



*In conversation with Dr. Loken*

## Student Stress

(making the grade while dealing with anxiety, stress, colds and more)

***Amongst other symptoms she ported Brittle fingernails, frequent colds that she just couldn't kick, constantly tired, and difficulty keeping focused and motivated in class. All of these things together were completely stressing her out!***

A.J. came into my clinic in a panic, desperate for a solution to stop her hair from falling out. Over the past 6 months she noticed an increase in the amount of hair that was falling out when she brushed or washed it. As you can imagine this was a huge worry for her and created a great deal of anxiety. ***I went through a more thorough history we found out that she also had brittle fingernails, frequent colds that she just couldn't kick, and constantly tired, and difficulty keeping focused and motivated in class.*** This was distressing for her. As a student and these symptoms were starting to affect her grades. It was suggested that she get her thyroid checked by a family friend to see if that was the reason for her hair loss. I ran a series of blood tests on her including a thyroid panel (TSH, free T3, free T4), vitamin D, CBC, ferritin, and B12. When her tests came back it was discovered that her ferritin was at 6ng/ml!! The "normal" level for women is between 15-200ng/ml and the "optimal" level should be at least 40-75ng/ml. She had severely low iron stores. Her vitamin D was also low well below 75nmol/l. We began supplementing with iron, and vitamin D, modifying her diet and improving her absorption. I just saw her the other day, approximately 6 weeks from her last visit. Her hair is growing back in, her energy is back to normal, her grades are back on track, and her anxiety about her health has completely calmed down. She is now bringing her parents in for a full assessment as well. I'll keep you posted as to what we find out.

***In good health  
Dr. Jason Loken, ND***

Top 10 Lab Tests and Solutions