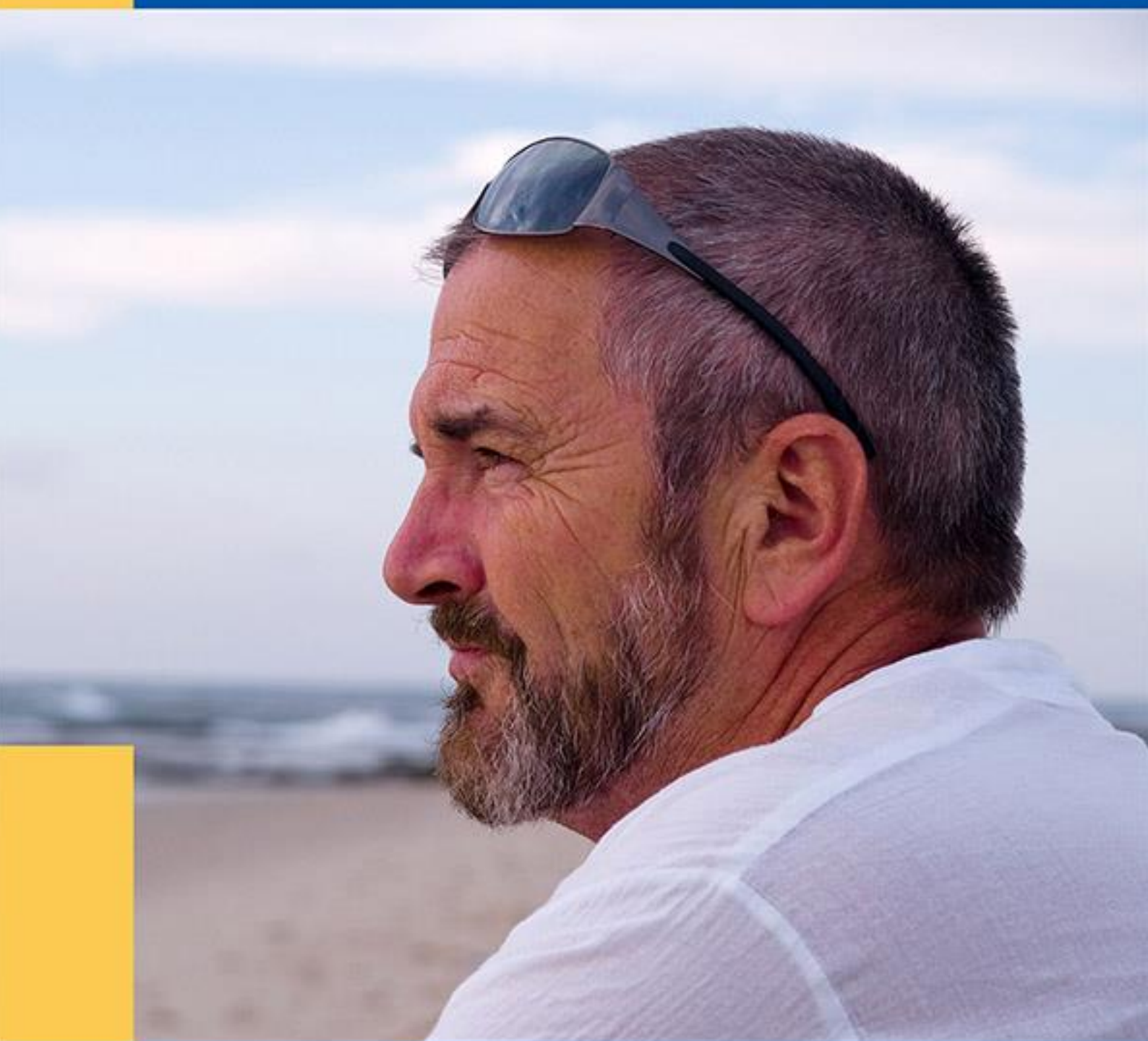


THE REBUILD HAIR PROGRAM



PERMANENTLY DELETE ALL OF THE EXCESS
5AR AND DHT FROM YOUR BODY

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*I don't consider myself bald;
I'm just taller than my
hair*

Lucius Annaeus Seneca

(Roman stoic philosopher, statesman and
dramatist)

"Probably the best thing that happened to me during my 60s was to be able, as an older man, to grow back hair. Amazing!!!"

Dean, 63, Chicago, Illinois

"A lady simply can't be bald. It's out of the question. When Jared gave me this eBook on a DVD, I didn't believe it could change my life. He said, "Listen, if you're happy, write me back and share your experience with other users, if not, it's not like you are going to lose something, you can blame me for misleading you." OK... So, dear Jared, I must admit, you were right. I didn't trust your enthusiasm in the beginning. I didn't even trust your protocol during the first... let's say... 2 or 3 weeks. But, after that, after being careful to eat exactly what you told me and even trying one of your hair masks... Oh, boy, hair was starting to grow. I was not beautiful... I didn't feel beautiful... in a month, I started to see some fluffy, fragile hairs. In two months, continuing only with the protocol, not the mask, there was thicker hair, thicker than I've had in ... I can't remember how many years. My advice to those who are just starting to use this protocol is to have patience and not to give up. It actually works. Thank you, Jared, for making me feel beautiful and feminine once again!"

Donna, 56, Memphis, Tennessee

"It works, it really works. I'm an older dad. I had my son in my forties. When he went to high school, I realized he avoided being seen with me when he met his friends or his schoolmates. I wondered why, but after all, you know how teens these days are, they want to be independent and maybe not seen with their parents. But, one evening, I overheard a discussion between, Rob, my son, and my wife, Jolene. Rob was asking his mom why we decided to have a child so late in life... how on Earth we could understand him if we were so much older compared to him? "Dad looks old, I can't even remember him having hair." I was heartbroken. He considered me to be old. He was ashamed to be seen with me, "the old man," "a grandfather-looking guy." I still feel young inside. I am still interested in computers and technology, I like modern music and share some of the interests of younger people. That's when my large bald spot started to bother me. When I found the Rebuild Hair Program, I thought I should give it a try. After all, it's all about a healthy diet, so there was nothing to lose. I didn't get fantastic results in a few days. But, after all, hair normally grows anywhere from 1/2 inch to 5/8 of an inch per month. I was patient, confident... and I was successful. I look younger. I took my boy for a camping weekend and talked to him. I now feel him looking at me as an older friend with whom he shares some interests. I am grateful to the Rebuild Hair Program for helping me solve my problems with an easy to follow diet and without much effort."

Liam, 62, Louisville, Kentucky

"Thank you, thank you, thank you, Jared. You made me feel good about myself again. I actually started to feel better when I started reading the eBook. The protocol seemed incredibly easy. And it worked. I started to lose my hair in college when I was really young. I married a very attractive and intelligent woman. I wanted to make her feel proud of me... both for my intellectual and physical aspects. I wanted to avoid a "Beauty and the Beast" situation. That's why I was very eager to find a way to solve my biggest flaw... my bald head. The Rebuild Hair Program was an accidental discovery on the internet... I followed the protocol every day. I tried the masks, I did everything by the book... and it worked. I'm grateful to you, Jared, I really am!"

Ted, 38, Omaha, Nebraska

Disclaimer

As advantageous as this solution for hair growth and for stopping hair loss may be, you must be aware that this solution is intended as a suggestion.

This is a fully copywritten guide about hair loss. No part of this publication may be reproduced in any form or by any means, including printing, scanning, photocopying, or otherwise without the prior written permission of the copyright holder.

The Author has worked in every way to be as accurate and complete as possible in the creation of this book, notwithstanding the fact that he does not warrant or represent at any time that the contents within the book are accurate due to the rapidly changing nature of the subject. Further research may be made on the topic at hand and could either add to the evidence that this book provides or determine that certain concepts are no longer valid. It is typically best to check with scientific journal reports or a hair loss specialist for all the additional details that might have come about in the field in recent time.

While all attempts have been made to verify every piece of information provided in this publication, the Author assumes no responsibility for any errors, omissions or contrary interpretation of the subject matter present in this book. Some of the studies that have been reviewed and profiled in this guide are ones that are still in the works. Additional information may be required in the future.

Please note that any guidelines or advice given here is not a substitute for medical advice. You must make sure you talk with your doctor about any treatment that you may want to utilize in the future. This is particularly the case if you are using medications, are pregnant or have allergies.

You will agree to use some or all of the information given in this eBook at your own risk. The Author will not be responsible for any injury that may result by following the advice given in this book.

If you are taking medication or have doubts following the advice given in this eBook, then be sure to consult your doctor for assistance as soon as possible. This is especially critical if you are allergic to any of the materials that are recommended for use in this guide.

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BROADWAY AND

How You Can Have Beautiful HAIR

By PAULINE STARKE, *Picture Star*

WOMAN'S hair is yet her crowning glory, and her beauty depends much on the lustre and strength of hair. No matter whether you have affected one of the many bobs or whether you have retained, or gone back to the wearing of long tresses, one of the most important attributes of your beauty is your hair.

Granting that the hair and scalp are normal, they must always be kept clean. Dirt and dust forever blowing into the hair deaden the sheen. Of course, we can't wash the hair every day, and so instead of washing we brush it. Brushing the hair gives it a gloss and removes much of the dust

that is accumulated through the day. Lovely wavy tresses are the desire of every girl and they are yours for the taking.

In keeping the hair gloriously lustrous and alive, beautifully wavy and always in prime condition is easy if care is taken. There are little tricks every girl can do to keep her hair at its best. For instance, there are many with really beautiful hair who, when their hair is not up to normal, excuse it by saying that it needs a shampoo, that it has just been washed, or that it needs a haircut and so on. But if they knew there are little tricks and treatments that eliminate these instances when the hair is at its worst, they can have their coiffure always at its most lustrous beauty.

The girl with naturally curly hair, or whose hair has the least tendency to wave, should take advantage of the numerous ways of keeping the hair constantly wavy, fluffy and beautiful. Everyone knows that naturally wavy hair becomes curlier on rainy days. Therefore, if you have the slightest suggestion of a wave in your hair, dampen it with hot water on rainy or foggy days, forming deep ridges with water-wave combs and letting them remain until the hair is dry. You will be surprised how beautifully wavy your hair remains for days afterwards.

The same treatment applies to wavy hair when at the seashore, for the dampness of the water has the same effect on natural wavy hair as rainy weather has. And, by the way, rinsing or wetting the hair with hot water and pushing the waves deep into place will always make wavy hair wavier, and straight hair form slight suggestions of waves.

Another way of keeping hair with the slight tendency to wave fluffy and soft around the face, is to form deep waves in the hair with the water-wave combs just before your bath. The steam arising from the bath has the same effect as rainy weather upon the hair.

Or you might wet the hair with hot water, inserting water-wave combs which should remain overnight, and in the morning the waves in your hair will be ever so much prettier. Many girls whose bobs always look perfect use this method for shortening the hair when it is too long.

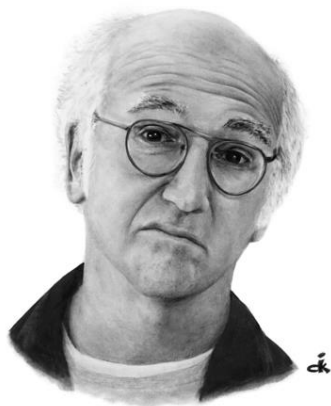
Did you ever stop to admire the beautiful lustre some coiffures have? Here's a secret that you will find advantageous in bringing out the beautiful lustre of your own locks. After shampooing the hair add a half cup of vinegar to the final rinse or squeeze half a lemon into the final rinsing water. This will make your hair beautifully fluffy and glossy when dry.

After vacation time, many girls find that their hair is

—(Continued on page 50)

Pauline Starke,
Star of
Columbia,
M. G. M. and
Universal
Pictures.

Introduction



Larry David, American comedian, writer, actor and television producer, the co-creator of the television series *Seinfeld*, used to joke about his baldness, stating: “Anyone can be confident with a full head of hair. But a confident bald man – there's your diamond in the rough.” On the other hand, comedian Jay London stated: “I was going to buy a book on hair loss, but the

pages kept falling out.” People often make fun of their problems, their issues, their flaws or concerns. Or, at least, smart people do that, as you saw a few pages above in the ancient philosopher Seneca's quote regarding his baldness.

Today, we are starting a journey. I know you might be bothered and even frustrated that the beautiful thick hair you once had is now a story of the past. That's why you bought this eBook. I want to talk about this journey's rules from the beginning. It's very important that you and I are on the same page here. So, please read the following lines with attention:

✚ **You are bald or you are significantly losing your hair, so you feel bad.**

You don't feel as attractive as you once did, and you might be a little depressed. **Take note:** You are living the reality that you yourself created. If you feel less attractive, it's your fault and not that of your hair loss. If you are a guy, you should know bald men are considered to be more virile. If you don't trust me, simply search this two-word combination on Google: “bald” and “virile.” Result? No, not just a single result, but 321,000.

✚ **If you are bald or dramatically losing your hair, you should make an**

effort to hide this “problem” and you might even end up feel excluded from the communities of “good looking people” or “confident people.” **Take note:** I will share with you my secrets to overcoming baldness or hair loss. But I simply refuse to accept that you feel bad about yourself, as if you are no longer worthy of good things. You are as good as you have ever been and, moreover, being confident is a quality you have to exercise by yourself. Being confident earns you respect from others, and it brings some social benefits without much other great effort.

✚ **This eBook is not magic. It’s about science and perseverance.** **Take note:** Although you can easily reverse baldness using the protocol you will discover in this eBook and get amazing results, I should be honest with you: it is not magic. Simply by studying articles and scientific studies about hair loss, I managed to complete an easy dietary plan that could be implemented without great effort, and that could fight the causes of hair loss. For you to be successful, I need to make sure you understand the protocol and follow it by heart. I did my best to be explicit and to respond to any questions you might have. So, please, be attentive and keep an open mind.

So, please, use your intelligence and your power of concentration and let’s start.

Attractive (or, at least, nice looking), confident and open minded – these are the qualities I know the readers of this eBook usually share and which I honestly value in them.

No one wants to think about hair loss. After all, a large number of us like to believe that our hair makes up a huge part of our lives. Our hair can be a clear

identifier of who we are. Some people are known for their great hair.

And, besides, no one wants to think about it simply because hair loss can be rather unsightly. People often have bad nicknames for those who are totally bald (Mr. Clean, Professor X, Magic Head or Baldy are just a few). Of course, some people might look radically different without hair, or even feel unattractive to people of the opposite sex.

Hair loss is something that is often troubling to many people. While it is hard to tell exactly when people first started to worry about hair loss, we do know that it is a commonplace problem that can bother many. A good example of this can be found in the Biblical story of Samson, a powerful man who lost his power when he lost his hair. Granted, his hair was cut off by Delilah, but hair loss can be a painful problem regardless of how it happens.



Hair loss is something that can be painful to many people and is often something that no one wants to really talk about. No one wants to be without hair because they feel that they will look unsightly and even lose their power to impress others – just like what happened with Samson.

However, the fact is that hair loss can occur in anyone. Hair loss is a very commonplace problem that all people need to think about because of how serious it can be. The worst part is that it could start at any time in your life. There's no

telling how long your hair loss problem is going to stick around for either; it could last for years or it could only take place in a few months. Don't forget that it's also tough to figure out just how much hair you'll actually have left when all is said and done.

This is not something you want to think about, but it is a truth that must be explored. The thing is that you may have about 100,000 to 150,000 hairs on your head. That sounds like a great number of hairs, but over time, you can lose quite a bit of hair in just a number of years.

You may be at risk of losing about 100 strands of hair on your head each day. While this might not sound like much, it is a very real threat that will only get worse over time. After a while, you might end up seeing that your hair will start to have some substantial bald spots. That spot in the middle of your head could be a clear sign of hair loss in many cases.

Therefore, if you had 150,000 hairs and you started to lose all that hair at a rate of 100 per day, then you could go bald within 1,500 days – that's about 4.1 years if you lost it all.

Just look at President Barack Obama and how his hair has changed over the years. You could say the same about any other president or key leadership figure in the world, but the fact is that anyone can lose a good deal of hair in just a short period of time.

You might think that there is no real way you can easily get your hair loss problems in check, what with the fact that it can be so easy for the production of **DHT** to occur. (I'll detail with this DHT issue in a bit)...



So why do people lose their hair?

Hair loss is a problem that can occur as a result of not necessarily stress or the way you treat your hair, but rather from the production of DHT. It is a commonplace material that can be produced in the human body on a regular basis. This will cause the production of hair to come to a standstill, thus making it so you will not be able to maintain the necessary hair growth that you require.

As you will learn not too long from now, DHT is a material that is going to cause you to lose your hair. Your hair is not going to fall out due to a hat or clogged pores. Rather, it is the DHT in your scalp that will cause you to lose your hair over time. It is a real threat that will cause your scalp to look unappealing.

DHT can appear in anyone's body. It comes after testosterone is not managed in a sensible way by a proper enzyme.

So, wouldn't you love to stop that hair loss issue? Well, there is a great bit of news for you to explore in this eBook:

You can stop that hair loss altogether and get new hair to grow!

The purpose of this guide is not about to help you learn how to stop hair loss. **It's about how to not only stop hair loss, but to also grow new hair again. After all, it is all about stopping the source of the hair loss so you will get that inhibiting problem out of the way.**

This guide will give you plenty of details on everything that you can do in order to keep hair loss from being a problem. You will learn about such things as:

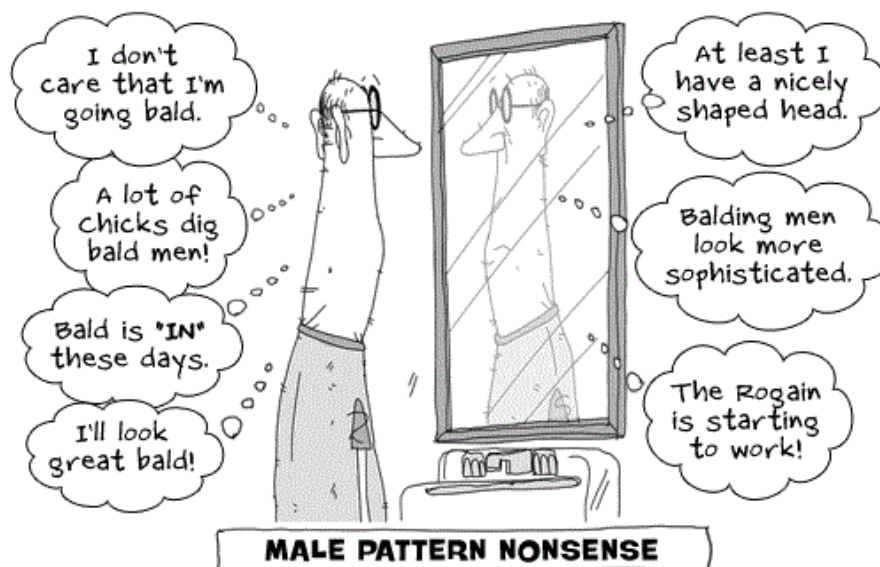
- Working with the right nutrients in your daily life; this often includes the use of different types of supplements;
- Considering the right foods that you can consume to get the nutrients needed to keep hair loss in check;
- Why you cannot just stick with things that work with your blood flow or testosterone levels in mind.

