**Hair Restoration: Nutrition and Advanced Therapies**

**Brief Description:**

From Thinning to Thriving: The Definitive Guide to Hair Restoration, Nutrition, and Advanced Therapies" is an online course offering an in-depth look at hair health, loss mechanisms, and regenerative treatments. It covers hair growth science, the role of nutrition, and advanced therapies like PRP and exosome treatments. Through detailed slides, case studies, and assessments, participants gain practical knowledge. The course concludes with creating personalized hair health plans based on diagnostics and individual therapies. It’s ideal for professionals and individuals wanting to understand and address hair loss more effectively.

**Learning Objectives:**

* Equip participants with a comprehensive understanding of hair biology, the growth cycle, and the primary factors contributing to hair loss.
* Explore cutting-edge regenerative treatments and technologies for hair restoration, explaining their mechanisms and benefits.
* Emphasise the importance of diet and lifestyle in maintaining hair health and preventing hair loss, highlighting key nutrients and healthy habits.
* Guide participants through the development of individualized hair health plans, integrating diagnostic insights and tailored treatment strategies.