

nutrafol



jmama1983 and jmamma1983



jmama1983 Back in December I caught the virus that shall not be named and while I experienced mild symptoms and it seemed pass quickly except for a lingering annoying cough, I noticed that about a month later my hair started shedding more than usual.

I tried to ignore it at first but every day I was losing fistfuls at a time of hair in the shower. Every time I would run my fingers through my hair, there would be a clump in my hands. It was awful. I was able to see my scalp through my hairline. And while I haven't cut my hair, I have noticed that I've lost about 1/2 of its thickness.



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Until now, I've only shared this with a handful of people because I was embarrassed and really upset. But thankfully I've found Nutrafol's new community conversation to Shed the Silence and normalize female hair struggles.

This community empowers women to take back their hair story, encourage, and support each other as we navigate hair loss.

If this is something that you struggle with as well, I encourage you to join the group and share your story with others. Check out the link in my stories to join.

Or join here 



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Have you struggled with hair loss recently?

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