

# HAIR CARE GUIDE

TIPS FOR FULL, HEALTHY HAIR  
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Up to 70% of PCOS fighters suffer from PCOS-related hair loss. For years, I found myself holding clumps of hair in my hands in the shower. This caused great distress because I knew it meant my hormonal health was struggling. Also, on top of all the ways PCOS tries to steal femininity, the fear of balding concerns many PCOS fighters.

Through simple practices, I've managed to heal my PCOS and grow thick, healthy hair. Lifestyle changes like nutrition and stress reduction were key, but there were also external factors like the toxic products I was using, how often I washed my hair, etc. Learn these hair care tips and tricks in this mini guide.

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## DR. CUTLER'S TIPS FOR FULL, HEALTHY HAIR

*Use these tips in combination with a whole foods plant-based diet, daily movement, stress management, and smart supplementation.*

1

### PREVENT BREAKAGE

- use scrunchies instead of hair elastics
- use a silk pillow case to prevent breakage when sleeping
- when hair is wet, try not to brush it (only use a wide tooth comb until it is dry)

2

### REDUCE EXPOSURE TO WATER & HEAT

Our hair is weaker and more likely to break when wet, so:

- limit hair washing to every other day or less
- let hair air dry as much as possible
- use heat tools sparingly
- when showering but not hair-washing, wear a shower cap

3

### USE SAFER PRODUCTS

Ingredients in most products can alter our hormones and affect fertility.

- choose shampoo/conditioner which are free from endocrine-disruptors
- avoid ingredients such as sulphates, triclosan, polysorbates, phthalates, parabens, PEG, & fragrances
- use [EWG.org](http://EWG.org) to check products



My favorite hair products (I receive a small commission if you choose to shop through me):

- [BeautyCounter Daily Shampoo](#)
- [BeautyCounter Daily Conditioner](#)