These are things that you need to think about when it comes to seeing just how you should be working with your hair control plans. You need to use the right strategy to provide yourself with a bit of extra help when you're looking to get your hair in check.

It's Better Than the Alternative

Remember, the fact about hair loss is that you have to target the problem from the inside. **Sure, you could use shampoos, pills and creams to take care of the issue. However, those solutions are not going to do all that much for your scalp.**

There are three different things that you need to think about when it comes to hair growth products. These three types of products are used by many people in the hopes of getting new hair. They use them as a means of trying to make themselves look better, but they end up failing in a number of ways. In some cases, these products are only going to hurt you in the long run.



Shampoos

You might think that hair loss shampoos can help you out by getting new hair to grow while stopping hair loss over time. However, the truth about many of these shampoos is that they will take care of fungal issues around the scalp and will clear

out old dirt. This can be to your advantage, but at the same time, you are not going to get any new hair from it.

Some shampoo products will help you slow down the loss of hair. However, they are not going to stop hair loss or reverse it altogether. That's because shampoo products are just going to stick on the outside of the scalp and take care of the scalp and your visible hair.

This is never a good thing. The fact that you'd have to pay loads of money for some of these products will only make things worse. For instance, an eight-ounce bottle of Keranique Scalp Stimulating Shampoo will cost about \$30. Meanwhile, the Phyto Phytolium Strengthening Treatment Shampoo can go for \$24 or more.

These shampoos will clean your scalp, but that does not mean that they will actually make your hair grow back or stop hair loss at the source. They are often just things that are used for a bit in the hopes of trying to curb hair loss.

Pills

In addition, you might be promised all sorts of results by hair loss control pills. There are many medications out there that you can use today in order to regain hair including Finasteride, a product often marketed as Propecia.

The problem with these pills is that there is never a guarantee that they are going to work. Not every person is going to get a benefit from such pills because every person's hair loss situation is different. The body may also be more or less tolerant of some medications than others.

Everyone responds to these medications in their own way, and in some cases even the strongest pills are not going to be good enough.

In addition, you may be at risk of some dramatic side effects as a result of the use of pills. These pills tend to work within the bloodstream, thus making it easy for anyone to suffer from blood issues over time. Some people may also

develop depression, breast enlargement, infertility and even allergic reactions. Some men who take these pills may also develop a male form of breast cancer.

Don't forget that these pills can cost a great deal of money and that not every health insurance provider is going to cover the expenses associated with these pills. Some health insurance companies will say no to people who ask for coverage, because hair growth pills are often interpreted as elective products that are not necessary for your well-being at large.

Creams

Don't forget that creams are not necessarily going to be effective for your scalp either. Creams like Minoxidil, a product that is better known as Rogaine, may work for some, but they can also be messy and difficult to apply.

What's more is that some hair growth creams will be dangerous to some people. A cream cannot be used on any part of the scalp that is suffering from inflammation, for instance.

Also, creams can cause allergic reactions, sudden weight gain and even hair growth in unwanted spots.

The biggest issue with all three of these hair growth products is that each product is designed in its own different way. That is, one product might work for one person, but it will not be all that useful for another.

This is a real problem that can cause anyone to struggle to get new hair, as there is never a guarantee that you're actually going to get new hair over time with a treatment option like this one.

Wigs

The wig has been a staple of many bald people for generations. The wig has been around since the early days of society and has been designed in many forms to make it look as realistic as possible.

However, there are **three critical problems** that come with a wig:

1. **A wig is not going to actually do anything to control the production of DHT in your scalp.** You are essentially waving the white flag at this point because you're just trying to cover up your lack of hair.

2. **Wigs can be rather expensive.** The most realistic ones are often going to cost \$100 or more each.

3. **Even if you maintain it well, it can still be rather easy for people to tell what a wig is and what is not.** This is especially the case for ones that are made with synthetic hair. Besides, even ones made with human hair will wear out over time.

There are times and places for when wigs may work; they can definitely be useful for cancer patients who need to wear something while waiting for their real hair to grow back after certain cancer treatments. They can also work for costume purposes during many film and theatrical productions. However, this is not something that you want to use if you are trying to deal with hair loss.

Besides, you might not be able to fool anyone with such a product. The only people who are really able to pull these off are those in the film and television



industry who go through hours of makeup each day to make themselves look very different from what they are really like.

Hair Implants

Hair implants are often done by having hair from another part of your body or from a donor being grafted onto your scalp. This might be interesting as it can resolve your hair loss issues. Still, this comes with its own trio of problems that you must be rather cautious about:

- 1.** You will still be subject to DHT production in the scalp, thus making it so the principal cause of hair loss will not actually be treated.
- 2.** The cost of the hair transplant can be an issue. It can cost about \$3 for each hair that you'll graft onto your scalp. Considering how dense your hair can be, you might end up paying thousands of dollars to get this treatment to work for you.
- 3.** There's no telling where your hair will come from. Sometimes it might come from another part of your head and it may contain hairs that are not as vibrant as elsewhere. In addition, your hair might come from someone else whose hair is of a slightly different texture or color. Who knows, your new hair in this process could come from some dead person who donated his or her hair for the process.

Would you really want to wear the hair of a dead person? Besides, a hair implant or transplant will not target the DHT that is being developed in your scalp.

The things that people do as a means of trying to make their hairlines look their best are often going to be misguided and ill-advised. They are thinking that what they are doing is right, but in reality it is all a bunch of foolhardy mistakes designed to try and get away from the real problem.

If you understand how DHT works, then you will begin to realize that it's the

real problem in your life. The good news is that there is no real need for you to be afraid of what you are doing when you are trying to control the development of DHT in your scalp.

Make sure you follow this guide to get REAL results! It's the only real way you're actually going to be able to take care of the source of hair loss and keep your hair intact for as long as possible.



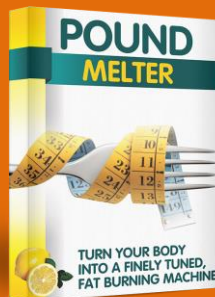
If you follow the pointers listed in this guide, then you will discover that it is not all that hard for you to get new hair over time. This is a guide that will provide you with a solution to stop hair loss at the source while also enhancing your potential to get new hair in the long run.

This is a process that can really work quite well, and the best part is that **it only takes 28 days for you to get on the right path.** You don't have to risk any threats to your health if you understand what you must do in order to give yourself the benefits that you have been looking for.

You'll discover that there are many good things that you can use in your daily life in order to get back the hair that you have lost in the past. You'll also learn about stories relating to hair loss and how people have gotten their hair back, as well as points on how important it can be for you to avoid some of the commonplace myths that so many have associated with hair loss over all these years.

Be sure to take a look at this guide often so you will fully understand everything that you have ever wanted to do with regards to stopping hair loss.

Special announcement page for the Rebuild Hair Program Community members ONLY!



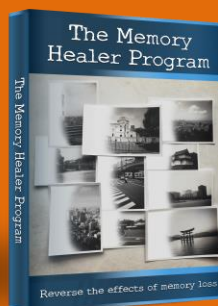
I'm super excited to see that you, like me, have decided to give up the Big Pharma way and try 100% natural solutions that have always been available to us, but we just didn't know it!

I don't know about you, but, personally, even though I love a healthy diet, I hate going to the gym and giving up my favorite foods. If you're interested, there's a great program for losing weight called [Pound Melter](#) which not only lets you eat the sweet, creamy, rich foods you love so much, but also helps you lose weight without any meds, low-calorie diets or strenuous exercise.

Too good to be true?

I bet you'll be pleasantly surprised.

Check out this incredible product right [here](#)!



The amazing method you can read about [here](#) has helped Alexander Lynch get his father back. And not only him. The Memory Healer Program has been used by more than 43,000 people for whom Alzheimer's was a real threat. Americans just like you and me have found this incredible, simple protocol to be the key of getting their memories back. Others have used it just to improve their memory or their power of concentration in order to focus better or to learn new things.

100% natural!

100% efficient!

A product protected by a 60-day Iron Clad Guarantee!

[Check it out](#) for yourself!

Chapter 1 – A Few Stories

These are all stories that show that hair loss really can be a big hassle. These are problems that will end up being a challenge to many people around the world, but the people that you will learn about in this chapter prove that a solution is possible no matter what problems you might have developed.

If you continue to read on, you will notice that hair loss can be stopped and potentially reversed. After all, the people that you are going to read about are ones who have used many of the solutions covered in this book as a means of fixing their problems.

In the Shower



"I began to have some real fears about my hair while in the shower each morning. I felt that I was going to lose more hair every single time I showered.

I always used plenty of shampoo and conditioner to get my hair to look its best. After all, you've got to use it to keep yourself feeling refreshed. But it seemed like I was dealing with so many problems after I got out of the shower. First, I noticed that the bottom of the tub had some hair in it.

Second, I started to notice as I was drying myself off with a towel that my hair was getting all over the towel. I was thinking at first that maybe it was just chest hair here and there that was loose and came off onto the towel. But then I started to notice that the hair was rather straight and could not have come from my chest.

Third, I noticed when using a comb along with a hair dryer that I was losing hair. That's when I began to take note that maybe my hair was not as healthy as it should be.

I started to try and avoid shampooing, but it only caused my hair to look unappealing.

To make things worse, my hair loss was still a problem.

That's when I realized that I had to make some changes to my life. I read about a number of dietary solutions for my life that could work well when trying to control hair loss. I found that if I could use items that were capable of offsetting the effects of DHT and to even keep DHT from getting into my scalp, then I can not only keep my hair from being lost, but also potentially enhance my overall hair growth in the long run.

I worked very hard with a special solution and I found that my body was not only healthier, but I also had more hair after a few weeks. I tried adding more fiber and calcium to my diet through eggs, yogurt and spinach. It was amazing to see just how well my body was able to handle all those nutrients so I could stay healthy.

I found over the course of 30 days that the number of hairs that I was losing in the shower had declined substantially. This came especially after I had continued to use the same shampoo and conditioner products.

I did make a quick change, though – I made sure to avoid using a hair dryer each morning, as I found that it would actually do more harm to my hair than anything.

It was great to have healthier hair, because I knew that it would make me feel and look much younger and more vibrant.

I just wish that I had done something to control my hair loss sooner."

Tim S., San Francisco



Starting That Early?

"I never thought that I would be dealing with hair loss at the age of 28. I mean, I am healthy and bright and I have so much of my life ahead of me. This is supposed to be the best time of my life. Unfortunately, it seemed like I was losing far too much hair.

One day I was at a zoo when I saw some funny-looking primates who appeared to be balding. That's when one of my friends said that the primates looked kind of like me.

I shrugged off that remark and figured it was just a silly joke. But that night, I took a careful look in the mirror and I discovered that I was indeed getting a good-sized bald spot on the back of my head. It was a real problem, and I knew that it was going to get worse.

I mean, I had started shedding my hair and it was rather worrisome. I was scared about things and I wanted to find a way to keep myself healthy.

I talked with my doctor about my hair loss and he prescribed a shampoo product that I could use in order to stimulate my scalp. I figured that it would work; I mean, it is such a healthy material that could really work wonders for my hair.

But after two weeks, I found that it was not doing much of anything for me. I had blown \$200 on that shampoo over the course of a few weeks and even though I had done so much in order to fix my problem, it was doing nothing for me in the least.

That's when I figured I would have to apply some new measures in order to fix the problem. I was told that the DHT that my scalp was getting was causing my hair loss. While the shampoo itself was promised to help me take care of the DHT that was getting in the way, I had to fix the problem with something totally different. The worst part is that the medications that were available were unhealthy and expensive.

That's when I chose to take a careful look at the ways I was eating. I had to fix my diet

up quite a bit in order to actually get back my hair.

I changed it around and replaced many of the meats that I was consuming. I had been eating quite a bit of broiled, fried and baked meats over the years and I found that it might be easier for me to get my hair back if I went after some healthier alternatives. These included grilled chicken and an assortment of different fish products.

In addition, I took a look at different methods for taking care of my hair; I found that if I used healthier shampoo products that did not contain dyes and other artificial components like the medication I was using, then it would be easier for my hair to grow back.

As I started to notice over the next month, the hair that was growing back appeared to be a little darker than what I had ever expected. The hair was a little more vibrant and not thin. It really helped me out as a means of making my body healthy while actually helping me to do a little more for my hair than what I had ever expected.

I knew that something had to be done in order to keep my hair loss from being any worse than it already was. I knew that it would not be too hard for me to get more hair if I just made a few smart changes and that's exactly what I got out of my life."

Michael T., Cincinnati

Graying Issues

"My nice brown hair has been something that I have been proud of for years. I have enjoyed showing it off in so many ways; sometimes I get it to be about two or three feet in length, but in most cases I've found that it works well for getting myself a look that is rather fascinating and attractive.

However, I had began to notice when I first hit my late forties that my hair was not as vibrant as



it used to be. The brown tones on my hair were disappearing and I started to develop some gray hair.

In addition, I didn't have the same amount of hair that I used to have; that is, my hair was not growing as long as it used to.

To make things worse, the hair was starting to get rather thin. It was much easier for my hair to break off.

That is when I came to the realization that I needed to heal myself and keep my hair intact for as long as possible. The biggest concern I had is that it was hard for me to feel my best. The problem I had was that apparently I had too much DHT in my system.

I had a blood test to determine how much DHT I had and it turned out that I had more than I should. I really had an issue with my DHT and I was uncertain as to how I got so much of it over all this time.

Either way, I knew that I needed help with getting my hair to look its best. I never did imagine that I could suffer from serious problems relating to DHT. That's when my doctor talked with me about a medication that I could use.

I started to take this pill-based medication called Propecia. However, it seemed as though the medication was not doing much for me. It only cost me more money to use and it made me feel tired on occasion. I guess I should not have been surprised that the medication was not working. After all, it seems like lots of these doctors just go out and prescribe medications to people just so they can make more money off of people who want help in some way.

That's when I figured it was time for me to take a look at alternative options for taking care of my hair. My doctor tried to coax me into sticking with the medication that I had been using, but I declined; I felt that it was not going to get me anywhere.

For starters, I stopped using irons on my hair; I figured that it would be a good idea for me to avoid the stress that put on my hair.

Also, I had to wash off some of the hats in my home. I enjoyed wearing hats, but I

noticed that they started to get some funny spots from all that sweat and other stuff. I learned that if my hats were too dirty then it would be easier for my hair to wear out and become weak.

I also made some changes to my diet in order to keep myself as healthy as possible. I adjusted my diet with some foods that were rich in vitamin D, calcium and folate, as I had found that these are all things that could easily improve my health.

I knew that I had to make some real changes in order to improve my body and it did not take too much for me to heal my hair. As I started to get more materials in my body to counteract the effects of DHT and to restore my hair, I found that it was easy for me to enhance my hair and make it look as strong as possible.

Over time, I noticed that my hair started to get its natural color again. I also found that it was not as fragile as it used to be. This all came about a month after I ditched the medication; three months later, my hair was close to the original color that I had it in for such a while. I found that by changing my dietary routines and adjusting the way I was taking care of my hair, it was easy for me to stay healthy and to keep my hair as vibrant as it is supposed to be. I never imagined that it would be so easy to fix my hair problems.

I guess I was right – maybe those medications are just things for doctors and companies more money. I hope I'm not correct about this with every single drug out there."

Patty F., Billings

These stories are proof that hair loss can be a threat to anyone. Just because you are losing your hair does not mean that it is the end of the world, though. Let's take a look at how you can keep hair loss from being a threat while also learning about how hair loss actually occurs in the first place.

Chapter 2 – A Discussion On Hair Loss

Hair loss can be a real problem, but there is a very good consideration that you need to think about with regards to your life. It will certainly be a problem as time goes along.

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This is far too true – we all wish that we could have plenty of hair. After all, some people look amazing with hair. It's not like facial hair where some people may not look as great with it as others.

But let's all be honest for a quick moment! No one wants to talk about hair loss because they are too afraid to think about the issue. They feel that if they are willing to talk about hair loss, then they will be seen as weak. This is especially the case with men in a society where so many men have to be “manly” and “man up” in the face of difficulties.

The truth is that if you don't talk about hair loss, then you will not have a chance to stop it at the source. You should not be afraid of what people might think about you if you do want to discuss hair loss. Besides, you will actually be likely to get new hair and stop hair loss altogether if you ask for help. You'll certainly get the last laugh when you see that your problem has been properly resolved.

In fact, the American Academy of Dermatology found a rather interesting statistic that was revealed in a 2005 report from the organization – **about 80% of all white men are going to show some signs of baldness before they turn 70.** Meanwhile, men of African and Asian descent tend to suffer from a smaller amount of hair loss, but they are not out of the woods altogether.

Women can be at risk of dealing with baldness too. The severity of female baldness will increase with age as women are often going to bear with substantial hormonal changes in their bodies as a result of menopause. This will only make it harder for a woman to look her best as she gets older. (You can learn more about this study by reading [this article](#).)

You see, all people will likely struggle with baldness. It is not a matter of who's going to go bald. It's rather a matter of **when** and **how** that person is going to go bald.

With that in mind, let's talk for a moment about hair loss and the reason why it occurs in the first place. There are lots of old wives' tales about hair loss – many of which we will talk about in a later chapter.

