



*Wisdom* for Healthy Living

## **Pam Evans – Recovery from hair loss**

(September 2018)

### **Tearing Your Hair Out**

We use phrases like the one above, in our daily lives and usually no explanation is needed. The meaning is clear – something in our lives is ‘stressing us out’. This is what I learned when I found myself using this phrase to describe a stressful situation in my life. What a paradox as this is exactly what happened with me.

The first thing you notice is lots of hair in the bed. Then you start noticing it in other places around the house. The cortisol is surging and the more you notice it the more it becomes obvious that you are **losing your hair**. This process takes a lot longer than one would imagine, quite a few months, although I have heard of people who lose all their hair overnight from shock. Eventually you must accept that bare head that stares back at you in the mirror. Your life changes; this is a new persona. For me it was over 8 years and countless therapies later, during which time I lost all my body hair, including eyebrows and eyelashes. I was at a loss. I could get to the symbolic story behind it but physically my body was at war with itself.

I attended Johan’s book launch which included his testimony, a summary of his book and health advice at Vredenhof organic farm. I felt something move in me – this man was talking sense. With nothing to lose in trying another angle I started to make enquiries about how to undergo the process of removal of my root canals and last amalgam filling in the correct manner. I consulted with Johan, who then advised me about the necessary detox before and after. The procedure was superbly done by Dr Boshoff in Plettenberg Bay. I then followed the detox diet which in my case took 9 months before there was any sign of a change. And then, a slow but assured indication of new hair growth. It is about 2½ years now that I have a new head of hair and all my body hair. Importantly, what this process facilitated was to allow my body to heal itself, to clear itself out and experience life with renewed vigour.

Thank you

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