

THE 4-WEEK HORMONAL HAIR RESET PROTOCOL

Your Holistic Roadmap to Stopping the Shed,
Balancing Hormones, and Nourishing Your Scalp from Within.



Welcome love.

Healing hair isn't linear, but consistency is magic. I know how overwhelming it feels when you see the shedding, so I created this guide to take the guesswork out of your journey.

Print this checklist, stick it on your fridge, and let's get your glow back one day at a time. You've got this.

With love and light,
Poonam



YOUR 4-WEEK ACTION PLAN

Consistency > Intensity. Tick off each habit as you go.

WEEK 1: THE DETOX

Focus: Removing triggers & clearing the scalp.

- ☐ **Kitchen Cleanout:** Remove excess sugar & inflammatory oils.
- ☐ **Scalp Detox Mask:** Apply Aloe + Amla mask (1x this week).
- ☐ **Hydration:** Drink 2L of warm water daily (No ice water!).
- ☐ **The "Iron Check":** Book blood work if you haven't recently.

WEEK 2: THE NOURISHMENT

Focus: Feeding the follicle & balancing hormones.

- ☐ **Start Seed Cycling** (Check Page 3 for the guide).
- ☐ **"Liquid Gold" Ritual:** Apply oil 2x this week (Max 2 hours).
- ☐ **Protein First:** Eat 20g of protein at breakfast daily.
- ☐ **Nightly Massage:** 5 mins scalp massage (Dry fingers, no oil).

WEEK 3: THE NERVOUS SYSTEM

Focus: Lowering cortisol to exit "Fight or Flight".

- ☐ **The Sleep Rule:** No phone 30 mins before bed (Strict!).
- ☐ **Breathwork:** Do 3 mins of Box Breathing when stressed.
- ☐ **Oiling Ritual:** Continue 2x this week.
- ☐ **Nature Walk:** 10 mins outside daily to reset circadian rhythm.

WEEK 4: THE MAINTENANCE

Focus: Observation & Consistency.

- ☐ **Track Shedding:** Check the drain—is it less than Week 1?
- ☐ **Adjust Seeds:** Switch seeds if your cycle phase changed.
- ☐ **Oiling Ritual:** Continue 2x this week.
- ☐ **Gratitude:** Thank your body for the healing work it is doing.

DAILY NON-NEGOTIABLES: 💧 Warm Water | 🍌 High Protein | 🧘 5 Min Breathwork



MY HAIR RECOVERY JOURNAL

SECTION 1: THE WEEKLY LOG

WEEK	STRESS LEVEL (1-10)	SLEEP QUALITY <i>High / Med / Low</i>	SHEDDING AMOUNT	ONE WIN THIS WEEK
Week 1				
Week 2				
Week 3				
Week 4				

SECTION 2: MONTHLY REFLECTION

How does my scalp feel compared to Day 1? (*Less itchy? Less oily? Calmer?*)

One habit I will keep doing next month is...

SECTION 3: THE AFFIRMATION

*My body is wise. My hair is resilient.
I am healing from the root, one day at a time.*



Thank you so much for being here  !!

Take a deep breath —
your healthy hair journey starts now 