



# Reclaiming Your Crown

HOW TO NAVIGATE MEDICAL HAIRLOSS  
WITH CONFIDENCE



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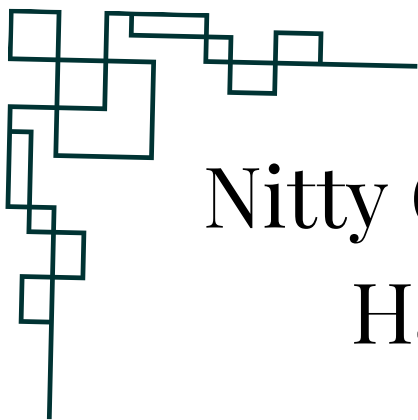


# Hello BEEutiful

Losing your hair can be a devastating experience, especially when it is due to a medical condition such as alopecia. The emotional impact of hair loss can be profound, affecting self-esteem, confidence, and overall well-being. But despite these challenges, it is possible to reclaim your crown and navigate medical hair loss with confidence.

In this book, we explore the various aspects of medical hair loss, including understanding the causes of alopecia and the latest developments in research and treatment. We also delve into the emotional impact of hair loss, offering practical strategies for overcoming self-consciousness and building self-confidence. Finally, we look at the many alternative hairstyles and headwear options available, helping you to embrace your new look and feel comfortable in your own skin.

Whether you are just starting your hair loss journey or looking for ways to cope with an existing condition, this book provides the tools and resources you need to reclaim your crown and live life to the fullest. So why wait? Let's get started on this journey to a more confident and empowered you!




# Nitty Gritty About Hair Loss

So, first things first. Let me start by telling you all that all hair loss can be classified as alopecia. Alopecia is a condition that causes hair loss either in patches or all over the scalp. Understanding the causes of alopecia is important in finding ways to manage it effectively. So, when we are talking about hair loss, we can break it down into many different forms of alopecia.

If you're experiencing hair loss due to hormonal changes, it is classified as androgenic or telogen alopecia. This type of hair loss could be due to postpartum shedding, menopause, birth control, or simply genetics, such as male pattern baldness. This type of hair loss could also result from stress. These forms of alopecia are the most common types of hair loss in men and women and are characterized by a receding hairline and thinning in the crown of the head. We have to remember that any type of extreme physical or emotional stress can cause temporary hair loss. If you are experiencing hormonal hair loss or stress-related hair loss, it can often be reversed with proper treatment and of course, getting rid of stress.

Alopecia areata is an autoimmune disorder in which the body's immune system attacks hair follicles, causing hair to fall out in patches. The exact cause of this type of alopecia is not known, but it may be related to genetics or environmental factors.


Alopecia areata is becoming increasingly more common, especially in black women. It tends to start in the center of the head, and it should be medically diagnosed by your primary care physician or dermatologist.



Another type of reversible alopecia is anagen alopecia. This is normally seen in people who are undergoing chemotherapy or radiation. Now, while the hair may grow back after the treatments have ended, it often is not the same as before treatment.

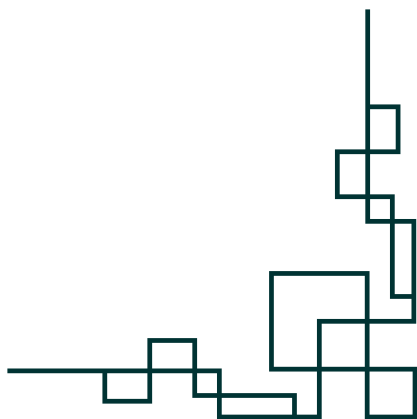
In some cases, the hair may be a bit coarser and wirier. It may also come back a little bit sparser than it did before. That just depends on the person. However, this type of hair loss is not necessarily permanent.

Traction alopecia is a type of hair loss that is caused by repeated tension or pulling on the hair. It is most commonly seen in people who wear tight braids, cornrows, weaves, or other styles that involve pulling the hair tight for extended periods. Over time, this repeated tension can cause the hair follicles to become damaged, leading to hair loss and thinning. Traction alopecia is more commonly seen in African American women, but it can occur in anyone who wears tight hairstyles. It is often a progressive condition, meaning that hair loss can occur gradually over time. If left untreated, traction alopecia can lead to permanent hair loss and scarring of the follicle.



Now, when we're talking about alopecia that is not reversible, we are discussing the types of alopecia that have caused permanent damage to the follicle and have been replaced with scar tissue. The most common nonreversible forms of alopecia are central centrifugal cicatricial, frontal fibrosing, lichen planopilaris, and alopecia totalis. Once the follicle is damaged, there is no reversing it. There is no amount of steroid injections, DHT blockers, or alternative treatments that can restore the follicle.

If you are experiencing hair loss or thinning, it is important to seek the advice of a dermatologist or hair specialist. They can diagnose the cause of your hair loss and provide recommendations for treatment and management. In some cases, traction alopecia can be reversed with early intervention and proper care, but if left untreated, it can lead to permanent hair loss.





