

meditation and hair growth

meditation and hair growth have increasingly become topics of interest in the wellness and beauty communities. Scientific research and holistic health approaches suggest that meditation can positively influence hair health by reducing stress, improving blood circulation, and promoting hormonal balance. This article explores the connection between meditation and hair growth, examining how mindfulness practices contribute to healthier hair follicles and potentially mitigate hair loss. Additionally, it discusses the physiological mechanisms involved, practical meditation techniques, and complementary lifestyle changes that support optimal hair growth. Understanding these aspects can provide a natural and effective approach to hair care. The following sections outline the key areas of focus.

- The Science Behind Meditation and Hair Growth
- How Stress Affects Hair Health
- Meditation Techniques to Promote Hair Growth
- Additional Lifestyle Factors Supporting Hair Growth
- Practical Tips for Integrating Meditation into Your Hair Care Routine

The Science Behind Meditation and Hair Growth

The relationship between meditation and hair growth is grounded in physiological and psychological research. Meditation is known to activate the parasympathetic nervous system, which helps the body enter a state of relaxation. This relaxation response reduces the production of stress hormones such as cortisol, which, when elevated, can negatively impact hair follicles and inhibit hair growth. Additionally, meditation has been shown to improve blood circulation, including to the scalp, which enhances the delivery of essential nutrients and oxygen to hair follicles, supporting their health and function.

Role of Stress Hormones and Hair Follicles

Stress hormones like cortisol can cause hair follicles to enter a resting phase prematurely, leading to hair thinning and increased shedding. Chronic stress triggers inflammatory responses that damage hair follicle cells and disrupt the natural hair growth cycle. Meditation helps regulate these

hormonal levels by calming the nervous system, thereby protecting hair follicles from stress-induced damage and promoting a healthier growth cycle.

Improved Scalp Circulation Through Meditation

Enhanced blood flow is critical for maintaining healthy hair follicles. Meditation promotes vasodilation and reduces vascular resistance, which increases circulation to the scalp. Better circulation ensures hair follicles receive sufficient nutrients, including vitamins and minerals necessary for hair synthesis and strength. This improved nutrient delivery can stimulate dormant hair follicles and encourage new hair growth.

How Stress Affects Hair Health

Stress is one of the leading contributors to hair loss conditions such as telogen effluvium, alopecia areata, and even pattern baldness. Understanding how stress impacts hair health clarifies why meditation is beneficial in hair growth strategies.

Types of Hair Loss Related to Stress

Stress-induced hair loss manifests primarily through three conditions:

- **Telogen Effluvium:** Stress causes a large number of hair follicles to enter the resting phase prematurely, resulting in significant shedding.
- **Alopecia Areata:** An autoimmune disorder often triggered by stress, where the immune system attacks hair follicles, causing patchy hair loss.
- **Trichotillomania:** A psychological condition characterized by the compulsive pulling of hair, linked to emotional stress and anxiety.

Impact of Chronic Stress on Hair Growth Cycle

The hair growth cycle consists of three phases: anagen (growth), catagen (transition), and telogen (rest). Chronic stress disrupts this cycle by shortening the anagen phase and prolonging the telogen phase, resulting in slower hair growth and increased shedding. Meditation helps counteract these effects by lowering stress levels and rebalancing the hair growth cycle.

Meditation Techniques to Promote Hair Growth

Several meditation practices can be applied specifically to reduce stress and enhance hair health. Incorporating these techniques regularly supports the physiological conditions necessary for hair growth.

Mindfulness Meditation

Mindfulness meditation focuses on present-moment awareness without judgment. This technique reduces anxiety and stress by helping practitioners observe their thoughts and emotions objectively. Increased mindfulness lowers cortisol levels, which benefits hair follicle function and promotes healthier hair growth.

Guided Visualization for Hair Growth

Guided visualization involves mentally imagining the process of hair growth and scalp health. This meditative technique can enhance relaxation and positively influence subconscious beliefs about hair health, potentially encouraging physiological changes that support growth.

Breathing Exercises to Reduce Stress

Controlled breathing exercises, such as diaphragmatic breathing or alternate nostril breathing, activate the parasympathetic nervous system. These methods rapidly decrease stress and improve oxygen flow to the scalp, stimulating hair follicles and encouraging growth.

