

ATLANTA PRP HAIR GROWTH

at Cobb Wellness & Aesthetics | Dr. Linda Kelley

SUPPORT YOUR HAIR FROM THE INSIDE OUT

Nutrition and lifestyle recommendations to support PRP/PRF hair restoration

Your treatment works with your own biology.

PRP and PRF use components from your own blood. Good nutrition, adequate protein, healthy vitamin D status, regular movement, restorative sleep, and stress management help create a healthier environment for hair growth and tissue repair.

1. Make Protein a Daily Priority

Hair is made largely of keratin, a protein. Your body also needs amino acids for tissue repair, enzymes, hormones, immune function, and recovery. If protein intake is too low, hair growth may not be a high priority for the body.

General target: For many healthy adults undergoing a regenerative hair program, **about 1.2-1.6 grams of protein per kilogram of body weight per day** is a practical goal. That equals roughly **0.55-0.75 grams per pound per day**.

Example: A 160-lb person may aim for approximately **90-120 grams of protein daily**.

Try to divide protein throughout the day rather than eating most of it at dinner. A simple goal is **25-35 grams at each meal**, with an additional protein-rich snack if needed.

Good protein choices:

- Eggs, Greek yogurt, cottage cheese, fish, poultry, lean meat
- Beans, lentils, edamame, tofu, tempeh
- Protein shakes when food alone does not meet your needs

If you have kidney disease, significant liver disease, or another medical condition that affects protein needs, ask your physician for an individualized target.

2. Know Your Vitamin D Level

Vitamin D has roles in immune regulation and normal hair-follicle biology. Low vitamin D is common, and several types of hair loss have been associated with lower vitamin D levels.

Rather than guessing at a dose, we recommend checking a **25-hydroxy vitamin D blood level** and supplementing when needed. Vitamin D dosing should be individualized based on your level, health history, and other supplements or medications.

The standard daily intake listed for adults is commonly 600-800 IU, but correcting a deficiency may require a different physician-directed dose.

3. Build a Nutrient-Dense Plate

There is no single 'hair-growth diet.' The goal is to consistently supply your body with the nutrients needed for healthy follicles, blood flow, repair, and normal cell signaling.

Protein	Amino acids for hair structure and repair	Fish, eggs, poultry, yogurt, legumes, tofu
Iron	Important for oxygen delivery and normal hair cycling	Meat, shellfish, lentils, beans, leafy greens
Zinc	Supports tissue repair and normal follicle function	Seafood, meat, pumpkin seeds, beans
Omega-3 fats	Support a healthy inflammatory balance	Salmon, sardines, trout, chia, flax, walnuts
Vitamin C + colorful plants	Supports collagen formation and antioxidant defenses	Berries, citrus, peppers, broccoli, greens

Avoid extreme restriction. Very low-calorie diets, rapid weight loss, and inadequate protein or micronutrient intake can contribute to increased shedding. If you are actively losing weight, preserving adequate protein and overall nutrition becomes especially important.

4. Support the Quality of Your PRP/PRF

PRP and PRF are prepared from your own blood. The exact composition varies from person to person and can be influenced by overall health, medications, smoking, metabolic health, hydration, diet, and other lifestyle factors.

- Hydrate well the day before and the morning of treatment unless you have been told to restrict fluids.
- Eat normally and include protein rather than arriving depleted from fasting unless your office gives different instructions.
- Avoid smoking and nicotine. They impair circulation and are not supportive of tissue repair.
- Keep alcohol modest, especially around treatment days.
- Tell us about medications and supplements that affect platelet function or bleeding. Do not stop prescribed medication unless your prescribing clinician tells you to.

5. Stress Management Is Part of Hair Restoration

Chronic psychological or physical stress can disrupt the normal hair-growth cycle and may contribute to shedding. Stress also influences sleep, inflammation, blood pressure, appetite, and recovery.

You do not have to eliminate stress. The goal is to give your nervous system regular periods of recovery. If your body is stuck in sympathetic overdrive- fight or flight, it may not have the resources to support healthy hair follicles.

- 5-10 minutes of slow breathing, meditation, prayer, or quiet time each day
- Regular walks, especially outdoors
- Consistent sleep and wake times
- Limiting late-night work, scrolling, and stimulation when possible
- Seeking help when stress, anxiety, caregiving, or work demands feel unmanageable
- Learn about heart rate variability and options to increase it

6. Move Your Body Consistently

Exercise supports cardiovascular health, circulation, insulin sensitivity, stress resilience, sleep quality, and healthy aging - all of which contribute to the overall environment in which repair and regeneration occur.

A practical weekly goal for most adults: at least **150 minutes of moderate aerobic activity** plus **2 days of muscle-strengthening exercise**. Start where you are and build gradually.

Walking, cycling, swimming, resistance bands, body-weight exercises, and weight training all count. Consistency matters more than perfection.

7. Protect Your Recovery

- Sleep: Aim for a consistent sleep routine and enough sleep to feel restored.
- Hydration: Drink regularly throughout the day; needs vary with body size, activity, medications, and climate.
- Scalp care: Follow your specific aftercare instructions after PRP/PRF or microneedling.
- Hair practices: Minimize chronic pulling, tight styles, excessive heat, and harsh chemical processing when hair is fragile.
- Medical contributors: Thyroid disease, iron deficiency, hormonal changes, medications, illness, rapid weight loss, and other conditions can contribute to thinning. Treating the underlying cause matters.

Your Hair Restoration Foundation

Adequate protein + nutrient-dense food + healthy vitamin D status + exercise + restorative sleep + stress management
= a stronger foundation for your hair restoration program.

Important: These recommendations are general education and are not a substitute for individualized medical care. Your needs may differ based on medical conditions, medications, pregnancy status, kidney function, lab results, or specific causes of hair loss.

Selected references

- NIH Office of Dietary Supplements. Vitamin D Fact Sheet for Health Professionals.
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