

# REGROW

*your*

**CONFIDENCE**

A Practical Guide for Men & Women  
to Reverse Hair Loss... for Good!



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# INTRODUCTION

You are not here by accident.

You read that right. You were *meant* to find your way to this free resource because it has something special and important to offer you.

Many people make the mistake of assuming that they are all alone: alone in their personal struggles, and alone in seeking out solutions to them. And while that may be true for some people in some situations, *it no longer needs to be true for you.*

If you have taken the time to download this free eBook, it says something about you. Of course your first thought might be, “What’s that? That I’m losing my hair?”

In fact, you wouldn’t be wrong – the answer to that question is: yes, the fact that you downloaded this book might *imply* that you have been experiencing thinning hair or hair loss. But what it specifically says about you is far more important:

The fact that you have downloaded this book says that you are one of the special few wise enough to understand on some level that the quality and health of your hair is *not* entirely out of your hands. It says that you are prepared to take back control of your hair health and, even more importantly, that you are willing to do whatever it takes to *regrow your confidence.*

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You'll find that we use that phrase a lot throughout the course of this book: *regrow your confidence*. And there's a reason for that which we'll explore in more detail as you read on.

In the meantime, we'd simply like to thank you for finding us; and most of all, for trusting us with some of your most pressing questions. You won't be disappointed.

In the coming pages, we will cover a lot of ground. We'll discuss what makes hair so important to us (both as individuals and within society at large); we'll explore some of the primary causes of hair loss; we'll unravel some of the differences between hair loss as experienced by men and hair loss as experienced by women; we'll expose common myths, review current restoration options, illuminate common side effects of prescription drugs, and embark on a holistic path toward healthier hair and renewed confidence.

But remember: this book is just the starting point, and we're here to support you every step of the way.

# WHAT MAKES HAIR SO SPECIAL?

Hair is more than just hair.

But we didn't need to tell *you* that, did we? It's funny how we often take notice of things only after they've begun to disappear on us. Hair is no exception.

Within our culture, healthy hair tends to represent youthfulness and value. In men it often indicates virility; in women, a seductive quality or measure of beauty. It's what makes us feel strong, sexy, and desirable.

Truth be told, a healthy head of hair is a big part of what helps us to feel complete, beautiful, even powerful – especially in social settings where others are prone to judge us (for better or for worse) on the quality of our hair.

Taking it even one step closer to home, in many ways our very *identities* are tied up in the quality and presentation of our hair. And it makes sense: hair is a primary defining feature of the human being. For as long as humans have been engaging within a social context, hair has been recognized and utilized as a means of differentiating one person from the next:

That guy's curly locks are a part of what makes him so unique. That girl's glistening jet-black hair contributes directly to her jaw-dropping allure. That toddler's pure-blond curls are what makes her so adorable. And so on.

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So from a social standpoint, hair is a symbol. The amount of relevance that we attribute to hair as a society may not be perfectly fair, or even particularly accurate; it may seem unreasonable to judge others based on appearance alone, completely bypassing the value of personality.

But it *is* the social context in which we find ourselves, and that context does imprint us, and it imprints us deeply.

Hair is more than just hair.

Because of this, those of us experiencing thinning hair or hair loss (for any of reasons which we will explore in greater detail a little later on) are experiencing significantly more than just the loss of hair:

We're also experiencing a certain crisis of self; we're experiencing a degradation of self-confidence; many of us are even experiencing depression, dark moods, and social anxiety as a direct result of hair loss!

Identity-based associations aside, the reality is that thinning hair and hair loss can also be indicative of poor health and other imbalances in the body. Which means that, once again, hair is more than just hair. How we relate to our hair and learn from the quality of our hair really does matter.

The point of harping on this is not just to commiserate or make you feel worse than you already felt to begin with. The intent here is quite the opposite. The point of reviewing this – of establishing the validity of your feelings about hair – is merely to set the stage for what comes next.

