



HEALTHY HAIR NATURALLY

A free and simple guide to reducing hair loss and supporting hair growth during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

Is your hair thinning, shedding more than usual or losing its volume?

Do you notice hair coming out in the shower or on your brush in a way that worries you?

Has the texture or strength of your hair changed?

Hormonal changes in menopause often affect hair growth cycles and scalp health.

Hi, I'm Joanna

Many women notice their hair becoming thinner, drier, or more brittle during perimenopause and menopause. This can feel distressing - hair is such a visible part of identity and confidence.

The good news is that menopausal hair loss is often reversible. By supporting your hormones, nutrition, and scalp health naturally, you can encourage stronger, healthier hair growth from the inside out.

In my clinical experience, the key elements to address therapeutically for anxiety and depression include:

- Nutritional deficiencies and/or excess (toxicity)
- Thyroid and adrenals
- Stress and inflammation
- Diet review and monitoring
- Review of personal care products
- Circadian rhythms reset

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✔ The 4 key factors that influence hair health in menopause
- ✔ Simple, natural ways to nourish your hair and scalp
- ✔ A daily checklist to restore shine and strength
- ✔ Resources and tips that work



Key Factor #1

Hormonal changes & hair growth cycles

Why it matters

Falling estrogen and progesterone levels can shorten the hair growth phase and increase shedding. At the same time, higher androgen activity can make hair thinner, especially around the crown.

During menopause, hormonal changes, particularly the decline in estrogen, can disrupt hair growth cycles, leading to thinning, dryness, and changes in hair texture. This hormonal shift may cause hair to shed more and become finer, while also potentially increasing unwanted hair growth in areas like the face and body due to a relative increase in androgens, especially testosterone.

Natural swaps & tips



Balance hormones naturally with whole foods, regular meals, stress reduction and following natural circadian rhythms of light and darkness.



Include phytoestrogen-rich foods such as flaxseeds, sesame seeds, and organic and non-GMO fermented soy (tempeh, miso).



Support liver detoxification with leafy greens, green juices, beetroot, and lemon water - a healthy liver helps regulate hormone metabolism.



While not all menopausal hair loss is reversible, early identification, good nutrition, gentle hair care, and targeted natural therapies can slow progression and support healthier regrowth.

Additional resources: [Joanna's hormonal harmony blog](#)



Key Factor #2

Nutrient deficiencies

Why it matters

Hair is made of protein and depends on key nutrients for growth. Deficiencies in iron, zinc, B vitamins, vitamin D and protein can lead to thinning and slow regrowth.

Nutrient deficiencies during menopause can worsen hair loss. Ensuring a balanced diet rich in specific nutrients is essential for maintaining healthy hair during this transition.

Natural swaps & tips

-  **Eat good quality protein with every meal** - eggs, meat, fish, legumes, nuts, and seeds.
-  **Add iron-rich foods** - including red meat, liver, poultry, lentils, leafy greens, beetroots and pumpkin seeds.
-  **Add B-vitamin sources** including: red meat (vitamin B12), avocado (B2, B6, B5 + healthy fats), nutritional yeast, leafy green (folate).
-  **Consider taking a high-quality multivitamin or hair-supportive supplement. if needed** - consult with your health practitioner what is most suitable for you.
-  **Limit sugar and processed foods** - these can disrupt hormones and increase inflammation, and increase demands for nutrients.

[Additional resources: Read Joanna's food sensitivities blog.](#)



Key Factor #3

Stress & inflammation

Why it matters

Chronic stress increases cortisol, which can push hair follicles into a “resting” phase, leading to shedding. Inflammation in the scalp can also weaken follicles. Thyroid dysfunction in menopause can also contribute to hair loss.

Stress and inflammation can significantly contribute to hair loss during menopause. High stress levels may lead to hormonal imbalances that exacerbate hair thinning, while inflammation can affect the health of hair follicles, further impacting hair growth. About one-third of women will experience thinning hair at some point, and it can be a lot to cope with emotionally. Also, as we get older, hair naturally becomes finer and grows more slowly.

Hair loss rarely stems from one cause. It’s common to find multiple contributing factors.

Natural swaps & tips



Practice daily relaxation - deep breathing, meditation, gentle yoga, walking outdoors in sunshine, taking more ‘me’ time daily. Chronic stress can also indirectly suppress your thyroid function, reduce nutrient absorption, and weaken immunity all of which affect hair. Women under high stress often report worsening hair loss.



Massage your scalp for 2-3 minutes daily to boost circulation and reduce tension.



