Introduction to Hair Thinning in Menopause

Hello, hello. Welcome back. Doctor. Sharon Stills still here with you? Yes. Welcome back to you too. We're here at the Future of Menopause Medicine Summit.

We changed the name this year, so I'm always like. Is it the future of medicine? Menopause? No. It's menopause. Medicine. Actually, love the name. This year it's beautiful.

And we're going to talk about one of our favorite menopause topics how to stop your hair from thinning and how to have beautiful looking hair. Like our guests, Cristina, who many of you may know because first of all, she's a sponsor of the summit and has been numerous years, so we always bow and give deep gratitude to our sponsors because without them, we wouldn't be here.

It's the sponsors that enable us to put on the summit and give you all this free information all week. So thank you for that. And if you've been following me or hanging out with me for a long time, then you've already met Cristina.

We bring her back because you guys love her and you love her products, and she brings so much, she educates, and then she has these delicious, healthy products to help you look your best.

And so it's a total win win for everyone. So today we're going to talk about your hair. And she's got a nice little presentation just to kind of go through.

Like because I hear it all the time from my patients. My hair is thinner. My ponytail is half of what it used to be. I'm losing my hair. The drain is clogged.

And so we're going to talk about why that's happening. She's going to give you, you know, not just products, but some stuff you can start doing. Like as soon as you close the computer and go to your bathroom or to do your nightly or morning routine, like there's things you can start implementing right away.

So Cristina McKay is just an amazing human being. She's a mama. She's the founder of Ever Bella, which is her products, which are I mean, they're just like the tastiest products on the market.

Like it's like, oh, take biotin and feel like you're eating a cinnamon roll at the same time. Like, does it get better than that? I think not. So welcome back to the summit.

I'm going to let her tell you her story. And I told her she has to tell us how she named her her company, because I love that story and it makes me smile.

And you're so kind. You always, always give me the best introduction. I'm like, do I live up to that standard? I appreciate it, and I'm happy to be here.

So yes, just to echo what she said is, you know, it's not just about getting older, it's that your hair is crying out for help. So we're going to dive into that.

But just a little bit about me. So you kind of know where I'm coming from and how ever Bella came to be. So just shy of my 30th birthday, I looked years older than I was.

My hair was falling out in massive clumps. That was the biggest issue I was having. My energy was gone. I had brain fog, I was gaining weight. And like I said, the worst part was I was losing my hair.

I actually had a bald spot on the very top of my head, right here, right near the crown that was the size of a

baseball. And so I was devastated, to say the least.

I didn't know what was going on, and I just went from different doctors to dermatologist trying to find answers.

Cristina's Hair Loss Story and Ever Bella Origin

And, you know, I got a lot of mixed signals from, from these experts. It was, oh, it's just stress or it's female pattern hair loss or it's alopecia. Some said it was hormonal imbalance.

You know, you have low estrogen. And then some just said, hey honey, it's a part of getting older. So that was really devastating for me. But I have always been a problem solver and I did not want to accept that as my fate.

So I began doing in-depth research. I went on so many scientific forums, looking at studies myself and just reading and reading and reading. And basically I figured out that my hair loss and lots of women's hair loss is really triggered by two different things.

It's hormonal imbalance and nutrient deficiencies. And what really surprised me the most was that discovering hair loss isn't the problem. It's actually the symptom.

And that's what I want to help you today, is to help you understand why. So that's kind of every Bella came to be. So I had this health crisis and it motivated me to find an answer.

And when I found the answer, I wanted to create products to solve the problem for myself. And when it worked for myself, I didn't want to keep it a secret.

I wanted to tell everyone. And you know, no, I'm not a woman going through menopause. But I have shared this product with my mother, whose 67 all of my products.

She looks phenomenal. So many of the issues she was struggling with are gone. And in fact, most of my loyal community are not women my age. Actually women who were the age of 50.

