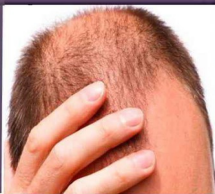
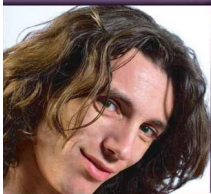


Beginners Guide to
SAW PALMETTO
and
**HAIR
LOSS**

Everything You Need to Know to Regrow Hair
With Saw Palmetto Herb Extracts!



Max Prescott

Saw Palmetto

Hair

Loss

Mantesh

By

Max Prescott

Saw Palmetto Hair loss

By Max Prescott

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Saw Palmetto and Hair Loss

Thank You for Buying This Book from
Hair Challenged Men and Women
Everywhere

Would you please help your fellow hair
grower enthusiasts by providing honest
feedback?

[http://www.amazon.com/Saw-Palmetto-
Hair-Loss-ebook/dp/B00CLPP08Y](http://www.amazon.com/Saw-Palmetto-Hair-Loss-ebook/dp/B00CLPP08Y)

I want to thank you in advance for your
review.

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*God only made so many perfect heads;
the rest he covered in hair.” —
Anonymous*

Disclaimer

Benefits of Saw Palmetto for prostate and urinary problems are well

documented. This book is provided for educational purposes and does not intend to diagnose, treat or cure any specific issue. Saw Palmetto as recommended here is a great product, but there are many roads to good and bad health.

I wish a simple herbal recommendation was the perfect hair loss solution for everyone, but we're all different, and we have different medical needs. Please use this information responsibly. See your medical professional before starting this or any health related program. Be sure to ask about this type of high quality saw palmetto as part of your total health program.

Grown in U.S.

The saw palmetto tree is a hearty palm, growing all over Florida. Since it is a native American plant and easy to cultivate, most saw palmetto isn't grown with the use of pesticides or herbicides.

When you take a supplement made with saw palmetto, you're getting an unusually clean healthy herb.

Since the natural habitat of the saw palmetto is in Florida, the supplements, extracts, and creams are most often American-made and manufactured to the high standards. There is no doubt that saw palmetto extracts are some of the purest, safest, highest quality herbal

remedies on the market today.

‘Too bad all the people who know how to run this country are busy running taxicabs or cutting hair.’ ~ George Burns

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Saw Palmetto and Hair Loss

Male or female pattern baldness is a result of testosterone conversion to DHT Dihydrotestosterone acting on hair follicles. Men with higher levels of testosterone will naturally suffer from receding hairlines as DHT production increases and causes gradual shrinking of the follicle.

Saw palmetto extract works on a cellular level, protecting hair follicles from being damaged by DHT. The protective effect of DHT blocking means that hair already falling out will stay and

regain the follicle thickness. Some of this hair will be so fine that areas appear almost bald, but as long as the follicle still exists it can be helped by blocking DHT at the follicle. Hair will be fuller and thicker when it regrows.

“I’ve been taking saw palmetto for years now. I started because of a prostate problem that caused urination difficulties. My doctor recommended that I take saw palmetto, because he said it work as well if not better than the pharmaceutical drugs. Within two weeks my prostate and urination problems were gone, not just

*helped a little, they were gone.
For the man over 40 who is
already seeing some hair loss,
graying, and the start of prostate
issues, saw palmetto results speak
for themselves”*

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Expect Results

People taking saw palmetto whole herb or extract and using a saw palmetto shampoos notice results fast, often within a week they will start to see renewed hair growth.

When it comes to saw palmetto and hair loss, it is now proven to have great benefit in men and women. Saw palmetto definitely is effective when treating people for androgenic alopecia, but it isn't the coming miracle pill to everyone.

To receive the fullest benefits, it is important to continue taking saw palmetto extract, because this herb

blocks DHT production. It does not stop testosterone production.

The protective effects on the hair follicle are only active as long as saw palmetto extract is in your system and working to shield you from hair loss

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Saw Palmetto

Hair Loss Dosage

Reported dosages have not been standardized,
so common dosages are not scientific,
but rather what each person determines.

Saw Palmetto BERRY EXTRACT STANDARDIZED

Clinical results from benign prostrate hyperplasia were designed around 320mg dose BERRY EXTRACT daily. Increased doses of 480 mg of extract were not found to any more effective. Although I take the herb below, the berry extract is preferred. Extract is more expensive, because it is standardized to a higher percentage of fatty acids that are the same used in original testing.

Some labels state the product is standardized, but it must say that the fatty acids are 85% or higher to be true to the original study.