The fact is that hair loss is caused by DHT, a component that will keep hair follicles from being as strong as they should be. In particular, there is a component called 5-alpha-reductase that can cause DHT to develop around the scalp.

What Is 5-alpha-reductase?

This sound complicated, but it's easy to understand. This is the key point that

will promote hair loss in the first place.

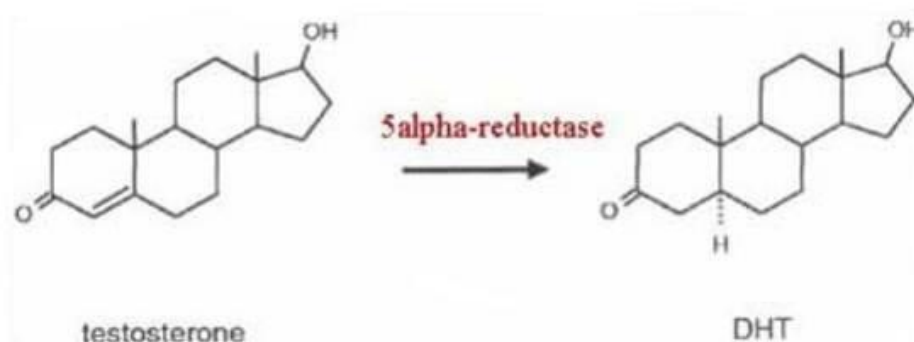
5-alpha-reductase is an enzyme that can be found in the scalp. This is the key enzyme that will cause DHT to develop within the body. In particular, this is a protein that will help to hasten the process of getting hair follicles to shrink.

5-alpha-reductase is an enzyme that will cause the metabolism of steroids in the body. The natural production of steroids will help to control the ability of your body to metabolize androgen and estrogen. It can also help to control the development and processing of bile acids so your digestive system will not be at risk of problems.

While this is an enzyme that can do a number of things in your body, it can also cause DHT to develop. This in turn will cause you to lose your hair.

Specifically, the enzyme will convert the testosterone in your body into DHT. Testosterone is a hormone that can be found in both men and women, although it is most often associated with men.

The production of DHT will cause a person to develop a 5-alpha-reductase deficiency. This often causes the genitals to weaken and to keep from being as sexually active or powerful as they are supposed to be. Some people may also be at risk of testicular cancer if there is a deficiency, but more research has to be done to determine if this is going to be a real factor.



This production will occur when testosterone that is typically used for energy is converted into DHT. This in turn will cause you to struggle with being able to control your hair. This in turn can cause you to develop a real problem with your hair in the long run.

It can be a real threat to your hair. This is especially as DHT will move right into your hair follicles. Once it gets there, your hair is fair game. It can be destroyed rather quickly and the process of hair loss will end up being hastened as a result.

But what is it about DHT that makes it risky? Let's take a look at this component in your body and how it will influence the way your hair will develop in the long run.

How DHT Works

DHT is dihydrotestosterone, an androgen that is found in the male body. This can also be found in the female body, but it is typically more likely to be found in men.

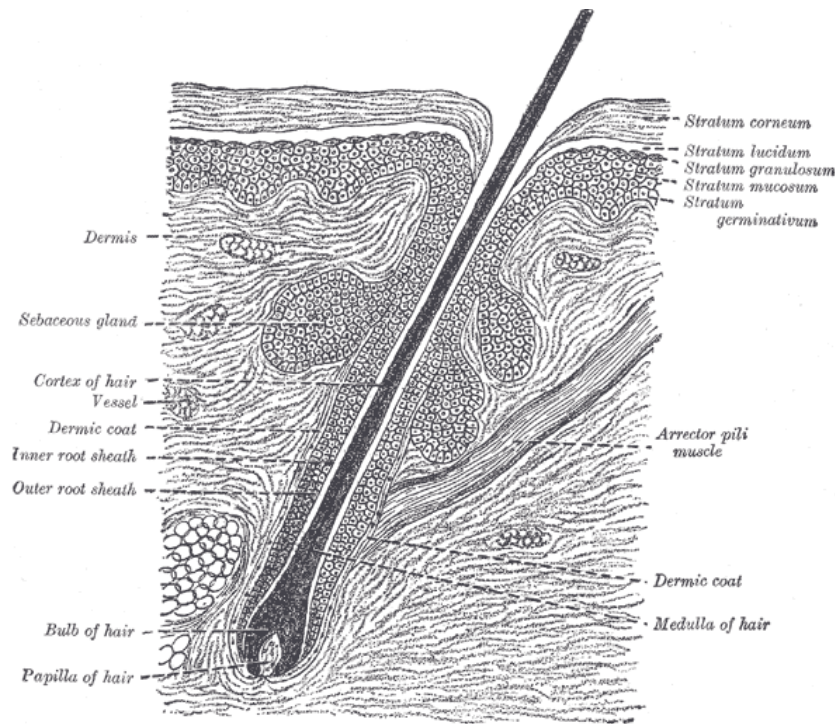
The thing is that men and women alike can develop it, but men have more of these androgens. Still, it is something that will occur upon people at any age; it typically does not discriminate against race or hair color either.

The 5-alpha-reductase compound will synthesize DHT around the hair follicles, adrenal glands and the prostate. In some cases, the body's metabolic rate will change dramatically as a result of the development of the compound, but in most cases it will be responsible for causing hair loss above all else.

DHT will work by moving its way into the dermal papilla. This is a key component of the hair follicle that is required to help you get more hair. It is practically the deepest space of your scalp. This will be the main hub for the production of hair in your scalp so it will continue to look vibrant and attractive.

The dermal papilla is designed to stay within the bottom part of your scalp and make the hair that it is attached to look a little nicer. Think of it like the

foundation for a house; you need that papilla in order to actually keep the hair upright and ready to be displayed. If you don't have a strong papilla, then the hair itself will not stay up.



This classic image of the way a hair follicle works shows that the papilla is on the bottom part of the hair. This is going to cause the growth of the hair above anything else in the area. The papilla is right next to the bulb. It triggers the development of hair and will provide it with the energy to move through the dermis and other parts of the hair.

The dermal papilla cells will get in contact with the new hair follicles that are trying to support the development of hair all around. The purpose is to keep them strong and ready to function.

The dermal cells will particularly be in direct contact with the body's bloodstream. This will attain all the key nutrients that the hair requires in order to get the follicle to grow as needed.

If the papilla is supported with the right nutrients, then it will be very easy

for the hair follicle to grow and stay sturdy. It will promote the growth of hair while also making it stronger and less likely to break off.

If the follicle area ever becomes smaller in size, then it will be harder for the hair to stay strong. It will be likely to either fall out or become weak over time.

This big part of this aspect of your hair is that it is a deep material that will be stuck quite well inside your skin. In fact, it is so deep that if you plucked out a hair, then that papilla will not come out. Its cells will stay entrenched deep inside your skin. Besides, this is why hairs that are plucked out of spots where you don't actually want to have hair on will keep on growing back.

After all, if you plucked one of those hairs out then you'll notice you're not bleeding after you did so. The papilla is still intact and is still attached to your bloodstream.

So what role does DHT play in this process? DHT will get into the dermal papilla and keep the area from receiving the nutrients that it requires in order to develop new hair.

In addition, the resting phase of the hair follicle will extend if there is too much DHT. In some cases, the resting phase will last for years.

All hair follicles will contain resting and growing phases. These are to tell when the hair is to grow and what it should not. This is typically managed in many places around the scalp to ensure that hair will grow the right way. If the follicles are not treated properly, then DHT will easily move into the area, thus causing the resting phases to last much longer than necessary. This in turn will cause your hair to wear out and fall out.

You can get a DHT test to determine if you have this problem. A DHT test is often used in testosterone therapy procedures to determine if people have too much testosterone. The key for this hormone is to develop properly; if testosterone is not managed the right way then it can cause hair loss. **This does not automatically**

mean that people with plenty of testosterone in their bodies will develop hair loss. Those with loads of this hormone can live without hair loss if their bodies are kept healthy.

A typical DHT test will entail a blood sample. The sample will then be analyzed in a lab to determine the total amount of DHT in your system. This in turn will help you to analyze your hair and to receive some form of treatment that you know will be effective and suitable for your goals at large.

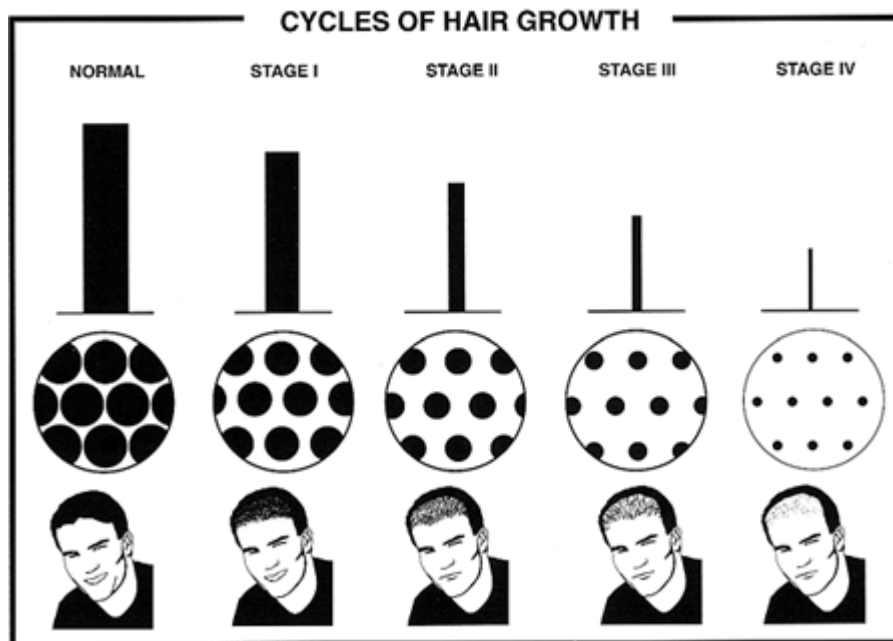
Miniaturization

One critical aspect of hair loss in this case comes from miniaturization. This is a process where the hair follicle is going to keep shrinking. The papilla will grow at the earliest stages of your life to the point where it can maintain thick and fully-detailed strands of hair.

This is great to have, but at the same time, you will be at risk of losing your hair after a while because the DHT in your scalp will cause a hair follicle to shrink. While the follicles can shrink on their own in some people's cases, the process will be hastened if you have a great deal of DHT in your scalp.

The DHT will cause the follicle to shrink all the way to the point where it will end into its vellus stage. This is where it creates a vellus. This is a light and very thin type of hair that is very fine in its texture. That is, it will be very light and can easily break off.

It is a real burden, but it can be a hassle that needs to be fixed in order to keep your hair from being at risk of damage. What's more is that this may end up being the last of a particular hair that you will ever see unless you take care of the DHT problem and reverse its effects.



This growth chart says is all – or lack of growth chart, that is. Notice how the follicles shrink over time and the resulting hair ends up becoming small. While that hair is still technically there, it is not as strong as you might wish.

This can all occur regardless of how often your hair is cut or how often you take care of it. As hairs come out from your scalp, they will come back in smaller and smaller. It eventually gets to the point where the hair will not even come out or be so small that it will be next to impossible for people to see it.

The miniaturization of the hair follicle will cause it to weaken and keep you from looking your best. The worst part of this is that it can happen on all parts of the head. (Some people like in the picture you see above will still have some hair on the sides and back, as this area tends to be less likely to be impacted. Still, there is always that risk that even those parts of the scalp are going to be affected in some way.)

This is not to say that the follicles are going to disappear altogether. They will just get small enough to the point where you cannot get new hair to come out of them.

A good way of considering the overall importance of DHT is to take a look at a report. A 2006 report from the American Academy of Dermatology states that 5-

alpha-reductase will indeed cause hair loss, specifically male pattern hair loss, to develop due to the way how this component will convert testosterone into DHT. If an appropriate inhibitor is used in order to control the development of DHT and 5-alpha-reductase, then it will be rather easy for hair loss to be stopped at the source.

This 2006 report particularly focuses on a drug called **dutasteride**. This is a drug that was designed by GlaxoSmithKline for the treatment of benign prostatic hyperplasia, a condition also referred to as an enlarged prostate; however, it may also have some benefits to your body in terms of preventing hair loss.

However, **the same study also says that this medication is not going to work for every person. It only shows that keeping DHT from developing is critical in terms of keeping hair loss at bay.** Besides, dutasteride has been found over the years to cause **prostate cancer** in some people.

Remember, you cannot just assume that medications are going to work well. They sound great in theory, but it is not as though just anyone can use medications and get some real benefits from them.

The Consequences

DHT really is a big problem. It only keeps you from having hair that you know would normally grow on its own.

DHT will make it very hard for you to get the most out of your hair. The DHT will keep you from getting new hairs because the hair follicles will have shrunk to the point where they cannot work any longer. In addition, the old hairs that you had will stay to fall out and will not grow back because there is no support system to get those hairs to actually grow.

This is a problem that often occurs in people who just want to get their hair to look their best. Fortunately, many hair follicles around your scalp are not going to go away altogether. They will have shrunk to the point where they cannot promote the development of new hair, but they will still be around and can always be

expanded upon if you just do the right things.

You will have to think carefully about what you want to do if you're going to keep the effects of DHT from being any worse than what they might already be.

There are three goals to focus on:

1. You need to **stop the production of 5-alpha-reductase** in your body.
2. You also have to **stop the production of DHT**, the compound that the 5-alpha-reductase will promote over time.
3. You also need to **adjust your diet so you will consume the right nutrients that will promote the development of healthy hair follicles.**

This is all done with two points in mind:

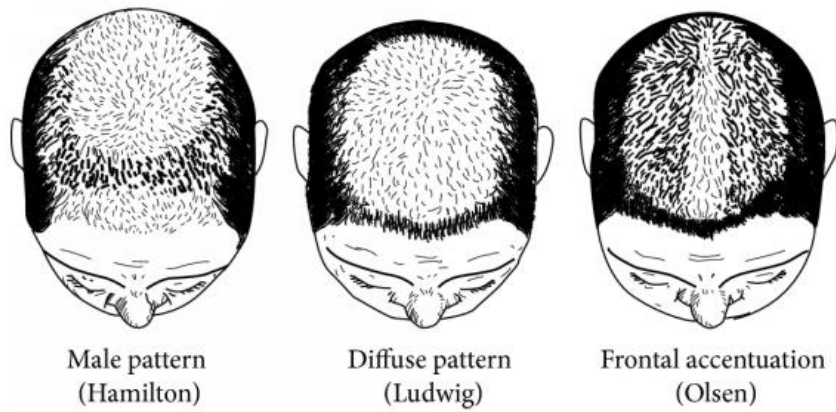
1. You will need to use these ideas to get rid of your hair loss problem for good.
2. It's also to potentially develop new hair in the long run.

If you work hard enough to clear out the DHT in your body, then it will be easy for you to get new hair.

Remember, while you could go after some of the many pills, creams and shampoos that promise to control the development of DHT and other related materials, these are not going to work every time and will often cause some risky side effects in some of the worst cases. You need to be certain that you can use the right standards for taking care of your body the right way so you'll stop hair loss and potentially reverse it.

Besides, lots of those products that people claim will work are just products that were designed with the intention of getting scientists, doctors and others in the pharmaceutical industry to make money. **Have you ever noticed that these companies make billions of dollars and people keep on getting ill even after using them?** And let's not forget about all those commercials where the listing of side

effects takes up a lot of time in the commercial.



Chapter 3 – Debunking Myths

Have you tried adjusting your life in a variety of ways with the intention of preserving your hair? Have you been avoiding hats? Maybe you have been worrying about your workouts and fearing that testosterone levels in your body are going to be too strong.

The thing is that people all around the world are doing different things in the hopes of avoiding hair loss. Still, these are often problems that people really do not have to think about.

There are many stories that people will believe in when it comes to hair loss. They often feel that they need to adjust their lives in many ways just to keep their hair. Many of these stories have been passed down from one generation to the next.

The fact is that many of these stories that people hear about are nothing but old wives' tales. That is, there is no real way anyone could actually experience hair loss as a result of some of these issues.

This chapter is all about debunking the many myths that come with hair loss. You need to get away from all these bothersome myths if you are to actually get the hair that you want again.

Hats Don't Cause You To Go Bald

The hat – a great fashion accessory, right? But you are probably thinking that it's going to cause your hair to wear out as you use it. Besides, many people often associate hats as things that others wear just to hide problems relating to hair loss.

One very popular myth entails how hats can cause them to go bald. Many people have taken this myth for fact after noticing how many people who enter the military go bald rather quickly. This is particularly believed to be because these people wear hats all the time while in the military.

This is nothing more than a silly story. The truth is that many of those people

in the military who become bald are ones who were at the age where their scalps were more likely to experience an added amount of DHT production to begin with.

Hats are designed to protect the scalp from the sun's intense rays. They are not going to cause any damage to your hair.

However, there are some actual cases where people might suffer from hair loss as a result of wearing a hat – but these are for some exceptional cases. These include the following problems:

- **Hair breaks.** Some people wear their hats too tightly. This can cause some hair to break off from the added pressure. However, this is typically the case for those who have very long strands of hair.
- **Blood circulation problems.** Wearing a very tight hat can cause the circulation of blood and nutrients into the scalp to stop, thus causing the hair to become too weak over time. The only time when this actually happens can come from the hat being on tightly enough to the point where the user is actually exceptionally uncomfortable.

If you are careful when you are wearing a hat, then you will not be at risk of hair loss as a result of this fine fashion accessory. Be careful when you wear it and you will not be at risk of any serious problems after a while.



Don't ever wear a hat any tighter than necessary. Always make sure you wear any hats that you've got to the point where they will be relaxed and easy for you to utilize. If you know how to wear a hat the right way, then you will not have to worry about hair loss. In fact, you could even wear hats while working with the processes listed a little later in this guide and you will still end up getting

your hair to grow back while stopping the root cause of your hair loss. It's not like

the hat is going to inhibit the overall process of getting more hair.

It is best to clean any hats that you have on a regular basis though. Dirty hats can cause your scalp to become infected, thus increasing your chances for hair loss. Washing off your hats every few weeks helps but it's especially key to wash them off even more often if you sweat quite a bit while wearing a hat.

This is a great pointer that works well no matter what kinds of hats you might have. Keep your hats in check the right way and you will have a better look to your hair.