So true testament that what I'm sharing and what I'm doing isn't just for someone my age. It actually really covers the whole gamut of of age groups and then the ever Belen name.

So my grandmother, I have Italian heritage. My dad's mother was an Italian immigrant, and she lived to be 94 years old, and she barely speak any English.

But the one thing she always said to me as a child, when she lived with us for a little while, was Quintus Bella, which means you are so beautiful in Italian, so ever.

Bella means to me to be forever beautiful. And it's a great way to remember my grandmother. So that's a little bit about my story and how Bella came to be.

I love that shout out to Grammy. Yeah, yeah. And I, you know, I love people like you and you know, they're all over the summit who, like, had a problem and they like, figured it out and then they share it.

And I think that's just so inspiring that, you know, you took what do they say the mess becomes the message. Right. And so it's really cool. And yes, her you know.

Yes, she's young and beautiful. But like I said my community raves and loves your product. I love your products. And so yeah, sometimes we learn from those younger, sometimes we learn from those older.

Sometimes we learn. So you know the information. You know, you're a great messenger and I can't wait to watch you. You know, like, I just feel like you're gonna look like this when you're 50.

When you're 67, I hope so. I'm the living proof of what I'm preaching, right? Yes. I mean, look, we're meant to age. It's true. I mean, we're not going to look young forever, but it's how we feel, right?

You want to. You want to feel good as you're aging. You don't want to feel tired. You want to feel bloated. You want to have your hair falling out, right.

You want to feel good. You want to still love your reflection in the mirror. And that's really what I try to help women do, is age gracefully, to still be confident and to regain some things that you really feel are lost.

And it is possible. Yeah. And I think what you said is so important, like hair loss is just stressful when you're experiencing it and you see it, but it's also it's the symptom, right?

It's not. So let's talk about that because I think that's a really I think a lot of us just think hair loss is the the problem, but it's the body's response to a deeper problem.

So why does hair loss increase during menopause. Let's start there. Let's start there. Beautiful. So most women don't realize that menopause really just creates the perfect storm for hair loss.

So as your estrogen declines, several things start to kind of spiral, right. So reduce collagen productions one of them increased inflammation in the body.

Elevated cortisol reduce scalp circulation poor nutrient absorption. So the result is that your hair becomes thinner, more brittle and it just starts falling out. Right.

And so for some reason, hair loss has become really one of the earliest signs that something deeper is really happening in your body. So I'll just jump into like, what is hair? Right?

So we all obviously have hair on our heads. Some may not, but I know how it goes. What is hair? Right. So it is primarily made of a protein called keratin.

And keratin isn't just a part of your hair. It's actually part of your skin, your nails. And it is also the outer protective layer of your body, believe it or not.

So it really explains why so many women notice hair loss. It's not just the hair loss. You also have brittle nails aging skin all over your body. So all of these systems are actually connected.

And so could you talk a little bit about how does hair grow and what should women like realistically expect? Like, you know, like you talked about you had this big, you know, does it grow back in two weeks or does it take two years just to kind of like set setting the tone?

Yes, yes. So how does hair grow? I'll do that. And I'll kind of talk about my experience. So hair grows in four phases. So there's the antigen phase which is considered the growing phase.

There's the Catalan phase which is a transition phase. Then there's the television phase which is the resting phase. So your hair isn't growing but it's not falling out.

And then the exogenous phase. So that's the shedding phase. So losing some hair every day is totally normal. So if you have a couple hairs in the shower your brush that's normal.

But the problem occurs when it gets stuck and it gets stuck in that exigent that shedding phase.

Why Menopause Triggers Hair Loss

So instead of replacing the lost hair it's not doing anything. So the shedding continues. So what does that look like. You know you have thin spots maybe on the side here on your widow's peak.

For me it was the top. Your part might be widening a bit and just kind of like a receding hairline. So those are kind of the ways that a rear its head.

