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Stop Hair Loss in 10 Steps, Guaranteed

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Warnings

Do not under any circumstances follow the instructions in this eBook that advise you to make changes to your diet if you are pregnant or breastfeeding. If you are on medication or have a medical condition you must consult your doctor before applying any of the instructions contained in the eBook for your own safety. If you have any concerns about applying any of the instructions please use the members' forum to address these.

Get ready...

What you're about to read is very exciting and *will* change your life, providing you carefully read and properly follow the instructions.

I believe this is the most effective method in the world for reversing hair loss (with the exception of a hair transplant). This method eliminates every underlying cause of hair loss without the use of drugs to alter hormonal balance.

In a step-by-step process you will systematically remove all of the factors that are causing your hair to stop growing. While you are eliminating the causes of your hair loss you will be increasing the influence of factors that encourage your hair to grow.

In this book I provide detailed instructions on how to perform at-home procedures that eliminate each of the causes of hair loss. I also explain why you are doing the things you are doing. These procedures have been refined over many years, to produce the ultimate hair growth methodology.

In order to explain the reasoning behind certain instructions I have had to use some specialist terminology, such as 'DHT' and 'sebum'. Some of you will recognise this terminology, while others will not.

Part 1 of the eBook explains the causes of hair loss and some terminology, which will help you follow the instructions in Part 2 more easily. By providing some background you will better understand why you are doing what you are doing in Part 2.

Part 1. The 5 Key Causes of Hair Loss and How to Eliminate Them

There are several causes of hair loss but by far the most significant cause is a hormone called 'dihydrotestosterone', or 'DHT' for short. There are also several other causes of hair loss, including poor blood circulation in the scalp, stress, iron deficiency, hypothyroidism, 'demodex mites', other scalp conditions and even certain food allergies.

We will deal with all of the most common causes of hair loss in this eBook but we will be concentrating on DHT, blood circulation, diet and stress because we can make the most progress by concentrating on these areas and because they are by far the most important factors. Let's have a look at these causes in more detail to better understand what we're dealing with.

1. DHT – The most significant cause of hair loss

If you've done any research into hair loss or hair loss treatments, it is likely that you've stumbled across the term 'DHT'. DHT is recognised as the most significant contributing factor to hair loss – particularly 'male pattern baldness'.

DHT is a by-product of testosterone. Testosterone gets converted into DHT by the enzyme '5-alpha-reductase'. Primarily this occurs in the prostate gland – and hence men tend to have much higher DHT levels than women – because women do not have prostate glands.

DHT is carried to the scalp via the blood and via 'sebum', which is the oil that is secreted through the skin's pores. DHT is also produced in the scalp. Men tend to have higher levels of DHT than women but women still have some testosterone and DHT present in their bodies. DHT causes hair loss in both men and women. It's most prevalent in men and becomes more prevalent in women as they reach menopause and also increases post pregnancy – but can actually occur at any age.

As well as causing hair loss, DHT causes bodily hair growth and facial hair growth. It is widely believed that when DHT makes contact with the hair papilla in the scalp (see figure 1), it prevents the papilla from receiving nutrients from the blood. This only occurs in people whose hair is sensitive to DHT. It is also believed by some researchers that DHT causes the body to start treating scalp hair as a 'foreign body' (and therefore the body rejects it). However it can be treated.

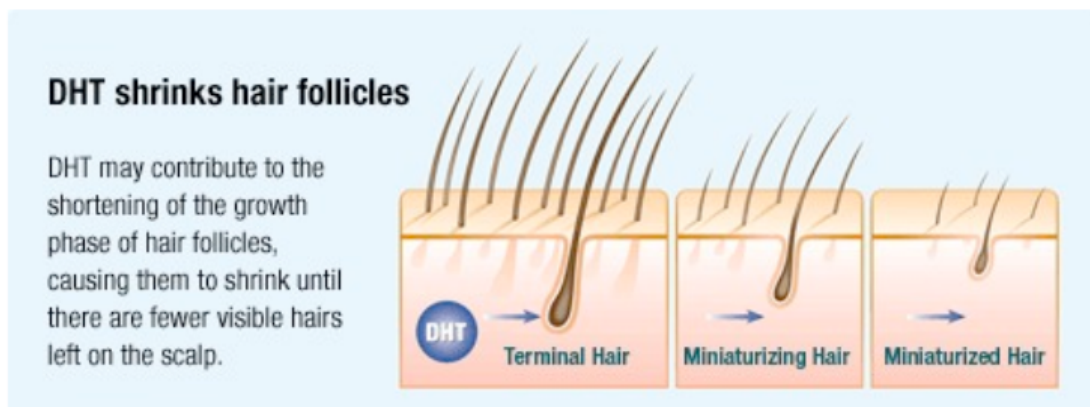


Figure 1: DHTs effect on hair. Source: Propecia.com

It's important that you understand this: the hair roots in your scalp are connected to your bloodstream. The hairs receive nutrients from the bloodstream and this is how they grow. One of the keys to increasing hair growth is increasing blood circulation in the scalp and increasing the supply of nutrients to the hair.