Use natural oils like rosemary, jojoba, or castor oil for scalp nourishment.

[Additional resources: Check out Joanna’s holy basil herb for stress and anxiety blog](#)



Key Factor #4





Hair care & environmental stressors

Why it matters

Harsh chemical-rich products, heat styling and chemical treatments can damage fragile menopausal hair. Environmental stressors like toxins, excessive UV radiation, pollution, and humidity can significantly impact hair health, leading to issues such as dryness, brittleness, and increased shedding.

To protect your hair, consider using natural UV-protection (hats, clothing), maintaining a good hair care routine, and minimising exposure to harsh environmental conditions.

Natural swaps & tips

-  **Choose gentle, sulfate- and parabens-free shampoos and conditioners.** Rinse hair with cool water after washing to seal the cuticle and increase shine.
-  **Avoid tight hairstyles and excessive brushing.** Be gentle with your hair - avoid super-tight ponytails and buns, harsh hair products and excess heat,
-  **Protect hair from excessive sun and chlorine** (in unfiltered tap water and swimming pools) with hats or natural oils.
-  **Check side effects of medications (if taken)** - cholesterol-lowering drugs, antidepressants, anticoagulants and anticonvulsants are among the common medications that may contribute to hair loss for women experiencing menopause.







Additional resources: [Check out Joanna's antioxidants explained blog](#)



Next steps

Menopausal hair loss is a signal - not a sentence. It's your body's way of asking for nourishment, rest, and hormonal balance. Start with one or two of these natural habits and stay consistent. Over time, you'll notice stronger, shinier hair and renewed confidence.

Your daily hair health checklist

-  Balanced meals with protein and healthy fats
-  Hydration — at least 6–8 glasses of water daily
-  Stress reduction or mindfulness practice
-  Scalp massage with nourishing oil
-  7–8 hours of restful sleep
-  Spending time outdoors daily

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created **"The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"** to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

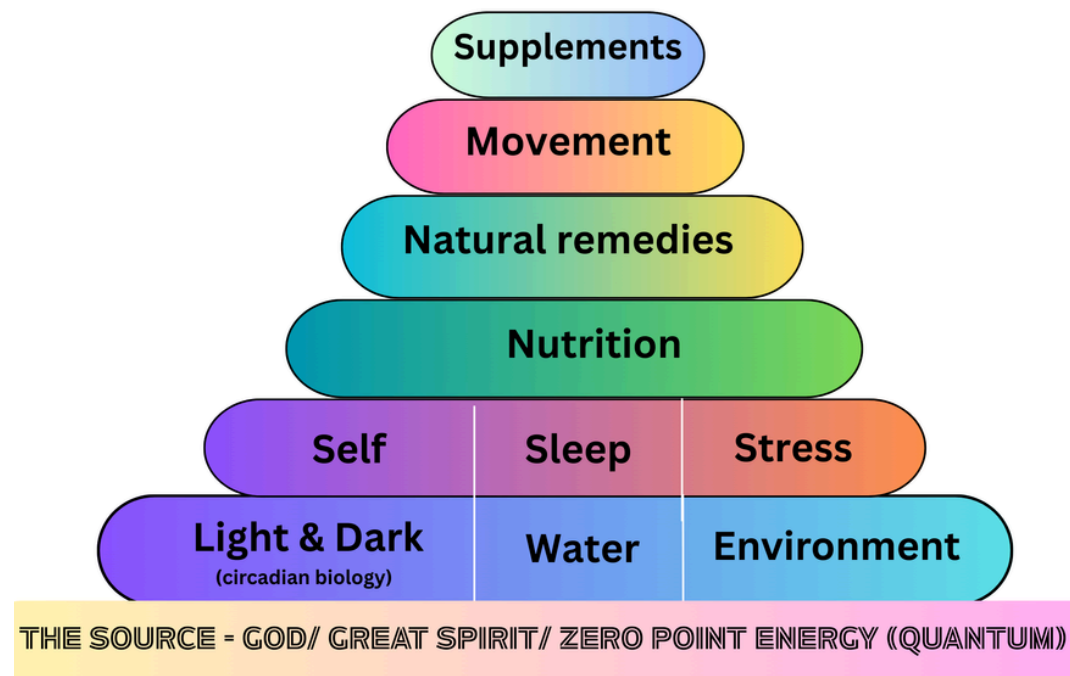
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers, key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic & method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com
Here are the links to the most relevant website articles:

- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical information on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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