The NOW Saw Palmetto Extract is standardized to 85% to 95% fatty acids.

Think of the extract as more concentrated than the whole herb. You can take 1 softgel to get the same effect as 4 capsules of the herbs. In this case, more is not necessarily better.

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Saw Palmetto

WHOLE HERB

Whole Herb formulas require 1000mg up to 2000mg to obtain the same benefit as the berry extract.

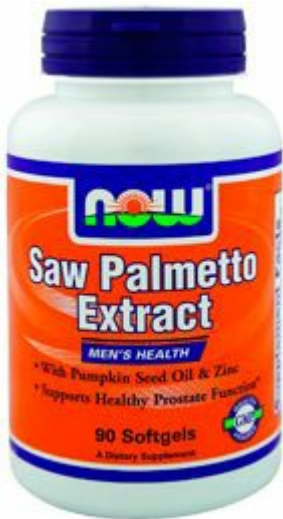
Many alleged hair loss cures on the market today use equivalents of 1500 mg WHOLE HERB that equals about 320mg of berry extract.

I use this exact Sundown Saw Palmetto below. It is not standardized. It is viable herb and consistent for my use, because it corrects prostate and urine flow problems corrected within

hours to one day.

I now take it each day up to 2000mg(I am a big guy) for about two weeks and then stop taking it for about another week. Again, this dosage is based upon what I know works for me by symptom relief and my height and size.

The theory is that since it works well for prostate and urinary issues, then it is active and works on hair follicles. I have been blessed with good hair, even so, it does seem thicker and stronger. Also, I have never had a side-effect with saw palmetto.



www.m8u.org/whole-herb

www.m8u.org/extract

Your body weight can affect the amount

you will need. Heavier people should use higher ends of recommendations. It can be difficult to determine what the exact dosage is when Saw Palmetto bottles have dosing amounts that are very different.

Determine your correct dosage with the help of your doctor.

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Mantesh

Topical Applications

Saw palmetto can be used in a few ways independently or together to accelerate hair regrowth.

Whole Herbs and Extract - Take Saw Palmetto in herbal tincture form, or capsules and tablets.



www.m8u.org/whole-herb

www.m8u.org/extract

See: Saw Palmetto Hair Loss Dosage
above for difference between extract and
whole herb

Shampoo Follicle Cleansers - Massage
scalp and clean hair with Saw Palmetto
shampoo. I do not recommend
conditioners. If you must use a
conditioner for overly dry hair, avoid
massaging it to the scalp. Conditioners
replace oils in the hair that have been
stripped by harsh shampoos and
treatments.



www.m8u.org/hair-loss-shampoo

Salves and Creams - Scalp and [hair](#) [creams](#).

There is a variety of creams on the market for the scalp, but they are not as

popular as shampoos and herb extracts. Products added to creams often aren't necessary to leave on the scalp or they can clog pores and follicles, which is just what we don't want. Some creams are greasy and often overpriced. Do not buy on price alone when it comes to creams. The cosmetic industry is built on overpricing to give the appearance of a superior product. Click on this link to see different types:

<http://www.m8u.org/cream>

I recommend that you use your choice of extract or whole herb and follow up with a Saw Palmetto shampoo a few times during the week. See the Saw palmetto hair loss program below.

Isolated Factors

Beta-sitosterol is an isolated, primary phytosterol in Saw Palmetto and other herbs and plants. It is similar to cholesterol and may lower blood cholesterol by blocking dietary cholesterol from entering the blood system. Beta-sitosterol has many benefits from reducing risk of coronary heart disease to boosting the immune system to helping with AIDS, and relieving gallstones, asthma, migraines, enlarged prostate and possibly tuberculosis.

Beta-sitosterol is available in capsule and tablet form to help reverse

androgenetic hair loss. It operates in the same way by limiting the DHT available in and around the hair follicle.

Recommended dosing achieved from current scientific studies is different for different requirements.

For BPH (benign prostatic hyperplasia) 60 to 130mg split up among the day into 3 doses

For cholesterol problems 800mg to 6 grams total per day divided into 3 or 4 doses and given before meals. (Source: Webmd)



www.m8u.org/beta-sitosterol

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Saw Palmetto

Scams and Fraud

Saw Palmetto use is escalating fast, and as more uses that are beneficial are proven, the scammers, frauds and thieves take advantage quickly. The following exposed product frauds are proven by the Prostate Pill Report studies.

Hair loss scams with saw palmetto are on the rise. However, saw palmetto used for prostate problems as scams have been stealing from mostly men above the age of 50 for years netting millions of dollars yearly.