Additional Lifestyle Factors Supporting Hair Growth

While meditation plays a significant role in improving hair health, it is most effective when combined with other lifestyle habits that promote hair growth.

Nutrition and Hydration

A balanced diet rich in vitamins A, C, D, E, biotin, zinc, and omega-3 fatty acids supports hair follicle health. Proper hydration maintains scalp moisture, preventing dryness and breakage. Together with meditation, nutrition and hydration create a holistic foundation for strong, healthy hair.

Regular Physical Activity

Exercise improves overall circulation, including to the scalp, and reduces stress hormones. The synergistic effect of physical activity and meditation enhances blood flow and hormonal balance, further supporting hair growth.

Adequate Sleep

Sleep is essential for cellular repair and hormonal regulation. Poor sleep quality increases stress levels and disrupts hair growth cycles. Meditation before bedtime can improve sleep quality, thereby indirectly promoting hair health.

Practical Tips for Integrating Meditation into Your Hair Care Routine

Incorporating meditation into daily life can be straightforward and highly beneficial when aiming to support hair growth.

1. **Set a Regular Schedule:** Dedicate 10-20 minutes daily to meditation, preferably at the same time each day to establish consistency.
2. **Create a Relaxing Environment:** Choose a quiet, comfortable space free from distractions to enhance focus and relaxation.
3. **Combine with Scalp Massage:** Perform gentle scalp massages during or after meditation to further stimulate circulation.
4. **Use Guided Meditations:** Utilize audio or app-guided sessions focused on stress reduction and hair health visualization.
5. **Track Progress:** Monitor hair condition and stress levels over time to assess the effectiveness of meditation practices.

Frequently Asked Questions

Can meditation really promote hair growth?

Meditation helps reduce stress, which is a common cause of hair loss. By lowering stress levels, meditation can indirectly support healthier hair growth.

How does stress affect hair growth?

High stress levels can trigger hair loss conditions like telogen effluvium, where hair follicles enter a resting phase and shed more than usual. Reducing stress through meditation can help prevent this.

What types of meditation are best for hair growth?

Mindfulness meditation, guided meditation, and breathing exercises are effective for reducing stress and promoting relaxation, which can benefit hair health.

How often should I meditate to see benefits for hair growth?

Practicing meditation for at least 10-20 minutes daily can help reduce stress and improve overall well-being, potentially supporting healthier hair growth over time.

Are there scientific studies linking meditation to improved hair growth?

While direct scientific studies on meditation and hair growth are limited, research shows meditation reduces cortisol levels and stress, which are factors that influence hair loss.

Can meditation improve scalp health?

Meditation improves blood circulation and reduces stress, which can enhance nutrient delivery to hair follicles and support scalp health.

Is meditation a substitute for medical treatments for hair loss?

Meditation should be used as a complementary practice alongside medical treatments for hair loss, not as a substitute. It helps manage stress, which can improve treatment outcomes.

How quickly can meditation impact hair growth?

Since hair growth cycles take time, any benefits from reduced stress through meditation may take several months to reflect in hair growth improvements.

Can meditation help with hair loss caused by hormonal imbalances?

Meditation helps regulate stress hormones, which can indirectly influence hormonal balance. However, it may not directly treat hair loss caused by specific hormonal conditions and should be combined with medical advice.

Additional Resources

1. *The Mindful Mane: Meditation Techniques for Healthy Hair Growth*

This book explores the connection between mindfulness meditation and improved hair health. It offers guided meditation practices designed to reduce stress, which is a common cause of hair loss. Readers will learn how calming the mind can promote natural hair growth and overall scalp wellness.

2. *Roots of Relaxation: Harnessing Meditation to Stimulate Hair Follicles*

Delving into the science behind stress-induced hair loss, this book provides meditation exercises aimed at increasing blood circulation to the scalp. It combines ancient wisdom with modern techniques to help readers nurture their hair follicles through mental relaxation and focused breathing.

3. *Grow Within: The Meditation and Nutrition Guide for Hair Regrowth*

This comprehensive guide pairs meditation routines with dietary advice to support hair regrowth. It emphasizes the importance of inner balance and mindful eating habits in promoting healthy, strong hair. Practical tips and meditative practices make this book a holistic approach to combating hair thinning.

