



What is causing my HAIR TO FALL OUT?

START HERE

Do you have a receding hair line and/or a thinning crown?

Yes
DHT also causes facial hair and body hair growth. It is very likely that DHT is the primary cause of your hair loss

No
Do you have above average levels of facial hair?

DHT or Dihydrotestosterone, causes male characteristics such as facial hair growth, but can also cause hair loss. This is by far the most common cause of hair loss.

The most common form of hair loss is 'androgenic' alopecia or male pattern baldness, which is caused by the hormone DHT. You most likely have this.

95%
OF MALE HAIR LOSS IS CAUSED BY
DHT

Yes

WHAT CAN YOU DO?

Hair loss caused by DHT is treatable. Many people have reversed this type of hair loss. These are the best solutions:

Reduce DHT in your scalp using the Alternation Method. See: www.nicehair.org/the-alternation-method

Reduce fibrosis and inflammation in your scalp using the Alternation Method. See: www.nicehair.org/the-alternation-method

Reduce blood DHT levels to reduce inflow of DHT to the scalp. See www.nicehair.org/reduce-dht

Increase blood circulation at the surface of your scalp to increase nutrient supply to the hair follicles encouraging regrowth. See www.nicehair.org/how-to-massively-increase-nutrient-supply-to-your-hair-with-a-simple-and-easy-but-extremely-powerful-technique-that-takes-just-2-minutes-a-day

WHAT CAN YOU DO?

You should use a medicated shampoo that contains ketoconazole. This will kill a common fungus that causes dandruff and itchiness. See <http://www.nicehair.org/hair-loss-treatments/4-shampoos-that-contain-ketoconazole-which-is-the-best>

It's possible that you have a skin condition like exzema or demodex mites.

It's possible that your scalp is highly sensitive to DHT and you are experiencing male pattern hair loss, despite having fairly low DHT levels. Or there are other contributing factors.

Yes

If your hair has become thin all over the top there could be a simple solution to the problem.

Do you suffer from high stress or anxiety levels?

Yes

Stress has been proven to cause hair loss. You should try to reduce your stress levels and compensate for the stress by consuming higher levels of B vitamins. There may be further reasons though. Keep going.

Do any of the following apply to you:
Regularly have tension in neck and shoulders
Sweat from your forehead or temples frequently
Regularly experience poor quality sleep

Yes

These symptoms of stress can restrict nutrient supply to your hair. This is extremely common but fortunately there are solutions.

WHAT CAN YOU DO?

Try to get 7 hours of good sleep every night at consistent times. Consider using a B vitamin supplement to compensate for the drain caused by stress. Exercise hard three times a week to help your body produce endorphines. If you suffer from bad stress or anxiety, consider using a subliminal mind training program, such as the one found here: <http://www.nicehair.org/mind-training-programme>

Top 3 Causes of Stress

1. Job Pressure
Co-Worker Tension, Bosses, Work Overload

2. Money
Loss of Job, Reduced Retirement, Medical Expenses

3. Health
Health Crisis, Terminal or Chronic Illness

No

As well as physical symptoms, stress can sap nutrients from your body, which are used to deal with the problems associated with stress.

WHAT CAN YOU DO?

Consider using a high quality B vitamin supplement. Exercise hard three times per week if possible. Consume foods that are high in omega 3. See <http://www.nicehair.org/featured/worlds-best-omega-3-supplements-efa-oil>
To learn more about preventing and reversing stress related hair loss visit: <http://www.nicehair.org/category/stress-related-hair-loss-2>

Yes

It's rare but possible that a volumizer in hair color is leaching into your hair follicles and killing them.

WHAT CAN YOU DO?

See here for details: www.nicehair.org/hair-loss-causes/does-dying-your-hair-cause-hair-loss Stop dyeing your hair immediately. Go here to learn how to feed your hair: <http://www.nicehair.org/how-to-massively-increase-nutrient-supply-to-your-hair-with-a-simple-and-easy-but-extremely-powerful-technique-that-takes-just-2-minutes-a-day>

Yes

A nutrient deficiency is unlikely to be the cause of your hair loss. Do you dye your hair regularly?

No

The most likely cause of your hair loss is a hormonal imbalance such as Hypothyroidism.

WHAT CAN YOU DO?

Visit your doctor and have a blood test. Ask them to check for hypothyroidism, iron deficiency and hormonal imbalance. Although it's unlikely that your diet is iron deficient it's possible that your body is not absorbing iron adequately.

2/3
OF MEN
WILL HAVE SOME
HAIR LOSS BY AGE 35

Almost
85%

of North Americans don't get their daily dose of magnesium. Magnesium is needed for cardiovascular and hormonal health and is therefore key to healthy hair growth

No

Is your hair thinning all over, with no distinct pattern?

No

I have patchy hair loss. Is your scalp itchy or flaky?

Yes

It's possible that you have a skin condition like exzema or demodex mites.

WHAT CAN YOU DO?

It is likely, though not proven, that stress is a major cause. Use the free mind-training MP3s and the detailed stress reduction instructions in the nicehair.org eBook to reduce your stress levels: <http://www.nicehair.org/hair-loss-ebook>

This is likely Alopecia Areata.

No

It's possible that you have a mild nutrient deficiency, such as iron deficiency. This can cause diffuse hair loss. However there could be other reasons. Keep going

No

It's possible that you have a condition known as Alopecia Areata. Do you have distinct patches of hair loss in random places on your scalp?

Yes

No

Do you do any of the following regularly: Work very long hours; Get little or low quality sleep; Consume lots of dairy; Consume lots of sugary foods or bread products

Yes

Sugar, dairy, refined grains and lack of sleep have an impact on hormonal balance, which can affect androgen hormones, which may lead to hair loss.

WHAT CAN YOU DO?

Try to completely cut refined sugars, grains and dairy from your diet for three months. If you notice a difference in your hair and/or health, try to continue with this diet indefinitely.

These foods cause "hormone spikes", which can disrupt your hormonal balance, which may lead to hair loss.

No

You eat well, sleep well, you're not stressed. You're doing most things right. It's possible that you have an allergy or an underlying condition that you're not aware of.

WHAT CAN YOU DO?

You should visit your doctor and ask for allergy testing and blood tests for common conditions that might cause hair loss. Try to explain any other symptoms you have noticed.

Although you've answered no to many of the questions, there is a logical explanation for your hair loss. Visit nicehair.org to learn more about hair growth.

Not convinced? Go this way