



# THE SOLINGER METHOD

by Root Health L.L.C.

## Hair Loss

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Hair Loss

Root Health L.L.C, The Solinger Method

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## What Is Hair Loss

Hair loss in adults most commonly reflects a disruption in the **hair growth cycle**, particularly a shift of follicles from the growth phase (anagen) into the shedding phase (telogen). This pattern, known as telogen effluvium, is often triggered by metabolic stress, hormonal imbalance, nutrient depletion, inflammation, or immune dysregulation.

Hair follicles are highly metabolically active tissues. When the body perceives threat, stress, or deficiency, hair growth is deprioritized in favor of survival functions.

Common presentations include:

- Diffuse shedding
- Thinning at the temples or crown
- Widening part
- Reduced ponytail thickness
- Increased shedding with washing or brushing

Hair loss is a **signal of internal imbalance**, not a primary scalp disorder in most cases.

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## Conventional Medicine Perspective

Conventional medicine often categorizes hair loss into genetic or non-genetic causes and may offer reassurance, topical treatments, or medications aimed at slowing loss or stimulating growth.

While these approaches may improve appearance for some, they frequently overlook:

- Thyroid dysfunction
- Iron or ferritin deficiency
- Chronic stress and cortisol signaling
- Hormonal shifts, especially postpartum or perimenopausal
- Nutrient depletion from medications or under eating
- Autoimmune or inflammatory contributors

Hair regrowth is limited when root causes remain unaddressed.

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## Naturopathic Medicine Perspective

Naturopathic medicine views hair loss as a **downstream manifestation of metabolic, hormonal, immune, or nutrient imbalance**. The scalp reflects what is happening internally.

Key systems involved include:

- Thyroid hormone signaling
- Iron availability and oxygen delivery
- Sex hormone balance
- Stress and cortisol regulation
- Protein and micronutrient sufficiency
- Immune and inflammatory activity

The goal is to **restore the conditions required for hair growth**, not force follicles to grow in an unfavorable environment.

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## Core Pathophysiologic Mechanisms

### Thyroid Related Hair Loss

Both hypothyroidism and hyperthyroidism disrupt the hair cycle. Even subtle thyroid dysfunction or impaired T4 to T3 conversion can lead to diffuse shedding.



## **Iron and Ferritin Deficiency**

Ferritin acts as an iron reserve for rapidly dividing cells, including hair follicles. Low ferritin is one of the most common drivers of hair loss, even when hemoglobin is normal.

## **Stress and Cortisol Driven Shedding**

Physical or emotional stress shifts follicles into telogen phase. Hair loss often begins 2 to 4 months after the triggering event.

## **Hormonal Shifts**

Postpartum, perimenopausal, or estrogen and progesterone fluctuations alter follicle signaling and growth patterns.

## **Nutrient Depletion**

Inadequate protein, zinc, biotin, selenium, B vitamins, and essential fatty acids impair keratin production and follicle health.

## **Autoimmune and Inflammatory Activity**

Autoimmune thyroid disease and chronic inflammation can disrupt follicle signaling and prolong shedding.

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# **Nutritional Strategy**

Nutrition for hair loss focuses on **fueling growth, restoring reserves, and reducing metabolic stress**, not calorie restriction.

## **Core Nutritional Priorities**

- Adequate daily calories
- Protein sufficiency
- Micronutrient density
- Stable blood sugar
- Anti-inflammatory food choices

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## **Therapeutic Foods to Emphasize**



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Protein at each meal, targeting 25 to 35 grams per meal. Mechanism, keratin production and follicle cycling are protein dependent.

Iron rich foods such as red meat and shellfish. Mechanism, support oxygen delivery and follicle energy needs.

Eggs. Mechanism, provide biotin, choline, sulfur amino acids, and fat soluble vitamins essential for hair structure.

Fatty fish. Mechanism, provide omega 3 fatty acids that reduce inflammatory signaling affecting follicles.

Beef liver, used judiciously. Mechanism, provides iron, vitamin A, B12, folate, and copper required for hair growth signaling.

Complex carbohydrates. Mechanism, prevent hypoglycemia and cortisol spikes that worsen shedding.

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## **Reduce or Avoid**

Chronic calorie restriction or fasting. Mechanism, shifts follicles into telogen phase.

Excess ultra processed foods. Mechanism, increase inflammation and nutrient displacement.

Unnecessary elimination diets without clinical indication.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Iron (When Ferritin Is Low)**

Mechanism, restores iron reserves required for follicle energy metabolism and growth.

Dose: individualized based on ferritin, goal ferritin often above 50 to 70 ng/mL for hair regrowth

### **Zinc (Glycinate or Picolinate)**

Mechanism, supports follicle cycling, immune regulation, and keratin synthesis.

Dose: 15 to 30 mg daily

### **Biotin**



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Mechanism, supports keratin infrastructure and hair shaft integrity.  
Dose: 2,500 to 5,000 mcg daily

### **Selenium**

Mechanism, supports thyroid hormone signaling and antioxidant protection of follicles.  
Dose: 200 mcg daily

### **Activated B Complex**

Mechanism, supports cell division, energy metabolism, and stress resilience.  
Dose: one capsule daily

### **Omega 3 Fatty Acids**

Mechanism, reduce inflammatory signaling and support follicle membrane health.  
Dose: 3 to 4 grams daily combined EPA and DHA

### **Collagen Peptides (Optional)**

Mechanism, provide amino acids for hair structure and connective tissue support.  
Dose: 10 to 20 grams daily

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## **Targeted Herbal Support**

### **Saw Palmetto (When Androgen Driven Thinning Is Suspected)**

Mechanism, reduces conversion of testosterone to DHT, which can impair follicle signaling in susceptible individuals.  
Dose: 160 to 320 mg standardized extract daily

### **Ashwagandha**

Mechanism, reduces stress mediated cortisol output and supports thyroid balance.  
Dose: 300 to 600 mg daily

### **Nettle Root**

Mechanism, supports mineral balance and modulates androgen activity.  
Dose: 300 to 600 mg daily

### **Horsetail (Silica Source)**



Mechanism, supports hair shaft strength and connective tissue integrity.  
Dose: 300 to 600 mg daily  
Herbs are selected based on pattern, not used universally.

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## Celery Juice Support for Hair Loss

Celery juice may support hair loss indirectly by improving hydration, mineral balance, digestion, and adrenal signaling, which supports follicle health over time.

Suggested use is 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

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## Supplement Access

A complete supplement protocol for Adult Hair Loss is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

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## Lifestyle Support That Matters

Sleep quality matters, hair growth is influenced by circadian rhythm.

Stress regulation is essential, ongoing stress prolongs shedding.

Gentle scalp massage can support circulation, but regrowth depends on internal repair.

Hair regrowth takes time, cycles typically normalize over 3 to 6 months once drivers are addressed.

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## When to Dig Deeper

Further evaluation is warranted when hair loss persists:

- Ferritin and iron studies
- Thyroid panel including free T3
- Vitamin D



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- Zinc and selenium status
- Sex hormones when indicated
- Autoimmune markers

Hair regrowth occurs when **the body perceives safety, sufficiency, and balance**, not when follicles are forced to perform in a depleted state.

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