

# POSTPARTUM HAIR LOSS

Settling into your new space in postpartum changes a lot about our body and identity, but what can we do to slow down this hair loss!? Let's dive in...

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 [genesisdoulaservicesatl](https://www.instagram.com/genesisdoulaservicesatl)



## WHY IS MY HAIR FALLING OUT?

I promise you will not lose all of your hair! The increase in estrogen during your pregnancy increased your nail/hair/skin strength and beauty. When that estrogen decreases and normalizes around 3 months, we get changes in our nails, hair, and skin. The extra hair that you grew during pregnancy is no longer supported by extra estrogen. So, truly, you are getting back to your baseline.

## WHAT NUTRIENTS AM I MISSING?

- Protein - hair is composed of keratin, a protein!
  - Chicken and turkey, salmon, eggs (especially rich!), lentils, chickpeas, Greek yogurt
- Iron - delivers oxygen to your hair follicles
  - Beef, lamb, liver, lentils, chickpeas, black beans, quinoa
- Vitamin C - partner with iron for absorption, produces collagen (biggest protein in the body)
  - oranges, kiwis, strawberries, bell peppers (red and yellow), broccoli, brussels sprouts
- Omega - 3 Fatty Acids - nourishes follicles, anti-inflammatory
  - Salmon, sardines, chia seeds, flax seeds, walnuts, hemp seeds
- Biotin (Vitamin B7) - supports healthy hair follicles, deficiency is rare
  - egg yolks, almonds, nuts, sweet potatoes, avocados, whole grains
- Zinc - supports tissue growth and repair, deficiency is common
  - pumpkin seeds, sesame seeds, oysters, crab, beef, lamb, lentils, chickpeas
- Vitamin D - creates new hair follicles, deficiency is common in winter
  - salmon, milk, orange juice, egg yolks, cereals

## SO WHAT SHOULD I EAT?

- Salmon with broccoli, red peppers, and quinoa
- Greek yogurt with seed parfait and strawberries
- Shakshuka
- Vegetable frittata (with or without lox on top)

Credit to The Food Doula for her extensive knowledge.



### TESS FERRARA

Genesis Doula Services, LLC

As a mother, an educator, perinatal nutrition expert, and DONA certified doula, I am here to care for you through emotional, logistical, and informational needs.

