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ablondeobjective I remember it hit about the 4 month mark of Hudson being here that I would DREAD taking a shower bc of how my hair was falling out. It would fall out in the shower bad, then even trying to be so careful with a comb- it would take me forever to try and comb it out bc it would just come out in clumps in my hand. I would wear my hair in a low bun all of the time so I could cover my hair line. I would cry and cry. Fast forward to finally getting Covid for the first time last year, and then a couple months after MORE hair loss! Felt like I was going through postpartum again. Mind you, I've always had thinner hair- but this was another level! Losing all my baby hairs in the front, a small bald



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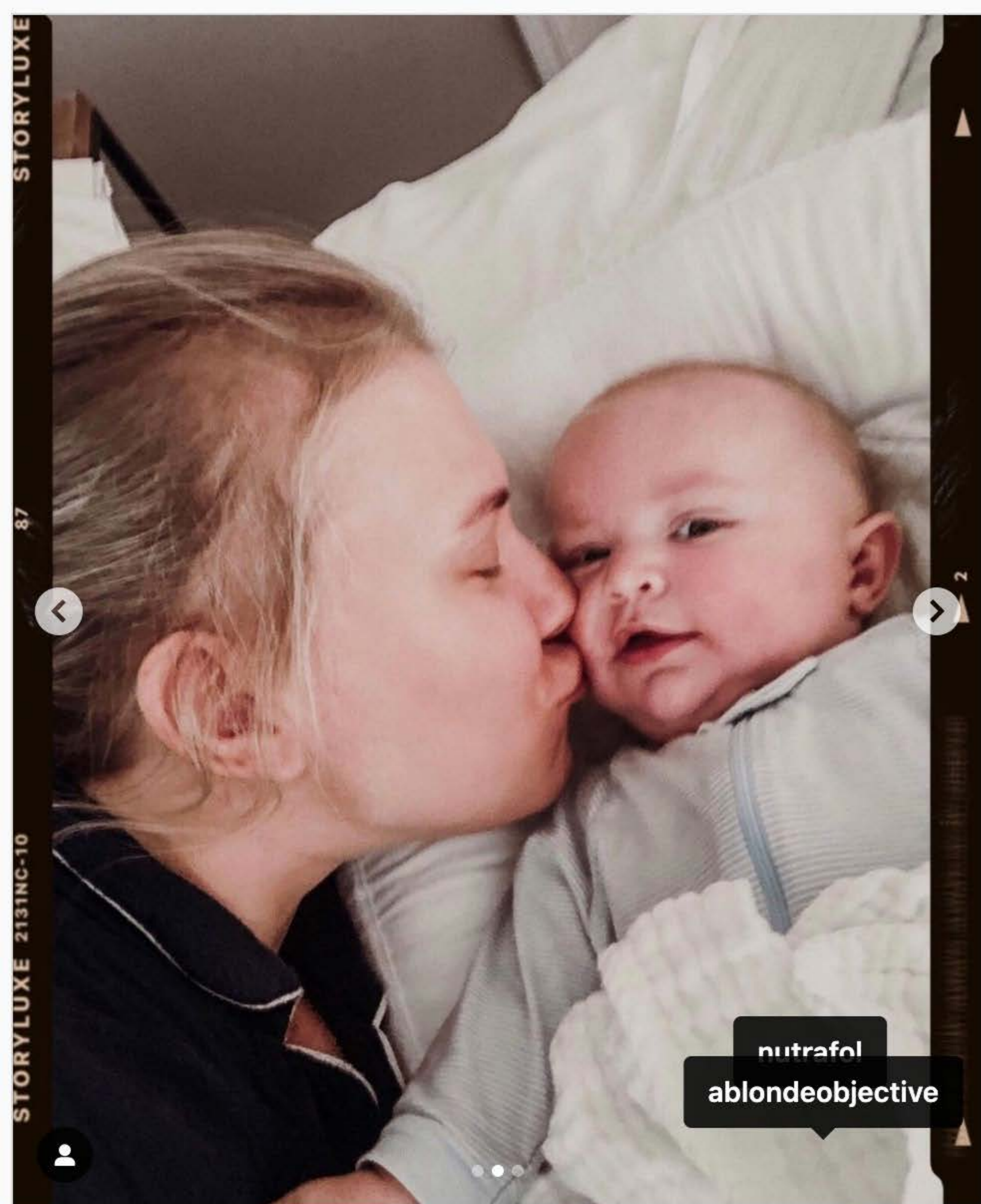