4. *Serene Strands: Unlocking Hair Growth Through Mindful Practices*

Serene Strands introduces readers to mindfulness-based stress reduction methods specifically tailored for hair care. The book explains how emotional well-being influences hair health and provides daily meditation rituals to foster a calm mind and rejuvenated scalp.

5. *The Calm Scalp: Meditation for Reducing Hair Loss and Stimulating Growth*

Focusing on the scalp's role in hair vitality, this book teaches meditation techniques that target tension and inflammation in the head area. It offers step-by-step instructions for relaxation exercises that can help decrease hair shedding and encourage new growth.

6. *Inner Glow: Meditation and Energy Healing for Thicker Hair*

This book combines meditation with energy healing practices to revitalise hair follicles and enhance hair density. Readers will find methods for balancing their body's energy flow, reducing stress, and fostering a positive

mindset conducive to hair health.

7. Mindful Growth: Using Meditation to Combat Hair Loss Naturally

Mindful Growth presents a natural approach to hair loss by integrating meditation into daily routines. It discusses how mindfulness can mitigate the hormonal imbalances and anxiety that often contribute to hair thinning, offering practical meditations for hair restoration.

8. Zen and the Art of Hair Growth: Meditation for a Healthier Scalp

This book blends Zen philosophy with practical meditation exercises aimed at improving scalp health. It guides readers through calming practices that enhance circulation and promote a nurturing environment for hair growth.

9. Stress Less, Grow More: Meditation Strategies for Hair Regrowth

Stress Less, Grow More reveals how chronic stress can impede hair growth and provides meditation strategies to counteract these effects. The book includes breathing techniques, visualization exercises, and relaxation methods designed to support hair regeneration naturally.

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meditation and hair growth: Eyebrow Growth Mira Skylark, AI, 2025-03-13 Eyebrow Growth offers a natural, comprehensive approach to achieving fuller, thicker eyebrows, focusing on nutrition, castor oil, and grooming techniques. The book emphasizes that optimal hair growth relies on key vitamins and minerals, providing practical guidance on incorporating nutrient-rich foods and supplements. It also explores the potential benefits of castor oil, examining its properties and safe application methods for stimulating eyebrow growth. The book uniquely prioritizes natural methods, empowering readers to enhance their eyebrows without invasive procedures. Beginning with eyebrow anatomy and influential factors, it progresses to nutritional requirements, castor oil analysis, and grooming techniques. Did you know that proper grooming techniques, like avoiding over-plucking, can significantly impact eyebrow fullness? This self-help guide integrates insights from dermatology, nutrition science, and cosmetology, presenting data in an accessible format with clear explanations. Ultimately, Eyebrow Growth aims to provide a clear and actionable path to cultivate healthier, fuller, and more defined eyebrows, naturally enhancing overall appearance and confidence.

meditation and hair growth: Hair Matrix Code Aleksei Stone, 2024-09-04 Unlock the Real Secrets to Lasting Hair Growth with The Hair Matrix Code Are you tired of wasting time, money, and energy on hair loss treatments that never deliver? You're not alone. Millions are trapped in The Rootless Trap (TRT)—a cycle of quick fixes that only mask the symptoms, never addressing the real cause. The hair loss industry thrives on keeping you hooked on expensive products and procedures that offer nothing but disappointment, harmful side effects, and a constant need for more treatments that lead to even more side effects. But here's the truth they don't want you to know: Real,

