

Autoimmune diseases are a recent phenomenon. Gaining traction in the last 15-30 years, and really still unknown to many, including doctors. This is probably why doctors in Europe and in the USA couldn't help but prescribe medications which didn't help the cause, and just gave me false hopes. There are no guarantees with prescriptions of any sort! Doctors have a trial and error mindset and limited toolkit to help your alopecia.

On another note, medical professionals do not spend time on nutrition as their curriculum is geared towards prescribing medicine and conducting surgeries. Nowadays too, they spend less and less time with each patient, not really understanding the whole person, or their needs. In effect, we have a broken system, not realizing the long term effects of our short cuts.

It's concerning to see that more and more children are being diagnosed with a variety of autoimmune diseases at an early age. I have had clients who come to me with their 2 year old, their 5 year old, their 11 year old, 9 years and all the way to teenagers and young adults. Statistics for the USA show that this generation of children will not out live their parents due to diet and disease. Diet that causes disease, diabetes and obesity.

ALOPECIA ANGEL

# Why Do Children Get Alopecia?

STARTING WITH BASICS: LIFESTYLE

Beyond diet, there is whole host of reasons as to why we are seeing a surge in autoimmune conditions effecting our little ones.

In my research, there are many culprits. You have diet and lifestyle, a world of conveniences, too many toxins, environmental factors and the list goes on. I lay out all these culprits, the root of them and how to navigate it all so that you and your family can be healthier together. The Signature Program outlines this all step by step.

If we look at the very beginning, doctors have said that C-section births are at a disadvantage due to baby not getting the vaginal flora when going through the canal. Many times during a C section, mother receives antibiotics which crosses over to baby.

A study from the Environmental Working Group found [Over 200 chemicals](#) in the umbilical cords of newborns. This study was conducted in recent years and is staggering at how polluted our world has become.

The constant use of NSAIDS or over the counter medicines also deteriorates the health and immune function of the child which is barely developing.

Nowadays when you are looking to conceive, many suggest a detox from both parents/partners. Accumulating toxins has an effect on conceiving and baby as well. When you finally start to breastfeed, if you haven't detoxed before, then you are doing so then, during breastfeeding. I have seen patterns with my client's kids; it's usually the first born that has alopecia and not the second or third kid. Not a coincidence, as this first born more than likely received accumulated toxins from the mother. Yes, breast feeding is best, but it also has the other side effect, of detoxing the mother. Unfortunately, the two go hand in hand.

Soon after, kids grow up, and continue on a mainly Standard Western or Standard American diet in most cases. Many times ancestral food or cultural food from one's country is also reacting to the child's immune system.

On top of that, children are now receiving over 30+ more different immunizations than when you and I were young. Regardless of where you stand on the topic of vaccines, vaccines do have mercury in them, and also contain preservatives (eg, thimerosal); (eg, aluminum salts); or additives that stabilize live, attenuated viruses (eg, gelatin, human serum albumin). Furthermore, vaccines may contain residual quantities of substances used during the manufacturing process (eg, formaldehyde, antibiotics, egg proteins, yeast proteins).

Hence the onslaught of allergies to almost every food for children, not to mention adverse reactions.

Our bodies are like rain barrels, we accumulate toxins and they compound. Once the rain barrel fills up, disease sprouts. In little bodies, this occurs quicker than with an adult's body and understandably so- they are still growing and developing.

Do you see the picture I have painted?

Many firmly believe genetics plays a huge role, and it doesn't. According to the study of epigenetics, genes only account for about 10-15% of your health. The other 80-90%? Diet and lifestyle! You have more control than you think!

There is always more we can be doing to improve our health, versus waiting for something to happen or to be diagnosed with something to realize, we aren't as healthy as we once was or as healthy as we thought. Now, more than 5 years post alopecia, I know I am the healthiest ever and continue to work on the areas that are challenging for me. Being healthy and regaining hair is a marathon, not a sprint. I want you to obtain long term results, not just short term gains. Yes, my clients see changes and hair growth in shorter times many in less than 5 weeks in the Signature Program, but it's the continued action that will enable long term results.

So how do we reverse this situation? How do we reverse alopecia in your young loved one?

If you are a parent and wanting to take a healthy, holistic and an organic approach to reversing your child's alopecia, know that it is very possible to do so.

If you are interested in learning more about Alopecia Angel and our methods visit [www.alopeciaangel.com](http://www.alopeciaangel.com) for more info, podcasts, articles, courses and more! I encourage you to look into the Signature Program- this 8 week course renders the highest results as it is a full course, step by step on how to achieve hair growth in health, in your child but also in your whole family. No one taught us diet and lifestyle and now more than ever, our modern world demands we know it - from the inside out, if not we will

continue to experience ill health and disease. Alopecia is reversible... the only question is now, do you want to wait another 6 months - 18 months to resolve it, or do you want to take the action necessary to put alopecia to sleep!?