

Letter from Stylist to Client:

Dear [Customer],

As your friend and best hairstylist in the world, I deeply care about your hair health and overall well-being. Recently, I had the opportunity to consult with an expert at Hair Loss Heroes, and I wanted to share some valuable advice with you.

Firstly, in our humid Florida climate, fungal colonies can disrupt normal hair growth, note that fungus is normal and we have that all over our bodies, it is easy for fungus growth to get out of hand, especially if you're engaging in activities like golf or pickleball or wearing hats frequently. To maintain a healthy scalp environment, Hair Loss Heroes recommends using an anti-fungal shampoo like Head and Shoulders daily for the first week, then weekly thereafter.

Additionally, thyroid health plays a significant role in hair loss, with approximately 20% of patients at Hair Loss Heroes experiencing hair loss linked to thyroid issues. It may be beneficial for you to have your thyroid function tested annually through your primary care provider.

Furthermore, maintaining optimal iron reserves is crucial for robust hair health. Even if your iron levels fall within the normal range, it's essential to assess your iron storage, indicated by ferritin levels. Iron depletion should also be mentioned to your doctor.

Avoiding hair-damaging practices such as pulling hair tightly into braids, using hair extensions, or excessive brushing and hair spray application is also important. These activities can further stress weakened hair follicles and exacerbate shedding.

Nutrition plays a vital role in hair health, so ensure you're consuming a balanced diet rich in essential nutrients like vitamin A, vitamin B, vitamin C, vitamin D, vitamin E, iron, selenium, and zinc which are key for keratin production.

Lastly, managing stress and emotional well-being is crucial, as emotional stress can significantly impact hair health. Consider incorporating stress-reducing techniques into your routine to support a holistic approach to hair loss management.

If you're considering supplements to support your hair growth journey, Hair Loss Heroes has identified affordable options like Silver Fern's Hair Complex, available for \$24 on Amazon.

Remember, I'm here to support you every step of the way. Please don't hesitate to reach out if you have any questions or concerns. Together, we can work towards achieving healthy, beautiful hair.

Warm regards,

[Your Name] [Your Salon]