# Don't Drop Your Head, You Still Wear A Crown.

Dealing with the emotional impact of hair loss can be a challenging and overwhelming experience. Hair loss can have a profound impact on a person's self-esteem and body image, and it can be difficult to adjust to the changes in appearance. As African American women, we have often been taught that our hair is our crown. But even without hair, we can still hold our heads high as if our crown is still placed perfectly atop our heads. The first step to continue to walk confidently is to explore the many ways to manage the emotional effects of hair loss and find support.

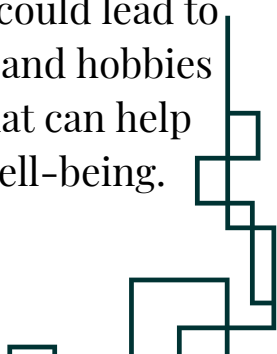


One of the first steps in dealing with the emotional impact of hair loss is to understand that it is a common experience and that you are not alone.

Many people struggle with hair loss, and it is important to reach out for support when you need it.

Joining a support group can be a great way to connect with others who are going through similar experiences. These groups can provide a sense of community and a safe space to share your feelings and concerns. They can also be a valuable resource for information and advice on how to manage hair loss.

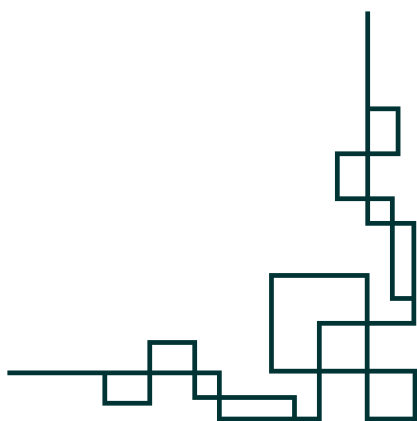
It can also be helpful to talk to a therapist or counselor. A mental health professional can provide support and guidance as you navigate the emotional challenges of hair loss. They can help you work through your feelings, build self-confidence, and find coping strategies that work for you. Additionally, finding healthy ways to cope with stress can be beneficial in managing the emotional impact of hair loss, because as we've discussed stress could lead to further hair loss. Exercise, meditation, and hobbies are just a few examples of activities that can help reduce stress and improve overall well-being.



Additionally, self-care and self-compassion can play a key role in building self-confidence. Taking care of your physical and emotional well-being through exercise, healthy eating, and mindfulness practices can help you feel more confident and empowered.

Practicing self-compassion, or being kind and understanding towards yourself, can also help to counteract negative self-talk and build a more positive self-image.

Finally, it is important to be patient and kind to yourself as you adjust to the changes in your appearance. It is natural to experience a range of emotions, but it is important to remember that hair loss does not define you as a person or your BEEuty. With time, support, and self-care, it is possible to find peace and acceptance despite hair loss.





# Get In The Know.

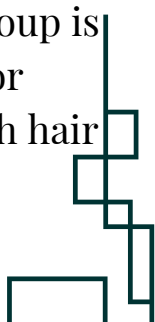
Staying up to date with the latest developments in alopecia research and treatment is important for those who are looking to manage their hair loss effectively. There are several ways to stay informed and on top of the latest advances in alopecia research and treatment. One way to stay informed is by following credible medical sources, such as the American Academy of Dermatology or the National Alopecia Areata Foundation. These organizations provide regular updates and information on the latest advances in alopecia research and treatment. You can also subscribe to their newsletters or follow them on social media.

Another way to stay up to date is by attending conferences and events focused on alopecia. These events bring together experts in the field, allowing you to hear about the latest developments and learn about new treatments and strategies for managing hair loss. These events are also a great resource for finding other women who are coping with the realities of hair loss.

As discussed earlier, it is important to find a community to cope with the emotional impact of alopecia.

You can also consult with a dermatologist or hair specialist who specializes in alopecia. These medical professionals are trained to diagnose and treat hair loss, and they are often knowledgeable about the latest advances in alopecia research and treatment. By working with a dermatologist or hair specialist, you can stay informed about the latest treatments and strategies for managing your hair loss.

Finally, consider joining support groups or online forums focused on alopecia. These groups provide a space for individuals to connect, share their experiences, and stay up to date on the latest advances in alopecia research and treatment. A great Facebook resource is the group HAIR LOSS SISTERS UNITE- BUY. SELL. TRADE. SUPPORT. This group is a safe place for hair loss besties to come for questions and support from fellow women with hair loss.