sustainable hair growth starts from within—without guesswork or endless treatments. The Hair Matrix Code isn't just another book on hair loss; it's a concise, no-nonsense guide that cuts straight to the point, delivering only the most valuable, actionable information you need. Forget the costly treatments and risky procedures that only lead to side effects like anxiety and ED, requiring even more treatments. This guide reveals the secrets to breaking free from the traps set by the industry and achieving real, lasting results. No more guesswork. No more gimmicks. Just genuine results in a fraction of the time. Inside this invaluable, straight-to-the-point guide, you will discover: The Rootless Trap (TRT): Understand what TRT is and how it keeps you stuck in a never-ending cycle of ineffective treatments. Learn why breaking free from this trap is crucial to starting your true hair growth journey. The NEXUS Protocol: Discover this groundbreaking approach that aligns with your body's natural processes to target the root causes of hair loss for sustainable results. Uncover how it not only transforms your hair but also revitalizes your overall vitality and well-being. Top 10 Supplements for Hair Vitality: Essential nutrients your body needs to support thicker, healthier hair from within. Diet and Lifestyle Synergy: Practical steps to optimize your diet and daily habits, maximizing hair growth and vitality without a complete lifestyle overhaul. Proven, Easy-to-Follow Techniques: Simple methods to boost hair density and strength with just a few minutes a day. This book cuts through the clutter and gets right to the core of what works. No fluff, no filler—just powerful strategies that deliver results. And it doesn't stop at hair growth. The NEXUS Protocol revitalizes your whole well-being, giving you the confidence, energy, and vitality to thrive. Stop letting the hair loss industry profit from your struggle. The longer you stay in the TRT cycle, the more you lose—time, money, hair, and your peace of mind. Take back control now. Imagine just a few weeks from now... Receiving compliments on how healthy and vibrant your hair looks. Enjoying the confidence and energy that comes from knowing your hair is getting stronger every day. Realizing you've broken free from the industry's traps and found a real, lasting solution. Join the thousands who have already transformed their hair and their lives with The Hair Matrix Code. Stop wasting time and money—start your journey to lasting hair growth today. Scroll up, click Buy Now, and take the first step toward a fuller, healthier life—without the guesswork, the gimmicks, or the side effects!

meditation and hair growth: *Meditation: The Way of Self-Realization* Taoshobuddha, 2008-04-01 Book & CD. A real master will not try to convince you of the truth, but he will definitely persuade you towards it. A master can only help you in removing the obstacles so that meditation happens! The purpose of this book is to expose you to the path of Great Masters like Buddha, Nanak, Jesus, Mohammed and other flowers like Socrates, Heraclitus, Lau Tzu, Lei Tzu, Krishna, Ramakrishna, Raman, Osho, etc. The names are many more; only one has to be prepared for the journey. Your body is the temple of the unknown. It is a miracle of the unknown! The harmony that the body creates may become the door to inner harmony! Breathing is the alphabet of the body and through it one is easily bridged to meditation. One only has to be aware of it! One simply is! No thinking. No feeling. This is the ultimate experience of bliss! Beyond this there is nothing! This is the eternal search! You have arrived home! This is meditation! The audio CD leads you through Guided Meditation.

meditation and hair growth: *Emotional Healing Through Mindfulness Meditation* Barbara Miller Fishman, 2002-11-01 Explains how women can heal deep emotional pain through a new therapeutic approach that combines mindfulness meditation with psychotherapy. Includes guided meditations on an accompanying 60-minute CD. Original.

meditation and hair growth: *Handbook of Complementary, Alternative, and Integrative Medicine* Yaser Al-Worafi, 2025-06-17 The 52 chapters of Volume 5 focus on the evidence-based Complementary, Alternative and Integrative Medicine practice in terms of efficacy and safety for the management of most common diseases and conditions. Key Features: Describes the efficacy and safety of evidence-based Complementary, Alternative and Integrated Medicine from a disease-focused approach Presents up-to-date information on efficacy and safety of Complementary, Alternative and Integrated Medicine on the management of the most common diseases, which cover

the whole body system such as psychiatric disorders, oncologic disorders and others Describes the efficacy and safety of evidence-based Complementary, Alternative and Integrated Medicine for special populations, services and care

