

FOREWORD FROM RICHARD SIMMONS



"Our society is filled with myths and misinformation about hair loss in general, but even more so when it relates to women. That's why I'm so proud of my friend, Dr. Matt Leavitt, for taking the time to write a book about such an important topic.

It's clear to me that Dr. Leavitt cares about women and wants to help them make informed medical decisions. I believe 'Women and Hair Loss' is an important addition to the books currently available dealing with women's health and self-awareness related topics. I praise Matt for listening and responding to thousands of women who have not had such an

in-depth source prior to this book. His attention to issues of the physical as well as the emotional aspects of female hair loss, as well as his commitment to improved doctor/patient communication is to be commended.

So read, become informed, and find your own solution on the pages of this wonderful book. You no longer have to suffer in silence. You can find answers!"

Richard Simmons

International diet, fitness and nutrition expert

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