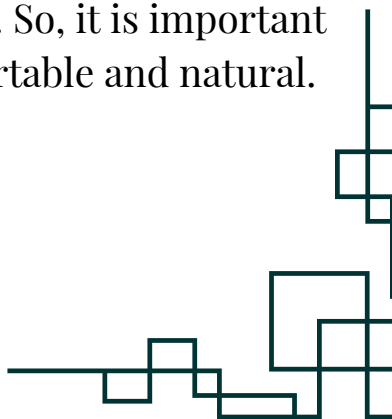


# Look BEEutiful No Matter What Comes.

Embracing alternative hairstyles and headwear can be a great way to cope with hair loss and feel confident and comfortable in your appearance. There are many options to choose from, including wigs, scarves, hats, and other headwear. It is also important to experiment with different hairstyles, even if you have hair loss. Short haircuts can be a great option for those with hair loss, as they are low-maintenance and can be easily styled. Many different hairstyles can be used to conceal hair loss, including braids, updos, and half-up half-down styles.

Scarves, hats, and other headwear can also be a great way to cope with hair loss. These items can be used to cover up hair loss and provide a sense of privacy, while also being a stylish accessory. There are many different styles and colors to choose from, so it is easy to find headwear that complements your personal style. My favorite head coverings are silk-lined bonnets that give the appearance of African head wraps. So, think the BEEuty of an Ankara wrap but the ease of a bonnet. GAME CHANGER!

Wigs can be a great solution for those with hair loss, as they provide a quick and easy way to restore a full head of hair. There are many different styles and colors to choose from, and wigs can be customized to match your natural hair color and texture. Wigs can also be made from a variety of materials, including synthetic fibers and human hair. So, it is important to choose a wig that feels comfortable and natural.





# Closing With Love!

In conclusion, overcoming self-consciousness and building self-confidence in the face of hair loss can be a challenging journey, but with the right tools and support, it is possible to reclaim your confidence and live life to the fullest. Whether it's through education, community, self-care, or embracing new experiences, there are many strategies you can use to build a more confident and empowered you.

Medical hair loss can be a devastating experience, but receiving a wig through insurance can provide much-needed relief and support. With insurance coverage, individuals with hair loss due to medical conditions like alopecia, chemotherapy, or other treatments can receive a custom-made wig that fits perfectly, looks natural, and boosts their confidence. Insurance coverage for wigs varies depending on the individual's policy and the underlying medical condition.

However, many insurance plans offer coverage for wigs as a prosthetic device or a medically necessary item. To receive a wig through insurance, individuals typically need to obtain a prescription from their doctor and submit a claim to their insurance provider.

At Bee Stokes Styling, I understand the importance of receiving a wig through insurance and am committed to helping individuals navigate the process. DON'T WORRY! I will personally work with you and your insurance provider to ensure that you receive the wig that you need and deserve. With insurance coverage, confidence, comfort, and a sense of normalcy, even in the face of medical hair loss is attainable. Reach out to learn more about the Bee Stokes Styling Signature Unit through insurance and start your journey to reclaiming your crown with confidence.

**<https://www.bsusu.com/book-online>**







*Bee Parker*

## **Certified Hair Loss Specialist & Master Cosmetologist**

BEE PARKER IS A DYNAMIC AND ACCOMPLISHED BEAUTY PROFESSIONAL AND ENTREPRENEUR. A NATIVE OF MACON, GA, SHE BEGAN HER JOURNEY IN THE BEAUTY INDUSTRY WITH A BACHELOR'S DEGREE IN PSYCHOLOGY FROM SOUTH CAROLINA STATE UNIVERSITY. SHE THEN HONED HER SKILLS BY OBTAINING A MASTER OF COSMETOLOGY LICENSE FROM EMPIRE BEAUTY SCHOOL OF MORROW AND CONTINUED HER EDUCATION WITH A MASTER OF BUSINESS ADMINISTRATION AND ENTREPRENEURSHIP DEGREE.

WITH OVER A DECADE OF EXPERIENCE IN THE BEAUTY INDUSTRY, BEE HAS WON AWARDS FOR HER EXCEPTIONAL WORK IN COSMETOLOGY. SHE HAS RECEIVED CERTIFICATIONS IN A VARIETY OF TECHNIQUES, INCLUDING NON-SURGICAL HAIR LOSS REPLACEMENT, LANZA COLOR, AVEDA, AND EXTENSIONS, AND HAS FOUND HER NICHE IN HAIR HEALTH AND CRANIAL PROSTHESIS. BEE'S EXPERTISE EXTENDS BEYOND HAIR, AS SHE ALSO OFFERS COLOR, CUT, RELAXERS, MAKEUP, FORM SCULPTED NAILS, AND NATURAL HAIR STYLING SERVICES. HER CLIENTS APPRECIATE HER COMMITMENT TO HELPING THEM FEEL THEIR BEST AND EMBRACING THEIR OWN UNIQUE BEAUTY.

BASED IN KANSAS CITY, KS, BEE IS THE CEO OF BEE STOKES STYLING LLC, WHERE SHE DELIVERS THE HIGHEST LEVEL OF PERSONALIZED SERVICE. IF YOU'RE LOOKING TO ENHANCE YOUR LOOK, BEE IS THE PROFESSIONAL YOU CAN TRUST. BOOK AN APPOINTMENT WITH HER TODAY AND EXPERIENCE THE BEAT BY BEE DIFFERENCE.

