The One Hormone Shift Behind Hair and Skin Changes

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androgens. androgens. Androgens are Androgens are hormones that we hormones that we consider more " masculine," although masculine," although every woman also every woman also produces them. During the produces them. During the transition to transition to menopause, your menopause, your estrogen drops estrogen drops faster than androgens. Therefore, your follicles. Therefore, your follicles become more become more vulnerable to an vulnerable to an androgen called androgen called DHT than before.

DHT than before. Namely, DHT Namely, DHT narrows the follicles over time and narrows the follicles over time and accelerates the transition of accelerates the transition of hair into the hair into the shedding phase. So, shedding phase. So, thinning hair thinning hair along the parting has a along the parting has a very real very real mechanism of occurrence.

mechanism of occurrence. It's not bad luck and it's not It's not bad luck and it's not your fault. Think of your fault. Think of estrogen as estrogen as scaffolding around a scaffolding around a building. ??? building. ??? ????????? ?????? ????????? ?????? ?????? ?????, ? ???? ?????? ?????, ? ???? ??? ?????? ??????, ??? ?????? ??????, ??? ??????????? ??? ??????????? ??????? ????????????, ??, ?? ???, ??, ?? ??? ???????????, ??????? ???????????, ??????? ?????????. It's the same story with skin ?????????. It's the same story with skin.

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So estrogen So estrogen explains the thinning explains the thinning and loss of elasticity, and loss of elasticity, but dryness has but dryness has other causes as well. ????, ?? other causes as well. ????, ?? ??? ???, ???? ?? ??? ??? ???, ???? ?? ??? ????????? ???????? ????????? ???????? ??????? ??? ??????? ? ??????? ??? ??????? ? ???????? ??? ????? ???????? ??? ????? ????????????? ???? ????????????? ???? ? ????????? ? ???????, ?? ?????? ??, ?? ?????? ?? ?????????. It's not because ?????????. It's not because you did anything you did anything wrong. ?????? wrong. ?????? ??????????? ?????, ?? ??????????? ?????, ?? ???????????? ???????????? ???????????? ?????????, ?????????, ?????????, ????????????? ?????, ???????????? ?????, ????????? ??? ????, ????????? ??? ????, ?? ?? ???????? ??????. And here is the.

The Foundation That Makes Everything Else Work

And here is the fundamental fundamental fundamental basis that precedes basis that precedes any remedy on the any remedy on the list. ???? ??????? list. ???? ??????? ??????????? ? ?????, ???????????? ? ?????, ? ????????? ??????? ? ????????? ??????? ????? ???????? ????? ???????? ???????? ?????, ??? ???????? ?????, ??? ????? ??????? ????? ??????? ??????? ???????? ? ??????? ???????? ? ?????? ??, ?????? ??, ???????????? ????????. If you don't consume. If you don't consume enough protein and enough protein and fat, your body fat, your body won't use it for won't use it for hair growth. He hair growth. He has more important needs to has more important needs to direct them to.

direct them to. This is now commonly This is now commonly seen in seen in many women who many women who have started eating less or have started eating less or using new weight loss drugs. ???? weight loss drugs. ???? ???????????, ??? ???????????, ??? ????????? ????????? ????????? ???????????, ???? ?? ???????????, ???? ?? ????????? ?? ????????? ?? ???????? ??????, ???????? ??????, ????? ? ???????? ????? ? ???????? ???????, ?????????? ???????, ?????????? ???????. That's why I ???????. That's why I always keep a close eye always keep a close eye on this in my on this in my patients who patients who use these use these weight loss products.

weight loss products. I want you to I want you to lose weight in a way that lose weight in a way that protects your protects your hair, without any hair, without any loss to it. This loss to it. This means: not means: not restricting protein, restricting protein, monitoring monitoring monitoring vitamin and vitamin and mineral levels, and keeping mineral levels, and keeping stress levels under stress levels under control, as stress control, as stress itself can itself can cause increased hair cause increased hair loss. These three loss. These three factors together factors together help preserve your help preserve your hair while your hair while your body changes. So, before you buy, before you buy expensive serums, expensive serums, make sure you are make sure you are nourishing your follicles.