Clogged Pores Don't Cause Hair Loss

Clogged pores can be very annoying wherever they are. These are typically associated with the face. These pores can develop lots of dirt, dead skin cells and oils that have been stuck there for a while. This will cause some of these places in your body to wear out and develop inflammation.

Clogged pores are often things that cause acne to develop. This can cause parts of your skin to become irritated and easily visible. The worst thing is that it can ruin your complexion in just a matter of moments. It's easy for your skin to look worn out as a result of such pores.

Believe it or not, your scalp will contain some pores just as well. They too can become clogged and will keep hair from coming out as needed. This does not mean that the hair is lost altogether.

In some cases, your clogged pores will occur because the hair follicles are too active. The sebaceous glands around these follicles will produce far more oils than necessary. When they are made at a normal rate, these oils will protect your skin and keep it feeling as refreshed and healthy as possible.

It sounds great, but that's where a problem can really start to kick in. Specifically, excess oils will cause cells around the hair to die off because they are not getting the circulation that they require. This does not kill off the follicles.

The dead cells will get into the pores and block them off. This can cause the P. acnes bacteria to develop. This will create an inflammatory response and eventually cause little bumps to develop in some cases. While there is never a guarantee that the acne is going to develop around your scalp like it would on the face, it would at least cause the scalp to become inflamed to the point where the hair that is supposed to come out is not going to erupt from the area.

This can be bothersome, but at the same time, this does not mean that clogged pores in your hair will cause you to lose your hair. Rather, clogged pores will keep the hair that you already have from coming all the way out to the surface. If you use a quality shampoo product and conditioner on a regular basis then it will be easier for you to get your hair to actually come out.

Still, if you have a few clogged pores in your hair, they will not cause your follicles to wear out over time. The follicles will still be totally active. You just have to wash out the pores around the scalp. There is no way a clogged pore is going to cause you to lose your hair; it will only keep the existing hair that you have from growing well as it is supposed to.

Do make sure that you put in plenty of effort when washing your hair, though. The last thing that you want is to have clogged pores that will keep your hair from looking its best and from growing out like it is normally supposed to.

Shampooing All the time Doesn't Cause Hair Loss Either

Your hair needs shampoo in order for it to stay healthy. You need to get plenty of shampoo to work on your scalp in order to ensure that your hair will stay healthy and free from many of the commonplace impurities that can hurt it in the long run.

The best shampoo products are made with some of the most beneficial ingredients around. These include components designed to ease the scalp and to clear out materials without stripping the oils in your hair. In fact, shampoo products are available in an extensive variety of forms for all the specific needs that people

may have when getting their hair treated the right way.

As great as it could be for you to get shampoo to really work wonders for your hair, you might hear stories about it causing hair loss. You will have to make some sort of physical effort to get your shampoo to work for you; this is a big reason why many

so



people have become as reluctant as they are to take care of their hair in the manner that they should.

Many people assume that shampooing the hair will cause it to wear out and fall out over time. After all, it's no secret that people will often see plenty of hair around the drain after showering.

However, the fact is that the hair being lost in the shower is nothing more than the natural amount of hair loss that one might experience while in the shower under any circumstance. The hair is just naturally being replaced or is shedding. (It does grow back in many cases, but as you may have noticed earlier, it clearly does not come out as well as it used to after a while.)

The thing is that shampooing is actually good for the hair in that it not only cleans out the hair but also keeps the pores from being clogged. Also, it allows normal hair to become a little more visible over time as the old hair goes away.

On a related note, the use of gels, anti-dandruff products and sprays are not going to cause your hair to wear out either. It is not as though those are going to get way into the deepest parts of your hair.

There is one treatment-related cause of hair loss that you must watch out for though. **Curling irons and other materials that heat your hair and scalp will actually hasten the hair loss process.** You will need to avoid things that are overly hot on your hair in order to protect it. In addition, if you are going to use a hair dryer, then you should stick with a model that can dry the hair without applying a

great deal of heat onto the hair.

Also, you should be cautious when using shampoo so you are not at risk of dealing with any dangerous ingredients. You need to avoid the use of sulfates that can rob your hair of its oils. You also have to avoid isopropyl alcohol, as it can also cut through oils in your hair while drying it out. Parabens that are used for preserving the qualities of the shampoo should be avoided as well.



In general, you should not stop shampooing your hair, but you should avoid products with bad ingredients and anything that uses dangerous amounts of heat on your hair.

Hair Loss Will Continue Throughout Your Life

One of the more popular myths that so many people have with regards to hair loss is that this problem will stop after you reach a certain age. After all, if you are old enough to a certain point, then you might begin to assume that you will not lose

a lot of hair after a while.

However, hair loss is not something that lasts for a brief time and stops after a few years. You could still deal with hair loss in your sixties or seventies in some cases.

The truth is that hair loss will occur at any point in your life; some people might experience hair loss a little earlier than others. In fact, those who experience hair loss at a very early age will be more likely to become completely bald over time. This is due to the increased amount of baldness-related activity in the scalp.

Of course, this hair loss does not have to go on for the rest of your life. If you know what you can do in order to stop hair loss, then it will be a little easier for you to keep your hair and possibly grow new hair. Hair loss doesn't stop unless you actually make an effort for making it stop.

Simply put, hair loss will be more severe if it starts at an early part in your life. It could start in your twenties.

It can be hard tell when your hair loss will start. You could look into your genetics to see just how your hair loss will go along; there are some celebrities that we'll talk about a little later that have dealt with hair loss around the same time as others in their family trees, for instance.

You just have to take a careful look at what your family history suggests, but don't just assume that you're going to follow with the same amount of stress in your hair.

Sun Exposure Doesn't Cause Hair Loss

While you should indeed protect yourself from the sun's rays, you should know that exposure to the sun's rays is going to cause hair loss. The thing is that the UV rays and other things that come from the sun are not going to cause your hair follicles to wear out.

The only type of heat that will cause you to lose your hair is the intense heat that comes from a hair dryer or curling iron. The heat from the sun will not be a problem. The thing is that the heat that comes from such dryers and irons can be significantly greater than the heat you will experience in most any part of the world.

On a related note, tanning beds are not going to cause you to develop hair loss either. You should still use the same protective measures for when you are getting into a tanning bed though. It's just to ensure that you actually get a good tan without burning yourself.

You should still be certain that you keep your tanning plans in check. Don't ever assume that you can go into any tanning bed; make sure any bed you use is properly certified and safe to use. This is so your hair will not be at risk of damage while you tan.

Blood Flow Is Not a Factor



Your hair needs plenty of nutrients in order to ensure that it will stay vibrant and healthy. In fact, your hair will need plenty of blood in the area in order to allow it to grow.

Therefore, a lack of blood flow in your scalp is going to cause you to lose your hair, right? After all, blood is critical for when you are going to need nutrients of all sorts.

The truth is that the blood flow around your body is not going to be a threat to your hair. The reason the blood flow to your scalp will decline over time is not from a lack of blood flow, but because there are fewer hair follicles for the bloodstream to get into. Those follicles will not exist to the point where you can actually get some kind of help.

Your general heart and blood health are not going to be influential factors with regards to how you are going to keep your scalp healthy. The lack of blood flow into your scalp will not cause you to lose hair; it will simply be a sign of hair loss.

It is true that many of the things that you can use in your hair loss prevention and control plan are designed to improve your overall blood flow. However, that is just a small benefit that comes with these products. The fact is that you are not going to have to worry about your blood flow in terms of stopping hair loss.

The only way blood flow is going to be a problem to your hair is if you were dead. At this point, your blood would not flow in the least and there would be no way your hair would actually grow. Long story short, your hair is always going to be supported by blood even if it is falling out.

Testosterone Levels Aren't A Factor

The last pointer to see is that testosterone levels are not going to impact your hair loss issues. Many people hear about stories relating to the development of testosterone as a result of many bodybuilding products, both legal and illegal. In fact, many people say that excess use of many different bodybuilding materials will result in hair loss. This is especially the case for those who use illegal steroids.

Testosterone has been known for years as a male hormone that gives men the large, bulky bodies that they are often known to have. This can be essential for when a man is going to build muscle mass and other things relating to strength.

This doesn't mean that women cannot get testosterone either. Women can attain it through workouts and supplementation to build their bodies too.

But is this testosterone going to be a huge problem with regards to hair loss? Believe it or not, it is not as bad as you might expect it to be.

While it is true that the testosterone in your body may be converted into

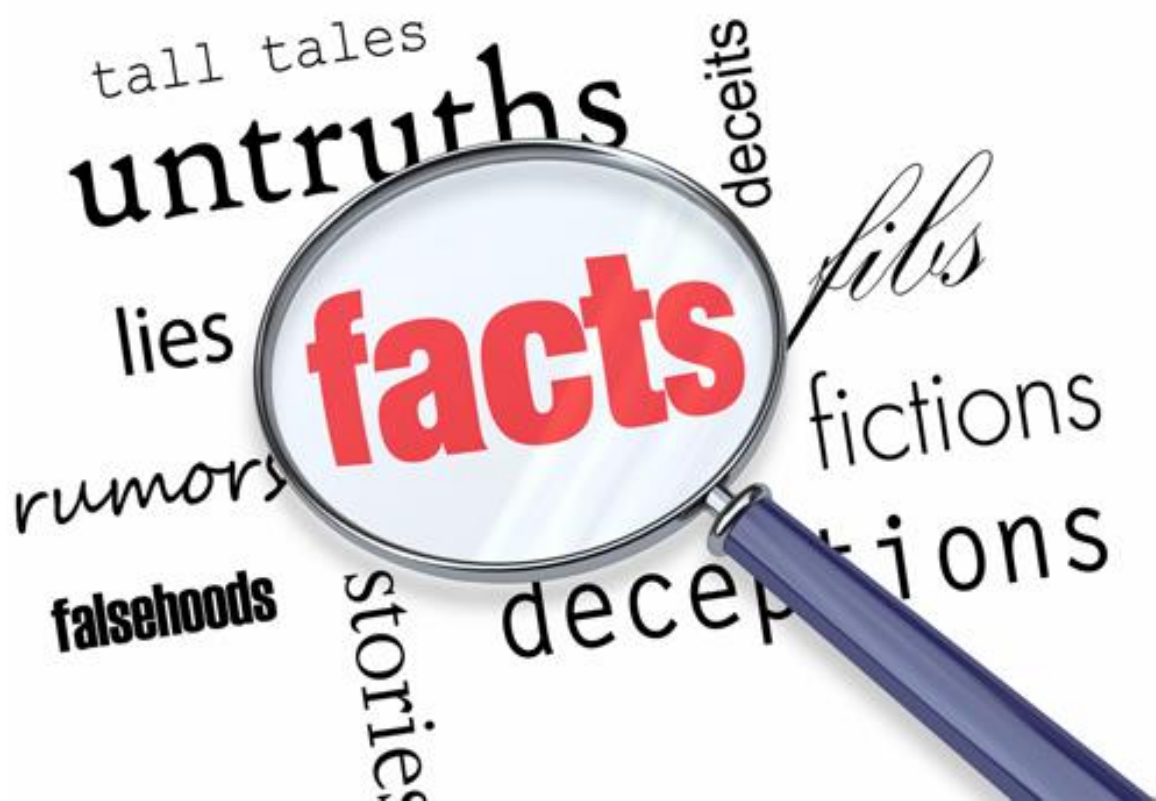
DHT over time, this is only going to happen if you have a great deal of 5-alpha-reductase in your body. There's never a guarantee that people who have lots of testosterone in their bodies are going to end up losing hair because of it.

This added amount of the 5-alpha-reductase component will be critical, as it will take select parts of the testosterone that you have and then convert it into DHT. The DHT will cause the follicles to shrink.

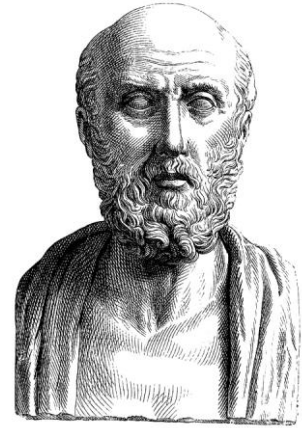
The thing is that testosterone cannot be the sole reason so many people lose their hair. If testosterone levels were a big part of what causes people to lose their hair, then everyone would end up losing hair on all parts of their bodies. That's because testosterone is a common chemical that the body will have throughout its life.

Naturally, the body's testosterone stores will decline with age. Still, this is not going to be a factor that will influence your total amount of hair loss. The DHT that has come about over all these years will end up causing that hair loss to the point where it will really stick around even after you lose a good deal of testosterone in your body.

Overall, these stories that you have heard are a bunch of tales that were engineered to scare people into thinking that they need to change their ways in order to keep hair loss from being a burden. These stories have been passed down from one generation to the next, and the only similarity between each story is that they are all false. You should not lead yourself into thinking that any of the stories in this chapter are true.



Chapter 4 – The History of Baldness



Baldness is far from a modern day issue. It has been a problem among many people for centuries.

Just think about something for a moment. Think about how you've seen so many pictures of men in the past who have worn wigs. These are men who are wearing lots of silly looking outfits with many of them being the stuff that you've seen lampooned in the media over all these years.

These silly looks are interesting, but there's a reason why so many men and even some women have worn these outlandish wigs over the years – they don't want people to know that they are bald. In fact, this concept involving wigs is just a very minimal part of what can go on with baldness.

The thing about baldness is that it can make anyone look much older. It can also cause people to look unappealing. That's why so many people over the years have tried to look for ways to cure baldness.

While it is tough to figure out when the first attempt at curing baldness took place, it is known that people have been trying to stop baldness for thousands of years. **For instance, in 1500 BC, people in Egypt attempted to cure baldness and stop hair loss by praying to the sun god and by then swallowing a mix of honey, iron, onions and red lead. In addition, people in that same part of the world around 1100 BC believed that hair loss could be stopped by rubbing assorted animal fats onto one's scalp.**

Why did people think that you could cure baldness by using all this random stuff? Who knows why? After all, it is not like people were fully aware of what they had to do in order to make themselves healthy.

Even the famed philosopher **Hippocrates** wanted to find ways to keep hair

loss from being a threat. He would do this by using a mixture of cumin, horseradish, bird droppings and nettles and apply it onto his scalp. Needless to say, this process did not work either.

It may be next to impossible to figure out the reasons why so many people in the olden days tried to use so many methods for treating baldness. After all, many of the methods that they tried to use are some of the most unusual and silliest methods that anyone could ever imagine. However, the efforts that people often made in the hopes of trying to keep hair loss at bay were always there.

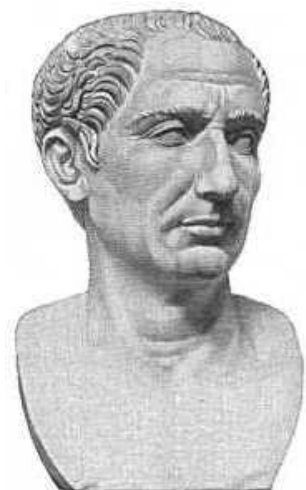
A Sign of Embarrassment?

Many people in history have considered hair loss to be not a sign of aging but rather a sign of embarrassment. They did not want to show themselves in public if they hardly had any hair to work with.

In fact, many famous people in history have tried to cover up their bald spots. **Julius Caesar** particularly tried to hide his thinning hair in a number of ways. One way that he would do this was by using a laurel wreath. This would be to try and keep people from noticing the lack of hair on his scalp.

In addition, Caesar would try to hide his baldness by growing his hair long in the back and then combing it forward to go over his bald spot. This is believed to be the original of the infamous comb over that so many people use today.

Notice in the bust that you see on this page that Caesar had a sizable bald spot right in the middle of his head. Those rings of olives or leaves that you might associate him with were typically used as a means of trying to hide that bald spot. In other words, that bunch of leaves that you see on the Caesars Palace logo in Las Vegas isn't just there for decorative purposes; it is practically historically accurate.



Eventually people would start to wear wigs in the hopes of keeping their bald spots in check. **King Louis XIV** was particularly fond of wigs in the seventeenth century as he tried rather hard to keep his bald head from being visible. Needless to say, there would be no real way such a wig like this could exist today without people thinking that it is a wig.



While many of these wigs were rather gaudy and would be extremely heavy, they were designed to be as lifelike as possible. Some people would even use parts of live birds as their wigs; naturally, this is a strategy that



would not always work as well as some might have hoped.

Still, the development of wigs gave plenty of people work. This artwork from Louis-Philippe Boitard is a good example of what wigs were like at the time and how they were designed. As it can be seen from how the wigs were made, plenty of effort was used to create the best models to allow people to look their best. These people really benefited from those who wanted to cover their hair loss.

Still, this was also a big sign of how people wanted to keep themselves from looking bald. With no real solution at large, people tried all sorts of things to not only stop hair loss but to also grow back hair. These solutions were clearly impractical and in most cases would only cause a person to be fleeced out of their money.

So, bald or not, don't make your life a living hell. And don't use a solution that could be ridiculous. You will attract attention and not the type of attention you would like!

Desperate Solutions

It would not take long for businessmen to try and take advantage of people who wanted to keep hair loss from being a problem. **It was rather commonplace for many con artists to go around in the nineteenth and twentieth centuries to sell products that they claimed would be useful in stopping hair loss and to regrow hair.**

In fact, some of these snake oil salesmen of the time would sell greasy products that were made from random greasy materials. They would claim that these items were miracle cures that could help to make hair look thicker than it really was.

This was a time in history when people were not fully aware of the scientific aspects of hair loss. They just felt that if they applied random stuff to their hair that they would get it back and keep from losing it. People were gullible to think that random solutions could actually be worthwhile no matter how silly or outlandish they were.

Naturally, these products would not work and people would still keep on losing hair. The thing is that it was easy for people to be taken advantage of at the time.

Needless to say, it is clear that people have tried to look for hair loss solutions for a very long time. Not every solution out there has worked, and many of the options that people have utilized are ones that just do nothing more than cover up the issue.

POPULAR MECHANICS ADVERTISING SECTION 63

New Kind of Hat Worn 10 Minutes a Day Grows Hair in 30 Days —or No Cost

No matter how thin your hair may be, this remarkable new scientific invention is absolutely guaranteed to give you a brand new growth of hair in 30 days—or it costs you nothing. Don't send a cent. Just mail coupon below.