And what comes next? A secret:

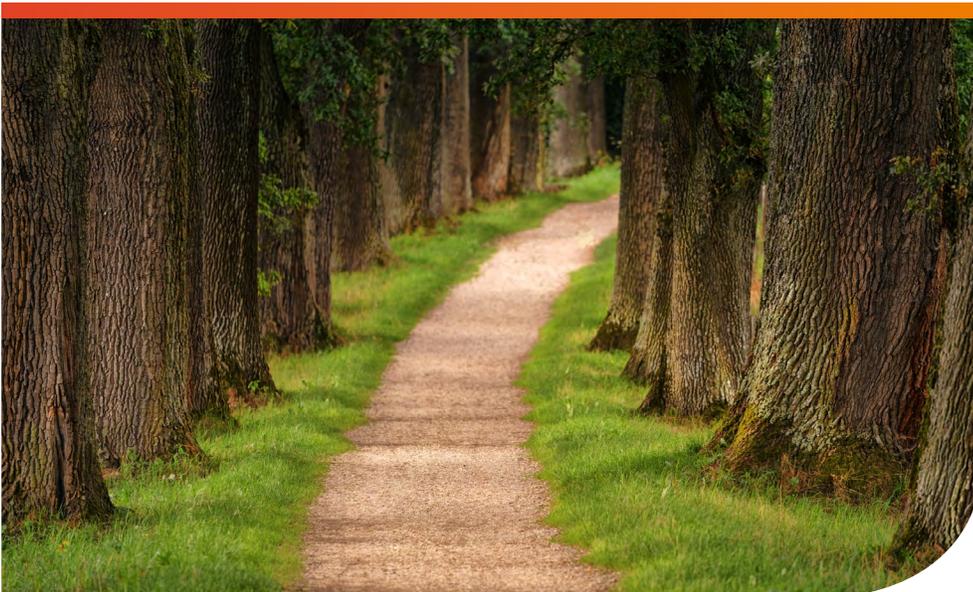
**You do not have to be a victim of hair loss. You can take back control of your hair health, and in so doing improve the quality of your body, your image, your sense of self, and how you feel about your self from one day to the next your very life.**

That's right. You really *can* reverse the process of hair loss. You really can revive tired follicles. You really can regain that beautiful head of hair. You are not stuck where you are. There is a path forward.

Hair loss is not a prison sentence, it's an opportunity to understand yourself in a whole new way.

Following this opportunity will require a high level of commitment to self-education and a certain amount of discipline to execute.

It will require you to prioritize yourself, and to become impeccable in the celebration of your successes. But most of all, it's an exciting new path of possibility and we're here to show you the way.



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# WHAT EXACTLY CAUSES HAIR LOSS?

Ok, so hair loss may not be a life or death situation but, as we discovered in the last section, it *does* have a significant impact on the quality of our engagement with life and with those around us.

While it's common for those around us to minimize the effects of hair loss (at least until they're experiencing it personally, right?), the realities of living with it are indeed stress-inducing. In other words, *it's personal*.

So let's pause for a moment and take one small step back in order to address the question of what causes hair loss. Gaining a clearer picture of its root causes will allow us to begin forging more realistic solutions for the future.

## ANDROGENETIC ALOPECIA

 This is the most common form of hair loss, often referred to as male (or female) pattern baldness. Androgenetic Alopecia (or Androgenic Alopecia) is its scientific name and the specific causes for it are largely unknown, although research indicates that it may be directly linked to the production of DHT in the body, coupled with a surprising variety of other hormonal factors (more on this in the next section).

Despite the fact that our knowledge of exact causes remains somewhat limited, it is estimated that 1 in 7 people in the USA suffer from this form of hair loss.

## GENETIC HISTORY

✓ You probably could have guessed this one, too, right? The fact is, hair loss is hereditary. It is estimated that around 98% of men who experience pattern baldness have inherited the condition. The number is closer to 50% for women, but still significant.