nourishing your follicles. Healthy proteins and Healthy proteins and healthy fats at healthy fats at every meal. every meal. ????? ??????? ?????? ????? ??????? ?????? ????????, ?? ??? ????????, ?? ??? ?????????? ???? ?????????? ???? ???????: ??????, ????, ???????: ??????, ????, ??????? D ? ???????? ??????? D ? ???????? ????? B. ? ??????— ????? ????? ???????? ????? ????? ???????? ?????, ??? ?????, ???? ?????, ??? ?????, ???? ????????? ???????? ????????? ???????? ??? ????????. And here's what ??? ????????. And here's what happens next. The two happens next. The two products that products that everyone asks me about— biotin and collagen— will get an honest will get an honest verdict a little later.

verdict a little later. And one of them And one of them will turn out to be better than will turn out to be better than you expected. So you expected. So keep that in mind keep that in mind as you read the as you read the rest of the rest of the list. It's not about list. It's not about willpower or finding the willpower or finding the perfect serum.

perfect serum. This is biology. Now that This is biology. Now that you know that you know that both processes both processes are caused by the same are caused by the same change, let's change, let's see what see what really helps, really helps, starting with your starting with your hair. Let's start where hair.

Natural Support With Evidence for Hair

Let's start where I I I always start— always start— natural remedies natural remedies that have scientific that have scientific support. support. support.

Rosemary oil is something that Rosemary oil is something that surprises people. ? surprises people. ? ????????????? ????????????? ????????????? ?????????? ? ?????????? ? ???????????, ???????????, ???????????, ??????? ??????? ??????? ?????????????? ?????????????? ?????????????? ???????, ???? ???????, ???? ????????? ???????? ????????? ???????? ????? ????? ????? ????? ????????? ????? 6 ????????? ????? 6 ???????, ??? ? ?????? ???????, ??? ? ?????? ??????????? ????? ??????????? ????? ??????. The same ??????. The same result from a result from a herbal remedy.

herbal remedy. ????? ? ?????? ????? ? ?????? ???????, ??? ?'??? ???????, ??? ?'??? ?????? ?????? ???, ?????? ?????? ???, ??? ???? ?? ????? ??? ???? ?? ????? ????????—?????????, ????????—?????????, ????????—?????????, ?? ?????? ???? ?? ?????? ???? ???????? ???????????. A recent 90-day. A recent 90-day study showed that it promotes growth that it promotes growth and reduces hair loss and reduces hair loss in women with thinning in women with thinning hair. This is a remedy hair. This is a remedy I turn to, I turn to, especially when working especially when working with women with high with women with high DHT levels, such as those with PCOS. There is also PCOS. There is also pumpkin seed oil, which pumpkin seed oil, which research research research has shown to increase has shown to increase hair growth hair growth within a few within a few months. This months. This study study study was conducted on was conducted on men, so I'm more men, so I'm more cautious about cautious about women, but it's a mild women, but it's a mild version that offers version that offers some hope. None of some hope. None of this is a magic this is a magic wand. They wand. They work best on the work best on the foundation we have foundation we have just laid. But this is the just laid. But this is the level I level I start at because it's the start at because it's the most delicate most delicate most delicate way to start. And if way to start.

When to Consider Minoxidil

And if you want a stronger, you want a stronger, more direct remedy, or the more direct remedy, or the natural approach doesn't natural approach doesn't give you full give you full results, then a pharmaceutical pharmaceutical option comes into play—topical option comes into play—topical minoxidil, which you minoxidil, which you may know as Rogaine.

It has the strongest It has the strongest evidence of effectiveness of evidence of effectiveness of all remedies all remedies for female pattern for female pattern baldness. In a 48- week week week study in study in 381 women, 5% minoxidil minoxidil minoxidil outperformed placebo outperformed placebo on all measures.