By **ALOIS MERKE**
Founder of Famous Merke Institute, Fifth Ave., N. Y.

I HAVE perfected a new invention that I absolutely guarantee will give you a new head of hair in only 30 days—or the trial costs you nothing.

This new invention—the result of an experience gained in treating thousands of cases of baldness—is in the form of a new kind of hat. It is worn on the head just 10 minutes a day. No unnecessary fuss of any kind. Just put the hat on your head. Wear it 10 minutes. And that's all there is to it.

Sounds impossible, doesn't it? All right. Then let me emphasize this fact. I don't care how thin your hair is. I don't care how many treatments you have taken without results. Unless my discovery actually produces a new growth of hair on your head in 30 days, then all you need do is tell me so. And without asking one question, I will instantly—and gladly—mail you a check refunding you every penny you have paid me.

How It Works

My invention proves that in a big percentage of hair troubles the hair roots are NOT dead, but merely dormant!

The reason ordinary measures failed to restore hair is because they merely treated the surface skin. My new invention gets right to the cause of most of hair troubles—the starving dormant roots.

Your hair grows just as a tree grows—from the roots. To make a tree grow you wouldn't rub "growing fluid" on the bark. Instead you would nourish the roots. And my invention provides, at last, not only an efficient way of stimulating these dormant roots, but of giving them the nourishment they need to grow hair again.



No Risk of Any Kind

At the Merke Institute, Fifth Avenue, N. Y., which I founded, stage and social celebrities have paid as high as \$500 for the results secured through personal treatments. Yet now, through my new invention, these results may be secured in any home where there is electricity—for just a few cents a day!

Remember—I don't ask you to risk a cent. I realize that my treatment will not grow hair for EVERYBODY. There are some extreme cases of baldness that nothing in the world can help. But my new invention has already grown new hair for so many hundreds of others who had long ago given up hope that I am willing to let you try it entirely at my risk, and if it fails then I lose—not you.

Free Booklet Explains Invention

If you will merely fill in and mail the coupon below I will gladly send you—without cost or obligation—an interesting 32-page booklet, "The New Way to Make Hair Grow," describing my new invention in detail.

This booklet contains much helpful information on the care of hair—and, in addition, shows what my treatment is doing for thousands of others.

No matter how nearly bald you are—no matter how many treatments you have tried without results—this booklet will prove of deepest interest to you. So mail the coupon now—and it will be sent you by return mail. ALLIED MERKE INSTITUTES, Inc., 512 Fifth Avenue, Dept. 166, New York City.

ALLIED MERKE INSTITUTES, Inc.
Dept. 166, 512 Fifth Ave., New York City.

Please send me, without cost or obligation on my part, a copy of the new booklet, "The New Way to Make Hair Grow," describing in full detail the Merke Institute Home Treatment.

Name.....
(State whether Mr., Miss or Mrs.)

Address.....

City..... State.....

What Users Say

"I have been bothered with dandruff for twenty years and had lost nearly all of my hair. I have used your treatment 30 days now and have a good growth of hair coming in. I cannot say too much in praise of the Merke Treatment."
C. H. B.

"Treatment positively shows quick results. After five weeks' treatment a new growth of hair has shown on each side of the temple, where I have been bald for years."
C. B.

Many People Today Have Hair Issues

Today you might be surprised to see just how many people in history have dealt with problems relating to hair loss. These are people who are struggling with their hair and in many cases are much younger than what you might expect. These are interesting people to discover with some of them having some of the highest positions in all of society.

Prince William

Even the most powerful figures in the world can deal with hair loss. If the example of President Obama didn't really show you anything about the importance of taking care of your hair, then maybe an image of someone from the other side of the pond will give you an idea of how important it is to take care of your hair loss issues.



Prince William is one of the most important members in the British royal family. However, people who have seen photos of him recently will notice that he has been balding quite a bit in the last few years. It is estimated that he may develop a nearly-bald head when he turns 50 years of age. That isn't really all that far from now when you think about it.

This baldness can be spotted on his crown. The sides of his head appear to

have the same thick hair that he had elsewhere on his head but it is clear that he is not going to have a good look to his head in a few years unless he really steps up.

On a related note, his younger brother, Prince Harry, is also dealing with signs of baldness. These include patterns of baldness that are consistent with what William has.

In addition, many people in the British royal family have gone bald. William and Harry's father, Prince Charles, ended up being bald. Prince Philip and Prince Edward, their respective grandfather and uncle, also became bald in the same way.

Don't think that baldness only comes from the father's side of the family tree either. Earl Spencer, the father of Princess Diana, was also bald. Therefore, the same baldness gene that Charles has was also held by Diana.

In general, Prince William is practically going bald just like the rest of his family has. It is not something that all men want to think about, but the fact is that men who go bald often have kids who go bald; this is not a guarantee by any means, but it is something that could still be explored.

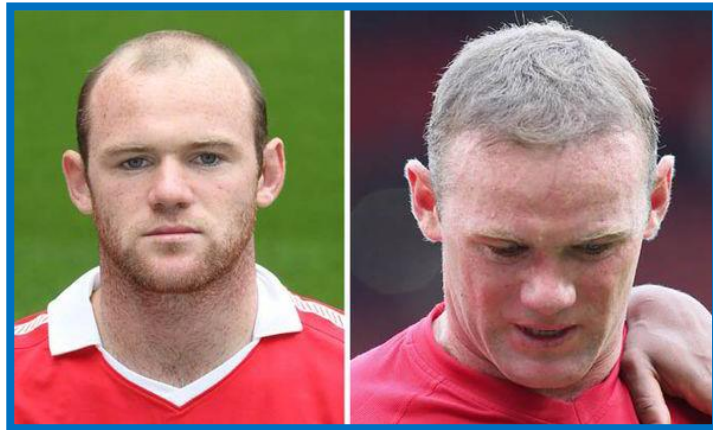
Wayne Rooney

Wayne Rooney has become one of the hottest names in the world of sports. The European soccer star is making millions of dollars every year and has become one of the key faces of the Beautiful Game.

However, Rooney too is losing his hair. His case study is proof that hair transplants, something we talked about not too long ago, are not actually going to do much of anything with regards to controlling hair loss.

Wayne Rooney has gone through two hair transplants. Rooney first got one when he was 25 years of age because he felt unsatisfied with his hair and was worried that he was going bald rather quickly.

This caused him to spend about £13,000 to get a transplant taken care of. This did help to make his hair look full and more appealing.



One of the biggest reasons why you need to stop your hair loss from the inside out is because your hair is not always going to look perfect if you get a hair transplant. If you actually focused on stopping your own hair loss and actually getting that hair to grow back, then you wouldn't have hair that looks short when compared with what you used to have. Just look at Wayne Rooney's hair in the after picture. Sure, it looks fuller than what he used to have, but that doesn't necessarily mean it's all that appealing.

In spite of this effort, he has since gotten a second hair transplant. It is a clear sign that even with that effort he made in the hopes of trying to resolve his hair loss problem, there is no way a hair transplant is going to cause anyone to look better in the long run. That effect of DHT is still going to be prevalent even if you get totally new hair through a transplant.

Naturally, this move from an incredibly popular British celeb has made it to where loads of other British stars have gotten hair transplants. The "Rooney effect" has prompted many big name British stars to get transplants, including television star Louis Walsh, famed television chef Gordon Ramsay, and even pop star Robbie Williams.

This development is nothing more than people hiding behind the fact that they aren't living the right way when it comes to their hair. **Hair transplants like**

these are only going to last for a brief period of time and will cost a lot. Besides, your insurance probably isn't going to cover the process anyway. It's something that only the upper crust of society is actually able to get.

Hugh Laurie

Anyone who saw actor Hugh Laurie on the hit television show *House* noticed that he had a good head of hair. However, anyone who ever saw him off screen would notice that his hair looks rather different from what the misanthropic Gregory House had.

The fact is that while he worked on *House*, Laurie would get a special hairpiece to wear during the show. In addition, the hair on both the piece and his natural hair would be darkened to make it look like he was much younger. This is a trick that he still uses today on the shows and films that he stars in.



Just take a look at this huge difference. The people who worked on the set of *House* really knew what they were doing when it came to keeping that bald spot from being visible. It's as if people immediately assume these days that Hugh Laurie actually looks like he has lots of hair in real life.

Could this be a sign of him trying to conceal his age? One thing is for certain;

Hugh Laurie is clearly trying to keep his bald spot from being noticeable. Besides, you have to understand that you cannot just go and try and control any bald spots you have like Laurie does it. Laurie has access to a full makeup staff and can afford to get all those people to help, plus the resources that he needs in order to give himself a little more help.

And that hostility he showed as House probably did nothing to help.

Anthony Hopkins

Anthony Hopkins was born in 1937, so it should not be surprising that a man who was in his late seventies at the time this book was first published would be suffering from hair loss.

Still, Hopkins works hard to keep his lack of hair from being a burden. One thing he has done to make his hair more interesting is to have it spiked up. This makes it so it looks like he has more hair than he really does.



However, this only masks the fact that his hair is thin and that he is just going to keep on losing it. Maybe he could benefit from some of the tips listed in this book.

See how his hair looks like it stands up a bit; it just makes him look older. Granted, he does look like he has hair...but how much?

Daniel Craig

Daniel Craig has become a very popular actor in recent years for taking the James Bond franchise in a totally different direction. However, it is clear that 007 never had a receding hairline like many others who have played that famous character had at the time they were starring in those films.

Craig's hair has been quickly disappearing from the temples.

Notice this image of Craig and how he has been trying to get some parts of the front of his hair to stick up just a bit. It suggests that he is looking to cover up the



loss at his temples

Also, many reports have stated that he has been using plenty of strength training exercises in order to increase his testosterone to bulk up so he can become a much stronger person and handle the physical effort needed to play such an iconic character and to adapt to Sam Mendes' direction. While you did read earlier that added testosterone is not going to cause you to develop hair loss, the mismanagement of testosterone could be a problem as it can be easily converted into DHT.

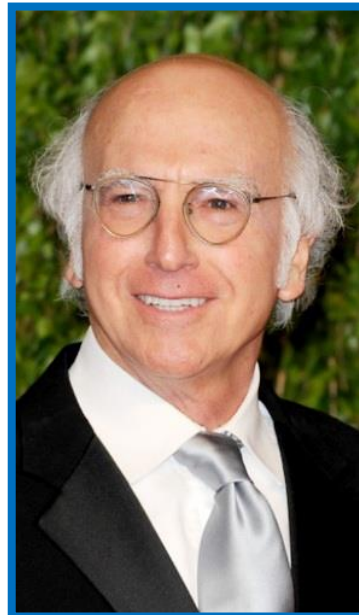
If Daniel Craig used the pointers listed in this book, then maybe he could take advantage of that added testosterone without worrying about the problems coming with hair loss. After all, the key is to stop DHT in the first place even if there is plenty of testosterone in the body. That hormone doesn't have to be a bad thing in

your life.

Of course, every person who has starred as James Bond has appeared to have some form of hair loss. While Daniel Craig may be looking the part on screen, he is also starting to come apart off the camera.

Larry David

Larry David doesn't seem to be upset about being bald. David, who co-created the classic television series *Seinfeld* and *Curb Your Enthusiasm*, has a noteworthy bald head with a good crown around the sides and the back.



David has stated in the past that you don't need to have a full head of hair in order to be confident. However, people who are bald often tend to be a little older in appearance than many others. In fact, David is not too far off from his creative partner Jerry Seinfeld in terms of his age, yet he still has a much older look to him while Seinfeld at least has hair to this day.

Larry David still looks relatively nice, but at the same time, not everyone in the world is capable of rocking the bald look like him. For every Larry David or Michael Jordan, there's a whole bunch of men out there who will struggle to look great if they are bald. This brings us to our next figure.

Kelsey Grammar

Anyone who has seen Kelsey Grammar over the years has noticed that the actor has gone bald quite a bit. When he started playing his iconic role of Frasier Crane on *Cheers*, he had a full head of hair. After nearly twenty years of playing him on *Cheers* and *Frasier*, it is clear that age has taken its toll.

If you look at him over the years, then you will see that his hair was getting thinner. His hair started to get much lighter in color too. Not even the best possible forms of hair coloring could keep his hair from looking any younger.

While some could chalk it up to the stress that comes with playing the same



character for quite a while as well as playing in a number of different screen and stage productions, there is clearly a concern in his case about how the production of DHT might have started quite a bit over the years.

Apparently, a move from Boston to Seattle did not do much for Dr. Crane. Then again, Grammar has managed to keep himself appealing to the masses but it's not because of his continuing hair loss.

This is not to say that he hasn't tried to stop his hair loss; after all, it would be completely unfair for people to assume that people are doing nothing. Of course, it would also be unfair for anyone to pry into the personal lives of others. Then again, he has managed to play the voice of a deranged ex-clown with a full head of red hair on the *Simpsons* for years, so it's clear hair loss isn't keeping him down. Better yet,

does he think about hair loss?

Still, it is an interesting sign of hair loss worth exploring. The process of aging is only going to keep people from looking their best. What's amazing is that Kelsey Grammar didn't really start to become visibly bald until his forties, which means that hair loss really can occur at any age.

LeBron James

Basketball star LeBron James has it all – a few NBA MVP titles, a few NBA championship rings, and millions of dollars in endorsement deals. His return to the Cleveland Cavaliers will only make him even more popular, what with the fact that he's a native Buckeye from the city of Akron.

However, all that money and fame isn't necessarily going to do him any favors when it comes to trying to make his hair look more attractive. There are real problems that he has right now relating to his hair.

Note how the top of his hair and the area around his ears is starting to look bald. It's not a very good look for him, but that is a part of aging to begin with. Also, the hair that he does have in some places appears to be a little less vibrant.

Simply put, his beard appears to be fuller than his hair. It's an unfortunate problem – remember that set of Burma-Shave roadside signs you saw earlier? But the fact is that all people have to bear with problems relating to hair loss and being unable to get hair to grow.



It's a hassle, but this is a good example to show that anyone can lose hair. It doesn't matter if you are white, black, Asian, Hispanic or anything else – hair loss is a real problem that goes along all demographics. The worst part is that you probably don't have millions of dollars or widespread international stardom to make yourself feel better like King James has.

Charlie Sheen

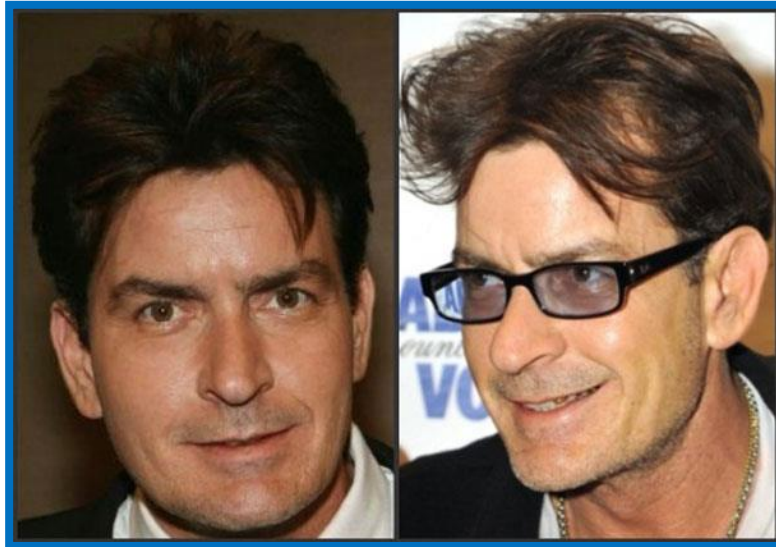
To some, Charlie Sheen is a very talented actor who can do comedic and dramatic roles. To others, he is a psycho who has lost control of his mind. Either way, he has been dealing with hair loss and he is just barely under the age of fifty as of the time this book was written.

While it is true that he appears to have plenty of hair, his temples are still thinning out. It is getting to the point where he is growing out the midsection of his hair and getting it to stretch out over the rest of the scalp to keep those bald spots from being visible.

This is nowhere near as bad as the infamous comb over that Donald Trump has been using for years. However, it is still a problematic thing that shows that he is looking for control of his hair and really could use some assistance to make himself look better in the long run.

Naturally, people will tie this into stories of his past exploits with drug use. **It has been found over the years that cocaine use can cause anyone to develop hair loss.** Therefore, there is a good potential that anyone could lose hair from drug use at any age, but whether or not this was a problem that has directly caused Sheen's hair loss is not totally clear. It is still a good point worth reviewing.

One thing can be said about Charlie Sheen and his hair loss issues – while he might be a Martian rock star with tiger blood in his veins, he is still not immune to the ravages of hair loss.



The reason why we took a look at all these people is because they are all good examples of people who have dealt with hair loss. They are clearly going to be more embarrassed because they are people who have been in the public spotlight for quite a period of time.

If you take a look at their hair, you will certainly notice what you might end up with if you are not careful with regards to taking care of your hair. That's why you need to look at the next chapter. It features a practical solution that will not be hard for you to utilize when it comes to giving your scalp the hair that you deserve.

This isn't really a section that tells you that celebrities are like you and me. Rather, it's a section to show you the many ways people lose hair and how they try and cope with it. Some people appear to be okay with it, but others do some desperate things in order to try and keep their scalps from being overly visible.

It's far from fun and enjoyable but the truth is that it is a real problem that

many men have to bear with. Of course, women can also deal with the same problem; the big difference is that a woman's hairstyle is clearly more versatile in its own style than a man's hairstyle, but that is a totally different consideration to think about.

Remember, you don't have the resources that these celebrities have... at least I assume you don't. After all, it is not likely that you are going to need loads of money just to get anything in your life managed the right way. But either way, you need to be fully aware of what you can do because you can't just get your hair to look amazing at any time unless you put effort into the process.

Chapter 5 – A Practical Solution

Think about what you're doing in your life, and how you're going to need to discover some things for what you can do with regards to improving the quality of your hair. Fortunately, there are many good things that you can do right now in order to keep hair loss from being a problem.

The thing about working with hair loss is that you need to stop it from the inside. You cannot just think that medications, creams or transplant procedures are going to work when you are trying to resolve your hair loss issue. You actually have to focus on stopping the development of DHT from inside. It's the only **real way** you can actually stop hair loss and possibly grow new hair again.