While genetic hair loss affects men and women somewhat differently, the end result is basically the same, leaving (in this case) tens of millions of men and women across the USA to struggle daily with feelings of embarrassment.



## INFLAMMATION

✓ Inflammation in the body can often lead to hair loss and is frequently the result of fungus or bacteria making a home of the hair or scalp. Common types of inflammation that can result in hair loss include: alopecia areata, eczema, psoriasis, and ringworm. The

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good news here is that inflammation is generally easy to treat and clearing up the inflammation usually halts the loss of hair.

## MEDICAL TREATMENTS

✓ This is often one of the first things people think of when discussing causes of hair loss. Radiation therapy like chemo is notorious for causing loss of hair, but it is not alone in doing so. Steroidal treatments and even many diuretics can also contribute to hair loss, especially after extended use.

## MEDICATION

✓ Medication can absolutely contribute to hair loss. In fact, many prescription drugs specifically list hair loss as a common side effect of their use.

We'll review this in more detail in an upcoming chapter, but some examples include: acne medication, anti-depressants, anti-inflammatories, blood thinners, beta-blockers, birth control pills, cholesterol-lowering drugs, gout medication, seizure medication, ulcer medication, and more.



## POOR HEALTH

✔ While this area continues to stump researchers, it is not uncommon for hair loss to result from conditions of illness and disease in the body. Autoimmune disorders commonly contribute to hair loss, and loss of hair has even been noted following certain types of surgeries. What this leads us to believe is that loss of hair may well be a natural result of trauma to the body for some people. We may just have to wait awhile for the research to catch up with us in supporting this view.

## POOR NUTRITION

✔ This is a big one, and often surprises people; but what you eat absolutely contributes to the quality of your hair. If your body is not being supported with a regular intake of important vitamins and minerals, your hair can suffer as a result.



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## SKIN DISORDERS

✓ Skin diseases are most often the result of poor nutrition. If the body is not being effectively supplied with the nutrients it requires, skin and hair are common casualties. Fortunately, skin conditions can often be completely reversed simply by re-evaluating one's diet. This, in turn, can halt the loss of hair.

## STRESS

✓ Perhaps the most often overlooked cause of hair loss is *stress*. We don't always realize just how much strain our hurried lifestyles tend to put on our physical, mental, and emotional systems. Surprisingly to most, stressful situation experienced cognitively via one's environment (work, family, finances, etc.) *do* in fact manifest tangibly in the body.

You're likely to find that this is one of the most important areas of focus moving forward, so pause here for a moment and take note of any stressors you have in your life.



There are many other known causes of hair loss such as mechanical habits (like regularly tying one's hair up in a tight ponytail), hormonal shifts, contraceptives, menstruation cycles, and even hair products.

We've addressed the big ones for you here, but the key takeaway is understanding that, while hair loss can be a complex issue, restoring your hair to its natural state of health is not out of the question. In fact, it may be closer than you think.

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# HOW DOES HAIR LOSS DIFFER BY SEX?

By now you are probably becoming aware that there can be a whole host of different reasons of hair loss. To get a sense of why you're losing hair, start by looking at how causes of hair loss can differ according to your sex.

## HAIR LOSS FOR MEN

Thinning hair, receding hairlines, and pattern baldness can be a source of embarrassment for most men. It can feel like an attack on one's masculinity. In some cases, loss of hair can result in a damaged self-image, even though male pattern baldness is generally accepted and even expected from a social perspective.

"Men go bald, what's the big deal?" Well, maybe it's not a big deal... at least not until around the time that you start losing your hair, right? Just like anyone else, men want to feel sexy, young, potent, and desired. Losing one's hair can make feeling this way significantly more challenging, especially in a social context.

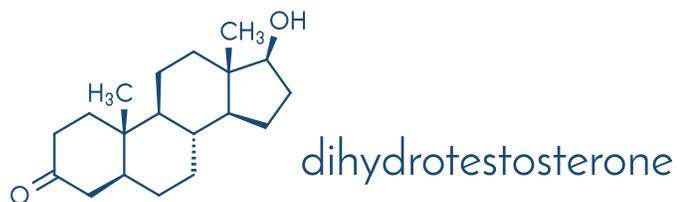
Pattern baldness will generally take on a specific form in men, with [hair loss](#) centering primarily on the crown of the head.