Again, if that is happening to you, don't panic. We do have a solution that will help you. And like like I said, it happened to me. So for me to kind of get the hair back, you know, a lot of things have to happen in the body, right?

So if you're in a deficient state with nutrients, they have to kind of, you know, fulfill themselves in the body to work back up to a positive state. But you also have to de-stress.

There's other holistic things you need to do with your lifestyle change your diet, etc. but for me, from a bald spot the size of a baseball to full recovery, it was about eight months.

Now it might sound like an eternity, but for me it was worth it, right? I didn't have to get injections. I didn't have to get a hair implant. You know, I thought about a wig at one point, but I was like, you know what?

I'm just going to weather the storm. And God bless myself that I was working from home at the time because I didn't have to go out in public as much. But I know for some of us, you know, you do have to go out in public.

So something like this is tremendously embarrassing if you really do have a big barrier spot. So let me kind of parlay into like what are the hidden causes of hair loss, especially in midlife.

So while I wasn't in midlife, throw the blood work and things I got done. My estrogen was very low. It was actually in the range of perimenopause, which for what you described, like it sounds that, you know, it sounds like menopause. So you were having a very.

Yeah, it definitely. So one, I finally did see a holistic doctor. It was like, hey, your estrogen is surprisingly low. Like that's why you're having a lot of these symptoms.

And at the time I was 29, for reference, I don't even care. I'll tell my age now. I'm 35 now. So this was six years ago. And so what I was experiencing was a lot of symptoms that women going through menopause experience or perimenopause experience.

So the hidden causes of midlife hair loss, there's actually four of them. So the number one is chronic inflammation. So inflammation can come from a lot of things I think most of us think of inflammation as like ouch my joint hurts, you know, but it's triggered by a lot of different things actually.

So poor sleep, so many women struggle with sleep. That's a huge cause of inflammation in the body. Stress, processed foods. So if you're someone you know, eating a lot of foods that aren't fresh or frozen and it's a lot of kind of the junk food, you know, having a little bit here and there, okay, maybe not so bad, but you're getting a lot of it. Not good.

And, you know, just environmental toxins. So all these things can cause inflammation in the body. And when you have information, it creates an environment where hair becomes really difficult to grow. So that's your hidden cause.

Number one is chronic inflammation hidden cause number two, which is probably what most of us can relate to is those hormonal shifts. So, you know, hormones play a major role in keeping your hair healthy and thick and growing.

And women can enter either peri monopoles or menopause. And, you know, your hormones change. And these shifts actually do disrupt the hair growth cycle.

So there's a couple parts to that. So number one is declining extra can't talk declining estrogen because it's your hair's best friend. Truthfully estrogen keeps your hair in the growing phase longer.

And it supports scalp circulation. And it actually contributes to the thickness of your hair. And so when it does decline, your hair follicles actually will shrink.

And it's going to produce finer and weaker hair. So many women notice shedding a widening part and a loss of volume when you know they have a decline in estrogen.

Another thing under the hormonal shifts is elevated cortisol. So progesterone is, you know, it balances other hormones in the body, but it can contribute to hair thinning.

So as levels fluctuate or decline, it becomes harder for the body to maintain its balance. So that becomes an issue. And then a lot of you might not know this, but they call it the stress hormone.

So when stress is in high periods for a long time and you might not even think you're stressed. So for me, I was at the time, when I was 29, I was climbing the corporate ladder.

We lived in the city, you know, I didn't live. I live on a 24 acre farm. Now, for reference, much more Zen now, but I just had underlying stress all the time that I didn't realize I was carrying.

And so when that happens, it again cortisol rises, hair growth is disrupted, and the cycles will stop functioning as they should. So that's another big problem. And then DHT.

So it's a hormone derived from testosterone. And I know you probably talk about these your patients a lot. As estrogen does decline DHT can have a stronger influence on your body, especially your hair follicles.

