

# HAIR FALL – CAUSES – CARE - NUTRITION

Healthy diet + Healthy lifestyle = Healthy hair

## Why Are YOU Experiencing Hair Fall?

- ✓ Poor nutrition & meal skipping
- ✓ Iron, protein, vitamin D & B12 deficiency
- ✓ Exam stress, anxiety & lack of sleep
- ✓ Junk food & excess screen time
- ✓ Dandruff & poor scalp hygiene
- ✓ Hormonal changes (adolescence, PCOS, thyroid)
- ✓ Excessive use of hair products & heat styling

## Healthy Hair Habits

- Sleep 7–8 hours
- Manage stress with exercise/yoga
- Keep scalp clean, avoid harsh chemicals
- Reduce screen time
- Avoid tight hairstyles

## When to Consult a Doctor/Dietitian

- □ Sudden or excessive hair fall
- □ Hair fall with weakness, fatigue or weight change
- □ Persistent dandruff or itching

Early care prevents long-term hair problems

## Nutrition Tips for Healthy Hair



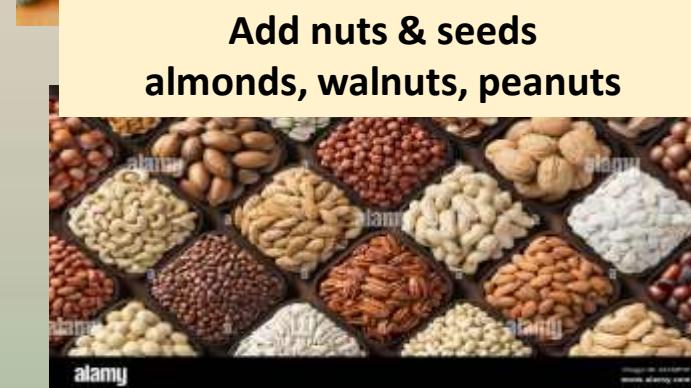
Take protein daily – milk, curd, paneer, eggs, dal



Include green leafy vegetables –  
iron rich



Add nuts & seeds  
almonds, walnuts, peanuts



Eat fruits daily –  
especially citrus & seasonal fruits



Choose whole grains & millets



Drink 7–8 glasses of water daily

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