Hair count, Hair count, doctor's assessment, and doctor's assessment, and how the women themselves rated how the women themselves rated their results.

their results. The fair price for this is more more more scalp irritation and a little scalp irritation and a little unwanted unwanted unwanted facial hair. ??? ?? facial hair. ??? ?? ????????? ????, ????? ????????? ????, ????? ??????, ? ?? ???????, ??????, ? ?? ???????, ??? ????? ???????? ? ??? ????? ???????? ? ????? ??????? ???? ????? ??????? ???? ????????? ?? ????????? ?? ???????? ???????. A ???????? ???????. A short pause before short pause before we move on we move on to the topic of skin. If to the topic of skin. If you've been missing you've been missing such an honest such an honest look at things without look at things without unnecessary hype, unnecessary hype, do me a favor — like and — like and subscribe. On this subscribe. On this channel, I break down what channel, I break down what really works, really works, without marketing without marketing traps. OK.

traps. OK.

The Foundation Your Skin Needs First

Let's talk about your Let's talk about your skin. There is a skin. There is a proven option for skin, proven option for skin, and I will move on to it, and I will move on to it, but it works but it works much better on a much better on a good foundation. So, good foundation. So, let's start with that, because that's what let's start with that, because that's what makes everything else makes everything else work better work better at lower doses.

So, water quality So, water quality matters. Your matters. Your cells, including cells, including skin cells, skin cells,

need water that is need water that is clean, well- clean, well- filtered, like in filtered, like in reverse reverse reverse osmosis systems. But here's the osmosis systems. But here's the catch. This catch. This filtration also filtration also removes minerals, and removes minerals, and your cells your cells need these minerals need these minerals to absorb to absorb and use water and use water. So cleanliness alone is. So cleanliness alone is not enough.

not enough. It must be clean It must be clean and mineralized. and mineralized. The gold standard is The gold standard is fresh mountain fresh mountain spring water. It spring water. It comes pure and comes pure and full of minerals, full of minerals, exactly what exactly what your your your body needs. But here in body needs. But here in Arizona, it's Arizona, it's very hard to find. ??…? ??? very hard to find. ??…? ??? ?? ?????, ?? ?????? ?? ?????, ?? ?????? ?????? ?????? ???? ? ?????? ?????? ???? ? ????????, ??? ? ????????, ??? ? ?????? ??????? ?? ?????? ??????? ?? ?????? ???, ?? ? ????? ?????? ???, ?? ? ????? ?????. So, the ?????. So, the next best thing is next best thing is we we we create it. We create it. We start with purified start with purified water and then add water and then add minerals back into minerals back into each glass. Pure each glass. Pure water, water, water, minerals returned. This is what minerals returned. This is what actually hydrates actually hydrates you at the cellular you at the cellular level. And when your level. And when your cells are hydrated as they cells are hydrated as they should be, the should be, the body is better able body is better able to eliminate toxins.

to eliminate toxins. Your fascia—the network of Your fascia—the network of connective tissue that connective tissue that runs throughout your body— becomes more elastic and becomes more elastic and functions better.

When the entire system is When the entire system is well hydrated, any other remedy any other remedy works more effectively, and works more effectively, and you need you need less of it. Now less of it. Now let's move on to the let's move on to the other two basics, and they other two basics, and they apply specifically to apply specifically to your face.

