

# The Thinning Hair Root-Cause Checklist

Find the most likely driver behind your shedding — and the first move that matches it.

## 1. Nutrient gaps (iron, protein, vitamin D)

*Sounds like you if: Shedding all over, low-energy, periods or plant-based diet.*

**First move:** Ask for a ferritin, CBC, vitamin D & thyroid panel. Prioritize protein + iron daily.

## 2. Hormonal shift (thyroid, postpartum, menopause)

*Sounds like you if: Thinning that lines up with a baby, perimenopause, or thyroid symptoms.*

**First move:** Get TSH + free T4. Track timing. Treat the hormone pattern, not just the hair.

## 3. Stress shedding (telogen effluvium)

*Sounds like you if: Heavy shedding 2–4 months after illness, surgery, crash diet, or stress.*

**First move:** It usually regrows in 3–6 months. Support with sleep, protein, and stress down-shifts.

## 4. Scalp health (dandruff, inflammation)

*Sounds like you if: Itchy, flaky, oily, or irritated scalp.*

**First move:** Calm flaking and inflammation. Add gentle daily scalp massage. See a derm if it persists.

## 5. Genetic / pattern thinning

*Sounds like you if: Gradual widening part or thinning crown; runs in the family.*

**First move:** Act early — protecting follicles beats waiting. Discuss evidence-based options with a clinician.

## 6. Medication or toxic load

*Sounds like you if: Started a new med, or carry a high everyday chemical load.*

**First move:** Review meds with your prescriber (never stop alone). Lower toxic load; support drainage.

**Still shedding after the basics? An upstream toxic load may be feeding it.**

Take the free 90-second Toxic Load Assessment at [thewellthieone.com/quiz/](https://thewellthieone.com/quiz/)