I just have to put in a public service announcement, please. So if you are on testosterone, because I can't tell you how many patients I see who come in who've been on testosterone for years and their hair is falling out and their doctor never checked their DHT.

So please, for the love of God, if your doctor puts you on testosterone, make sure they are monitoring your DHT.

Hair Growth Cycles and Recovery Timeline

Because if you're the testosterone is going down to dty, that could be, you know, this hidden cause it could be hidden in plain sight and you just need to look.

So please make sure, advocate for yourselves, have your doctor check your DHT like, and if it's fine, you know, at a minimum, once a year it needs to be checked because things change.

Absolutely. I appreciate the interjection, but specifically, the DHT is what causes like the crown thinning. So, you know, areas that you think about men.

Where do men thin DHT causes sitting for women in the same areas? So bottom line is that when estrogen decreases and all of these shifts can happen with the progesterone and the cortisol, the DHT, your hair becomes more dormant.

And so those cycles are disrupted. Therefore you have hair loss. So that was the hidden cause. Number two of your midlife hair loss. Number three is reduced blood flow to the scalp.

So I preach this to so many women in my community. So at the ever Bella community we have over 60,000 women that are a part of it. And I teach the importance of scalp massage.

I think many of us get in the shower, we wash our hair, and that's probably the most attention your scalp gets. Let's be honest. But scout massage is so imperative for blood flow as as you age, your body naturally reduces the blood flow to your scalp.

It's just a natural phenomenon, but your hair follicles depend on a steady supply of oxygen and nutrients to grow and for the follicles to function. So again, lack of circulation is going to cause that hair fall out in that midlife area.

I'll teach you some scalp massage tips later, so stick with me. I was just about to ask when, where and I will, I promise I, I love my goal in life that I aspire to is to go to a massage and like not have anything, do my head and just do my scalp for an hour because it's like heaven on earth.

Having your stout massaged is. It really is. And I will say there is something to someone else doing it. I mean, I do it myself, but when my husband's being extra sweet and kind, I mean, he's always sweet and kind.

But you massage my scalp. It's just so much more enjoyable when someone else does it. But it is imperative. And so I have one of those like, yeah, there's little it looks like spider legs and it's like and I'm like, I'm like, no wonder cats just love being pet.

It's like the best feeling ever. Seriously. All right. And the last thing causes nutrient deficiency. So I kind of touched on it earlier is a part of what started ever.

Bella as I realized that I was deficient in a lot of nutrients by getting some blood work done. So, you know, you can eat healthy food every day. But if your body isn't absorbing the nutrients properly, your hair suffers.

Not to mention, our food supply doesn't have as much nutrient dense food as we once did. I think I've shared this with you before. They had a study. Actually.

The perfect example is an orange. So one orange from 1946. An orange today. You'd have to eat ten today to get the same amount of vitamin C. Think about that.

So most people aren't upping their food intake. They're just eating that same orange and you're just not going to get the same nutrients anymore. So that's why supplementation so important.

And your hair really does need specific vitamins and minerals and healthy fats and proteins to grow properly. So, you know, if your follicles aren't nourished, not just from the outside in but the inside out, what are you putting in your body that is nourishing through your bloodstream?

That's very important as well. That's crazy about the orange. I mean, that goes for all. And, you know, the soils depleted and but that's like such a good visual because I always talk about that.

But I'm going to have to start using your arm. I'll send you the study. It's fascinating. Yeah. I mean all the farmers not I will say all of them. You know, if you're in a small community, there's I live, thankfully, in a community with a lot of local farmers that don't spray. Right.

They're organic. And yes, we can buy organic food in the grocery stores, but we've been farming the same land in many cases for hundreds of years. And if they're not putting the nutrients back in, these plants are growing.

Yeah, they're growing, but they just aren't nutrient dense because the nutrients have just been stripped over the years. It's just unfortunate. All right.

That's that's sad. But let's I'm like, oh that's so sad. But yeah that's why supplementation I mean patients say that all the time. Like oh well I'm just going to get it through food.

