



## Hair loss – a very sensitive topic

Although hair loss affects a great many people, hardly anyone talks about it—it is almost a taboo subject. Some men have to deal with hair loss very early in life, but many women also experience it during menopause. The loss of a full head of hair can cause considerable psychological stress. Self-esteem is particularly affected, and in the worst case, it can even lead to depression.

Hair loss has many different causes, and very often it is even genetically determined. Endocrinological causes such as thyroid dysfunction or menopause can also result in hair loss. Autoimmune diseases, malnutrition, skin diseases, infections, medications, or environmental toxins are further reasons for hair loss.

The abundance of possibilities quickly makes it clear that the cause of hair loss should be investigated. Unfortunately, there is no single treatment for hair loss. The following treatment approach therefore focuses on supporting women with hair loss during menopause.

The onset of menopause triggers hormonal changes in the body, altering the balance of the sex hormones estrogen, progesterone, and testosterone. In general, the levels of all sex hormones decline, but this has different effects. The sharp drop in estrogen and progesterone levels leads to a relative increase in androgens in the body. These are now increasingly converted into testosterone and dihydrotestosterone (DHT). Normally, SHBG (sex hormone-binding globulin) ensures that most of the testosterone is firmly bound in the blood and thus inactive. The drop in estrogen levels leads to a drop in SHBG levels, which means that more biologically active testosterone and DHT are available. This leads to disturbances in hair growth, followed by hair loss. Due to the falling estrogen levels, the hair follicles are also no longer optimally supplied with nutrients. (1)

But there are even more hormones involved in hair growth. Prolactin and thyroid hormones promote hair growth. Stress hormones such as CRH (corticotropin-releasing hormone) and ACTH (adrenocorticotrophic hormone), on the other hand, promote a stress response in the body, which in turn impairs hair growth.

Hormonal dysbalance is therefore a key focus of treatment; in addition, the hair follicles should be supported. Stress is also an issue that should not be underestimated. MUCEDOKEHL® is the drug of choice for hormonal dysbalances; it is well supported by NIGERSAN®. Phytohormones should also be considered; plants such as red clover (*Trifolium pratense*), yarrow (*Achillea millefolium*), black cohosh (*Cimicifuga racemosa*), hops (*Humulus lupulus*), and rhubarb (*Rheum raphaniticum*) are suitable for this purpose. Phytoestrogens can bind to the various estrogen receptors and thus support the body's own estrogen. To support blood circulation and thus also the supply to the hair follicles, SANKOMBI® is an option, both orally and as a rub or light massage of the scalp. Zinc and biotin support hair growth (ZINK+BIOTIN Biofrid). In addition, care should be taken to ensure an adequate supply of magnesium and calcium. For this purpose,



we recommend ALKALA® “S,” which contains magnesium, calcium, and potassium citrate in physiological concentrations. Potassium citrate also regulates the intracellular acid-base balance.

Menopause is very stressful for many women, as their bodies react differently than usual. Sleep disorders, hot flashes, and hair loss can be very difficult for women to cope with. Since they still have to manage their “normal” everyday lives, feelings of stress can easily arise. However, these feelings can further promote hair loss. In addition to MUCEDOKEHL®, the “Stress” essential oil blend can also help. This blend can be gently rubbed into the décolleté or used with a little water in an aroma lamp. The gentle scent of the essential oils promotes physical and mental well-being.

### **Essential oil blend “Stress”**

100 ml jojoba oil  
2 drops bergamot essential oil (Citrus bergamia, 10 ml)  
4 drops lavender essential oil (Lavandula angustifolia, 10 ml)  
6 drops palmarosa essential oil (Cymbopogon martini, 5 ml)  
4 drops rose geranium essential oil (Pelargonium graveolens, 5 ml)  
4 drops cedarwood essential oil (Cedrus atlantica, 10 ml)

## **Trading forms**

### **MUCEDOKEHL® D5 Drops**

10 ml *(also available in other dosage forms)*

#### **Dosage:**

Adults and adolescents aged 12 and over:

For oral use: 1x 8 drops daily.

For topical use: Rub 2x 5-10 drops weekly into the crook of the elbow.

4 drops of cedar essential oil (Cedrus atlantica, 10ml)

### **NIGERSAN® D5 Solution for Injection**

10x 1ml *(also available in other dosage forms)*

#### **Dosage:**

Adults and adolescents aged 12 and over:

Inject 2 x 1 ampoule weekly i.c., s.c., or i.m.

4 drops of cedar essential oil (Cedrus atlantica, 10 ml)

### **SANKOMBI® D5 Drops**

10 ml

#### **Dosage:**

Adults and adolescents aged 12 and over:





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For oral use: 1x 5-10 drops daily

For rubbing in: Rub 1x 5-10 drops daily into the elbow bend.

### **ALKALA® "S"**

Powder

#### **Recommended intake:**

Drink 1-2 level teaspoons daily in a glass of water with a meal.

### **ZINK + BIOTIN Biofrid**

40/100 Capsules

#### **Recommended intake:**

1x 1 capsule daily

For further product information, please refer to the respective instructions for use or packaging.