First, facial massage. Tissue movement stimulates Tissue movement stimulates blood circulation and blood circulation and helps the fascia helps the fascia remain elastic. And remain elastic. And here's a nice bonus.

here's a nice bonus. This also works for the This also works for the scalp, helping to scalp, helping to restore health to restore health to the hair. And secondly, the hair. And secondly, something I really love is facial acupuncture, facial acupuncture, or just or just acupressure, if acupressure, if needles aren't for you, it's needles aren't for you, it's also much also much easier to do easier to do at home. This relieves at home. This relieves stress exactly where stress exactly where many of us many of us accumulate it, and the face accumulate it, and the face holds a lot of it.

holds a lot of it. Relieving this Relieving this tension in the skin is a kind of tension in the skin is a kind of medicine. So, medicine. So, this is the base. Moisturize this is the base. Moisturize cells with cells with cells with mineralized mineralized mineralized water, stimulate water, stimulate tissues, and soothe tissues, and soothe stress on your face. And stress on your face. And then, if you want then, if you want more, you more, you go to the go to the tried and tested tried and tested tried and tested option that option that most people most people skip. This is where, in skip.

The Best Evidence Option for Skin Texture

This is where, in my opinion, skincare marketing often gets things wrong. often gets things wrong. The most proven The most proven remedy for rough, “ crepey” texture isn’t the most expensive isn’t the most expensive serum on the shelf.

serum on the shelf. These are These are prescription-strength retinoids. The prescription-strength retinoids. The skincare industry skincare industry sells you sells you serums by the ounce. And serums by the ounce. And the data points to something the data points to something cheaper and much less cheaper and much less glamorous. The option with glamorous. The option with the strongest the strongest the strongest evidence of evidence of evidence of effectiveness for effectiveness for skin texture and skin texture and fine lines is topical tretinoin topical tretinoin. It is a. It is a retinoid, a form of retinoid, a form of vitamin A. The vitamin A. The meta-analysis combined meta-analysis combined eight studies and 1,361 eight studies and 1,361 people who people who were followed for

16 were followed for 16 weeks to 2 years. It weeks to 2 years. It showed that tretinoin showed that tretinoin improved the condition of both improved the condition of both fine and fine and deep wrinkles deep wrinkles compared to a compared to a regular cream without regular cream without active active active ingredients.

ingredients. ingredients. Retinoids work Retinoids work as a nighttime signal that as a nighttime signal that causes skin cells causes skin cells to renew faster.

to renew faster. Imagine a factory Imagine a factory that speeds up that speeds up worker turnover. More new worker turnover. More new cells reach cells reach the surface on the schedule the surface on the schedule your skin your skin used to work on.

used to work on. Honest compromise: As Honest compromise: As before, tretinoin before, tretinoin also caused also caused more dryness, more dryness, redness, and redness, and peeling than the peeling than the regular cream. This is regular cream. This is the price you pay the price you pay for the result, so it's for the result, so it's worth starting worth starting gradually, and, as in the gradually, and, as in the case of case of minoxidil, it is a minoxidil, it is a more powerful remedy. The next step, if next step, if necessary, is not a replacement for necessary, is not a replacement for maintaining maintaining maintaining skin health from the inside out. You skin health from the inside out. You turn to it turn to it when you want more when you want more than the foundation can provide, than the foundation can provide, and you continue and you continue to maintain that to maintain that foundation beneath it. And foundation beneath it.

The Honest Verdict on Biotin and Collagen

And stay with me, stay with me, because the because the sequence of all sequence of all these actions determines these actions determines how well it how well it works. It's coming soon.

works. It's coming soon. But first, let's But first, let's talk frankly talk frankly about two products that about two products that everyone everyone everyone asks me about: biotin and asks me about: biotin and collagen. If you're the type of person who reads the ingredients on who reads the ingredients on the label before bed, the label before bed, you'll love what you'll love what comes next. This comes next. This part is costing the supplement industry money, and I think supplement industry money, and I think you should you should hear it because the two hear it because the two most popular most popular most popular remedies have very remedies have very different verdicts different verdicts based on the evidence. And based on the evidence. And before we go any further before we go any further, let me, let me get this straight.

get this straight. If If If biotin gummies biotin gummies didn't help you, it's didn't help you, it's not your fault. Remember this for the Remember this for the next minute.

next minute. So, does So, does biotin really help with biotin really help with hair loss? This is hair loss? This is one of the most one of the most frequently asked questions on this frequently asked questions on this topic. And the honest topic. And the honest answer is disappointing, unless you, unless you have a real have a real deficit. A 2024 review deficit. A 2024 review analyzed analyzed analyzed everything and found only everything and found only three studies that three studies that could be considered could be considered reliable. And the best reliable. And the best of them, a double-blind of them, a double-blind placebo- placebo- controlled controlled controlled study, study, study, found no found no difference between biotin difference between biotin and a placebo for hair. The authors speak about. The authors speak about this directly. No this directly. No studies have studies have proven that biotin proven that biotin promotes hair growth promotes hair growth in people without a deficiency.

