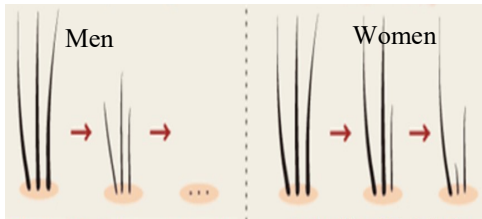


Hair loss/thinning hair

Hair aging accelerates from around the age of 40. There are various factors that cause hair loss and thinning in the elderly, including hormonal effects, scalp problems, diseases, stress, and lifestyle changes. In men, the hair weakens and falls out at the same time from the hairline and top of the head,



while in women, the hair gradually weakens and thins at the part and top of the head. As represented by AGA (male pattern baldness) in men, the main cause is that hair growth stops due to the influence of "male hormones", but in women, "scalp damage" and "hormonal balance" are the main causes.

Men: hair weakens at the same time

Females: One hair at a time becomes weaker, and only weak hairs become more numerous

Causes

■ Hormonal imbalance due to aging

Women, especially after menopause, are prone to hormonal imbalances, which can lead to hair loss and thinning hair, resulting in a decrease in hair density.

■ Decrease in sebum secretion

As we age, the amount of sebum secreted by our skin decreases, making it easier for our scalp to dry out and our hair to lose its luster. However, too much sebum can clog the pores and cause hair loss so balance is the key.

■ Stress

Stress not only disturbs hormone balance, but also disturbs the autonomic nervous system, causing vasoconstriction and poor blood circulation. As a result, nutrients are not delivered sufficiently, hair growth stops, and hair loss increases.

■ Anemia and malnutrition

Loss of appetite and reduced food intake can easily lead to nutritional deficiencies, and chronic lack of nutrients in the body can cause hair loss. Deficiency of iron, zinc and proteins deteriorate hair production and skin health.

Hair Care

■ shampoo, hair wash

Strong shampoos and washing methods may cause thinning hair. If you have sensitive skin, use a mild or natural

shampoo and rinse thoroughly so that no shampoo remains.



■ Get essential nutrients for hair
These include collagen, amino acids, minerals and vitamins such as zinc, copper, and calcium, which are said to be good for hair loss and gray hair. These nutrients are contained in soy products (isoflavones), red meat, fish, and vegetables, so be sure to include them in your daily diet or make use of good supplements.



Hair loss prevention Scalp massage

Begin by massaging the neck and shoulders, which act as a bridge for blood flow from the heart to the head.

① Massage from the nape of the neck to the top of the head to move the scalp with the pads of the fingers.



② Massage the side of the head with the image of pulling up the scalp from the top of the ear to the top of the head.



(3) Place the pads of your fingers in close contact with the scalp, move your left and right hands back and forth, and gently make pulling movements as if lifting the scalp to loosen it.



<https://www.my-nature.jp/ppc/google/article/scalpcare/news01/01/?campaignid> <https://www.travelbook.co.jp/topic/70239> <https://www.kracie.co.jp/kampo/kampofullife/body/?p=7127>

Recommended supplement for Healthy Hair



Femise Plus

\$80/120 caps \$40/60caps
Supports hormone balance

* Prices are SRP

Alka Mineral

\$18 / 2oz Mineral concen-



Nano Collagen

\$60/140g, \$60/310tabs
Highly absorption collagen



Tea Tree Shampoo Bar

\$12
Natural care for healthy hair and scalp



Vitamin C+

\$16 / 100tabs
Vitamin C an Bio-tin for healthy hair