

4 Things to Help with Hair Loss

Quick Guide

By Clare Morrow IFBB Bikini Pro

1) Pumpkin Seed Oil. These are a daily supplement in gel cap form.



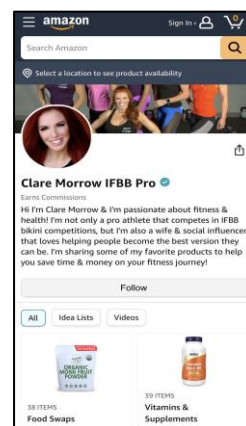
2) Men's Rogaine. Applies directly to the scalp. Follow directions on the box.

3) PRP for Hair Loss. PRP stands for Platelet Rich Plasma. *It is a procedure that is done at a med spa by a dermatologist. They pull your blood, spin it, and inject the plasma into your scalp with very tiny needles. I had 3 sessions done 8 weeks apart. Maintenance sessions can be done every 6 months. Not cheap but worth it!

4) Hormone Levels Checked. This so important as we age & hormone levels can decline. Recommended for women & men over the age of 35. Make sure to go to a wellness doctor or a hormone specialist for this. I have a great one I can refer for tele health consults if you are in the US. DM me for info on Instagram [@claremorrow](https://www.instagram.com/claremorrow) IFBBPro

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*Check with your doctor for advice on supplements & PRP. This is what worked for me. Not Medical advice