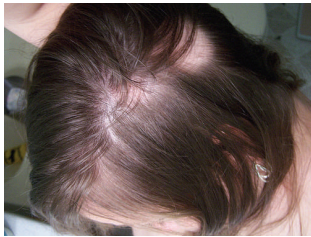




Alopecia in Women



Hair Loss effects Men & Women

Approximately 20 million women in the U.S. have a problem with hair loss. Alopecia, the scientific term for balding, affects women as well as men. Of the women who suffer from alopecia, about 40% of them are under the age of 40. This condition can lead to anxiety, depression, feelings of frustration, and poor self-esteem.

Diagnosing and treating female alopecia is not as simple as male pattern baldness. The good news is that most types of female alopecia can be treated. The most common cause of hair loss in women is related to fluctuating hormones. This can be due to your thyroid, to the effects of pregnancy, or menopause, and sometimes to a genetic hormonal response to an auto-immune disease.

Androgenic hair loss is the reason behind pattern baldness and this can affect both sexes, and is considered to be the most

common type of hair loss. In this type of alopecia, the hair follicles become sensitive to hormones, or androgens. The follicles get signals to stop stimulating hair growth, and the hair cycle becomes shorter, and eventually hair thinning and baldness occur.

If you are a woman experiencing hair loss, your first stop is your doctor. Expert medical advice can tell you whether you are suffering from a hormone imbalance, or other medical condition, like anemia, that could contribute to your hair loss. It is always wise to consult a specialist in female hair loss.

After a medical checkup, you may consider trying Nioxin. In a nutshell, Nioxin Cleanser is designed to keep the hair, scalp, and skin as clean as it can possibly be. The Scalp Therapy stimulates new growth and Nioxin is readily available at our salon.

Lastly, don't forget to consult your hair stylist. Many times a new hair style or the use of an extra body styling product can help you to overcome the look of thinning hair. Don't suffer in silence. Get help.

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Hair Tips:

- Nioxin's The Scalp Therapy stimulates new hair growth.
- The most common cause of hair loss in women is related to fluctuating hormones.
- A new hair style or the use of an extra body styling product can help you to overcome the look of thinning hair

Free Haircuts for the Needy in our Neighborhoods

March 9, 10 am—6pm

Down the Drain



Getting our kids to eat nutritious food seems to be impossible. Thank goodness for multivitamins. Right? Well...maybe not. Recent research has indicated that when kids subsist on a diet of junk food, fast food, processed food...their bodies are lacking any living nutrients and this prevents them from actually absorbing any of the vitamins in those expensive supplements. All that's really happening is our kids are flushing them down the drain. A better idea is to find ways to have them eat fresh fruits and vegetables along with their fast food...even Subway and McDonald's have gotten on board with that one. Kids follow by example. We adults need to get on the fruit and veggie cart as well!

Trading Up

Larry's Hair Product Swap event. We Invite our clients to bring in gently used hair products (either professional or drugstore items) and when you do, you will receive a 20% discount on any new product of your choice. This is a great way to introduce our clients to our brands of Professional retail products.

Must be half full or more, no double discounts, open stock items, does not include items already on sale or pre packages kits. March 1- March 31, 2009 only, with this ad please.

Larry's Hair Designers

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Larry's Hair Designers is a full service family salon, located in the Festival at Old Bridge Shopping Center in Woodbridge, VA.

We've been serving the Woodbridge community since March 27th, 1990. We've got the best stylists in town!

"We cut, shape, and design to the desires of the individual. Customer satisfaction is our goal. When our customers look good, so do we. Every client is our walking advertisement."

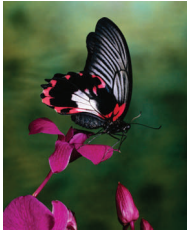
...Larry Housden, Owner and Master Barber

Would you like to have this newsletter delivered to your inbox? Send a message to haircare-rx4u@larryshair.com. Place Subscribe in the subject line, and place your first and last name, city, state, and zip in the body of the e-mail. Or, go to www.larryshair.com and click on the Newsletter tab. Enter your information in the boxes provided and click "Submit". You will begin receiving the newsletter beginning with the next issue.

Privacy Policy:

It is not the policy of Larry's Hair Designers to give out or sell your personal information to anyone for any reason. You will never receive unwanted e-mails from Larry's Hair Designers or any of our vendors. Your privacy and satisfaction is the most important thing to us.

Butterfly Gardening



Butterflies are of the Lepidoptera family. They are one of the most beautiful harbingers of spring and summer. Habitats for native butterflies are diminishing for a variety of reasons, most of which are the lack of host plants for the caterpillars and nectar they need as adults to survive. Another grave reason is due to the use of chemicals in the garden. Whenever possible try to avoid the use of chemicals.

The successful butterfly gardener knows that in order to attract butterflies, you must provide host plants on which the butterflies lay their eggs. You must know that the resulting caterpillars WILL eat these host plants, so provide plenty of them! Then you have to have the appropriate nectar plants for your particular species of butterfly.

The Swallowtail is one of the most easily recognized butterflies in the country. This Lepidoptera requires host plants of parsley, dill and fennel. When fully formed as a butterfly, they utilize nectar from thistles, abelia, California buckeye, zinnia, and yerba santa.

Painted Ladies need host plants of thistle, hollyhock, mallow, and legumes. The adult nectar is available in thistle, aster, cosmos, blazing star, and red clover.

By learning just a little bit about the butterflies in your area and planting the necessary host and nectar plants in your garden you'll be creating a habitat for our winged friends.

Welcome Butterflies!



On the Following Mondays (4:00-8:00 p.m.) CiCi's Pizza will donate 15% of all sales we generate to the Drop-In Center for the Homeless at the Winter Shelter

March 16th

April 27th

You, your family, and friends can enjoy dinner and benefit a good cause at the same time!

Please Pass the Word

13600 Foulger Square

Near Kohl's and Home Depot, at the intersection of Smoketown and Minnieville roads.

Phone: (703) 580-9383

Please remember to mention the Drop-In Center for the Homeless and ensure your receipt gets placed in the fundraiser box.

Thank you for your generosity

The New Leaf Project