meditation and hair growth: Menopause Uncovered Kian M. Hart, 2023-07-04 Let your menopause journey be a time of self-discovery. Are you ready to take control of your menopause experience? Look no further than Menopause Uncovered - Taking Control of Your Change. This comprehensive guide is the ultimate resource for women who want to understand and navigate this important transition with confidence. From the basics of what menopause is and the stages you can expect to go through, to the nitty-gritty details of hormonal changes and physical symptoms, we cover all the bases. You'll learn about the emotional and mental health challenges that can come with menopause, like mood swings, anxiety, and cognitive changes, as well as the impact on sleep, weight, and overall health. But it's not all about the physical changes - we also cover the social and work-life balance aspects of menopause, like navigating friendships and relationships, building a support network, and seeking accommodations at work. Plus, we'll explore the various treatment options available, from hormone replacement therapy to natural remedies like acupuncture and herbal supplements. And if you're not going through menopause yourself but want to support a loved one who is, we've got you covered there too. We'll provide tips on how to communicate effectively, offer support and encouragement, and understand the menopause experience from their perspective. But what really sets Menopause Uncovered apart is its focus on taking control of your change. You'll learn how to prepare for menopause, from maintaining overall wellness to seeking preventive healthcare, and how to cope with the emotional impact of this transition. Plus, we'll provide practical tips for managing symptoms like hot flashes, night sweats, and vaginal dryness, as well as strategies for weight management, exercise, and nutrition. And it's not just about managing symptoms - Menopause Uncovered also covers important topics like menopause and heart health, breast health, and even oral and eye health. You'll learn about the impact of menopause on these areas and what you can do to maintain your overall health and well-being. But don't worry, we won't leave out the fun stuff, like managing hot flashes, sexuality changes, and even hair loss. And with chapters on complementary and alternative therapies, preparing for doctor visits, and building resilience and self-compassion, Menopause Uncovered truly covers all the bases. So whether you're just starting to experience perimenopause, in the throes of full-on menopause, or beyond, Menopause Uncovered has everything you need to take control of your change and navigate this transition with grace and confidence. So grab a copy today and join the millions of women who are ready to take control of their menopause experience!

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meditation and hair growth: Role of Sound and Light in Healing, Therapy, and Meditation: A Scientific Analysis Prof. (Dr.) Jai Paul Dudeja, 2025-09-09 Sound and light play significant roles in healing, therapy, and meditation; promoting relaxation and well-being. Sound therapy can induce states of deep relaxation and alleviate pain. Sound frequencies can influence brainwave patterns, moving them towards the desired states of relaxation. Sound therapy is used to reduce stress, anxiety, and pain, improve sleep quality, and enhance meditation. Light therapy, particularly the coloured light, can heal and balance the chakras, stimulate the body's relaxation response, resulting in emotional balance, mental health, and spiritual enlightenment. Sound and light therapies can be combined into audio-visual therapy to create a holistic sensory experience that promotes relaxation and overall well-being. Audio-visual techniques can be used to help individuals focus their attention, and create a calming effect that facilitates mindfulness, relaxation and deep meditation. These techniques can help creating mental clarity, reduce anxiety, and cure many diseases of the body, mind and spirit. Details of these techniques and their scientific basis, are discussed in this book.

meditation and hair growth: Growing Young Marta Zaraska, 2020-06-16 NATIONAL BESTSELLER A smart, research-driven case for why optimism, kindness, and strong social networks will help us live to 100. From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan. Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to hugging centres, Marta embarks on an absorbing, entertaining and insightful journey to determine the habits that will have the greatest impact on our longevity. Deeply researched and expertly reported, *Growing Young* will dramatically change the way you seek a longer, happier life.

meditation and hair growth: The Hormone Link Margarita Ochoa-Maya MD, 2016-12-21 I wrote this book because I came to a crossroad in my life when I felt that what I had set out to do when I decided to become a doctor was no longer in agreement with the current medical practice and the health care institution. Modern health care in the United States is not winning against disease. Health care is extremely expensive and seemingly hard to attain but there is a reason.

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meditation and hair growth: The Natural Healer: A Comprehensive Guide to Natural Health and Healing Pasquale De Marco, In the realm of health and well-being, a profound shift is underway, a resurgence of interest in the transformative power of natural healing. This comprehensive guidebook invites you on a journey to rediscover the profound wisdom of nature's healing touch, empowering you to take charge of your health and cultivate a life of vitality and well-being. Within these pages, you'll find an extensive exploration of natural healing modalities, from ancient herbal remedies to cutting-edge nutritional therapies. Delve into the science behind natural healing, understanding how these therapies work and how to incorporate them safely and effectively into your daily routine. Discover the healing potential of medicinal plants, exploring their therapeutic properties and learning how to harness their power for a wide range of health concerns. Embark on a journey through various healing traditions, such as Ayurveda, Traditional Chinese Medicine, and Native American healing practices, gaining insights into their holistic approach to health and well-being. Empower yourself with practical tools and techniques for self-care and prevention, ranging from simple lifestyle adjustments to targeted natural remedies. Create a healing environment in your home, promoting relaxation, rejuvenation, and optimal health. Learn the profound impact of stress management, mindfulness, and meditation on your physical and mental well-being. As you embark on this journey of natural healing, you'll cultivate a deeper connection with your body, mind, and spirit, unlocking a newfound sense of vitality, resilience, and inner peace. Welcome to the world of natural healing, where nature's wisdom meets modern science to guide you toward a life of vibrant health and well-being. If you like this book, write a review!