There are many good things that you can use in your daily life. This chapter is all about a sensible process that you can use in order to improve your chances to get your hair to grow back again. It entails **a key dietary plan** that you will utilize in order to stop hair loss.

You will learn about many things that your body will need in order to stay healthy while also getting a good schedule ready with regards to the many things that you need in your daily life in order to stay healthy. **It's a sensible plan that is easy to work with if you get a better idea of what you should be doing with nutrients and foods alike.**

What To Eat

You are what you eat – haven't we heard that before? But in all candor, you need to make sure you stick with a healthy dietary plan that you know will work wonders for your life. A healthy diet can help you to control all sorts of problems in your body. One of these problems entails hair loss.

Many of the foods that you will discover in this chapter are all about helping you to control your body and make it feel its best for years to come. Here's a closer

look at the many things that you can use in your diet right now in order to improve your life and give yourself the result you deserve.

Be aware that you do need to take a look at the sources of your foods. They should be reviewed, as should the ways the foods are prepared and if they are safe and organic. If you stick with stuff that has been adjusted and butchered with loads of artificial ingredients or you use things that are prepared in dangerous ways with loads of fats, then you probably are not going to get much of a benefit out of them.

Spinach

Spinach is a dense leafy green vegetable that has already been popular in many diets as it is **rich in fiber**. This will **curb your appetite** and make it easier for you to stay regular.

It's great for your body, but one thing about spinach that so many people tend to forget about comes from how it is capable of controlling hair loss.

Spinach is known for being **high in protein** and can also provide the body



with **vitamins A and C**. These are needed to provide your body with the oils that your hair needs. If the hair gets enough oils, then it will be easier for the scalp to receive the nourishment that it requires. Also, this will make the hair strong enough to where DHT will be less of a threat.

This is especially critical considering how those two vitamins are needed for giving your hair the growth that it needs. If you are deficient in some of those nutrients then it will be very easy for your hair to wear out and become far too weak.

This can especially work wonders for those who are trying to stay energetic, what with the fiber that it contains. If you are able to get enough fiber in your diet then it should be rather easy for you to stay active and alert so you can actually stick with the diet you want to go along with.

Nuts

Nuts can come in many forms – walnuts, peanuts, sunflower seeds, pecans, cashews, etc. Nuts are known for being very enjoyable in all sorts of recipes, but one thing about nuts that people often forget about is that they are actually great on their own. They are filled with dense and enjoyable flavors that all people can enjoy.

Nuts also have their own special health benefits. They have been known to provide people with protein and fiber. They can also offer **healthy fats** that will keep bad cholesterol from being a problem.

These are all great advantages of nuts, but there's one other advantage that many people tend to forget about. **Nuts can also stop the development of DHT in the scalp.**

Nuts are known to contain iron. **Iron will help to keep ferritin levels in your hair from dropping.**

Ferritin is a chemical that will keep your hair growth cycle from wearing out. It stores iron and releases it in order to control the development of DHT in the scalp. If you do not have enough of this iron, then you will not be able to get this key chemical to release within your scalp. This in turn can make it harder for you to get the hair that you want. In addition, you will be more likely to suffer from shedding issues if you don't have enough iron.

Make sure you take a good look at the iron that you have in your body; eating

more nuts on a regular basis can help you to get the iron you require so you can keep your hair from shedding.

You should especially be careful when buying nuts; make sure you stick with the more organic forms of nuts. The problem with so many nuts is that they are packaged with preservatives and in containers that are not secure. This can be a hassle due to some of the artificial things that are often found in some of these products. It's a real hassle, but it's something that needs to be taken into account.

Carrots

Carrots have been famous over the years for providing your body with **vitamin A**. They are known for being beneficial to eyesight. However, one thing about carrots that you might not know is that they can also work wonders for your hair.

Vitamin A not only supports your eyesight; it works for the health of your scalp. It will provide you with added sebum production to help control the development of hair follicles.



Carrots also **contain biotin to help neutralize DHT** and therefore keep it from being a problem. This in turn will provide you with the best sense of support for your scalp that you could ever possibly look for. **Biotin is also known to assist in producing DHA, an acid that is often assists in getting the body to become stronger and capable of handling more hair in an extended period of time. Biotin will also help inhibit 5-alpha reductase, which, as we already know, causes DHT**

to develop.

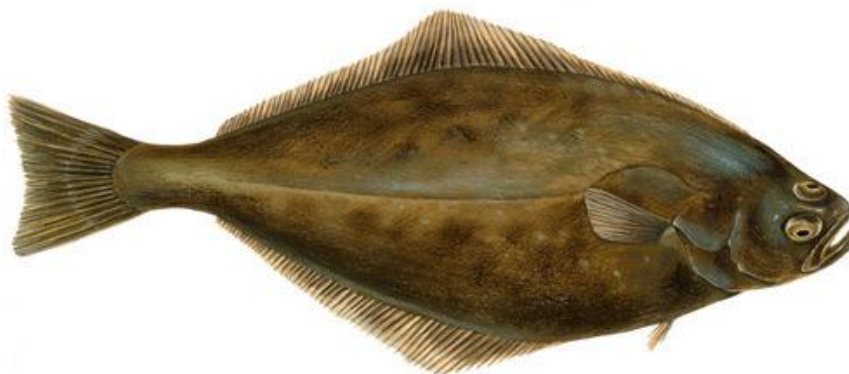
This works quite well considering how carrots can be made into all sorts of fine things. It doesn't take much for you to utilize carrots for all sorts of different dietary functions in your life.

What really makes carrots great is that they can be found in an extensive variety of different forms. You can stick with carrots ranging from traditional options to baby carrots. Some colored carrots may also be of use.

You should still remove all the green parts from any carrots that you eat. The problem with the green stuff on the carrots is that they will contain some compounds that might be harmful to your body.

Halibut

Fish is a type of meat that is famous for providing your body with more than enough benefits to your life. Fish will specifically work well for your body by giving you enough **fatty acids and healthy nutrients** that your body requires in order to stay active and alert.



The types of fish that you can use in your daily diet will vary based on what you prefer and whatever is available where you are. However, you might want to take a careful look at every option for fish that is available for you to enjoy. While there are many great choices for you to go with – and many fish options will be ideal for your requirements – there are still a few that are clearly better than others, and halibut is one of them.

Halibut is one of the best options by far with regards to quality fish products. Halibut is very accessible and easy to enjoy in many places. What makes halibut so effective is that it has more magnesium than many other types of fish.

Magnesium is known to bind to DHT particles in the scalp and will keep them from being too strong. This in turn can keep the DHT from possibly harming the scalp.

It is easy to find halibut these days; you can attain it at all sorts of fine grocery stores.

Salmon

Salmon is another easily accessible fish. In fact, you might want to look at salmon two or three times in your diet each week. Salmon is famous for containing a great deal of **omega 3 fatty acids**. These are fatty acids that may be found in the cell membranes around many parts of your body. These cell membranes can be found in your scalp as well. They may even be found in a few parts of your hair shaft.

Salmon also contains small amounts of biotin, a component that will reduce the production of DHT in your scalp. **Biotin has long been known to work well with zinc-based creams, but it may also be used on its own to give you a little more help for getting your body to feel its best.**

Salmon can be found in cans and can often be preserved in its own fluid in order to make it taste as well as possible while retaining its nutrients. You are better off looking for salmon in your deli though; freshly-caught salmon that has not been canned will typically contain more health benefits than the canned stuff.

Chicken

Chicken has developed a very strong reputation as one of the healthiest meats for anyone to enjoy. It has fewer calories and unhealthy fats than many other meats. It is also easier to trim in most cases.

Chicken can really be great for your diet, but one aspect of this meat that is

especially worth thinking about is that it can be useful for when you are trying to keep hair loss from being a problem.

Hair is made of protein, so it only makes sense to have more protein in your diet. Chicken is an ideal source of protein to utilize in your diet, as it will provide you with more nutrients that will be advantageous to your body. It will get you lean protein and plenty of **iron** to go with it. This in turn can help you to grow back many follicles that might have weakened over time as a result of the DHT in your scalp.

The chemical imbalances that can cause DHT to develop can be regulated through chicken consumption as well. You must make sure you use the right chicken to take care of the problem, though. If you have chicken that is organic and not adjusted with any harmful materials involved, then it should be easy for you to stay healthy.

In addition, you cannot just fry the chicken you get. As appealing as fried chicken can be, it will not do much of a benefit to your diet if you cook it in that manner.

You may want to look in your local deli to see if there is any chicken available. Chicken that has not been cooked is often ideal in that you'll have options to boil or grill it. This will keep you from adding more fats to the chicken while also retaining its critical nutrients. You have to make it the right way or else it will not be as enjoyable or beneficial to your health as it should be.

Blueberries

Blueberries are among the most popular berries to have these days. Much has been made in the last few years about how blueberries contain more antioxidants than many other types of foods. This is critical, as antioxidants are needed to help you take care of free radicals and other problems in your body like dead cells.

The **antioxidants** in blueberries may help to control your hair loss issues. **However, these antioxidants may also do more for controlling DHT than you might expect. These can help to neutralize many of the free radicals in your scalp that DHT is known to attach to at times.** This will provide you with more protection for your scalp in order to keep hair loss from being a problem.

It is best to stick with whole blueberries no matter how they have been prepared. Blueberries work their best when their skins are intact, as this is where the most antioxidants can be found.

Still, you can always go after other types of berries. Strawberries and raspberries are always great to find, but blueberries typically contain more



antioxidants than those other options. Be sure to try these out if you are looking for ways to stay healthy.

Also, you must be extremely cautious if you are going to get any blueberries in any liquid form. While blueberry juice and other types of berry-based juices can be good, you must be careful when getting them as some juices tend to be made with sugars and other things that might compromise your diet.

Eggs

We already talked about chicken, so let's talk about the thing that might have

come either before or after it, the egg. The egg is a nutritious food that is much healthier than what many people assume.

Many assume that the cholesterol in eggs is going to be dangerous to the body. However, eggs actually contain more **healthy fatty acids** than many other foods. Eggs also contain protein to help enhance your body and to promote hair growth by forming stronger follicles.

Much of this is thanks to eggs containing a number of helpful components in your diet that will result in a reduction in the total amount of DHT in your body. **Biotin** is especially critical in this case, as eggs contain a good amount of biotin that you can easily use in your daily diet. Don't forget that biotin works great to reduce the 5-alpha reductase levels that are involved in the increasing levels of DHT.

Any part of the egg will certainly work well. Egg yolks are especially useful, but those who might have conditions where they have to watch for how much cholesterol they are consuming should take a closer look at egg whites. Fortunately, it is not too hard to procure these products from any market. Just be careful when getting your eggs that you are finding ones that you know do not contain any cracks in them.

Don't let the fact that eggs contain plenty of cholesterol trick you. Eggs will be healthy and enjoyable to have in your daily diet if you know how to use them the right way. Stick with one egg per day in order to make your life as healthy as possible.

Bok Choy

Bok choy is not necessarily something that many people talk about when it comes to foods, but it can really be amazing. Bok choy is a type of Chinese cabbage product that is going to be attractive and fine for all to enjoy trying.



This is known to contain a very substantial amount of **vitamins A and C**. One cup of bok choy will contain ten calories on average. It makes for **one of the healthiest foods that you could ever utilize**.

What's more is that you will get some real benefits from bok choy with regards to taking care of hair loss. Vitamins A and C are great for your hair loss needs, as you will discover not too long from now.

Bok choy will also provide you with iron to keep your body healthy and kept in check. This will give you a little more control over your life and will definitely be attractive for your body to utilize in some way.

The best part of bok choy is that it has become easier for people to find recently. You can easily find some bok choy products at local grocery stores. Still, you might be more likely to find bok choy in a variety of different Asian grocery stores around the country.

Greek Yogurt

The odds are very good you have heard lots of things about Greek yogurt. These include things about how it contains more protein, **vitamin B12** and **calcium** than many other products.

Greek yogurt is a unique type of yogurt that is made a little differently from

traditional yogurt. In particular, Greek yogurt is a much thicker product than what you might get out of regular yogurt.

The big difference between Greek yogurt and traditional yogurt is that Greek yogurt has its whey removed through a straining process. This is done to keep the flavor of the yogurt while also keeping a little thicker than usual.

The biggest thing about Greek yogurt is that it is very strong and sturdy. It can even be mixed with a number of different types of fruits, nuts and other items. This can really add something very enjoyable and fine to explore.

Greek yogurt is great on its own, but you might be surprised at how it can work wonders for your hair loss needs. **Greek yogurt has been heralded for being capable of taking care of many issues relating to hair loss as it will mix in vitamin B12 and zinc into your diet to give yourself more control over how your body is to stay active. This could be essential for your hair just as well, since it will control the production of DHT.**

You will need to make sure that any bits of Greek yogurt that you do want to enjoy are prepared properly. Always stick with organic products, including not only organic yogurt, but also organic fruits or nuts that may be added to it. It is not uncommon for companies to add preservatives or artificial flavors to make the flavors taste better or to establish some kind of consistency.

Key Nutrients

You've read about all of these foods and the way they are able to give you a number of great health benefits that relate to your hair and the ability to keep DHT in check. Many of these foods are ones that contain some of the key vitamins and nutrients that we are about to talk about.

So, what are all of these materials like and how can they work wonders for your life? Let's take a closer look at the ways how these great nutrients can work wonders for the general needs you have when you are trying to control your life and

keep hair loss from being a real threat.

Vitamin D

Vitamin D is already known for being naturally produced by the body. It will produce vitamin D by taking in sunlight and helping to synthesize it around the body. This component can also be processed quite easily by the liver.

Vitamin D is known primarily for how it can regulate calcium levels in your body. This is required for bone health and to keep the structure of your body healthy for as long as possible.

It is quite a useful component to have in your diet, but one thing about vitamin D that you might forget about at times is that it can also work wonders for your hair. Much of this is thanks to how it will protect your skin. This in turn can cause your scalp to become healthy, thus keeping you from losing hair.

DHT is not going to spread around the scalp quite well if the skin around the scalp is healthy. If you are able to get more vitamin D in your body then it will be easier for you to attain healthy hair because it will be rather hard for the DHT to move around.

This does not mean that vitamin D will actually attach itself to any bits of DHT in your scalp. Rather, **it will just strengthen the scalp so it will be less susceptible to DHT.**

In addition, **vitamin D will help you to stimulate the growth of new hair after all the DHT in the area is removed.** Vitamin D will stimulate hair follicles so the cells in the hair shafts will move properly. This will create a stronger hair follicle that will produce hair that is thicker, stronger and capable of growing as well as it should.

There are many foods that may be used in your daily diet in order to provide your body with the vitamin D that you need in order to keep the threat of hair loss from being serious:

- Spinach
- Kale
- Soybeans
- Soy milk
- Many fish products like salmon and halibut
- Cheese
- Egg yolks
- Vitamin D-enriched milk

You should be careful about the foods that you want to eat, though. Many of the foods that are good for vitamin D needs are ones that are not healthy for those who are lactose intolerant. Fortunately, it is not hard to find non-dairy alternatives. In fact, soy milk can work wonders as a good alternative to milk.

Vitamin B12

Cobalamin, or vitamin B12 as we all know it by, is another vitamin that may be ideal for your hair control needs. **Vitamin B12 is needed to promote cellular metabolism, red blood cell production and DNA replication.** Vitamin B12 is needed to work well in all parts of the body with the scalp being an especially important spot to take a closer look at.

You will need plenty of vitamin B12, as hair loss is one of the most commonplace signs of not having enough of this vitamin. Cells in the scalp need to divide on a regular basis in order to produce new hair or to encourage existing hair to stay healthy. If B12 is used, then it will be easier for DHT particles to be reflected off of the hair follicles, thus ensuring that DHT will not be a big problem.

Vitamin B12 will inhibit the overall production of DHT as well. Therefore, DHT will not only be easier to remove, but it will also be harder for new bits of DHT to be produced within the scalp. It is a real advantage that is worthwhile for the

needs that people have when it comes to keeping one's health in check.

So, what types of foods can you use today when it comes to getting the vitamin B12 that you require? There are plenty of great choices that you can use right now to give yourself the help you deserve. These foods include the following choices:

- Beef liver
- Red meat; be sure to go after a lean variant of beef if possible
- Mackerel
- Clams
- Tofu
- Various soy-based products
- Bran-based cereals
- Some forms of cheese; Swiss cheese is one of the top options
- Eggs; it is best to stick with chicken eggs in this case

Make sure you take a careful look at all of these food sources. As great as vitamin B12 can be for controlling hair loss and doing so much for your body, it is not necessarily a type of nutrient that is easily available on the market these days.

Folate

Folate is a nutrient that is also known as vitamin B9, but many others know it even better as folic acid. Folate is known for being vital for anyone's body.

Folate is known for promoting the development of cells and the nervous system. It is particularly critical for the body's development at a young age. Many pregnant women are encouraged to increase their intakes of folate as it can do quite well in improving the development of a woman's unborn child, thus reducing the likelihood of birth defects in a child.

Folate also works alongside many other vitamins in order to allow amino

acids and proteins in the body to be utilized as well as possible. This is often required to promote cellular development all around the body, thus making for a better overall experience for your physical development.

One huge part of how folate works is that it can be essential for the growth of hair in your body. **While it is unclear as to how it can work with DHT, one thing is for certain is that those who consume more folate in their daily lives will be more likely to have an increased amount of hair.**

Folic acid is known to treat alopecia, the scientific term for hair loss. It can help to control the development of weak patches in the scalp. This in turn can promote growth in the scalp.

This can be useful, but folic acid will take a bit for you to make it worthwhile. You might need to go on a strong regimen that features an extensive amount of folate or folic acid for a few months in order to allow this to work on its own. Of course, if you stick with all the other solutions that are listed in this guide, then it will be a whole lot easier for you to get some benefits out of the product.

A great aspect of folate is that it can be found in an extensive variety of foods that are easy for most people to tolerate. This listing of foods that contain more folic acid or folate is rather strong and is worth exploring:

- Citrus fruits
- Leafy green vegetables, particularly spinach
- Most types of pastas; it is best to go after whole grain options
- Beans of all sorts

You may also find some products that are enriched with folic acid. Be sure to look around to see what is open so you will have options that you know are going to actually be helpful and worthwhile for your dietary needs. More food companies have been making an effort to incorporate folic acid into their products simply because of the general advantages that it contains, but you need to be certain that

you can find choices that you know will fit in well with your general requirements.