The 'papilla' connects the hair to the bloodstream. When there is a lot of DHT present in the scalp, the hair receives a smaller supply of nutrients, which causes the hair to grow smaller and smaller each time it is shed until eventually it stops growing altogether.

In order to prevent this from happening we need to do three things:

1. Remove DHT from the scalp
2. Block 5-alpha reductase in the scalp to prevent DHT production locally
3. Block 5-alpha reductase in the body to reduce the amount of DHT being sent to the scalp via the bloodstream and via sebum

In Part 2 of this eBook you will learn how to strip DHT from your scalp using a powerful and extremely effective technique; how to block DHT production in your scalp using a very powerful topical that you can make at home; and how to reduce DHT production in your body using some superfoods and by improving liver efficiency.

2. Poor Blood Circulation in the Scalp

Studies have shown that people who suffer from hair loss tend to have weaker blood circulation in their scalps compared with people who have healthy hair. This causes two problems:

1. It reduces the supply of nutrients to the hair because less nutrient carrying blood is flowing to the hair
2. It reduces blood flow to the hair that could potentially carry DHT away from the papillae

To elaborate on point 2: although the blood contains DHT, which it carries to the scalp; if we reduce blood DHT levels and increase circulation in the scalp, we can use the increased blood flow to help carry DHT **away** from the papillae. This is one of the things we'll be doing in Part 2.

One of the most popular hair loss treatments in the world is called Rogaine. Rogaine's active ingredient is called Minoxidil. All Minoxidil does is increase blood circulation in the scalp. And this can help increase hair growth in some cases. However you don't need Minoxidil to increase blood circulation in your scalp. In fact I've developed a **far better** way of increasing circulation in the scalp, which you will learn about in Part 2.

3. Stress Related Hair Loss

Stress is a significant cause of hair loss. It may seem like something that is purely mental, but in fact mental stress can have a *massive* impact on physical health.

When the mind is in a state of stress, proteins from the thymus or lymph glands are converted to sugar for instant energy. The thymus, the key gland in the immune system, can shrink to 50 percent of its normal size, effectively neutralizing a crucial portion of our immune system and its B and T cells from functioning normally.

Continued stress makes the body draw on all available raw metabolic materials to compensate. The dynamics involved in the process of continued stress include the runaway production of cell-destroying free radicals, which must be neutralized by an ever-diminishing supply of antioxidants, such as vitamins C and E, beta carotene and the mineral selenium. These nutrients are important for hair growth.

It's clear to see how stress can have a quickly apparent impact on a person's appearance. The skin can become unhealthy looking, the quality of the hair reduces and the sufferer can quickly put on or lose weight. In the short term this might just make you look a little under the weather, but in the long term it can cause hair loss, skin problems and even serious health problems.

Another consequence of stress is the over-production of our body's natural tranquilizers and pain-killing endorphins. These, in large amounts, can become 'neuro-suppressive' and prevent the cells in our nervous systems from firing properly.

They are also 'immunosuppressive', thereby weakening our resistance to disease by destroying 'T4 helper cells', 'Natural Killer Cells' and 'macrophages', which comprise the core cells of our immune system. The over-production of endorphins can also upset the balance of our endocrine glands.

Under extreme stress, the amount of protein used up in a day may equal that supplied by four quarts of milk. The primary constituent of hair is derived from protein. In order for the body to build hair, it needs protein. Since stress 'saps' protein from the body, the hair goes lacking. Furthermore stress saps the body of B vitamins and other essential nutrients needed to convert proteins into the raw materials needed for hair growth.

Chronic stress may often result in a deficiency of pantothenic acid (vitamin B5) resulting in an inability of our adrenal glands to produce many essential hormones. If this vitamin deficiency is short-lived, adrenal gland changes can be reversed. However, long-term deprivation of pantothenic acid may, in certain cases, bring on chronic adrenal problems.

The thing to remember here is that we're not talking about stress to the extent that you might experience if you were for example taken hostage by some terrorists. We're talking about every day work related stresses that some people are not very good at coping with.

