

Red

CONSUMER MAGAZINE OF THE YEAR
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YOUR *holiday* WARDROBE EDIT

what to pack & what to wear

☒ City ☒ Beach

☒ Anywhere

**THE 10-MINUTE
RELATIONSHIP
FIXER**



FASHION • SHOPPING • BEAUTY • FOOD • HOMES • TRAVEL

**ALFRESCO
STATE OF MIND**

20 ways to live
outdoors this summer
(No garden required)

**STRESS-TEST
YOUR HAIR**

Beat the bad hair
day in your head

BODY REPORT

**THE SIZE-12
MYTH**

One dress size, 4 very
different bodies

Naomi
Watts

NOT just another
Hollywood blonde



YOUR HAIR

Are you having a bad hair day, week – or even year? If you're under pressure, chances are it's affecting more than your mood,

you might be one of a growing number of women suffering from hair loss. 'Most don't talk about it, and many try to hide it, but an estimated eight-million women in the UK are losing their hair,' says trichologist Sara Allison (hairlossconsultant.co.uk). It's thought that rising stress levels are behind the increase.

Tackling your triggers

There's no doubt that hair loss is traumatic for any woman. Kerrie Boardman, 30, a sales executive, from Swindon, had healthy hair until she suffered from anxiety after her mother died. 'It's upsetting to look at my thinning hair around the sides and back of my head,' she says. 'I spend hours trying to cover the bald areas with other hair and setting it with hairspray and I feel constantly anxious that someone may touch my hair and reveal my bald patches. On windy days, I won't leave the house without a hat. I'm not a particularly vain person, but it has destroyed my self-confidence.'

If your mum is prone to stress-related hair loss, chances are, you could be, too. 'Raised levels of the stress hormone cortisol increase testosterone levels, which can then be converted in the scalp to a chemical, dihydrotestosterone (DHT),' says Allison. 'Some women have an inherited sensitivity to DHT, which inflames the hair follicles, causing both finer strands of hair, and fewer of them.'

Physical stress has an impact, too, including dieting and over-exercising. 'There's no doubt that cutting out carbs puts you at risk of hair loss,' says Dr Davison. 'Carbohydrate is the body's most easily useable source of energy. When energy reserves are limited, the body will direct what little it has towards vital organs and sacrifice non-essentials such as hair.'

Karen Thompson, 42, a teacher, from Suffolk, had thick glossy brown hair, until she was 30, and it began to fall out in clumps. 'Part of my problem, which I found out after having blood tests when I went to see Sara Allison, was that I was anaemic, although hormone fluctuations and stress also played a part,' says Thompson. 'She put me on a regimen of vitamins, including an iron supplement. Within weeks, my hair stopped falling out and was glossy again.'

Getting help as early as possible is crucial, so many women end up paying for help (from a trichologist or endocrinologist). 'It is vital to treat hair loss sooner rather than later because if the hair follicles have died, hair won't grow back,' says Allison. 'It's easier to preserve hair, rather than stimulate regrowth.'