Calcium

We already talked about vitamin D, so let's talk now about something else that is closely related to vitamin D. That of course is calcium, a product that is often linked together with vitamin D in supplements and in talks about the nutrients your body requires.

Calcium is a commonly-used material that you can use for improving the construction of your body at large. It is used to build bones in all parts of your body. It can also help you to clot your blood so it will move and function properly without any issues. It can even help you to contract your muscles so they will stay active and ready for anything that you might come across in life.

Calcium will inhibit the production of DHT in your body. It produces 5-alpha-pregnanedione, a component that is loosely related to the compound that produces DHT, but instead focuses on estrogen production in the body. This will not impact your hair by producing more DHT; instead, it helps to regulate the way testosterone moves in your body so it will be less likely to be converted into DHT. This is critical, as it will ensure that the main issue that causes DHT will become less of a threat.

Of course, calcium also works better when it is consumed alongside vitamin D. This is to give your body a little more help with regard to feel stronger and more likely to stay active.

This is a great component to have in your body as it will do quite a bit to enhance the way it will function with calcium. There are many good parts of great foods that you can use in order to get calcium today as well. These include many products that are designed with the intention of keeping your body active and ready to take care of the problems that come with hair loss.

The listing of foods that contain plenty of calcium include the following

choices:

- Milk
- Yogurt
- Cheese
- Leafy green vegetables; again, spinach is the best option to go with
- Sardines
- Dried figs
- Salmon
- Almonds
- Kale
- Oranges; other citrus fruits work too, but oranges are by far the best choice
- Sesame seeds
- Seaweed

These foods prove that you don't have to worry about using dairy-based products for your calcium needs. While it is true that dairy-based items work quite well for your dietary needs, this does not mean that you cannot get calcium if you have some condition that keeps you from being able to ingest dairy products.

If you are ever uncertain about the way your body is going to handle dairy-based products that you know you might have allergies to, then you will need to talk with your doctor to determine the extent of your allergy. You may be able to handle some dairy products without suffering from substantial reactions.

Vitamin A

Retinoids are essential for your body. These retinoids are typically organized into an umbrella term known simply as vitamin A. This refers to

compounds that may be naturally found in your body.

Vitamin A is typically associated with eye health. This is because it promotes the **stimulation of cells in the eyes**, thus preventing many vision-related problems from developing. This is especially critical for those who are at risk of developing retinitis pigmentosa, a common issue that causes people to lose their sight.

There are many other things that vitamin A can do in particular. Specifically, vitamin A is known **to promote the growth and development of healthy bones** in the body. It also supports the development of cells in the immune system, thus protecting the body from serious problems relating to colds and other commonplace diseases.

This can be helpful for your hair growth needs. So, why is vitamin A so essential for your hair?

Vitamin A is needed to give you more hair growth over time because it can promote the development of hair cells in the scalp. This in turn works hard to get new hair to grow while overpowering the development of DHT.

Vitamin A is also known to inhibit DHT by allowing its stores to bind to DHT receptors in the scalp. This in turn helps to slow down the development of DHT so it will not be a threat. Over time, you may discover that the DHT in your scalp will not be anywhere as near as strong as it used to be. This in turn can allow your scalp to take in more hair cells as you continue to consume vitamin A.

This can be a strong product to have for quite a while, but you need to especially think about how you're going to enhance your body's production of vitamin A. Thankfully, there are many great foods to try:

- Carrots; again, this is known for being the best option people have in terms of vitamin A quantity and availability
- Sweet potatoes
- Kale

- Squash
- Romaine lettuce
- Cantaloupe
- Apricot
- Tuna fish
- Mangoes

These are quite varied in terms of the options you have, but they can be smart options. Make sure you use them to your overall benefit.

Iron

Iron is a very important nutrient that everybody requires in order to have an easier time with getting the body to stay active and ready for anything. Iron is also useful for when you are trying to stop problems relating to hair loss from being a threat.

Iron is prevalent in your bloodstream. It is used to compose the hemoglobin that the blood requires in order to stay active and move around your body. **This is used with the intention of producing energy the right way so it will not be more of a problem than it has to.**

It also helps to ensure that oxygen will move around the cells in your body. This is needed in order to give your body the energy that you require in order to stay active and ready for whatever it is that life might come throw at you.

The way iron works for your hair loss needs is important to understand. If you do not get the iron that you need, then it will be very easy for your body to develop more DHT than you can afford.

If you can get more oxygen to flow through the scalp, then it will be easier for DHT to wear out. DHT is known to weaken as a result of oxygen exposure. The ability of iron to carry oxygen through the cells and the bloodstream will be to

your total advantage if used the right way.

Fortunately, it will not be hard for you to acquire the iron that you need. There are many great foods that you can use today in order to get the iron you deserve.

Naturally, most of these foods are meat-based. However, you might find that there are many products out there that you can use without having to take in any meat in order to get the iron that you deserve. Here's a listing of both meat and non-meat-based foods that you can enjoy right now:

- Beef liver
- Chicken liver
- Halibut
- Tuna
- Salmon
- Tofu
- Cooked beans; soybeans are especially good
- Wheat germ
- Broccoli
- Iron-enriched cereals; make sure you look for whole grain options that don't have loads of dangerous artificial sweeteners or other additives in them
- Rice; this works best if you stick with whole grain rice

The choices that you've got to work with for iron are great for you to take a look at. Just be sure that you look carefully at what you might need.

What About Supplements?

There are times when you may not have access to certain foods that you need for your hair growth needs. In addition, you might have allergies to some of these foods.

This is where supplements may be to your overall benefit. Supplements are designed with the intention of giving your body the necessary nutrients that you require in order to stay active.

These are good products that often contain a good amount of the nutrients that your body requires. These are great to use, but at the same time, you have to be cautious.



These supplements might sound great for your body at the start, but the truth about them is that they are often made with a bunch of assorted ingredients that may not be as healthy as you might wish they could be. The truth about supplements is that they are often designed with a series of harmful artificial ingredients that can negatively impact the body in a number of ways.

The most important aspect of having such nutrients is to ensure that you are not going to hurt your body and consume stuff that might have many artificial components. If you are going to get any supplements to work for you, then you must make sure you only stick with options that are not going to be dangerous to your body. Don't ever assume that you can use just any kind of product.

Daily Solutions

If you work with a good 28-day plan for taking care of your hair, then you will find it easy for you to control your hair loss and to give yourself that vibrant head of hair that you have been trying to get for so long.

Planning your foods doesn't have to be much of a challenge, though. You need to take a look at a few solutions based on the nutrients that you require. A good solution to utilize will be to divide your diet into four categories:

Category 1 – iron-rich foods

Category 2 – foods with calcium and vitamin D

Category 3 – foods with folate or folic acid

Category 4 – foods with other critical vitamins and nutrients

With this in mind, let's take a look at the specific types of foods that you could be adding into your diet in order to attain all that stuff that you need:

Category 1 Foods:

- Red meat
- Pork
- Chicken
- Various types of fish
- Broccoli
- Potatoes
- Assorted types of beans
- Various nuts
- Spinach
- Brown rice
- Whole-grain breads

Category 2 Foods:

- Cow or goat-based milk
- Soy milk
- Spinach
- Okra
- Kale
- Cheese
- Eggs and egg yolks
- Some types of fish, particularly salmon and perch
- Soy beans

- Collards
- White beans

Category 3 Foods:

- Broccoli
- Asparagus
- Spinach and other leafy greens
- Citrus fruits, particularly oranges, papayas and grapefruits
- Beans; lentils and pinto beans work best, but any kind of bean

may work well

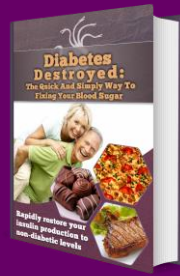
- Okra
- Avocado
- Celery
- Corn
- Carrots
- Squash

Category 4 Foods:

- Bok choy
- Greek yogurt
- Various types of fish with healthy fatty acids
- Assorted berries
- Veal



Special announcement page for the Rebuild Hair Program Community members ONLY!

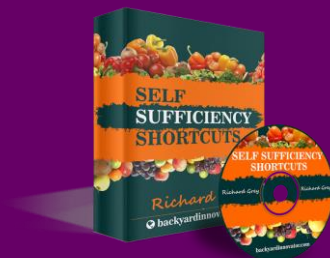


According to statistics, diabetic persons die 10 years younger than non-diabetic people. Are you going to let yourself or your loved ones be a victim?

Think about the happy moments you had during the last 10 years, about the people you have met, the places you have visited and the smiles and hugs you have shared. Don't miss any of those important moments.

Pharmaceutical companies pump tens of billions of dollars a year into making sure type II diabetes is never cured, but [this man speaks the truth](#) and helps everyone get their life back!

There are no strict diets, no impossible exercise, and it even allows eating your favorite foods! I know it sounds incredible, but definitely [check it out](#). You'll be amazed. Click [here](#) to find out more!



Do you have difficulties due to lack of space, or are you concerned about your diet? Are you gaining weight fast or feeling bloated, or do you think you might be allergic to some foods?

There's a "micro farming" method so ingenious, it has the power to permanently provide every family in America with a self-replenishing supply of fresh meat, nutritious vegetables, and pure, clean drinking water.

This "[secret farm](#)" has been specifically designed to be set up and operational in under three hours and is something that can keep your family well-fed, fully nourished, and filled with healthy energy both during the crucial first few days following a natural disaster and for the decades that could follow a total collapse.

Sound impossible? I thought so too until I saw how powerful this amazing tool can be. You can find all the information there is to know and even try it out yourself.

Words can't compare to your personal experience, am I right?

Click [here](#) to find out more!

There are many other foods that you can use alongside all of these options. The key is to make sure you take a look at the nutrients that come with different types of foods and make sure you find options that are going to work well for your diet. Look for foods in particular that contain folate, vitamins D and A, calcium and other assorted nutrients.

A good way to use all of these groups is to prepare a series of daily dietary solutions that incorporate all four groups of food as needed. This 4-week plan should help you out quite a bit, as you will receive the nutrients that your body requires in order to stay healthy and to receive the necessary components that you must have in order to get rid of DHT and other things that cause hair loss while also potentially increasing the total amount of hair on your head over time.

For the sake of simplicity, we have arranged all 28 days based on peoples' names. Let's take a closer look at how you're going to use these foods and when it will be smart for you to do this.

Aaron

- 1. 2 ounces grilled chicken*
- 2. 2 ounces spinach*
- 3. 1 cup okra*
- 4. 1 stalk bok choy*

This will ease you into the 28-day plan by giving you an idea of the healthy greens and meats you will enjoy while on the diet. This will work best if consumed in about 30 minutes during the early part of the evening, around 6 – 7:30 pm.

Beth

1. *Half a baked potato*
2. *8 ounces soy milk*
3. *1 stalk broccoli*
4. *3 ounces veal*

Enjoy this balanced meal within about 20 to 30 minutes at the early part of the evening.

Carl

1. *4 ounces brown rice*
2. *4 ounces perch*
3. *2 ounces corn*
4. *½ ounce strawberries for dessert*

This works best if you have it in the evening and consume it in about 30 minutes. Also, make sure you stick with brown rice; white rice is often made with refined grains that will actually do more harm to your body than actual help.

Diana

1. *4 ounces boiled chicken*
2. *4 ounces soy beans or one eight-ounce glass of soy milk*
3. *3 ounces lettuce*
4. *1 stalk bok choy*

Make sure you use fresh lettuce; the lettuce that you buy in bags might be convenient, but the odds are they may be preserved with artificial stuff that will not do much for your body. Also, you need to consume this meal around the evening hours in about 30 minutes.

Earl

1. *One whole-grain bran muffin*
2. *8 ounces of vitamin D-enriched milk*
3. *2 ounces spinach*
4. *1 cup of Greek yogurt; this may be mixed with fruit or nuts*

This is a good breakfast option for you to have as it will give you a little more help for giving yourself a more active lifestyle to start the day off with.

Fiona

1. *2 slices of whole wheat bread*
2. *1 or 2 slices of organic Swiss cheese*
3. *1 or 2 slices of lettuce*
4. *2 to 3 ounces of halibut, preferably sliced as thin as possible*

This is designed to provide you with a fine sandwich option that you know will be enjoyable and relaxing to have. This will only take about five to ten minutes to eat, but you might want to spend a bit of extra time in order to mix up the meat the right way. This can also be useful in the evening, but it's typically best to have it in the morning.

George

1. *1 ounce walnuts*
2. *8 ounces of soy milk*
3. *2 ounces spinach*
4. *1 cup Greek yogurt*

You can mix in the walnuts with your Greek yogurt for this morning recipe. Crush the walnuts as well as possible so you'll have some good yogurt that will be easy for you to

consume. This breakfast option can easily be consumed in about ten minutes.

Helena

- 1. 4 ounces pork; this can be made into a pork sausage if desired*
- 2. 3 ounces white beans*
- 3. 3 ounces corn*
- 4. ½ ounce chopped celery*

A great aspect of this recipe is that you can mix the vegetables together to create a good succotash-like mixture and then add the pork on top of it. This works best if you cut up the pork as well as possible.

Ivan

- 1. 4 ounces red meat; roast beef will work well in this case*
- 2. 2 ounces okra*
- 3. 1 ear of corn*
- 4. 2 ounces watermelon*

This is a recipe that is reflective of the summer season and works well in the evening or afternoon in the course of about 15 to 20 minutes. This will combine a dense and detailed red meat product with some light vegetables and a fruit that is easy for all to enjoy.

Janice

- 1. 2 slices of whole grain bread*
- 2. 1 egg*
- 3. 2 ounces grapefruit slices*
- 4. ½ cup yogurt*

This breakfast recipe can be prepared in a variety of ways. You can spread the yogurt onto the bread or you can toast the bread and then spread the yogurt and egg onto it. You can also prepare that egg in any way you want. The grapefruit slices may be arranged in any way you want.

You should be certain that you are careful when it comes to having grapefruit. The problem with grapefruit is that it is known to interact with some medications. If you are unable to have grapefruit in your diet, then you should replace it with a different type of citrus fruit; fortunately, there are many safe options for you to choose from.

Klaus

- 1. 4 ounces grilled chicken*
- 2. 1 bunch of collards*
- 3. 1 ounce okra*
- 4. 2 ounces watermelon*

This is another relaxing summer-like food that you can enjoy. After all, you could use this as a bit of a relaxing food that will be more enjoyable to have. You can eat this in the afternoon, preferably at around noon or one.

Lana

- 1. 4 ounces black beans*
- 2. 4 ounces salmon*
- 3. 1 small celery stalk*
- 4. 1 stalk boy choy*

This works with a few different flavors that might be a little easier for you to enjoy. This works if consumed in about 20 minutes in the evening.

Mordecai

1. 3 ounces peanuts
2. 8 ounces milk
3. 6 ounces spinach and other leafy greens
4. 3 ounces assorted berries

This is intended to be used as a healthy salad to enjoy during the afternoon or evening.

A quite note – if you are lactose intolerant and are unable to have traditional milk, then you can always stick with soy milk. It is known to be much easier for the body to tolerate and can also contain many of the same nutrients that traditional milk is known to have. Be sure you look carefully when reviewing whatever is in a container of soy milk though; it can expire like any other type of milk.

Nadine

1. 4 ounces leafy greens, preferably spinach
2. 2 ounces shredded cheese; take fresh cheese and use a good grater to take care of it
3. 1 diced orange
4. 1 ounce yogurt

This is another salad recipe that works best in the afternoon. Try this recipe to give you a more relaxing and enjoyable recipe that can fit in well with your needs.

Orlando

1. 4 ounces chicken
2. 3 ounces spinach

3. *Half an avocado*
4. *1 ounce strawberry*

This is ideal for use as a dinner. You can have this around six or seven in the evening and consume it in the course of about 20 to 30 minutes.

Pearl

1. *4 ounces whole grain chips*
2. *8 ounces milk*
3. *Half an avocado*
4. *1 stalk of bok choy*

This is for the most part designed to work as a healthy recipe for chips with avocado dip. This works best if you stick with whole grain chips that contain grains that have not been refined.

Quentin

1. *1 baked potato*
2. *2 ounces freshly shredded cheese*
3. *3 or 4 stalks of asparagus*
4. *2 ounces veal*

This is a good recipe that can work with the intention of creating a fresh baked potato. You can add butter if desired, but it is typically best to just stick with freshly shredded cheese instead. The cheese can always melt into the potato off of all the heat that comes from it.

Rachel

1. 4 ounces pork
2. 2 ounces kale
3. Half a squash
4. 3 ounces blueberries

This can all be mixed in well for a fine dinner to have at around five or six in the evening. This works best when you grill the foods as well as it will get out as many unhealthy fats as possible.

A quick word on pork – if there is ever a food in this guide like pork that might have to be avoided for religious purposes then you can always substitute it with another type of similar product that features the same nutritional benefits. This is especially critical if you live under kosher or halal standards and are unable to have certain foods because of your religious values.

Steven

1. 4 ounces spinach
2. 1 ounce collards
3. ½ a cut papaya
4. 1 ounce bok choy

This is another recipe that focuses on a salad arrangement. You might want to use a good mixture that features two or three different vegetables like these and then cut it all around as well as possible.

While you could technically stick with a healthy dressing, it is typically best to avoid it. Sometimes even the healthiest dressing might add more artificial components onto your salad than necessary. You may want to look at the nutritional facts of any bottle of dressing you get as well as the ingredients. Don't just stick with something because it says that it is

“fat-free” or “low in sodium.”

Teresa

1. 4 or 5 small sardines
2. 2 ounces pinto beans
3. 1 carrot
4. 2 ounces veal

This is a finely textured meal that will be attractive and appealing. This works best in the evening as a dinner that you can have in about twenty minutes.

Umberto

1. 4 ounces roast beef
2. 2 ounces soy beans
3. 1 ear of corn
4. 1 cup strawberries

This is yet another summer-like food that you can enjoy g. Let's be honest, after all that effort, the odds are you could use a little something light.

Victoria

1. 2 ounces cashews, walnuts and other nuts
2. 1 egg
3. 1 diced bunch of broccoli
4. 1 cup Greek yogurt

The first three ingredients can be mixed together for an omelet. The fourth can be used on the side, although you could always add it on top of the omelet too.