meditation and hair growth: The Perimenopause Survival Guide Heather Hirsch, 2025-10-14 Dr. Heather Hirsch, renowned founder of the Menopause Clinic at Brigham and Women's Hospital and featured expert on Oprah Winfrey's The Life You Want series, offers a groundbreaking, expert-led guide to not only navigate—but truly thrive—through perimenopause. Perimenopause, the transitional phase before menopause, can feel like one of the most disorienting and unspoken chapters in a woman's life. From hot flashes and brain fog to anxiety, back pain, and sleep disruption, the symptoms are real, but the guidance often isn't. Too many women between the ages of 35 and 50 find themselves confused, dismissed, or unsupported by their providers. The Perimenopause Survival Guide is a clear, compassionate, and evidence-based resource from one of the most trusted voices in women's hormonal health. Dr. Heather Hirsch draws on her years of clinical experience to help women understand what's happening in their bodies, and how to take charge of their care. In this essential guide, you'll learn: What's really driving your symptoms and

how to decode them Proven, FDA-approved treatment options—plus how to evaluate what's right for you The importance of managing perimenopause now for long-term health How to advocate for yourself and build a care plan around your individual needs and goals Whether you're just starting to notice subtle changes or already deep in the hormonal rollercoaster, *The Perimenopause Survival Guide* empowers you with clarity, confidence, and the tools to feel like yourself again.

meditation and hair growth: New and Full Moon Healing Meditations KG STILES, 2025-05-05 Awaken your inner wisdom and spiritual attunement with this beautifully crafted lunar companion. *New and Full Moon Healing Meditations* is your indispensable moon phase guide, offering practical tools for emotional clarity, soul growth, and spiritual alignment throughout the zodiac year. Perfect for astrology lovers, spiritual seekers, energy healers, and anyone called to live in rhythm with the moon's cycles. Inside, you'll discover: • Guided meditations for every New and Full Moon across all 12 zodiac signs • Healing rituals, reflections, and lunar ceremonies to support release and manifestation • Essential oil blends and crystal allies for enhanced energy alignment • Angelic affirmations and spiritual invocations for inner peace and intuitive clarity • Practical moon phase timing tips to sync with celestial energies year-round Each section serves as a cosmic initiation into the zodiac's energies, guiding you to align with lunar rhythms and co-create the most magical, healing, and fulfilling outcomes in your life. Blending astrology, energy medicine, and aromatherapy, this guide supports you in creating sacred rituals for personal transformation and deep connection. Ideal for: • Moon phase rituals & lunar journaling • Meditation, energy healing, and spiritual practice • Astrology beginners and seasoned mystics • Holistic wellness and natural living KG Stiles, BA, CBT, CBP, LMT, is a Certified Clinical Aromatherapist, Intuitive Astrologer, and holistic health educator with over four decades of experience in natural healing and spiritual wellness. She is the founding director of PurePlant Essentials and currently serves as the Oregon (South) Director for the National Association for Holistic Aromatherapy (NAHA) and a NAHA-approved Continuing Education Provider. KG has created wellness blends for the global marketplace and has taught and worked with hospitals, celebrity clients, and integrative health professionals worldwide. She is the author of over 100 books, and her teachings integrate astrology, essential oils, and angelic guidance to support deep spiritual growth. She lives in Ashland, Oregon, and shares her wisdom globally through her online store and recently relaunched YouTube channel.

meditation and hair growth: *The Hormone Shift* Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot

flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

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