A recognizable pattern begins to take shape, starting with a receding hairline (creating the common M-shape on the front of the scalp) and progressing to the familiar U-shape once hair loss has extended to the top and back of the scalp.



A primary contributing factor to hair loss in men is sensitivity to the male androgen hormone known as [DHT](#) (*dihydrotestosterone*), a chemical by-product of the male hormone *testosterone*. Elevated amounts of DHT on the scalp weaken follicles and eventually result in loss of hair.

Further complicating matters is the fact that every person interacts with DHT uniquely: in other words, two people with the same levels of DHT may exhibit completely different effects, with one of them experiencing hair loss as a result and the other experiencing no negative effects whatsoever.



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## HAIR LOSS FOR WOMEN

While the experience of thinning hair and hair loss can be embarrassing for men, it can be downright devastating for women. Women, even more so than men, depend upon healthy hair as a representation of beauty, sexual desirability, and self-worth.

One study conducted in 2004 by the makers of Rogaine revealed that 24% of women considered losing their hair to be as traumatic as losing a limb. In a different study, one successful woman said, "I had a double mastectomy, but I was more traumatized about losing my hair [from chemotherapy]."

Thinning hair and hair loss afflicts upwards of 30 million women across the U.S. The reasons are significantly more complex and varied than they are for men. Women are most likely to suffer hair loss as a result of hormonal imbalances, but the causes of those imbalances can vary.



Additionally, women have to deal with a much wider variety of hormones than men do. While men will experience hair loss as a result of elevated DHT, women can experience hair loss as the result of imbalances in DHT, 5-a reductase, testosterone, estrone, estradiol, and more.

Couple all of this with high levels of stress, birth control, thyroid conditions, pregnancy, menopause, and even PCOS (which can cause hair loss on the scalp while simultaneously causing hair *growth* in undesirable areas), and it becomes clear that women face a unique dilemma when it comes to hair loss.

Unlike men, women tend to experience hair loss as a more evenly distributed thinning across the top or center of the head, leaving a little more room for “disguising” the effects of hair loss, at least for a time.

Let’s pause here for a moment and catch our breath. We’ve presented a lot of information for you in this section and wouldn’t be the least bit surprised to learn that you’re beginning to feel a bit anxious about the possibilities of treating the problem of hair loss. Is it really realistic to imagine overcoming all this?

Fortunately, the answer is a resounding YES, and we’re here to show you exactly how. Very soon, we’ll get to the fun part where you can begin to learn about some of the restoration and treatment options that are available to you and discover some of our own secrets for defeating hair loss.

But first, let’s review some common myths associated with losing your hair, so you can be sure that you’re going into this armed with good information.

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# EXPOSING COMMON MYTHS

In this section we'll review some common myths often associated with hair loss. Many of these will be familiar to you; some of them may surprise you. Have a look:

## **MYTH #1** Losing a lot of hair is a sign of oncoming baldness

Actually, you may be surprised to learn that the average human sheds upwards of 100 strands of hair *each day!* This is healthy and natural. The problem comes in when the scalp becomes incapable of replacing those lost hairs.

## **MYTH #2** Balding is something that happens to old people

In fact, pattern baldness is typically related to genes, lifestyle factors, and illness or health factors, *not* old age. Because of this, baldness can begin at any age – even as early as the teen years and early 20's.

## **MYTH #3** Only men go bald

Of course, you could have spotted this one a mile away by now, right? Unfortunately, hair loss does not discriminate; both men and women can be affected.

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**MYTH #4** **Wearing a hat every day can rub the hair right off your head**

Actually... Not quite. Generally speaking, wearing a hat will *not* increase your likelihood of experiencing hair loss, nor will it affect the *rate* of hair loss. *Dirty* hair, however, *can* affect the health of your hair follicles, so just make sure that hat is clean!