High Market Ineffective Products

Viagrex – operated from China the herbal supplement in a rectangular box provides 10 useless pills for \$49.

Postal Service Direct Mail Campaigns

– Companies that send direct mail know how expensive that advertising method can be. That is why they give you every opportunity to find them through the internet, legitimate phone numbers, and company information with ready access to receive product payment. Fraud companies do not provide this information, although a phone number does exist with automation or live person who can take your credit card

number. Scam ads are changing to become more sophisticated and create a more legitimate ad.

Zero Ingredient Scams – putting useless corn starch in compressed tablets or substituting other cheap, ineffective, but similar looking substances can make scammers much money. People with ethics this low have no problem telling you the product meets every standard and guideline and is doctor approved.

The Prostate Formula by Real Health Labs and Antiiva are two products in the Prostate Pill Report sold with the primary ingredient being saw palmetto.

How to Use the Saw Palmetto Hair Loss Program

ONE – Don't Get Scammed

Stay with what you know. Stay with what others recommend and then test.

I gave you the products I use above.

You don't have to use it, but I find it effective and it hasn't given me any negative side effects. Clicking that link

and buying the product does give me a small remuneration. Even so, that's what I use and have used before I put those links on the page. You don't have to buy from here.

It's just a very convenient place to get it now to test for yourself quickly. That's is what I want you to do.

TWO – Use Test

The faster you start, the faster you will see results or know what not to use. Keep it that simple.

Here is the test. Hair growth is too slow to test a lot of products and then wait before you test another, so use the products that help men with prostate problems.

Saw palmetto clearly helps men with prostate and urine flow. More than 80% of men in studies have had tremendously noticeable benefit. A guy who can't urinate one day and then flows like a race horse within a day or two sure notices this benefit.

The products that give that result have active saw palmetto. That's what you use and that's why I recommended the products I use above. I was that guy and so were a few older friends who obtained the same benefit from the same products I use.

THREE – Product Hair Watch

Use the product from TWO above for 3 to 6 months to watch how your hair thickens and regrows. Change frequently occurs within the first week or two.

I strongly recommend that you take photos. We all have an easy time forgetting just how a little growth makes a major difference when that little growth did not exist just 30 days ago. Take the photos. You'll be able to prove how it works.

Send your photos and what you used to me: maxgrowshair@gmail.com

I'll send you the results of my hair study and which products readers liked the best.

EXTRA HAIR GROWTH SUPPORT

I recommend the saw palmetto shampoo, because you're stopping DHT production from inside and out. The shampoos include additional hair loss products that will help you regrow the follicle thicker and faster.

At least 2x per week, massage into the scalp apple cider vinegar. It helps clean out clogged pores and follicles and the antiseptic properties kill bacteria. Rinse and shampoo regularly afterward. I also recommend a once a month short detox program. Your overall health and well-being goes far to give you a healthy

head of hair. The apple cider vinegar diet book by Alice Michaels is excellent, because it also works to get rid of stress in your environment. It's not expensive, but sometimes she does have specials. (See: DETOX below)

10 Top Hair Growth Tips

Learn To Handle Stress

As stressful as the truth can be, stress is implicated in causing trouble in everything from *hair loss*, *hair thinning*, and *graying hair* to substantial weight gain, high blood pressure, uncontrolled blood sugar, cancer, acne, ulcers and more medical problems! A little stress in life is a good thing. A little stress is the

gentle push back in life that makes us want to try to better ourselves. All the problems of life may not get solved, but it is possible to learn to react to stress more harmoniously with those around you.

Sleep

Studies show that 7 to 9 hours of sleep actually help reduce hair loss.

Exercise

Add 90 minutes of aerobic exercise each week. Walking counts, but getting your heart rate up to where it is a little difficult keeping a conversation is key.

Lifting weights adds muscle that burns calories. In men, added muscle translates to more testosterone. Be sure to take saw palmetto.

Today exercise has been called the fountain of youth. Exercise moves the blood and increases oxygenation to the body, but it does a lot more. An important system in the body that needs muscle movement to do its job is the lymph system. This parallel system to

the blood system gets its primary movement not by the heart pumping, but by moving arms and legs around. The lymph system helps take away excess fluids and toxins from tissues. Swelling in the legs and feet can often be alleviated just by walking.

Eat a Cleaner Diet

I've known a lot of bodybuilders and health advocates in my life. Only TWO were able to maintain ultra clean diets for extended periods. One would eat a regimented diet all month long and then allow himself to eat one huge slice of cheesecake as a reward. It worked for him. I would like to be so committed and disciplined.