For example, do you often notice that your shoulders feel tense? This is stress related. The increased muscle tension in the neck and shoulders inhibits the proper flow of blood to the scalp, which is one of the reasons why hair loss sufferers tend to have weaker blood circulation in their scalps.

There is no denying that stress is an extremely important part of your health. It's also one of the more difficult things to treat. In Part 2 of the eBook you will learn how people train their minds to cope badly with stress and worry over many years. You will then learn how you can 'reprogram your mind' using the free 8 part subliminal mind training program, which you can download from the members area:

Accessing the members area

Visit <http://members.nicehair.org/> to download the audio files. Your username and password were sent to you by email when you ordered this book.

The truth is, if you are an extremely relaxed, calm person, with loose muscles and calm deep breathing, your health will benefit **greatly**.

That's partly why I decided to dedicate a whole chapter of the eBook to changing the way you deal with stress.

4. Can Poor Diet Cause Hair Loss?

It's interesting that a lot of people tend to think diet is a particularly important factor in hair loss. Compared with DHT, circulation and stress, diet is not a particularly significant cause of hair loss.

However one of the more common causes of hair loss in women is iron deficiency. It's worth getting your doctor to test your blood for iron deficiency – for both men and women. While you're having your blood tested, ask your doctor to check for any other abnormalities that may cause hair loss. For example, one of the symptoms of 'hyperthyroidism' is hair loss. If you think you may have an overactive thyroid gland this can also be checked during your blood test.

High stress levels and intense exercise can drain the body of nutrients – the same kinds of nutrients that are required for hair growth.

I personally believe that it is important to follow a healthy diet. However in my vast experience studying hair loss and working with people who suffer from hair loss I have found that there doesn't tend to be a particularly significant connection between poor diet and hair loss. In fact I've often noticed people with poor diets have thick hair and people with great diets are suffering from hair loss. It tends to be the case that people who deal with stress badly also tend to eat quite well (because they are worried about the

implications of following a poor diet). Stress is a far more significant cause of hair loss than poor diet, because stress drains the body of nutrients. So you may follow an excellent diet, but until you change the way your mind reacts to stress and worry, you will suffer the physiological effects of stress, which are very visible in the appearance of the skin and hair.

I have provided detailed information on the types of foods you need to consume to promote hair growth in Part 2 of the eBook. I also explain how you can use a special combination of powerful 'superfoods' to get your hair growing **fast**. Once you start using these superfoods in the way I explain you will really notice your hair and nails grow a lot faster. You should also see an improvement in your skin and the brightness of your eyes.

When you combine the use of some really impressive superfoods with a reduction in stress levels, you really can see some major results from an increased supply of nutrients to the skin and hair. A plan like the one I provide in Part 2 shows that it is not just about what you eat, but more about eating to suit your lifestyle, your goals and to fully compensate for stresses that use up nutrients and impact on your hormonal balance.

5. Poor liver efficiency

The liver is not something that many people consider when they think about hair loss – but actually it is very important. The liver is sometimes described as the body's 'filter system'. The liver processes used hormones, fats and cleans the blood.

If you have a strong liver it will reflect in your appearance – the health of your skin, hair and eyes. Conversely if your liver is operating at a reduced efficiency it will be less capable of dealing with fat, hormone and toxin inputs. As a result compromises are made in the filtering process and the least important facets of the human body are left lacking – and hair of course is not the most important facet of the human body, compared with breathing for example!

In Part 2 I explain in detail how to cleanse and strengthen your liver, to improve its efficiency. Knowing that your liver is used to process hormones, fats and toxins and then imagining that you have increased its efficiency by 20%, you'll understand the benefit this will have on your health and especially your appearance.

Conclusion to Part 1

That's it for Part 1! Very short I know. I hope this gives you some basic understanding of the causes of hair loss – so that you understand why you're doing the things you will learn to do in Part 2.

Part 2: How to Eliminate the Key Causes of Hair Loss and Trigger Hair Re-growth by Reversing Those Causes

Part 2 of the eBook reads a little like an instruction manual. I explain what you need to do to eliminate the key causes of hair loss. Then, importantly, I explain how you turn each of those causes around 180 degrees and use them to promote hair regrowth.

Here is an example of what I mean:

As a hair loss sufferer you probably have less than average blood circulation in your scalp, particularly right at the surface of the scalp. This can get so bad for some people that their hair receives almost no blood supply at all and is literally starving.