**MYTH #5** **Shampooing too often can trigger hair loss**

We hear this one quite often. And it makes a certain amount of sense when you realize that many people experience hair loss most directly after coming away with handfuls of hair in the shower. Some people even stop shampooing altogether. The reality is that the act of shampooing itself does not contribute to hair loss. The *chemicals* in your shampoo may be, though. This is why we only recommend high-quality, organic shampoos and conditioners.

As you can see, there's a lot of guesswork floating around when it comes to hair loss. But by simple virtue of being better informed of the *facts*, you are empowered to make better choices when designing your own hair treatment regimen.

But wait...Hair treatment regimen? That sounds kind of intimidating, doesn't it? Well, we did say before that regrowing your confidence requires a strong commitment to yourself, and we're not taking that back. Still, fear not. We're here to make it easy on you—So read on and get started with reclaiming your hair and your confidence.

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# CURRENT TREATMENT OPTIONS

We've taken the time over the past several sections to lay some groundwork for you. Some of what we've covered may have felt a bit like old news to you; other areas may have surprised you.

We've chosen to share this information with you because it's important in life to understand the "why" of things – we wanted you to understand on a deeper level *why* hair loss occurs.

Even more importantly, having access to all of this knowledge is precisely what has led us to some really amazing breakthroughs in the treatment of hair loss in both men *and* women.

We review several popular treatment options for the purposes of hair restoration with you below. You'll notice that we've broken the options into two groups: Invasive and Non-Invasive.

Have a look:

## INVASIVE TREATMENT OPTIONS

**CORTICOSTEROIDS.** These are man-made drugs used to stimulate hair growth. They were developed to mimic the effect of cortisol. As with cortisone injections below, the steroidal compound is injected by means of a tiny needle and repeated every 4-8 weeks.

Side effects include everything from slight pain to bruising to “steroid acne” to the possibility of infection occurring at the injection sites. The cost per treatment here averages around \$500, equating to around \$6,000 per year.



**CORTISONE INJECTIONS.** This treatment option involves multiple injections of an anti-inflammatory medication called *cortisone*, administered via needle directly to bare areas of the scalp, and repeated *monthly*. Between the costs of medication, the visit to the doctor’s office, and the topical anesthesia administered to dull sensation during the procedure, costs accumulate quickly, averaging around \$1,000 *per visit*.

**HAIR TRANSPLANT SURGERY.** This is a surgical procedure that involves removing thin strips of hair from productive areas of the scalp and “transplanting” them to an area with thinning hair or no hair whatsoever. The procedure is very time-consuming, involving lengthy consultation visits and a surgical procedure that can take upwards of 8 hours to complete.

Recovery is also known to be particularly uncomfortable, requiring painkillers for several days following the procedure. Often, one surgery is not enough to effectively re-animate the whole scalp, so the

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“therapy session” needs to be repeated a number of times. These surgeries cost an average of \$6,000–\$15,000 per session.

**PRESCRIPTION DRUGS.** We qualify prescription drugs as invasive because of the potential harm to internal organs listed in side effects. Examples of prescription medications often recommended for hair restoration include: Minoxidil, Anthralin, and DPCP (*Diphen-cyprone*). Examples of side effects include: burning skin, facial swelling, rapid heartbeat, dizziness, and enlarged lymph glands of the neck. Positive results may drop off after the first several weeks or months of use.

**PRP THERAPY.** Platelet-Rich Plasma (PRP) Therapy involves isolating plasma platelets from the patient’s blood and re-injecting them directly into the scalp in order to promote hair regrowth.

The procedure involves highly advanced technologies that are constantly being improved upon; but it is reportedly also quite uncomfortable and costs are high, as repeat treatments are recommended at a minimum frequency of once per quarter and costs, on average, are around \$2000 per session.

