

DOCS Outside the Box Highlights August Hair Loss Awareness Month

How Hair Loss May Be a Signal

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/EINPresswire.com/ -- As residents of St. Petersburg increasingly seek root-cause solutions over symptomatic treatments, [DOCS Outside the Box](#) is using August [Hair Loss](#) Awareness Month to shed light on a common yet often misunderstood health concern: Hair Loss. Rather than viewing thinning hair as merely a cosmetic issue, the integrative clinic emphasizes that hair loss is frequently a vital signal that something else is occurring within the body.



Dr. Lana Garner points out that "Hair health is a reflection of your internal ecosystem. When hair begins to thin, it can be your body's way of communicating there may be imbalances in

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Too often, patients are treated for the symptom of hair loss without ever investigating the underlying cause.”

Dr. Lana Garner

digestion, hydration, liver function, or genetic predispositions. At DOCS, we don't just treat the hair; we treat the whole person.”

In alignment with a growing local demand for integrative medicine, DOCS is launching an educational campaign throughout August. The initiative aims to guide patients toward understanding the complex interplay between lifestyle factors and hair health. Key areas of focus

include:

Digestive Health: How nutrient absorption impacts follicle strength. Hydration & Liver Function: The role of detoxification pathways in maintaining healthy growth cycles Genetic Insights: Utilizing advanced genetic testing to identify specific metabolic pathways that may require support.

"We believe in a personalized approach," Dr. Garner adds. "By using genetic testing and a comprehensive review of a patient's history, we can tailor therapies that not only support hair regrowth but improve their overall metabolic and systemic health. Addressing the core reason for hair loss often leads to broader wellness benefits, from better energy levels to improved stress management."

This approach resonates with the St. Petersburg community, where residents are actively looking for natural, science-backed strategies that address chronic issues without side effects. DOCS Outside the Box distinguishes itself by looking at the "whole picture," ensuring that any intervention supports the patient's long-term vitality.

Throughout August Hair Loss Awareness Month, DOCS will share educational content on [social media](#) platforms detailing these overlooked factors and the clinic's unique, data-driven approach to hair wellness.

About DOCS Outside the Box:

Located in St. Petersburg, Florida, DOCS Outside the Box is a premier integrative medicine clinic dedicated to whole-family health, integrative primary care, holistic / conventional pediatrics, and urgent care. Led by Dr. Lana Garner and Dr. Leah Teekell-Taylor, the clinic combines conventional medicine with modern functional/holistic care to address the root causes of health challenges. With personalized care plans, DOCS empowers patients to achieve optimal wellness.

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DOCS Outside the Box

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