Walter

1. 2 ounces brown rice
2. 4 ounces grilled perch
3. 1 ear of corn
4. 1 or 2 additional sardines

You can choose to cut off the corn off of an ear if desired. Either way, this works best as a good dinner for you to have at around six in the evening. This recipe works best for the evening, but it can also be used as a mild lunch if you are interesting. It can even work as an amazing brunch to have on the weekend.

Xena

1. 2 slices of whole grain bread
2. 8 ounces soy milk
3. 1 sliced orange
4. 3 ounces halibut

This makes for a rather interesting type of sandwich. It can be made for lunch with the use of sliced halibut plus an orange that has been cut up into a number of different slices. The soy milk can be used as a bit of an added drink for you to enjoy.

Yannick (we're running short on names)

1. 1 whole grain tortilla
2. 4 ounces diced salmon
3. 3 ounces shredded lettuce and other greens
4. A pinch of parsley

This can be mixed up into one big burrito.

Zenia (seriously, it's getting tough)

1. 3 ounces lean ground beef
2. 4 spinach leaves
3. 2 ounces corn
4. A small bit of chives

The ingredients may be divided evenly and added into the spinach leaves. This can help you to create some healthy tacos that are made with the spinach leaves being used as the shells instead of traditional shells. This will create a more vibrant approach to a taco; besides, the spinach is probably going to be a whole lot fresher than what you might expect elsewhere.

Adam (now we're back on track)

1. 4 ounces mashed black or pinto beans
2. 1 ounce kale
3. Half a sliced carrot
4. 3 ounces salmon

The key for the beans is to mash them well enough to create a good paste that you can use for dipping the other foods into. This can work with the skins still on the beans. In fact, you need to get the skins to stay on the beans so they will taste better.

Belinda

1. 3 ounces veal
2. 1 egg
3. 1 ounce spinach
4. 1 ounce bok choy

The ingredients in this recipe are to be mixed up in an omelet. The veal, spinach and bok choy will have to be mixed together to create a brilliant texture that will be attractive and

enjoyable. Be sure you mix the egg quite well for the omelet so it will be fully textured.



These are all recipes that work for all times of the day and use an assorted variety of different types of ingredients.

Be sure to use this great 28-day plan and you will see that it's easy for you to enjoy more hair growth while also controlling the issues that can cause you to lose hair in the first place.

Chapter 6 – Questions and Answers

Like with anything else that you can do for your health, you will probably be filled with loads of questions relating to the plan. **This chapter is all about answering many of the questions that you might have with regards to this plan for stopping hair loss and giving yourself more hair.**



These are all good questions when you consider how so many different things that go into your hair growth and control plans. It might be a whole lot easier for you to work with a good hair growth plan if you are fully aware of whatever it is you are trying to get out of it.

How long will it take for me to actually see results?

The amount of time it will take will vary. Some people will begin to see results in a few days, as they will not experience lots of hair falling out each day. Others will take weeks to experience results.

You should certainly notice some results in about 4 weeks or less. This can come thanks to the added nutrition that you are getting in your body from all of these healthy materials.

Everyone will get different results, but some results will occur if you work hard enough. You should get visible results within 28 days and those results will become even more noticeable after you stick with a plan for even longer. The longer you follow this plan, the more likely you will be to actually attain the results you want.

Do I have to wait to do this during a certain point in my life?

There are no limits as to when you can start with this plan. You could actually start it at any time in your life.

Remember, while your follicles might shrink in size after a while, this does not mean that the follicles will be lost forever.

Can I just get any food?

While you can easily get all sorts of foods that work for your hair control needs through an extensive variety of different grocery stores, it is typically best for you to stick with organic foods. These are foods that have not been adjusted in any way for the quality of the food.

Many foods tend to be dangerous because they are adjusted with loads of pesticides, chemicals and other additives to not only make them taste better, but also to look pretty. The problem with these is that they are going to cause your hair to wear out because they will not contain all the nutritional features that you need.

Make sure you eat organic foods and it will be easier for you to feel healthier. You must stick with healthy organic foods in order to get the true flavors of foods while also getting the nutrients that were intended to be found in these foods in the first place.

A good tip in this case is to look in your local market for any organic sections. Make sure you check the packages of each organic product. It should be easy for you to find a variety of good organic foods these days.

Be aware of how these are packaged, though. While many companies are offering foods that are made with lots of healthy organic materials, some places like to skirt the rules and use some additives. After all, the exact definition of “organic” within the United States government's regulations is rather shaky at best.

Can I use different shampoos and other products that are useful for hair growth purposes?

You could try medicated hair growth shampoos and other products, but it is best that you don't bother. As mentioned earlier, these typically do not do much with regards to targeting the problems that come with your hair. They do not target the precursor for DHT or the DHT itself.

Is this going to cause any allergic reactions?

The hair control plan that you have read about should be safe for most people. However, you might want to be cautious if you are allergic to some of the foods listed here. If you are allergic to those foods, then it is best to go after alternatives.

Of course, some people might be a little more tolerant of some materials than others. Be sure you watch for whatever it is you are getting out of your body so you'll have a better sense of help for your needs.

Is it really safe to wear hats?

As mentioned earlier, hats are not going to cause any problems with your hair. The truth is that your hats need to be properly cleaned off the right way. This is to ensure that your hair will not be hurt by any old particles in the hat. Other than that, you should be fine to wear hats while you are working on a plan to get back your hair.

It is still best to avoid trying to wear hats far too often. If you take a good look at how you're working on your hair growth plans on a regular basis, then it should be a little easier for you to actually get by without having to wear a hat.

Does this work evenly for men and women?

While many people assume that women can grow hair better than men, the truth is that both men and women alike are at risk of hair loss. That's why it is so important for both men and women to consider hair loss control problems.

Fortunately, both men and women can use this treatment process and get it to work for them in equal fashion.

In fact, you might be surprised to find out that men and women both share

the same rate of hair growth. Both men and women tend to have about half an inch of hair growth each month. Naturally, it will be easier for you to attain this total if you stick with the plan listed in this guide.

A man's hairstyle is typically shorter than what a woman uses in a majority of cases. Still, any man or woman can use this plan.

What about pregnant women? Can they use this plan?

An interesting aspect of a pregnancy is that a pregnant woman's hair tends to grow a little faster. This is because of the hormonal changes that are going on in a woman's body as a result of a pregnancy.

Of course, there are also some cases where a pregnant woman might experience hair loss. This can especially happen in older mothers who are in their thirties.

Needless to see, there is no reason why a pregnant woman should not try to stick with the routine listed here. However, like with anything else that a pregnant woman might do, it is strongly recommended that any pregnant woman who wants to control her hair loss to talk with a doctor about this before trying anything. While

this does not require any medications, you might want to still talk with a doctor about the issue due to the risk of some changes in the unborn child's development if one's dietary plans were suddenly changed around quite a bit.

Is it a good idea to wear a hairpiece or wig while on the program?

Although you could wear one, it is best to avoid doing so as it will be easy for people to tell the difference between the new hairs that you are growing back and the hairpiece that you might



use.

Besides, if you wore one of these pieces then it would be easy for your hair to look unusual. What's more is that you will not feel as motivated to stick with this hair control plan. If you think that you look good with such a piece then you're going to just ignore the goal at hand and think less about actually fixing up your hair.

How long will my new hair grow?

While there is no real way to tell just how long your new hair can get to be, you might want to be cautious. Your new hair could grow to be six to eight inches in length if you don't bother cutting it. Be aware that it would take close to a year to get to this point.

It is best when you use this plan that you keep your hair short, though. Longer hair tends to be more fragile than shorter hair. Therefore, you will need to control the way you manage your hair in this case so you will continue to have hair that you know will really look amazing and interesting to have.

Is sunlight going to impact the results of this plan?

The amount of time that you spend in the sun is not going to impact the way this hair growth plan works in any way. The fact that the sun's rays will naturally provide your body with the vitamin D that you need will only be to your added benefit.

Still, you need to be certain that you are careful when you're out in the sun. You need to avoid excess exposure to the sun or else you will be at risk of burning your scalp.

Don't forget that the heat from the sunlight is not going to be much of a threat to your hair growth plans. It's the hair dryers or irons that you might use that will have to be controlled. Those are going to add more stress to your hair than you can afford, thus making it easier for your hair to become damaged and worn out.

Will my hair color be impacted in any way?

Your hair color could be influenced, but in a positive way. The thing about getting your hair back is that your follicles will look a little worn out at the start. However, if you stick with the plan and go even longer, you will discover that any new hair that you get in the long run will be a little thicker and closer to your original hair color. This is thanks to how your hair will have a greater number of follicles to work with.

What types of food preparation methods work the best in this plan?

You can use grilled or boiled foods in this plan in order to retain many of the healthy nutrients that many products have while also keeping fats out of your diet.

You could even dehydrate some of the foods if you want to with a professional-grade dehydrator. This will help you to remove the moisture from the



foods that you want to consume. This will not only retain the nutrients in the foods, but will also allow them to last for a while. This could be the key to providing your body with the necessary materials you need; the fact that you can trim off the fats on the meats that you dehydrate will help too.

As for what you need to avoid, it is best to avoid anything that can be baked or fried, as these methods tend to remove the nutritional benefits of some of the foods that you want to try out.

On a related note, you need to also make sure you avoid things that can be microwaved. While it is true that the microwave is a truly amazing invention, a

majority of the foods on the market that can be prepared in a microwave are ones that tend to be made with lots of preservatives. That's why you often have to add water or something else to the foods when preparing them in a microwave.

In addition, the heat waves from the microwave can be intense to the point where it will be easier for the nutrients in the food to wear out. This can only cause your foods to become unhealthy and therefore worthless. The last thing you'd want in your life is empty calories.

Be sure to consider all of these pointers when you are trying to help yourself stay healthy. Remember, you need to keep yourself healthy and in control of your life if you want to get back the hair you've lost.

Wild Cards

Did you think that was it? No, my friend, we have more suggestions for you. There are also some additional methods that could help you boost the needed four vitamins and supplements into your body.

Curious? Let's start.

1. Honey, aloe juice and garlic juice

Ingredients:

- Garlic juice: 1 teaspoon
- Aloe juice: 2 table spoons
- Honey: 1 table spoon
- Egg yolk: 1 tablespoon

Method:

Combine all the ingredients. The advantage of this hair mask is that can be stored in the refrigerator. Apply the mask, make sure your scalp is well covered, and leave it for 20 minutes. Use it every other day for 2 weeks.

Reasons:

There is no reason not to love aloe vera.

Well, you are on your 30 days protocol to eliminate the 5-alpha reductase enzyme that causes DHT, the main reason of hair loss. And you start growing hair. But, your new hairs may be a little shy in the beginning and you want to encourage them. That is why, it's recommended to also prepare the ground for them. Dandruff and seborrheic dermatitis are similar. Seborrheic dermatitis causes an irritation that

is greater than that caused by dandruff. If the natural oil of the scalp, the sebum, is beneficial to and prevents dryness, an overproduction can be harmful. Hair follicles become blocked and swollen. If dandruff is a common condition and many companies, including Big Pharma, released on the market many chemical products, doesn't mean dandruff is easy to treat. There are so many shampoos available for dandruff and they are so full of chemicals that could cause further irritation to sensitive skin. So, why not protecting the health of your scalp and also the growth of your new hair, with something natural? This is where this mask comes in. And aloe is the star.



Choline salicylate, mucopolysaccharides and choline are the primary active components in aloe. They help heal wounds, reduce the effects of swelling and pain, and improve circulation. In addition, the healing properties of aloe act like a barrier, providing a protective shield in preventing further irritation.

Honey in your hair? It might sound really sticky, and I'm going to be honest

with you: it is. But, honey is true ambrosia. The gods wanted it, and now, you have discovered their secret. It has strong antioxidant properties, and also, what is most important for you now, great fungicidal and germicidal properties, helping your scalp be healthy and allow new hair to grow.

Garlic gives food a good taste. It's a healthy food... but it smells. And you might not enjoy it, that's for sure. But, the positive effects are WOW! Garlic contains sulfur, which is good for skin, nails and nerves and fights eczema and psoriasis. Garlic also contains selenium, which works with vitamin E to improve the structure of the hair. It boosts the body's ability to utilize vitamin E. Garlic also contains vitamin C, B6 and B1 that will help scalp circulation and collagen levels.

Even if this recipe doesn't directly fight the 5AR... it will help you with the process of growing hair faster, since it prepares the skin for this.



2. Camphor oil and garlic

Ingredients

- White camphor oil: 5 oz
- Minced garlic: 2 medium cloves, peeled and crushed

Method:

Peel 2 medium cloves of garlic and crush them so that they become juicy. Stir the camphor oil and the crushed garlic in a jar and leave it in a fridge for a week. Use it every day for 30 days as a mask for your hair. You can easily apply this liquid with a sponge or a brush. After you apply it every night, cover your head with a knitted hat. Wash your hair in the morning.

Reasons:

Camphor oil is not that common, but can be bought from drug stores. It has a lot of therapeutic properties: antidepressant, anti-inflammatory, antiseptic, diuretic, stimulant, vermifuge... and also as a diuretic, a laxative... and many other uses. But, don't worry, you won't swallow it, so you're safe. It is used for: nervous depression, acne, inflammation, arthritis, muscular aches and pains, sprains, rheumatism, bronchitis, coughs, colds, fever, flu and infectious diseases. The reason this mask recipe is pure wonder is that it will make you have a baby scalp. Perfect, intact, ready for hair development. Healthy. No pain, no itching, guaranteed!

Camphor oil? What is it? Used for its many properties, as a stimulant, antispasmodic, antiseptic, decongestant, anesthetic, sedative and nervous pacifier, antineuralgic, anti-inflammatory, disinfectant, and insecticide substance, camphor oil is obtained from two types of camphor trees:



the Common Camphor Tree (*Cinnamomum Cmphora*) and the Borneo Camphor Tree. The oil contains alcohol, borneol, penne, camphene camphor, terpene and safrol. It has a cool and penetrating, lasting aroma.



Use these wild cards as your secret. Pick one of the masks to give your new hair all the necessary conditions to develop. By using the 28-day protocol, it will start growing. By using one of the masks, you will prepare your scalp for it. The aspect of both your head skin and hair should become healthy and beautiful, without doubt.

Conclusion

Your hair says a lot about you. Your hair can show that you are youthful, refined and classy. If you don't have hair, then people might think that you are lazy, hard to trust, greedy or even unhealthy. But, remember, as I told you in the first pages of this eBook, many of these misconceptions could be corrected by a confident attitude and your natural charm.

If you have dealt with lots of hair loss, then you might feel as though you're getting old and that you are unattractive. It's a real threat to your life, but the fact is that hair loss is a common part of life. The worst thing is that there is no real way for people to figure out exactly when they are going to lose their hair.

Let's be honest for a moment. Time is nobody's friend. We all want to find ways to defeat the ravages of time and keep on looking as young as possible forever.

Unfortunately, it can be a real challenge for anyone to get their hair to stay intact.

Everything that causes you to look older can be reversed. Granted, it will take some effort, but the reward that you will get out of this will be big. Your body will look younger, you will feel more energetic about yourself, and your overall self-image will certainly improve by leaps and bounds.

The thing is that you can easily keep your hair healthy. If you understand the source of hair loss in your body, then you will certainly understand that you can keep your hair healthy. The truth about hair loss is that it's not about just your life as it is – it's about 5-alpha-reductase and DHT getting in the way of your life.

These are going to come around naturally during your life. These will not cause you to lose your altogether, as your follicles will still be intact. The problem is that it will be much harder for you to grow the hair that you want. Fortunately, you don't have to worry about hair loss if you follow this protocol.

This guide has shown you that there is a real potential for you to get more hair over time. You will particularly have to focus on changing your dietary plans to work with a number of sensible nutrients and components that are designed to keep DHT from being more of a threat than necessary. A simple 28-day plan can easily get you to work a little harder towards giving yourself the support you deserve.

This can also work well if you understand the myths that come with hair loss. If you understand the myths of hair loss and avoid following them, then it may be easier for you to keep from losing more hair and to start focusing on hair growth again. If you work on making sure you keep your scalp is healthy while also watching for the wrong heat sources, then it should be a little easier for you to get the most out of your hair restoration plan.

In all candor, hair loss has been a problem for men and women for generations. While many proven methods have been used in recent time, it has only been recently that the public has figured them out.

Every generation has had its own solutions for taking care of hair loss. It has only been in recent time when people began to figure out that some solutions that are much better than wigs or just slapping anything onto your scalp.

Besides, you need to make sure you are very careful when it comes to taking care of your hair loss problem. The problem with so many medications and other alternative treatments is that they are never going to work well.

If you use the ideas listed in this guide, then you will have a much easier time with getting back your hair. Make sure you use this guide well so you will have a much easier time with managing your hair and that you will not have to worry about losing more than necessary. It is not hard for you to get real benefits from this guide if you just know what you have to do in order to get rid of the DHT. It's always best to target this from the inside out.

And let's be honest, the last thing that anyone wants with is looking older than they are. If you are able to keep yourself healthy and positive for a while and

stick to a plan for hair growth, then it should be easier for you to actually get back the hair that you have been trying to grow for such a long time.

Moreover, while you follow this protocol, as a man, you gain more than your hair back. Managing your DHT and 5-alpha reductase levels helps you restore your sex drive, get rid of fatigue and, most of all, restores your testosterone to normal levels to have a healthier prostate and to reduce the risk of prostate cancer.

This plan you have been introduced to works great for having beautiful hair in just weeks. The hormonal imbalance you may face will also become a problem of the past... so, why not starting to give it a try today?

Good luck!



Are you losing your hair? You should not think that you are losing your hair to the point where you cannot get it back again. The fact is that you can get your hair back if you understand how to do it.

This guide will help you learn about everything you need to do in order to get your hair back. It focuses on the key components that can cause hair loss so you can target the source of the problem to not only stop hair loss, but also to regrow your hair.

This will help you learn about the myths of hair loss and also get some ideas about what can be done about your hair loss. You will also explore the many foods and nutrients that you need in your diet in order to get back your hair over time.

Be sure to use this guide to your advantage. You can get your hair back no matter how old you are if you just follow the simple steps described inside.