And true And true biotin deficiency is very rare biotin deficiency is very rare in in in healthy women. So healthy women. So those gummies in the those gummies in the locker that didn't do anything locker that didn't do anything —that's not your —that's not your personal failure.

They They were not initially were not initially directed at the directed at the mechanism causing mechanism causing your loss. A patient came to me, almost A patient came to me, almost apologizing. She apologizing. She had been so diligent for months had been so diligent for months : a : a hair gummy hair gummy every morning, a new every

morning, a new expensive expensive expensive moisturizer moisturizer moisturizer every night. She did every night. She did everything everything everything the internet advised and sat the internet advised and sat there feeling like she had there feeling like she had failed at failed at something that should have been something that should have been simple. And I told simple. And I told her what I want to tell her what I want to tell you. She has not you. She has not failed at anything. She was failed at anything. She was sold a solution that sold a solution that was never was never aimed at her aimed at her real problem.

real problem. Candy Candy Candy could never affect the could never affect the hormonal changes that hormonal changes that are at the root of are at the root of your hair loss. A your hair loss. A moisturizer moisturizer moisturizer could never could never affect the changes in affect the changes in collagen under the skin.

collagen under the skin. She did everything she She did everything she could. could. could. The products were simply not up to the The products were simply not up to the task. And I task. And I saw her shoulders saw her shoulders relax, because it relax, because it wasn't about wasn't about trying trying trying harder. It was a matter of harder. It was a matter of aiming at the aiming at the right target. Now, collagen is receiving a, collagen is receiving a much more much more favorable verdict, and favorable verdict, and the number of studies the number of studies continues to grow. The meta-analysis included 26 meta-analysis included 26 trials and over trials and over 1,700 people.

1,700 people. Hydrolyzed Hydrolyzed Hydrolyzed collagen, broken down collagen, broken down for better for better absorption by the body, has been found to improve skin hydration, has been found to improve skin hydration and elasticity and elasticity compared to compared to placebo, with placebo, with results becoming results becoming noticeable noticeable noticeable after approximately 8 weeks. And after approximately 8 weeks. And newer studies newer studies show benefits not show benefits not only for the skin, but also only for the skin, but also for the condition of the for the condition of the scalp and hair. The only caveat: only caveat: some of these some of these studies are still studies are still small, so the quality of small, so the quality of the evidence is catching up with the the evidence is catching up with the enthusiasm. But this is the enthusiasm. But this is the tool that I can tool that I can confidently confidently confidently recommend. It recommend. It provides the body with provides the body with essential essential essential building building building blocks, and blocks, and there is evidence to support it.

there is evidence to support it. So, let's summarize.

The Right Order to Try Everything

So, let's summarize. Biotin—skip Biotin—skip Biotin—skip it unless blood tests confirm confirm a deficiency. Collagen is a completely reasonable completely reasonable “yes.” And then there's the procedure for applying procedure for applying all of this. This is not the all of this. This is not the order that would be order that would be suggested in the suggested in the supplements department. So supplements department. So let's turn let's turn this into a plan. You don't this into a plan. You don't need five need five products taking up products taking up space on a space on a bathroom shelf. All it takes is bathroom shelf. All it takes is a few right a few right tools, tools, tools, used in the used in the right sequence, and time for them to, and time for them to work. So, here is work. So, here is the order, and it the order, and it completely aligns with completely aligns with my approach to my approach to grooming. Start with the grooming. Start with the basics, because for basics, because for many women, this is already many women, this is already half the battle.

