



Role of Stress in Hair loss

- Hair cortisone concentrations in stress are inversely proportional to hair mineral levels of Ca, Mg, Zn and the Ca/P ratio
- Zinc, selenium, iron and magnesium deficiencies common in chronic stress
- Stress increases consumption of 'comfort foods' rich in sugar, salt and fat, feeling of reward and pleasure
- Stress hormones increase oxidative stress and increase requirement of antioxidants & functional minerals
- Stress hormones inhibit vagus nerve, increases gastric and intestinal motility, leading to poor digestion, absorption and metabolism of nutrients
- Cortisone secreted in stress, directly influences parathyroid hormone and renal calcium excretion
- Hair matrix is a non invasive window for retrospective studies on effects of stress