

UNDERSTANDING POST MENOPAUSAL HAIRLOSS

fluence
fact
Fluence Advanced Cyclical Therapy



ENSURING **30-40%** MINIMUM
HAIR RE-GROWTH ACROSS
ALL INDICATIONS AND GRADES

APPROVED BY

● US FDA ● HEALTH CANADA ● AUSTRALIAN TGA

Is there an increased need for nutrition post a certain age & or is there a requirement to change the Nutrition?

As age advances there would be increased requirement of nutrients. Supplements during this stage will also counter the effects of aging.

Why Supplements?

1. Filling That Nutritional Gap

Many of people don't get the recommended amount of important nutrients from food alone. Most of us fail to meet dietary recommendations due to strict dieting, poor appetite, or changing nutritional needs. Supplementation is intended to bridge the nutritional gap.

2. Nutrient Absorption Declines with Age

As you age, malabsorption becomes a problem because your body doesn't have the same capability to break down and absorb nutrients as it used to. The production of digestive enzymes, which breaks down and absorbs nutrients from your food, naturally begins to decline the older you get. You may also be taking more medications than you did when you were younger. Most modern medications actually deplete essential nutrients. Supplements can help restore this imbalance.

3. Modern crop cultivation technique.

Modern farming techniques use fertilizers that deplete the soil and rob the plants of essential nutrients. Fertile soil is a crucial agriculture element for absorbing the proper amounts of minerals. Without this, the plant cannot form essential vitamins.

Pesticides and herbicides used to farm our food, chemicals found in our water supply, and external environmental issues like pollution drastically increase our need for extra vitamins and minerals. These harmful chemicals create free radicals that attack our digestive and immune system. Supplements like antioxidants help fight those free radicals.

Supplements can help restore this imbalance.

What is Menopause & is it purely hormonal in nature, is there a rise in male hormones & is there a nutritional aspect to it?

Menopause is a natural biological process that all women experience at some point in their lives. There is no rise in secretion of the androgens, but fall in the estrogen levels after menopause causing relative over action of androgens.

This can be countered by improving the internal cellular strength to withstand external factors hitting the cell.

We also in our kits give Satavari soy isoflavones which also help in increasing estrogen and reestablishing the balance

The problem of hair loss in women during the period of menopause is a common occurrence. Almost 20-60% of women before reaching the age of 60 suffer from this. However taking into consideration fact that main cause of hair loss by women during this period of life are changes in hormonal balance & metabolism of the body that is why it is important to nutritiously support women and create an environment of comprehensive nutrition and antioxidants to improve cellular environment and tackle the free radicals and oxidative stress

Herskovitz I, Tosti A. Female pattern hair loss. Int J Endocrinol Metab. Shapiro J. Clinical practice: Hair loss in women. N Engl J Med.

Falling Estrogen Levels in menopause cause a relative rise in androgen leading to thinning and poor hair growth.

Internal cellular environment and function is affected due to the over action of androgens leading to slowing down of hair cycles and poor hair growth.

Are there specific nutrients that can help?

If follicles receive the necessary stimulus and nutrients from the body, it can stabilize hair loss during menopause and strengthen existing hair growth. This is why it's important to nourish thinning hair follicles with the right nutrients, including amino acids, vitamins (including B vitamins such as Biotin and Niacin) and minerals (such as Zinc), to promote hair growth during menopause. A good diet, as well as a nourishing shampoo and conditioner that is gentle on dry, aging hair, are top tips for how to treat menopause-related hair loss.

Goluch-Koniuszy ZS. Nutrition of women with hair loss problem during the period of menopause. Prz Menopauzalny. 2016;15(1):56–61. doi:10.5114/pm.2016.58776

Proteins

Standard value proteins containing Sulphur amino-acids: cysteine and methionine as precursor to keratin hair protein synthesis are basic element of diet conditioning of hair building.

Minerals

Minerals which influence hair growth are: Zn, Fe, Cu, Se, Si, Mg and Ca. Influences hair follicles and hair growth.

Kil MS, Kim CW, Kim SS. Analysis of serum zinc and copper concentrations in hair loss. Ann

Copper

Deficiency in diet might be the cause of lowered number of sulfur bridges responsible for strength and elasticity of hair resulting in brittle, weak, curly hair with tendency to early greying.

Goluch-Koniuszy ZS. Nutrition of women with hair loss problem during the period of menopause. Prz Menopauzalny. 2016;15(1):56–61. doi:10.5114/pm.2016.58776

Iron

Deficiency of iron has been associated with hair loss as in alopecia areata, androgenetic alopecia, and telogen effluvium. Iron as hemoglobin component supplies energy to matrix cells being subject to division and differentiation which results in hair production.

The diagnosis and treatment of iron deficiency and its potential relationship to hair loss.

