

# Debbie....Never give up!

**My name is Debbie, I am 38 years old and this is my story .....**

This is my first experience with Alopecia. In December 2011 I developed Alopecia Areata, that in the course of a year turned into Alopecia Universalis .

It is now 2 ½ years since I found my first round patch of hair loss on the base of my head. I have been to numerous doctor and specialist appointments and had numerous tests done.

My first blood test showed that I was deficient in Vitamin B12 and low in Iron Ferritin ..... ..but every other test has come back normal! I took vitamin supplements to increase both my B12 and Iron stores (ferritin).



**By December 2013 my Iron Ferritin and Vitamin B12 were at a healthy level that both my doctor and I were happy with!**



In addition to the hair loss, I also started developing neurological symptoms. Over the last year I have done a lot of research into my symptoms and have learned a great deal. From my own research and determination, and with the support from my doctor and neurologist, I started taking Vitamin B12 supplements again which resulted in some hair regrowth, white/translucent hairs. As my levels rose higher there was more regrowth, and my neurological symptoms were disappearing too. This is it I thought!

I decided to experiment and stop taking the supplements everyday and reduce them to twice a week. After 2 weeks, half of my hair fell out. I was both disappointed and curious, maybe I do have an absorption problem? This is where I am at today, I have changed my diet and now eat a lot healthier than I used to and I have just started taking probiotics to restore the healthy bacteria in my stomach.

My search continues. This is my story and I want to share this thought with you .....

# NEVER GIVE UP !

[www.aaaf.org.au](http://www.aaaf.org.au)

  
Australia Alopecia Areata Foundation Inc.  
Alopecia Areata  
..... it's life changing