

WHAT TYPE OF HAIR LOSS AM I EXPERIENCING?

TAKE
THE QUIZ

Telogen
Effluvium



Sudden Shedding

This is a stress-response shift in the hair growth cycle. Physical or emotional stressors like illness, surgery, hormone changes, nutrient depletion, or intense life events can push more hairs into the shedding phase at once. The loss often feels sudden, dramatic, and scary, but it is usually reversible when the body is supported.



Gradual / Hormonal Thinning

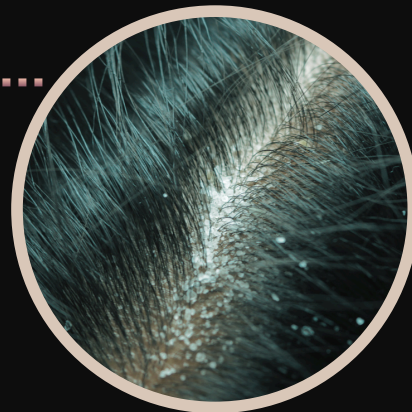
Often called genetic or hormonal hair thinning, this type tends to show up gradually as a widening part, more scalp visibility, or a shrinking ponytail. While genetics play a role, expression is heavily influenced by factors like inflammation, nutrient status, stress, and metabolic health. You may not be able to change your genes, but you can absolutely influence how they behave.

Androgenetic
Alopecia



Patchy Loss

This is an autoimmune pattern where the immune system mistakenly targets the hair follicle, leading to patchy or sudden loss. It can be unpredictable and deeply emotional, often flaring during periods of internal imbalance or stress. Supporting immune regulation and calming inflammation become key pieces of recovery.



Scalp-
Driven Loss

In this case, the environment of the scalp is the problem. Chronic inflammation, excess oil, microbiome imbalance, or conditions like seborrheic dermatitis can compromise follicle health and make strong growth difficult. Think of it like trying to grow a garden in irritated soil, until the terrain improves, the hair struggles.