And I'm like, you know, that's fantastic philosophy. But unfortunately at this stage of the game, it's wishful thinking, you know? And that's why we have to supplement or we become nutrient deficient, whether it's our stomach acid or fatty acids, zinc, iron, all these nutrients that we need for hair growth.

Hidden Causes of Midlife Hair Loss

Absolutely. Well, this parlays beautifully into, you know, what are the top nutrients for healthy. I'm trying to follow along Cristina made like this amazing presentation.

So I'm like reading reading the notes because I'm like, I don't want to miss anything because it was so well thought out. So I know what are the top. So I'm like, I want to give people so much information, but I don't want to overwhelm me.

It's like, it's like a I don't know, I'm like, I'm like, it's like a book report on on fixing our hair. Yeah. So and and it's not I mean, of course I'm, I'm saying that these are the top nutrients for healthy here during menopause. But truthfully, these are the top nutrients every woman, even men, should be.

Yeah. And worried about if they really want fast growing, rejuvenating hair. So number one is biotin. I'm sure many of you have heard of biotin because your biotin helps produce keratin.

And it is the primary protein. As I mentioned earlier, keratin is the primary protein that makes up your hair. But here's a fascinating tip is that 1 in 3 women experiencing hair loss are actually found to be low in biotin, and most people don't test for it.

So if you are experiencing hair loss, the likelihood of you being lone biotin is pretty likely. Another nutrient that's really helpful is vitamin D3. So as estrogen does decline during menopause, hair growth of course slows.

And vitamin D3 actually helps support healthy hair through hormone balance. And it actually purpose it like faster growing follicles. So vitamin D3 is a great thing to be supplementing with as well.

Pumpkin seed oil, which most people probably aren't ingesting. But research has shown that pumpkin seed oil can significantly increase your hair density and thickness, which in my opinion, I feel like it's one of the most exciting natural ingredients for beautiful hair.

Another one that I never knew about until I kind of went down this road is black cumin seed oil. So especially in the American diet, we're not really eating black human seed oil like at all.

But it was. It's been used for centuries, actually, to support healthy hair. It's been shown to reduce shedding while also maintaining a healthy scalp environment.

So wonderful nutrient there. Selenium actually helps with thyroid function, which plays a critical role with the hormone balance and hair growth. And it also helps with having a healthy scalp, helps the hair follicles and the hair overall, and one that's surprising.

And most of us actually have it at home. And our little spice cabinet is cinnamon. It obviously tastes good, but it actually helps support circulation and scalp health, so it creates a really good environment for your hair.

I always joke with people that, you know, yeah, you can absolutely go on the internet and find all these nutrients and buy them and supplement with them.

But the sentiment is always hard because I don't know if any of you have ever looked on YouTube. There's something called the Cinnamon Challenge, where people take a spoonful of cinnamon and try to eat it, and you physically can't do it. You will choke.

It's it's actually really it's funny, not funny. But people will take this spoonful cinnamon coughing and the Simmons going everywhere. But the point is it's really hard to ingest a good amount of cinnamon without having that effect.

So you know yes absolutely. All these nutrients are super helpful. You should take them if you want to have healthy hair. But I will tell you, there is a little bit of a problem is that most hair supplements contain nutrients that your body struggles to absorb.

And so that's why I created my product called Complete Biotin. Plus. I'll just show you all real quick this actually yummy, yummy. This actually has all the nutrients I just mentioned.

So of course if you go anywhere, you know your local CVS grocery store for some of these items, you could buy all these things. And you know, it might be, let's say 100 bucks.

I'm not sure what it would cost you, but I have it all in a supplement that tastes like a delicious cinnamon roll. There's no sugar, and it combines all these powerful nutrients into one formula.

And the absorption problem is completely omitted because I have something called a miserly technology. It's actually patented with my manufacturer that can increase absorption up to 800%.