The successful bodybuilders I knew, those who reached their physical goals, but also their mental, emotional and spiritual goals, all said the same thing to me. Eighty percent of a bodybuilders success is in the diet.

Clean up your diet so you can live a better quality life, and hopefully, live with thicker, fuller hair.

Protein

The hair follicle is more than 90% protein. High quality protein is necessary especially after low protein or poor diets.

Eat Fresh

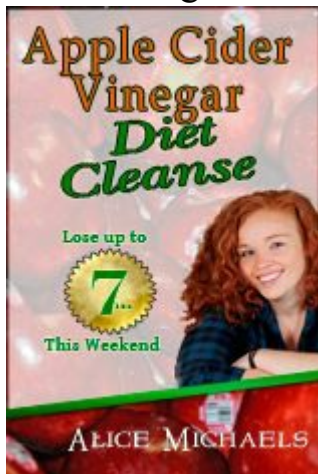
Fresh fruits and vegetables, unprocessed, give your hair more nutrition to grow. Poor diets with high amounts of sugars, carbohydrates and fats don't give proper nutrition for hair regrowth.

Detox

A detox is a short diet, maybe 2 or 3 days, sometimes a week, when you give yourself excellent food in limited amounts. That's my definition. I had friends who were more ambitious by going on a juice fast. Although that type of diet may be healthy, when you're priming yourself to be healthy enough to regrow hair, protein is an important nutrient to keep in the diet. Detoxing and eating protein isn't always in the same diet program.

The best short term detox I like is Alice Micheal's Apple Cider Vinegar Detox. Not only does she create an easy diet to

follow, but she includes the other elements of living a more stress free life while fitting exercise into your day.



www.m8u.org/diet-plan

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Vitamins, Minerals and Special Nutrition

Eating good nutritious food can be difficult. The nutrients below are at the top of the list for hair growth.

Vitamin A, B-complex, especially biotin
and vitamin B6 and inositol

Copper, Iron, Silica, Magnesium, and
Zinc

Omega-3 Fatty Acids

Scalp Massage and Cleansing

Some hair loss is simply clogged hair follicles. Too much use of poor shampoos and conditioners or products designed to make hair look better, but does nothing to help the scalp, often clog or irritate pores and hair follicles. Not everyone has this problem, but those that do will see a marked increase in hair regrowth within 3 months of just changing the hair care regimen.

Scalp massages bring blood to the surface with more nutrition that feeds growing hair.

I recommend using Apple cider vinegar, which is considered a miracle tonic to people in the natural foods arena. See: Alice Michael's book below.

Add apple cider vinegar to your diet and use small amounts as a hair rinse and scalp massage to keep waxy buildups and hair care products from slowing or stopping hair growth. In addition, apple cider vinegar is an antiseptic that keeps your scalp healthy and reduces chances of clogged pores and follicles from bacteria.

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Saw Palmetto

Benefits

Saw palmetto extract is used by people all over the world to treat and cure male and female patterned baldness.

Whether you are a man or a woman, saw palmetto is a practical, easy way to halt hair loss and regrow hair follicles damaged by androgenic alopecia.

Saw palmetto has a long history of being used as an herbal remedy.

Mayans drank saw palmetto extract as a health tonic.

American Indians used the leaves and fruit to treat lung disorders, urinary and

genital issues, and as an antiseptic for wounds.

The most widely known use today is for the reduction of benign enlargement of the prostate. Prostate enlargement can result in sexual dysfunction and stopped and slowed urination.

Research has shown that saw palmetto has the same effects as the pharmaceutical drug, Finasteride in treating patients for hair loss and with benign prostate enlargement. Finasteride is also used in hair tonic shampoos.

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The greatest benefit is as much as what it does not do:

Saw Palmetto does not commonly have sexual dysfunction side effects that are expected with Finasteride and Minoxidil such as headaches, impotence and decreased libido.

Evidence suggests that it can assist thyroid function, reduce asthma and bronchial difficulties.

Saw Palmetto Side Effects

Most products have a few common low-level side effects and then rare to possible allergic responses.

Saw Palmetto reduces blood-clotting function. Be sure to inform your doctor that you have been taking saw palmetto before you schedule any surgery.