Feed your follicles with Feed your follicles with good proteins and good proteins and healthy fats. healthy fats. Moisturize your cells with Moisturize your cells with clean water rich clean water rich in minerals.

Ensure basic Ensure basic needs according to needs according to tests: iron, tests: iron, zinc, vitamin D and zinc, vitamin D and B vitamins. B vitamins.

Activate tissues Activate tissues and reduce stress. This foundation is where the This foundation is where the body body body recovers recovers recovers the most, and thanks to it, the most, and thanks to it, everything else works everything else works at lower doses.

Then add Then add natural support that has an evidence base. Rosemary or. Rosemary or saw palmetto oil for saw palmetto oil for hair, collagen for hair, collagen for skin and hair. These are skin and hair. These are the most delicate the most delicate the most delicate tools that tools that really bring really bring benefits. That's why they benefits. That's why they go first. And go first. And then, if you want then, if you want more, more, more, pharmaceutical pharmaceutical pharmaceutical options are available. Minoxidil options are available. Minoxidil for hair, retinoid for hair, retinoid for skin. Introduce them one at a time for skin. Introduce them one at a time, start, start gradually to see what works, and don't what works, and don't take biotin take biotin gummies gummies gummies unless tests unless tests show a deficiency. This show a deficiency. This money is better money is better spent on something that spent on something that addresses your addresses your specific problem.

If you've listened this far If you've listened this far, you already, you already care more about your bottom line care more about your bottom line than than than most people. This is most people. This is worth a lot. And worth a lot. And remember: it remember: it was never about was never about doing everything at once.

The point is to The point is to invest time and invest time and money in what really money in what really helps and give helps and give the body the space the body the space to respond. This is an to respond. This is an honest list. Here's what honest list. Here's what I want you to take away I want you to take away from this. Your from this. Your thinning hair and thinning hair and changing skin condition are changing skin condition are not vanity or not vanity or just aging. These are just aging. These are two visible manifestations of the two visible manifestations of the same hormonal same hormonal shift. And now you shift. And now you know what exactly know what exactly affects this. Start with a affects this. Start with a solid foundation, evidence-based natural support evidence-based natural support like rosemary oil, saw palmetto, like rosemary oil, saw palmetto, and and and collagen, and collagen, and pharmaceutical pharmaceutical pharmaceutical options—if options—if options—if you need them. But not you need them. But not as a starting point.

as a starting point. This is an honest list, This is an honest list, built on what the evidence says, not what's evidence says, not what's easiest to easiest to sell you. And at the heart of all of sell you. And at the heart of all of this is the same this is the same idea that idea that I return to with every I return to with every patient. Your patient. Your body is not broken body is not broken and is not working against you.

and is not working against you. With clean water, With clean water, quality nutrition, quality nutrition, less stress, and less stress, and the right support the right support in the right in the right sequence, he sequence, he knows how to recover.

knows how to recover. In naturopathic In naturopathic medicine, we medicine, we call this the healing call this the healing power of nature. My power of nature. My job is to remove job is to remove the obstacles and the obstacles and let your let your body do the rest.

body do the rest. This channel is for women This channel is for women who want who want honest, science-honest, science- based based based information about what's information about what's going on in going on in their bodies, their bodies, not just another not just another product advertisement. If this is about product advertisement. If this is about you, subscribe. And you, subscribe. And if you want to if you want to continue to expand continue to expand your your your root cause search toolkit, there root cause search toolkit, there are more are more similar videos on the channel.

Feel free to click Feel free to click on the next one here. And on the next one here. And if you would like to if you would like to work with me work with me directly, you can directly, you can find me at find me at hawthornehealingcenter.com or hawthornehealingcenter.com or dr.elizabethtaddiken.com.

dr.elizabethtaddiken.com. dr.elizabethtaddiken.com. Take care, and Take care, and see you in the see you in the