So pills and powders. A lot of people don't know this, but you only absorb anywhere between 20 to 30% of the intended nutrient value. So like easy math, if you're taking, you know, 100mg of something in a pill format, you're only absorbing 20 or 30mg of what you did.

So that's the beautiful thing about this product, is that the technology you're going to absorb 90 to 100% of what is actually in this product, which I'm super proud of.

I put so much time and effort into making this formula, and finding manufacturer who had this incredible technology is such a blessing because, you know, you really are getting what you you paid for.

And that's why it works so well, because you get all the nutrients that you're you're aiming for. And that's why I'm so happy that people will write in and say, oh my gosh, in 30 days I already noticed XYZ.

So it's very powerful and it will give you thicker hair. It will, you know, have less shedding, you will have a healthier scalp. So all those wonderful things that those nutrients do are possible with this product and it tastes great.

It does taste great here, I should say. Yes it's great. And there's little pouches. They're perfectly portioned and it does taste like a cinnamon roll.

It's really delicious. You can just eat it. Oh good I thought I was being like a I'm like because I just suck it right out. I just tasted it quickly. But it has like a caramel consistency.

So it's like a creamy consistency. It's so good. It's so good. Like, and you can do it like this. But some people like, tell me I love my customers. They're so sweet. They're like, oh my gosh, you won't believe what I did.

I put this in an iced coffee and shook it up. And now it's like a cinnamon latte. I'm like, that's such a great idea. Or putting it on yogurt, you know, or putting it on like oatmeal or dipping your apple in it, you know, like a cinnamon.

I just get the best ideas for my customer. I never get past, like, sucking it out of the pack. I'm just like, it's so good the way it is. Good. I like the Apple idea.

Yes, like a little it is. I actually have done that. I mean, even my not that my daughter needs it, but she'll like I let her taste it once and she's four and she's like, mommy, can I, can I have that too?

And I was like, I don't think you need this, but I'll let you taste it. You're not listening or you're four, you're fine. So anyway, I do I do have a wonderful discount for anyone who would be so inclined to try it.

No pressure. If you can buy the ingredients on your own and want to do it yourself, by all means go ahead. If you want an easy solution that's really yummy and highly absorbable, by all means, you can try Complete Biotin Plus with me and so you can get 30% off if you use a code.

It's just doctor stills d r s t l l s and go to Bella Bella. And if you use that code, you'll get 30% off your whole purchase. I was going to say and thank you.

That's very generous because you have other products like I love those gummies. So the beauty gummy can they use the like? Is that for any of you? It doesn't have to be the biotin.

In fact, you know, yes, I'm sharing the product now, but I do want to close with some really wonderful takeaways of what you can do today, right? So buying the product aside, I do have some tips for you today to help get your hair back.

Yes, scalp massage being one of them. So I also have a hair serum. So if you really are struggling with hair loss and you want to kind of come at it in the best way possible from the inside out with an adjustable supplement.

Also, the outside in this hair serum is fantastic. So this is a blend of 12 botanical oils. There's nothing synthetic, there's no chemicals, and everything I have with ever.

Bella is third party tested for purity. So there's no mold, there's no toxins, there's no lead. Like we test for all of that, every single batch. And we are made in the GMP certified facility in the United States.

Key Nutrients for Healthy Hair

So everything is really wonderful, quality, wholesome ingredients. But this hair serum, there actually are dozens of studies showing that things like rosemary oil, which is in here, are more powerful than some of the leading commercial topicals for hair growth.

So this hair serum is wonderful. If you want something to leave in overnight from the outside in to balance your scalp health, to give shine back to your hair like people will see shiny hair after one use.

It is so powerful and so full, but it's like argan oil, Rosemary oil, peppermint oil, castor oil, tame a few. All of them are really helpful. And that's a new product, right?

It is. Yes, it's new ish. It's been I've had it for about probably about six months, but I haven't really like blasted it to the world. I probably new to me because I don't think I've talked to you in the last six months.

