



# Stop Hair Loss in Six Steps, Guaranteed

Thank you for purchasing this eBook. You have taken the most important step toward **properly** stopping your hair loss. Forget about hair loss. You don't need to worry about it any more. This book is going to show you exactly how to stop it.

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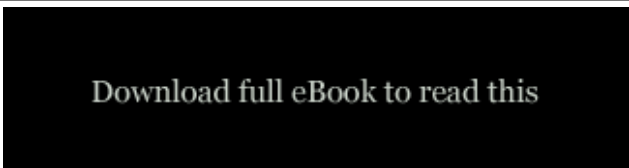
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## Warnings

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# Contents

The book is split in to two parts. Part 1 explains precisely what causes hair loss, with a primary focus on 'androgenic alopecia', the most common form of hair loss. In Part 2 you will learn how to treat each of the established causes in a step by step objective orientated process.

Part 1: What causes hair loss?	Page 2
Part 2: The complete 6 step guide to stopping hair loss and regrowing hair	Page 12
Step 1: Getting the scalp in excellent condition: the ideal environment for hair growth	Page 14
Step 2: Changing the way you deal with stress to stop stress related hair loss	Page 30
	Page 43
Step 4: Stopping hair loss and turbo charging hair growth with the right nutrients	Page 59
Step 5: Get the circulatory system in peak condition for maximum blood flow to the scalp	Page 75
Step 6: Proper scalp and hair maintenance	Page 86

# Part 1: What causes hair loss?

There are several causes of hair loss. But the most significant causes are **hormone related**. You can try every hair loss treatment in the world but until you have healthy well balanced hormones, you will not stop hair loss.

**The key to stopping hair loss is to achieve healthy well balanced hormones.**

There are also several other very important factors that are, to varying levels, linked to hormonal balance. These are the condition of **the scalp**, the way we deal with **stress**, the efficiency of **the liver**, the strength of the **circulation** and the quality of the **diet**. These are all crucial, interlinked causal factors. Fortunately they can all be addressed.

## DHT – The primary cause of male pattern hair loss

If you have done any research into hair loss or hair loss treatments, it is likely that you've stumbled across the term 'DHT'. DHT, or Dihydrotestosterone, 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. DHT causes hair follicle miniaturization and eventually prevents hair growth all together.

Hair loss is actually not strictly *hair loss*. A better definition of what we label as 'hair loss' would be **lack of new hairs replacing shed hairs coupled with a reduction in the hairs growth phase (anagen phase)**. In order to stop hair loss we need to concentrate on making sure hairs grow and the anagen phase is prolonged, not making sure hairs don't fall out. So our objectives are hair growth and maximisation of the anagen phase.

Hormonal imbalance: the primary *underlying* cause of hair loss

Why are men more likely to lose their hair? Because of changes in hormonal balance. Why do women tend to lose hair after pregnancy? Because of changes in hormonal balance. Why does stress cause hair loss? Because of changes in hormonal balance (partly). What is the commonality between hair loss sufferers? Hormonal fluctuation and hormonal imbalance. Understanding how hormones cause hair loss is *the key* to stopping it.

Androgenic alopecia (male pattern hair loss) is so called because it is related to the androgenic hormones, e.g. testosterone: hence *male* pattern baldness.

Although the science of hormones and hair loss is not yet completely understood by anyone, we have what we believe to be a solid **and practical** theory to explain the link. Here is the simplified version:

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This probably won't make much sense to you yet, but keep reading.

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Here is a diagram to illustrate this in very basic terms:

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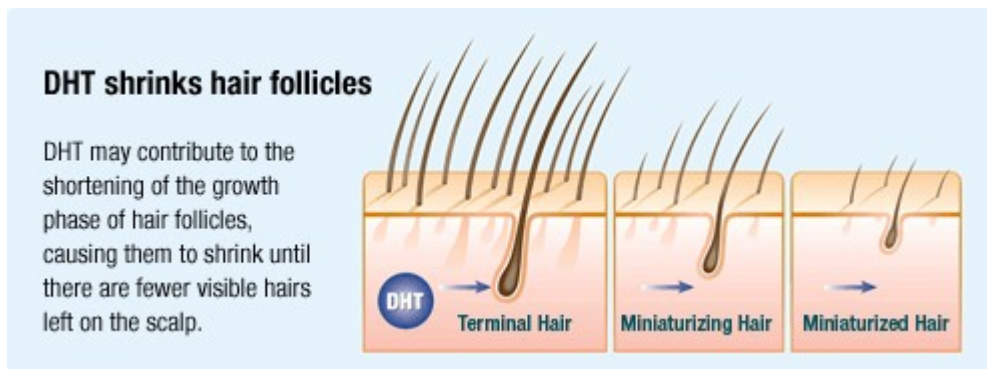
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This process is illustrated by the diagram below:



Source: Modified from Propecia.com image.

So, if you want a quick answer to hair loss, Propecia or other 'DHT inhibitors' might work for you *in the short-term*. However it won't help with the existing built up layer of hardened shiny sebum that is already clogging your pores. Furthermore we don't want to block DHT, **we want to stop it at the source**. Propecia and other DHT inhibitors are merely treating a symptom of an underlying problem. We want to *eliminate the underlying causes of hair loss*, which means we need to **change the hair loss sufferers hormonal balance to be more like a non-hair loss sufferers hormonal balance**.

But what causes excess DHT and hormonal imbalance in hair loss sufferers?

You've no-doubt heard about the connection between stress and hair loss. And you've probably made the observation between males with high levels of testosterone and hair loss. You may have even noticed a commonality between many highly intelligent people and hair loss. What is the commonality between these groups of seemingly different people?

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