1. Trost LB, Bergfeld WF, Calogeras E. The diagnosis and treatment of iron deficiency and its potential relationship to hair loss. *J Am Acad Dermatol.* 2006 May;54(5):824–44.
2. Goluch-Koniuszy ZS. Nutrition of women with hair loss problem during the period of menopause. *Prz Menopauzalny.* 2016;15(1):56–61. doi:10.5114/pm.2016.58776

Antioxidant like Curcumin and N acetyl cysteine to counter the rise in post Menopausal antioxidative stress

Rodriguez, L.R., Bui, S.N., Beuschel, R.T. et al. Curcumin induced oxidative stress attenuation by N-acetylcysteine co-treatment: a fibroblast and epithelial cell in-vitro study in idiopathic pulmonary fibrosis. Mol Med 25, 27 (2019). <https://doi.org/10.1186/s10020-019-0096-z>

Includes synergic easy tolerated, combination iron, calcium, micro nutrients, amino acids to release cellular function.

Silvia Maggini, Adeline Pierre, and Philip C. Calder, et al. Immune Function and Micronutrient Requirements Change over the Life Course. Nutrients. 2018 Oct; 10(10): 1531. Published online 2018 Oct 17. doi: 10.3390/nu10101531

Natural phytoestrogen from black cohosh and soy derives isoflavones alleviate post menopause symptoms.

Elisabetta Poluzzi, Carlo Piccinni, Emanuel Raschi, Angela Rampa, et al. Phytoestrogens in Postmenopause: The State of the Art from a Chemical, Pharmacological and Regulatory Perspective. Journal Name: Current Medicinal Chemistry. Volume 21, Issue 4, 2014. DOI: 10.2174/09298673113206660297

Vitamin D3 and Vitamin B12 prevent deficiencies and ensure consistent response.

Cynthia Aranow. Vitamin D and the Immune System. J Investig Med. 2011 Aug; 59(6): 881–886. doi: 10.231/JIM.0b013e31821b8755

Do men also have menopause?

Male menopause” is the more common term for andropause. ...

The same group of symptoms is also known as testosterone deficiency, androgen deficiency, and late-onset hypogonadism. Male menopause involves a drop in testosterone production in men who are age 50 or older.

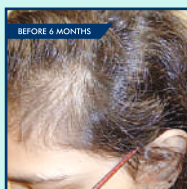
How are we specifically addressing Post Menopausal Hair loss and do we restore wellness in exchange as well?

Nutrients do not work alone. All micronutrients are required in definite amounts by body. A well planned, synergistic, low dose, comprehensive nutrition program can improve efficiency, avoid overdose and ensure long term benefits.

Results in hair regrowth as well as improved metabolism can be seen within 3 – 4 months .

DIET ADVICE

- ❑ Dairy products, such as milk, yogurt and cheese, for source of calcium, phosphorus, potassium, magnesium and vitamins D and vitamin K.
 - ❑ Have omega-3 fatty acids from mackerel, salmon, anchovies, flax seeds, chia seeds, hemp seeds.
 - ❑ Three or more servings of whole grains per day, brown rice, whole-wheat bread, barley, quinoa, ragi, avoid refined carbs, added sugars and processed foods, such as white bread, crackers and baked goods.
 - ❑ Fruits and vegetables are packed with vitamins, minerals, fiber and antioxidants. Cruciferous vegetables cauliflower, cabbage, kale, garden cress, bok choy, broccoli, brussel sprouts are essentially helpful for post-menopausal women
 - ❑ Include phytoestrogens from soybeans, chickpeas, peanuts, flax seeds, barley, grapes, dark berries, plums, green tea.
 - ❑ Protein 1-1,2 gm per kg body weight daily OR 20-25 gm high-quality protein per meal
 - ❑ Low sodium diet for weight, blood pressure, bone density and better mood.
 - ❑ Limit alcohol, caffeine and spicy foods
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**POST
MENOPAUSAL
HAIR LOSS**
*Improvement
with Cyclical
Vitamins*

HAIR FACT is only available with your Dermatologist / Plastic surgeon...
HAIR FACT is not available online or with any etailer or retailer ...
Please consult your Doctor for HAIR FACT



PROVEN ... PUBLISHED ... PATENTED PROTOCOL

- ☐ 100% results in all indications and grades.
- ☐ Creates a toxin-free nutrient environment for hair regrowth.
- ☐ Ensures results irrespective of causes.
- ☐ Absolutely safe for long term use.
- ☐ Benefits in overall well-being as well.
- ☐ Available across the US, Australia, New Zealand and Canada.
- ☐ With US FDA, Australian TGA and Health Canada Approvals.
- ☐ Being used by over 3000 professional practitioners.
- ☐ Benefitted more than a million patients across the globe.
- ☐ With over 12 international and national publications and trials, establishing minimum 30-40% hair regrowth for all.