## **NON-INVASIVE TREATMENT OPTIONS**

**LLLT.** Low-Level Laser Therapy (LLLT) was originally discovered back in the ‘60s. In the time since, it has been proven to present a highly effective alternative to more invasive options for the restoration of hair. Thanks to decades of careful research including thousands of clinical studies, LLLT is now considered to be among the best solutions available for non-invasive hair growth. LLLT involves the application of red light at a specific wavelength to the surface of the scalp.

This carefully calibrated light treatment serves to stimulate hair growth by exciting tired hair follicles at a cellular level. It is **safe, painless, and effective.** This is industry-leading technology



and full disclosure, it's the same technology that we use in [our Laser Cap](#).

**LASER CLINIC.** LLLT was originally only available to sufferers of hair loss through "therapy sessions" administered regularly at approved "laser clinics." Just like doctors' offices, these clinics charged a premium for access to the technology, typically averaging around \$3,000 per year.

**LASER COMBS.** Not too long ago, laser combs owned a top spot as the most high-tech solution to hair loss available to the everyday consumer. Using the proven technology of LLLT, laser combs were designed to be "brushed" across the scalp, just like a normal comb, for an extended period of time, thereby (eventually) exposing the entire scalp to LLLT.

Price points range drastically, as do the quality and quantity of the lasers used. In addition to limited scalp exposure and the [low numbers of lasers](#) used in laser combs, the act of "combing" is surprisingly exhausting for most people, making it a bit im-practical for everyday use.

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**LASER HELMETS.** Laser helmets changed the face of hair restoration when they hit the market. For the first time ever, your Average Joe had access to the technology of LLLT right in the comfort of his (or her) own home.

The solution was *not* perfect, however. Costs associated with purchasing a laser helmet were prohibitive for many, often sitting in the \$3,000 range and also requiring a prescription (think initial consultations, doctors' visits, etc.). Additionally, original models were cumbersome. They were heavy on the head and neck, depended upon direct access to a power source (they have to remain plugged into the wall during treatment).

**LED HELMETS.** We're making a quick note of this here because it's important. Unlike lasers, LEDs do not have the capacity for transmitting the appropriate frequency of light for stimulating hair growth. To put it bluntly: they are useless. BUT. They are much less expensive to manufacture than lasers, so many so-called "laser helmets" use them in place of *actual* lasers in order to cut costs and increase profits.

[LEARN MORE about the differences between lasers and LEDs here.](#)

 **illumiflow LASER CAP.** With the laser cap, for the first time ever, LLLT has been made available at a price point anyone can afford, in a package that is portable, lightweight, and discreet. The technology is proven. The application is *effortless*. The effect is noticeable and life altering. Just be sure to choose a cap that is FDA-Cleared for over the counter use and available for purchase without any need for a prescription. These do not need to be plugged into the wall, so moving around your house during treatment is an option.

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# A NOTE ON PRESCRIPTION DRUGS

We believe that it's important at this juncture to take a quick detour into the question of prescription drugs. While this topic could support an eBook of its own, we'll attempt to condense some of our experience-based thoughts as a summary for you here.

Many so-called hair growth medications do far more harm than good. This, of course, does not stop Big Pharma from continually pumping out more and more "miracle drugs" for the disempowered consumer to get tripped up on.

For starters, would you believe that prescription drugs are the *fourth leading cause of death* in the U.S.? Among those medications can be found popular "hair growth" options such as Rogaine (Minoxidil) and Propecia (Finasteride).

While both exhibit alarming side effects (just like most any man-made chemical-based prescription medication out there), Propecia in particular presents a telling narrative:

## **PROPECIA**

Without going into scientific detail about *why* this happens, Propecia is known to cause significant problems—especially in men. These "problems" include reduction of body hair overall, weakened sperm, problems achieving erection, significantly reduced libido, inability to gain muscle, shrunken genitalia, depression, loss of appetite, loss of confidence and motivation, and more.

