The back “Monk Bald Spot” is from Pituitary dysfunction and excess Testosterone from lack of sexual release. The normal frontal “Male Pattern Baldness” is from excess testosterone and stress. Pliny the herbalist from Rome discovered an herb that would counteract excess testosterone. This plant is lettuce. Pliny called it the food of eunuchs. It can be used with men or women with excess sex drives and even has been used to treat sex offenders.

Hair Loss and Quantum medicine SCIO Technology

Too much massage or scratch can be a problem. Be Careful.

For oral use see below

Research Update: Low carbohydrate-high protein diets are associated with increased risk of cardiovascular disease and Baldness.

Home remedies for hair loss that actually work!

Avoid wigs or hairpieces. While these may seem like good cosmetic solutions, they may also speed up hair loss by damaging your hair follicles.

An ancient Chinese remedy for ending the bald reality

Scientists recently shook the world in an unexpected piece of news, which many years, preceded by thorough research. baldness cure NOW YOU CAN!

The famous scientist accepted an interview invitation main interviewer, Mya Allen onwards.

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Species

Hybrids

Invasive species

Medicinal properties

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Testosterone is the male hormone that acts on tissues to produce the deep voice, strong muscles and bones and genital structures that characterize men. Testosterone acts directly on these tissues—but it has negative effects on the scalp hair follicles (and the prostate) it must be converted to the hormone dihydrotestosterone (DHT). DHT production also causes hair loss,

Testosterone builds up from stress and lack of sexual release of the hormone. Why do you think Monks go Bald? A good sex life even masturbation can help a man avoid baldness.
The back “Monk Bald Spot” is from Pituitary dysfunction and excess Testosterone from lack of sexual release. The normal frontal “Male Pattern Baldness” is from excess testosterone and stress.

Pliny the herbalist from Rome discovered an herb that would counteract excess testosterone. This plant is lettuce. Pliny called it the food of eunuchs. It can be used with men or women with excess sex drives and even has been used to treat sex offenders. Mix the juice in a blender and it will keep for a few days in the refrigerator. Use it topically for baldness and orally only if there is too much sex drive.

A Small Scratch on the Scalp to just start the skin to turn Red allows Histamine release to counteract the Testosterone. Plucking or Epilation can help if done early (see page 59). Mix Lettuce Juice with Saw Palmetto and Falopia (if you can get some) rub into the scalp vigorously for 1 minute then softly for 2 minutes every other day as a cure or as a preventative.
Scalp Massage helps stimulate hair growth and blood circulation around the scalp.

Too much massage or scratch can be a problem. Be Careful

For oral use see below

**The Daily Green**

1/2 Cucumber
5 Romaine Lettuce Leaves
1 Small bunch of parsley

Ingredients and How to do it:

5 Carrots
1 Handful of Parsley
2 Radishes
6 Spinach Leaves
4 Lettuce Leaves
1 Piece of Ginger

Trims the tops of the carrots off and wash your vegetables. Put them in the juicer and enjoy. "Chew your juice"
Lettuce Berry Juice

Recipe from The Earth Diet

Hair loss? What hair loss? Not when I include vitamins E, A, C, D, E, B3, B12, B6 and B5 in my diet.
Too Little Dietary Protein can cause Baldness, and by the Law of Dualism Too Much Protein or a high Protein (Low Crab) Diet can also cause Baldness.

30 DAY LOW CARB DIET "KETOSIS PLAN"

WARNING: This can cause Hair loss
Research Update: Low carbohydrate-high protein diets are associated with increased risk of cardiovascular disease and Baldness