*“Saw palmetto is **LIKELY SAFE** for most people. Side effects are usually mild. Some people have reported dizziness, headache, nausea, vomiting, constipation, and diarrhea. Some people have reported that saw palmetto*

causes impotence. But these side effects do not seem to occur any more often with saw palmetto than with a sugar pill.” - WebMD

Rare side effects

bleeding

nausea

jaundice

stomach pain

tiredness

bruising

dark urine

Saw Palmetto affects hormones, so this should not be used by pregnant or breast feeding women.

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Effect on Sexual Function

Saw Palmetto does not have the same negative effects on sexual function that pharmaceutical drugs do.

Pharmaceutical creams and pills use harsh chemicals to stop hair loss.

These medications create difficult sexual side effects in men that make hair loss or frustration an unfair tradeoff.

Pharmaceutical drugs like finasteride and tamsulosin lower the sex drive, create impotence and make orgasm difficult to impossible to attain, because

they *inhibit* the production of testosterone.

Bodybuilders who use steroids are working during and after their steroid cycle against the balance of reducing testosterone and increasing estrogen. This is also the reason many chronic bodybuilder steroid users are bald.

Are you a man who is losing his hair and you are concerned about sexual side effects?

Saw palmetto stops hair loss by leaving testosterone levels as they are, so saw palmetto does not impact your sex drive or testosterone production like pharmaceutical medications.

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Saw Palmetto And Women

Saw palmetto extract is effective whether you are a man or a woman.

The results are identical whether you are a man or a woman, which is not a claim that most prescription hair restoration medicines can make. Androgenic alopecia occurs because of testosterone conversion to DHT. The blocking mechanism is the same in men or women that allows the follicle to regrow thicker and fuller.

Woman suffering from hair loss can start personal use with saw palmetto in the

same way as men. I do recommend that men and women discuss treatments like this with their medical professional mostly because there are many reasons why hair loss occurs. Male and female pattern receding hairlines or thinning hair is common and most often is caused by androgenic alopecia. The times when it isn't can mean a more serious condition exists that self-treatment could delay identifying.

Due to saw palmetto's soothing, protective effects on the scalp, hair regrown with saw palmetto will come back even thicker and fuller than before. People who have regrown their hair with saw palmetto notice an increase in

the strength and shine of their new hair. In addition, treating your scalp with saw palmetto shampoo seems to provide additional protection from hair loss due to stress and anxiety. There are some reports of saw palmetto extract being used to combat other hair-related dermatological problems.

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Saw Palmetto Research

Many people rightly worry about the safety of taking natural remedies. Studies done by the National Institute of Health, however, show saw palmetto extract to be extremely safe. There is little risk of interaction with other drugs and few if any side effects. If you're suffering from baldness then saw palmetto extract is an excellent choice for treatment. Saw palmetto is considered safe and effective.

Many quoted studies are more than 8 years old and have little positive results. New studies as late as 2013 illustrate the effectiveness of saw palmetto and the active item sitosterol at blocking the 5-*a*-Reductase enzyme that converts testosterone to DHT.

See: The Journal of Alternative and Complementary Medicine article
<http://online.liebertpub.com/doi/abs/10.1>

See: Sensitation to saw palmetto... androgenetic alopecia in 24 year old woman

<http://onlinelibrary.wiley.com/doi/10.10.0960.2002.00620.x/full>

In addition to effecting sex drive, women

cannot use or even touch other medications for hair loss, because hormones in those preparations transfer through the skin and a create miscarriage risk or masculine traits.

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Summary

With the popularity of saw palmetto extract soaring, it's easy to find at your local pharmacist or wherever herbal medicines vitamin supplements are sold. However, most people choose to buy it online because of the great deals that can be found. A 90 day course is the recommended amount, and even with shipping, you can find the same high quality for less money on the internet.

Saw palmetto is considered as effective as prescription hair loss treatments, with the added bonus of being very protective for the prostate in men and urinary functions in men and women.

Much of the world's saw palmetto is grown in Florida in the United States.. Saw palmetto is one of the best ways you can help stop hair-thinning hair, encourage regrowth or hair thickening, and take care of your scalp. Saw palmetto supplements are inexpensive compared to many other herbs and it has been proven to start regrowing hair in as little as a week. Hair grows back even healthier than before, because the shaft is fuller and thicker. The science for saw palmetto and hair loss is in, and the results are positive.

Would you please take a minute to give

me your review of this book at the website?

Review Request

Max

Send your photos and what you products you used to me here:

maxgrowshair@gmail.com

I'll send you the results of my hair study and which products readers liked the best,

along with a free gift to help you keep that great head of hair.

Thank you for your honest review:

<http://www.amazon.com/Saw-Palmetto-Hair-Loss-ebook/dp/B00CLPP08Y>

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