

Healthy Aging HACKS™

HAIR | Hair Wellness Edition

SIMPLE CHOICES. HEALTHIER HAIR.

Healthier
Hair
Brighter
Tomorrows



1 NOURISH FROM WITHIN



Support healthy hair with protein, iron, zinc, vitamin D, hydration, and balanced meals that nourish your body from the inside out.



2 PROTECT YOUR SCALP



A healthy scalp supports healthy hair. Keep it clean, comfortable, and pay attention to dryness, irritation, or buildup.



3 BE GENTLE WITH STYLING



Reduce unnecessary heat, tight hairstyles, rough brushing, and harsh treatments that may contribute to breakage or damage.



4 PRIORITIZE SLEEP



Rest and recovery support overall wellness. Consistent sleep habits may help support healthier routines and reduce everyday stress.



5 MANAGE STRESS



Take time to breathe, reset, and recover. Stress can influence shedding and overall hair wellness over time.



6 NOTICE CHANGES EARLY



Pay attention to changes in shedding, thinning, scalp comfort, or texture. Early awareness can help guide your next step.



DISCOVER YOUR HAIR WELLNESS SCORE™

Take the free assessment and get a snapshot of your current habits, plus simple next steps for healthier hair and scalp wellness.

DHmeds.com/hair-learning-center



Everyday
Hair Wellness Matters