What we will do is eliminate the causes of the reduced circulation (or remove what it is that is impairing circulation in your scalp). Then, we will improve the blood circulation in your scalp so that it is better than average – so that the circulation in your scalp is more powerful than that of someone with healthy hair. And as a result we use the increased blood circulation to actually promote increased hair growth and regrowth of dormant hair.

We'll also be doing some other clever things that use your body's natural healing mechanisms to trigger your scalp back in to 'hair growth mode'.

I've tried to order the instructions as logically as possible so they're easy to understand and apply. Here is a quick overview of what you will be doing:

Step 1

Getting the scalp back into the condition it was in before it went in to 'hair loss mode'. In other words we'll be stripping out DHT, pore clogging sebum, cosmetic product residues and pollution, to make your scalp clean, fresh and brand new. The idea here is to get rid of any crap that is hindering hair growth in your scalp. We want your scalp to be like it was when you were a baby – pollution free, sebum free, cosmetics free and DHT free. A fresh new start for your hair.

Step 2

Triggering the body's powerful healing mechanisms in the scalp to encourage increased cell production and blood circulation. What we're going to do here is alternate between mildly damaging the scalp and then intensely feeding it. The alternation between the two triggers your body to concentrate healing and cell growth in the scalp and thus restart hair growth.

Step 3

Preventing DHT production in the scalp by inhibiting 5-alpha reductase. We will be continuing with the Alternation Method but now we're going to add some extra ingredients to the mix that prevent DHT production in the scalp and further feed the reactivating hair follicles.

Step 4

Massively boosting blood circulation in the scalp (right to the extremities). Again we are

continuing with the Alternation Method, but now adding a special ingredient to the mix that increases blood circulation in the scalp more effectively than Minoxidil but at a tiny fraction of the cost.

Step 5

Increasing skin elasticity in the scalp. In this step we are going to make the scalp skin 'looser' in order to enable blood to flow more freely and to reduce restriction of the hair follicles. This will help the blood remove DHT from the scalp – especially as we start to reduce blood DHT levels in the next steps.

Step 6

Reduce blood DHT levels to decrease the supply of DHT to the scalp. This step is only for men – and women who have been told by their doctor that they have high DHT levels. In this step we will add some natural superfoods to your diet to prevent the conversion of testosterone into DHT. This will not reduce testosterone levels, only DHT.

Step 7

Cleanse the digestive system and channels of elimination to improve efficiency of used hormone, fat and toxin elimination. In this step we are going to give your body a thorough clean! We are aiming to get the liver and intestines back into the healthy condition they were in before you started losing your hair. The increase in liver efficiency will have a noticeable effect on your hair and skin.

Step 8

[<Purchase the full version to read this>](#), which helps balance hormones and feeds the hair from within. In this step you will learn about a special combination of superfoods that together help improve hormonal balance and trigger the body to increase hair growth.

Step 9

Using a special ratio of amino acids, essential fatty acids and other nutrients to feed the hair from the inside. In Step 9 I explain exactly which nutrients you need to feed your hair – and how to get them into your diet. You'll also learn why natural food sources are more effective than supplements.

Step 10

Training your mind to react calmly in stressful situations. In this step I will explain how, over many years, some people subconsciously 'train themselves' to react badly in stressful situations and to worry a lot. I'll then show you how you can retrain your mind to be calmer and more relaxed. In this step you will also be introduced to the free audio mind-training program.

OK that's just about everything. It might seem like a lot right now but you'll make a lot of progress in the first 4 steps, which can be completed quite quickly. Then you can gradually get through the remaining steps and use some of the guidelines as a kind of reference book to make sure you're always doing all the right things for your hair and none of the wrong things – that cause hair loss.

Let's get started...

Step 1. Strip the top layers of skin from the scalp, removing DHT, impacted sebum and dead skin and clearing the pores

Have you ever noticed that bald and balding people often have shiny scalps? Ever wondered what causes it? That shininess is actually caused by a thick, dense, embedded layer of 'sebum' combined with dead skin cells and other materials, such as pollution and cosmetic products.

Before we can properly start the program we need to get your scalp into the ideal condition for hair growth. That means unclogging the pores, stripping away dead skin cells and old embedded sebum.

By the end of Step 1 your scalp should be fresh and the pores should be unclogged, **providing the ideal environment for hair growth.**

End of the sneak peek....

That's a small taster of the eBook. The full version is 138 pages and is packed full of **powerful hair growth techniques**. If you want to get started using the Alternation Method and the other powerful techniques, download the full version of the eBook today from:

www.nicehair.org

Remember, you get out what you put in.