

# Hair Loss? Detox Your Mane with Henna Hair Care!

by Madeline Johnson

With ongoing thyroid and autoimmune issues, hair care has become something of a hassle for me. Going from a long, flowing mane to very little fine hair that falls in clumps, I decided to stop coloring my hair to keep the little hair I have left.

Many medical conditions can cause hair loss, thyroid disease being a common culprit. Thyroid problems include both an underactive condition (hypothyroidism) and overactive condition (hyperthyroidism). Because hair growth depends on the proper functioning of the thyroid gland, abnormal levels of thyroid hormone produced by this gland can result in hair changes.

Our hair follicles follow a natural cycle of hair growth and resting phases. At any given time, most of our hair is growing while only a small portion of it is resting. But when changes in the body throw off that cycle, too much hair rests at one time and not enough grows, resulting in excessive hair loss, thinning hair, or even balding.

I've tried pretty much everything to preserve my hair, from putting a filter on my shower head to "soften" our water, to changing shampoos, to limiting the amount of time I spend blow drying my hair. However, nothing really stopped my hair from aging, looking lifeless and the constant hair loss. To top it all off, my hair has started to grey, and I am only in my late thirties.

A friend of mine told me about the alternative natural henna color products. She said that most do not contain harsh chemicals like

ammonia, PPD, parabens, peroxide, resorcinol, heavy or metals. She thought this would be a possible alternative for me. It's typically women and men who are allergic to chemicals (PPD being the worst) who seek out natural hair color products to cover grey, so I decided to give it a try.

At first I didn't like the consistency of the henna cream I tried. Looking back, I believe it was because I was used to the harsh chemicals in other hair products, typically the same ingredients that strip the moisture from the hair.

But, after a month or so of using a natural henna color in dark brown, I noticed a huge difference in my hair. From the texture, to the shine, and of course, less hair loss as compared to when I used other hair products.

I have since started using--exclusively--the semi-permanent henna cream to color my hair every 4-6 weeks and added a sulfate free shampoo and conditioner to my routine to keep the color from fading and from damaging my fine and fragile hair. I am happy to report that my hair now feels thicker and healthier.

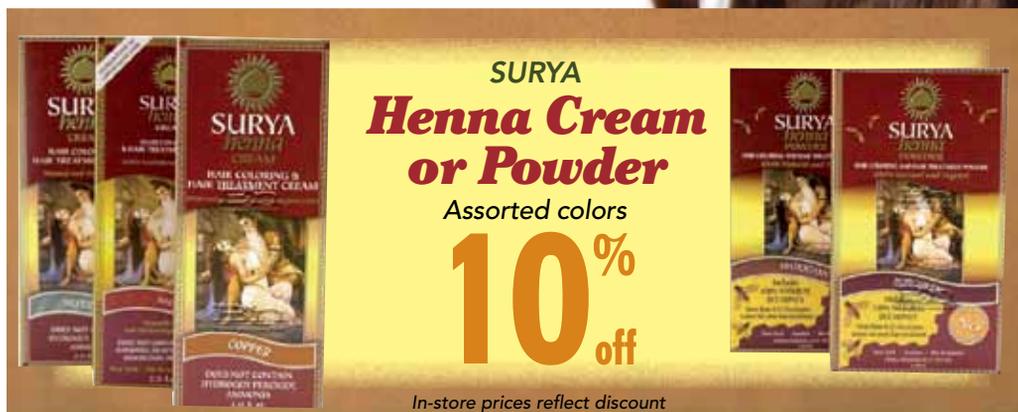
The henna is not just natural hair color, it also protects and deeply conditions my hair. And by the way, this is not the hippie henna of

the past. Henna cream is premixed in an easy-to-use container and the color lasts anywhere from 4-6 weeks. Some colors (because I have experimented with almost the entire color line), last even longer.

These natural hair color products come in two forms, creams and powders. I opted for the creams because they are faster and easier to apply, but the powders are fairly easy, too--just add water, mix, and apply to the hair. They are also hypoallergenic, dermatologically tested, and safe for use on chemically treated hair, color-treated hair and highlights.

I am now a big fan of natural color henna, mostly because my hair feels healthier and looks better than it has in the last couple of years, even when my thyroid is out of whack.

**Madeline Johnson lives in New York. To learn more about Surya hair color, go to [www.suryabrasilproducts.com](http://www.suryabrasilproducts.com).**



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