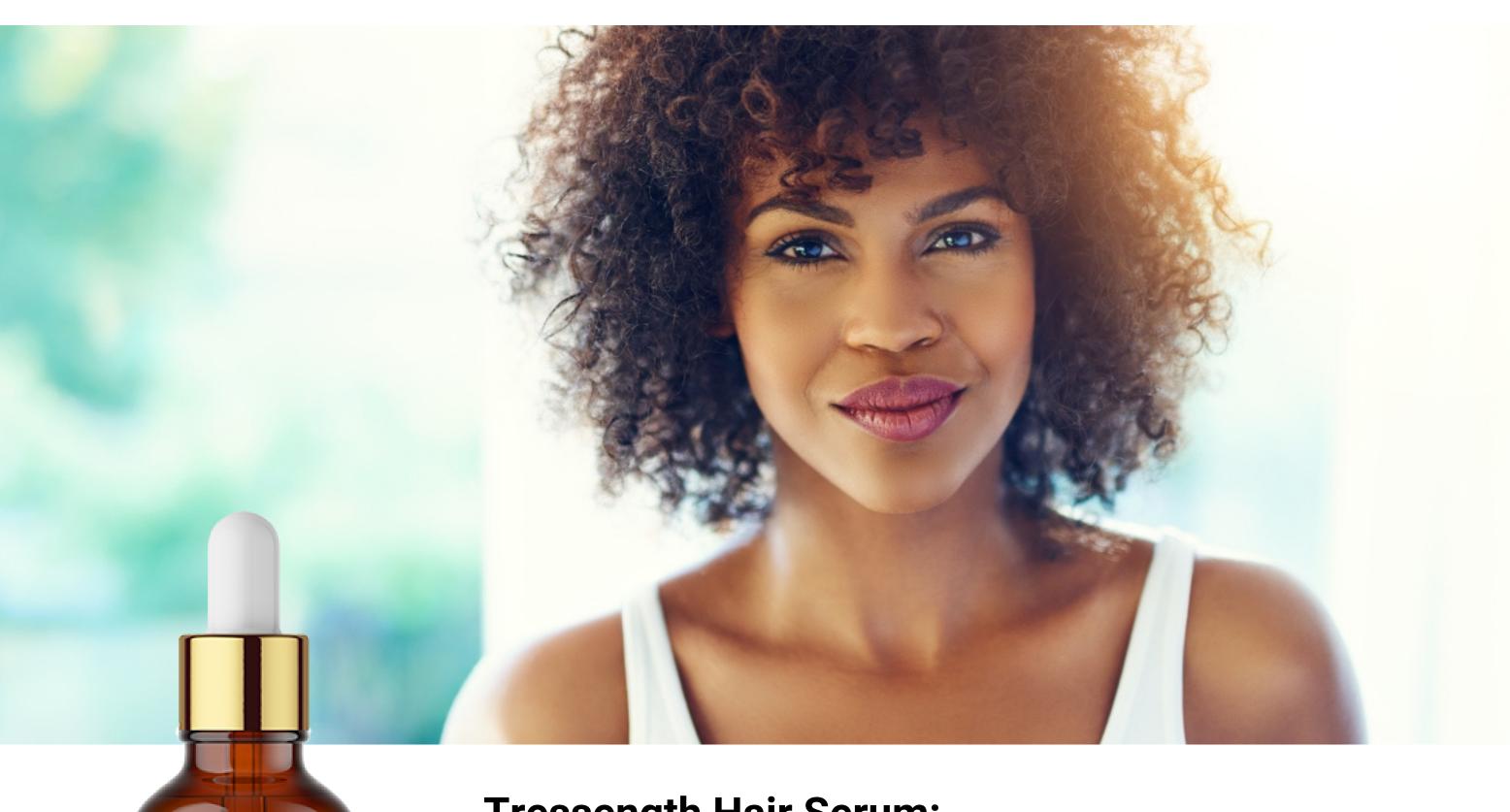
Additionally, diet changes may also be beneficial in helping to reduce symptoms of thyroid-related hair loss. These can range from foods high in iron and vitamin B12—which are both essential for creating strong hair follicles—to omega-3 fatty acids which support healthy scalp condition. With the right combination of treatment options, it is possible to see positive outcomes from managing thyroid issues and reducing the impact that they have on your hair health. By taking the necessary steps now, you can hopefully look forward to seeing life and strength return to your mane in no time!



#### Will hair loss from thyroid ever grow back?

In most cases, the hair does grow back with proper treatment. However, this can take some time depending on the severity of your condition and other factors like age. It's important to follow the instructions given by your doctor to ensure successful growth.

It can also be helpful to incorporate some lifestyle changes such as stress reduction and eating a healthy diet to help your body cope with the treatment. In conclusion, thyroid disorders are a common cause of hair loss, but this does not mean that the hair loss is permanent. With proper medication and lifestyle changes, you can help encourage new growth and get back the locks you once had.



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