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The above “side effects” are often ongoing, even after use of the drug has been terminated, which is particularly disconcerting since no long-term studies focusing on 5, 10, or 20 year effects have been conducted to date.

The drug also has notable effects on women—especially pregnant women. It is even believed that simply handling the drug while pregnant could have lasting effects on the unborn child. These sort of experiences speak for themselves and, as a result, we highly recommend steering clear of this drug.

## **ROGAINE**

Rogaine is a Minoxidil-based product. Minoxidil was originally designed to treat heart conditions but after proving primarily ineffective, was soon repackaged as a “miracle hair growth medication.”

Unfortunately, for all of its marketing savvy and initial popularity, Rogaine sports its own diverse collection of serious side effects for men *and* women including (but not limited to): dizziness, rash, breast tenderness, headache, vomiting, acne, increased hair loss, chest pain, blurred vision, diminished sex drive, irregular heart-beat, difficulty breathing, fainting, rapid weight gain, etc.

In summary, while prescription medications for hair growth might make a ton of sense from the money-hungry perspective of Big Pharma, they simply are not worth the risk from a consumer standpoint. Our staunch perspective is that prescription drugs simply are not the answer for hair loss.

Fortunately, thanks to new technologies like LLLT, there simply isn't any reason why anyone should have to rely on prescription drugs for hair restoration anymore. Discover more about *harmless* and *effective* solutions to your hair loss by continuing on to the next, and last, section of this book.

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# HOLISTIC HAIR HEALTH – H<sup>3</sup>

By now, several important points have become quite clear to you:

- **Hair loss deserves to be taken seriously.** The experience of hair loss is a serious issue, significantly impacting the lives of those who suffer from it.
- **It's probably not caused by just one thing.** The cause of any given case of hair loss may be mixed within a rather complicated soup of shifting variables, often involving factors related to genetic history, lifestyle realities (such as high stress or lack of sleep), and the quality of one's overall physical health.
- **There is a reasonable solution if you look.** Finally, it should be very apparent to you that some methods of addressing hair loss are significantly less reasonable than others.

In the last chapter, we took a quick look at everything that's out there in terms of solutions. Now that you have a broader understanding of all the options, you're in a better place to design an approach that works best for you. In this chapter, let's talk about the holistic approach that integrates a few different solutions to tackle the problem as a whole. Out of all the treatments we've talked about, this is the one we've seen to be most effective, easy, and comfortable.

- **Surgery is out.** Between the extremely high rates of investment, relatively *low* chance of long-term success, and uncom-

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fortably high risk generally associated with invasive surgeries, we have chosen to search elsewhere for the solution to hair loss. This is a simple matter of cost vs. benefit; the math here just doesn't add up.

● **Injections are out. Injections** receive an equally wide berth due to the high rates of recurring cost, relatively high risk of side effects, and the simple fact that we don't want all of those chemicals swimming around in the blood stream. Again, the view simply isn't worth the climb when it comes to injection methods for the treatment of hair loss.

● **Prescriptions are out.** If one of the primary factors contributing to the loss of hair is physical health, the last thing we need is all sorts of new "high-tech" man-made chemical compounds floating around the system. If anything, we need to go the other direction and learn how to clean the system up in support of improved overall health. And of course there's the issue of side effects.

In short, any treatment that does harm to one's body in the process of fixing one thing is not a legitimate treatment. In holistic medicine, the body, mind, and emotions are all considered when designing a treatment. With hair regrowth, it shouldn't be any different.

A holistic approach to hair health means combining the positive treatments—the treatments that have only beneficial effects—and designing a plan out of them that will optimize hair growth.

We refer to this larger plan as Holistic Hair Health, or the H<sup>3</sup> Integrative Solution.



**Ho·lis·tic** - characterized by the understanding of something as a whole system in which each individual part of that system is intimately interconnected to every other part and can only be understood fully in relation to the whole.

### H<sup>3</sup> Is Custom-Fitted to You

H<sup>3</sup> deftly combines leading approaches for non-invasive treatment of hair loss to design a holistic plan that is custom-fitted to your unique “causal map.” Your causal map is made up of all the personal, environmental, and genetic variables leading to your own experience of hair loss.