So yeah. You. Yes. I mean, I used to make this myself for years at home, and I always shared the recipe of my community. But similar to what I mentioned earlier, they're like, hey Cristina, when I buy these 12 loyals, I'm spending like 100 bucks.

And I was like, and, you know, I wanted kind of like they spoke and I listen, I said, okay, I want to make this a better barrier to entry for people who are really struggling with hair loss, because that was me.

And I found a manufacturer that basically could take my recipe and bottle it up. Well, because I do it on a larger scale, I can give it to my customers for 29.95, which is pretty wonderful.

They don't have to spend $100 to make this themselves so very wonderful. One to double down and do the biotin and the hair serum you can. All right. So what can you do today to get thicker, healthier hair.

Here are in my opinion the three biggest things. Number one is nutrients and supplementation which we talked about. So you can in terms of your diet you should really double down on eating things that are rich in biotin and vitamin D and minerals such as iron and zinc, and definitely up your protein to support your hair.

So that's what you can do from an ingest station side of things. Scalp care do gentle hair care products. So a lot of women will come to me and there I don't want to mention brands, but they're using big box store shampoos and conditioners.

And I always tell them, like, there's so many toxins and parabens and hormone disruptors in those products, get rid of them and really look for organic, natural, pair of and free products and practice scalp massage.

So finally circling back to that scout massage, five minutes is the sweet spot. I know that might seem like an eternity, but put on some music zen out a little bit.

You need like you know, put the all either a homemade oil or whatever in your trouble spot. So if you do it alone, you're like widows peaks here along the top or fetal female pattern hair loss might happen and you're not massaging with your nails.

You're going to massage with the balls of your fingers in circular motions. And so you're really going to just rub the oil throughout your whole scalp and definitely focus on your trouble areas.

And if your scalp feels really tight, like you can't move it like I'm might look strange, but I'm moving my scalp. If your scalp is tight, that is a huge contributor to thinning hair.

If your scalp is too tight, your follicles cannot breathe. It's just it's just stress and tightness in your head. So that massage is going to help release that fascia on your scalp, on your head.

And it's going to allow when you put an oil in to really get to the follicles. So five minutes circular motions, focusing on your trouble areas and working all the way down your scalp to really loosen up everything you have any like shampoos you absolutely love or recommend, or just to be like organic and paraben free?

That is a great question. I like a brand that was actually referred to me from my hairdresser called milkshake. They have a really clean products and they have like a hair growth one that I was using.

It's like a peppermint tea smell to milk, and we can just look online to find that. Just look online. I don't have a coat for that. I don't know in that company, but I think it's called milkshake.

I am like, I should like I should run to my shower and look what's in my shower. But I always ask me, and like all these years, I never like, you know, I've never found something I'm going to check out.

Milkshake. Yeah, yeah. Like I find organic and, you know, paraben free. But I'm always like, you know, I don't know, like, what's an amazing shampoo? I've never found one that I've, like, fallen in love with.

Yeah. I mean, I have recipes that I've made my own, but I'll be honest, when you have a four year old daughter and a three year old son, you don't have a lot as much free time as I used to.

So I'm like, you're not making shampoo with it. Yeah, I know I'm guilty, but yeah. So if you want a good ol, you know, like I said, if you can find one online, just make sure there's no chemicals in it.

But again that rosemary is very powerful. Peppermint oil, coconut oil, Oregon oil these are all really healthy oils for your scalp. Even olive oil. There's olive oil in my hair serum as well.

Oh cool. Okay. And then the third thing to get healthier hair starting today is stress management. It is such a huge factor in your hair more than you could possibly imagine.

Complete Biotin Plus and Hair Serum Solutions

So you really need to adopt stress reducing techniques. So if you're someone who can do some yoga, great. If you're not the kind of person that likes yoga, that's okay.