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spot in the back. I've always worn clip-in hair extensions when I wear my hair down for fullness, but lately sometimes I just feel naked without them in my head! Even at my last hair appt, my stylist saw my bald spot that's FINALLY growing out 🙌 and I was so embarrassed and she said, "Girl! There's nothing to be embarrassed about- it's totally natural!" It just felt so good to have another woman be real and validate that we ALL go through this!! If you're feeling this way too, join me in [@nutrafol](#) new FB community conversation to Shed the Silence and normalize female hair struggles. This Facebook group is to help us feel like we aren't alone, find support in each other's experiences, and



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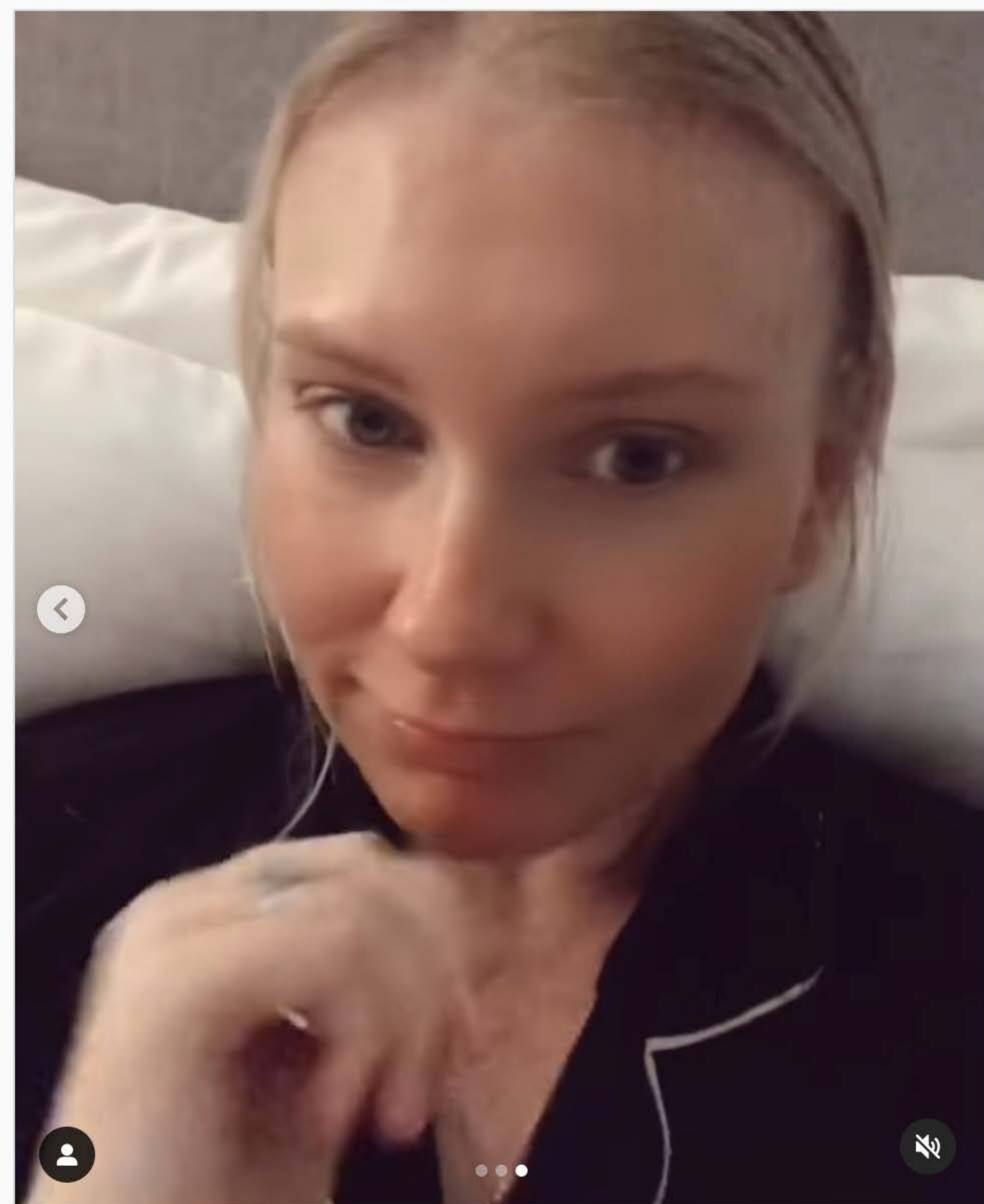
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<https://nutrafol.mvk.co/2muj5> Or I will put the link in my bio to easily click on! [#ShedtheSilence](#)
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