H<sup>3</sup> is a means of teaming up with the innate wisdom of the body and working in cooperation with that wisdom to support a natural process of overall healing, promote a more enjoyable experience of life, and—of course—restore your hair to its natural state of total health.

H<sup>3</sup> is the only known solution set of its kind that takes the wonderful complexity of you into account, guiding you toward a sustainable approach that not only heals your hair, but also transforms your experience of life.

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Earlier in this book we discussed our favorite phrase: *regrow your confidence*. H<sup>3</sup> is how you do that, and we can't wait to tell you all about it.

### **The Main Components of H<sup>3</sup>**

There are seven main areas that should be looked at in designing an H<sup>3</sup> solution for yourself. In some individuals, some of these areas will be stronger contributors to hair loss, and in other individuals, other areas will be stronger contributors.

#### **Diet**

Food should be your first medicine, what you eat becomes you, and can affect the health of your skin and hair follicles, as well as the length and strength of individual hairs. Eating whole nutritious foods provides the body with the best possible building blocks for luscious locks.

#### **LLLT**

Low level laser therapy has been studied to treat a number of conditions and has been time and again shown to regrow lost hair. A review of 21 relevant studies (12 of them clinical) showed that LLLT can effectively and safely reverse male and female pattern baldness. Even Consumer reports backed low laser light therapy recently citing unequivocally that it can stimulate hair growth.

#### **Stress Relief**

It's true that stress can cause hairloss, but with the type of genetic hairloss you may be experiencing, it's likely not something you need to worry about. Even so, continuous stress can be toxic to a holistic hair growth plan because everything in your body is connected. What ails your belly may ail your hair and vice versa.

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## Supplements

Diet can play a roll in conquering DHT and regrowing hair. There are a variety of vitamins like biotin, Niacin and B6 that can give follicles the food they need to produce healthy locks. Our list of ingredients to look for in a [hair regrowth supplement](#) can help you find the best mix.

## Essential Oils

Essential oils have been making headway in almost every field as people are discovering their benefits as holistic health aids. Studies that investigate essential oils effect on hair loss have shown that Peppermint oil works as well as Rogaine to regrow hair quickly when applied topically to mice. Other essential oils have been shown to block DHT and a combination of essential oils in a scalp rub can really help.

## Shampoo

Controlling DHT levels can help reduce hair loss. That technique has created a burgeoning market for DHT-blocking shampoos. Yet with any product targeted to reduce or eliminate male hair loss, there are some that have proven to be effective, while others produce little or no benefit. It all boils down to the active ingredients.

Probably the linchpin ingredient of any good DHT shampoo, Ketoconazole has been identified as an effective DHT blocker. While it's not a DHT blocker, biotin is a proven hair-growth stimulant. An extract from the berries from a type of palm tree, saw palmetto has been shown to have a mild effect on slowing DHT production. This is just the beginning, do your research to make sure you can trust what you buy.

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## **Exercise**

Studies have shown that people who exercise more are less likely to experience hair loss. Exercise pumps blood to the hair follicles and makes sure they're nourished with oxygen and protein to help hair grow faster and stronger. Make sure to get your heart pumping daily and do some yoga inversions to send more blood to your scalp.

When it comes to a lifestyle of holistic hair growth, the ideas above are just the tip of the iceberg. Make the transition easier by educating yourself on everything you need to know before you make the switch.

# NEXT STEPS

We hope this free ebook has been helpful to you, but it's only the first step on a powerful journey of self-discovery and improved quality of life. Regrowing hair takes commitment and time, but with a holistic approach that considers your overall well-being, you might just improve your life in other ways along the path.

To take the next step, go and get your LLLT device from illumiflow!

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*Thank you so much  
for embarking on this  
journey with us!*



A Practical Guide for Men & Women  
to Reverse Hair Loss... for Good!