I find just deep breathing. So I do box breathing every single day. And I also do gratitude journaling. So I think many women struggle with, especially when you're trying to go to bed, you have like racing thoughts and you're just like, you can't shut your mind off.

Keep a journal and a pen next to your bed. Do some deep breathing. Do that box breathing. And which I should I probably should explain what box breathing is.

Yeah, yeah. Breathing in for four. Then you hold it for breathe out for four. And then you do nothing for four on the out. So it's four, four, four, four.

And if you do that about 10 to 12 times through in in for four, hold it for four. Out for four. Wait again for four. You just get so much oxygen to your brain and so zen so quickly.

It's pretty incredible. That has just been an easy one for me. But the gratitude journaling and just journaling in general has helped me with stress management incredibly.

So when you're laying in bed and you're like, oh, I forgot to do the laundry. Oh, I forgot to do this. Oh, I can't forget to do this tomorrow. Just get that journal out and write it down.

You you'd be so surprised at how freeing it is just to get it off of your mind and write what you're grateful for. It's so easy to kind of get stuck in that cycle of thinking about all the things that you don't have or what's not good in your life, but if you really sit there and think, what am I grateful for today?

Again, you'd realize how much stress just kind of rolls off your shoulders when you really look at the bright side. I know that might sound cliche, but it's so true.

So nutrition, gratitude and breathing. Like, that's not to say stress management can do. Yeah. I mean, if you just massage your scalp, breathe properly, have gratitude.

And I do that like because sometimes you're like, oh, I forgot to do like then you just write it down and you're like, you don't have to think about it because you know, it's written down. You know, you're going to wake up and read it and it'll be there waiting for you.

So those tips are amazing. On top of like then having good products. Like what a what a blessing. So your website is ever Bella. Yep. Com ever. Thank you.

Grammy and what did you say? It's Dr. Stills 30 to get 30% off of your entire purchase. That's correct. And anywhere else they like you're talking about this community.

I'm like, I don't know that I'm in your community. How do you find this community? You said, yes, absolutely. So if you go to the website, you can subscribe to my email list.

So that's where most people communicate with me. Okay. I also have Instagram which is Cristina.everbella, if you want to check me out there. And I'm also on TikTok.

Same thing. Cristina.everbella. So I would be delighted to follow me there. In fact, my socials are more on the new side I don't have. I don't have 60,000 followers there.

I wish I did, but again, I kind of went launched this company and then my health got better. So I was very blessed to have children, but I wasn't really active on social media.

So that's like my big change for 2026 is to be more present there. So please check me out there too if you're willing and able. Us and I think about how we talk, you know, about like hair loss is the symptom and like in a roundabout way, like your hair loss was a blessing because you probably would have not been able to get pregnant with what, you know, you were like in early onset menopause.

And I beautiful babies.

Daily Habits for Thicker, Healthier Hair

So I know I always think that because like in the thick of it, I was just like, you know, you're very depressed and like, man, you don't realize how much you identify with your hair. It's a real thing.

And but everything happens for a reason. I'm a true believer in that. And had it not happen ever, Bella would never came to be. It would never have my baby.

So yeah, it was a blessing in disguise. Yeah, very, very good lesson there. So we are going to have an after party webinar with Cristina and you'll all be invited because now you're part of my community and we communicate a lot via email.

So keep your eyes open because when you come to the webinar we'll dive deeper and we'll answer questions. So you'll put questions I'll read them to Cristina so you can ask about your own personal issues.

We do a good job of getting through like a lot of questions. So keep your eyes open for that. Go follow her on her socials, sign up for her newsletter.

Take advantage of her very, very generous discount and go breathe. Go rub your head and go be grateful. Great lessons to leave us with. So thank you. Thank you, Cristina, for being here.

You always bring the joy and the beauty and the wisdom. And thank you, everyone else, for tuning in for another interview and we'll be back with more, so see you real soon.

Bye. Thank you.