in ARTICLES, HEALTH & WELLBEING

Guest Article by Martin MacDonald

Are you scared after reading that blog title? Are you worried that I’ve suddenly realised that the EatWell Plate is in fact great? Fear not, nothing has changed its just another crappy study getting infinitely more media attention than it deserves. If you’ve not heard about it yet there was a big study published this week in the British Medical Journal titled: Low carbohydrate-high protein diet and incidence of cardiovascular diseases in Swedish women: prospective cohort study. Many of you got in contact through various avenues to make sure that I was aware of it ....and more importantly could I perhaps give a run down of why these results were found because “my colleague at work sent me a link to this article on the Express.co.uk website saying ‘I think you should read this.'” This wasn’t the only place it was reported, the Daily Mail and Telegraph both reported it. What is it with the papers, when is a paper going to realize that if they actually got someone qualified to write their articles they could have unique/original news stories when everyone else is writing the same old unsubstantiated crap! I’d be MORE than happy to do this for them so if you’re reading this Editors....😊
What is interesting is that the Atkins diet has been receiving the brunt of the negative attention... despite the fact that the Atkins diet is high in fat... not protein?! The Dukan diet should really have been the baddy here! Similarly, more than one person has mentioned that this study seems to refute the Mac-Nutrition message despite the fact that the only real message of Mac-Nutrition is that people should eat real food that is as minimally processed as possible. Of course this tends to mean that protein and fat are higher and carbohydrates are lower than is currently recommended by the UK government but by no means do I advocate a one size fits all or extreme diet for all... I’m boring and uncontroversial like that... 😊 (As a side note, the article in the Express actually gives the final word to an Atkins spokes person who clears it up nicely!)

So, onto this study! This study is open access and anyone, even journalists who feel they’re qualified to write on health news like Jo Wiley from the Express, can read all of it! This is not going to be my usual research update, I’m simply going to tear this utterly terrible study apart as quickly as possible because its already had too much attention. What makes the situation slightly worse is that I don’t think it is just terrible media reporting! Even the authors of the study (so called scientists) seem to be jumping head first with recommendations based on their massively flawed study.

The Study
A quick recap on some terminology: simply reading the blog title means alarm bells should ring with ‘association does not prove causation’. ‘Association Does Not Prove Causation’, ‘ASSOCIATION DOES NOT PROVE CAUSATION’... thinking about it, that would be quite a catchy ring tone, no? Randomized intervention trials on high protein diets are the ones that can show a degree of causation. Second term is ‘Prospective’ which is often seen as the best type of observational study because you’re able to get baseline readings and then ‘follow’ the subjects through the longitudinal process. At this point critics might be wondering if I’m simply throwing stones at this article because it says low carb is bad and because it is an observational study... oh no my friends... there’s more.

This study took ~43,000 Swedish women, aged 30-49 years at baseline and followed them for ~15 years. After 15 years they measured the association between incidence of cardiovascular diseases with intakes of carbohydrate and protein. They attempted to control/adjust for intakes of energy and fat intake as well as other variables such as smoking, physical activity etc.

Problem 1 – Over 15 years, diets change!
In this study, I kid you not, they only asked the women what they ate once!!! At the beginning of the 15.7 years! How has your diet changed over the last 15 years? If you’re a 47.7 year old woman reading
this post, is your diet the same now as it was when you were 30 years old? Or even better, if you’re 62.7 years old, is your diet the same as when you were 45?? OK, maybe I’m wrong and a single, weighed food diary is good enough.. but oh no, wait!

**Problem 2 – They didn’t use a weighed food diary... they used a questionnaire.**
Yes. Instead of people measuring how much food they ate, they filled in a questionnaire that asked them how many times on average they ate different foods! How many you ask? 80! There were 80 different foods and the women were asked with what frequency they ate them. Anyone see a problem?

**Problem 3 – What about foods that I eat that aren’t in the 80 on the questionnaire?**
OK, so maybe not a big problem but still not the best. So, how far back do you want me to record for?

**Problem 4 – Subjects had to remember what they had eaten in the last 6 months?**
Yup, the women were expected to record their food consumption of 80 different items over the last 6 months! Come on, you’re starting to question this study now too, aren’t you! By the way, 583 of the women couldn’t face filling in the questionnaire so were not included in the study. I’m surprised it wasn’t more!

So after all of this, the researchers gathered up all the data and then ‘converted’ this to Energy, Protein, Carbs and Fats in Kcals and Grams per day. Et Voila! We have our data set.

**Problem 5 – Doesn’t diet quality have anything to do with disease risk?**

The results of this study are based on comparing intakes of protein vs carbohydrate; that’s pretty much it. Now, some muppets out there are still saying that a calorie is a
calorie but let's assume for a minute that those people are too stupid for comprehension and that getting your carbohydrates from coca cola is different to getting it from vegetables however crazy that may seem. This study did not distinguish between getting carbohydrates from sweet potato vs a 'heart (not) healthy' nutrigrain bar or protein from billy bear ham vs grassfed beef! Oh, lastly, there is no mention of controlling for trans fat intake either... but never mind... they're only the most harmful 'food stuff' available but let's just ignore that... What's more the 'conversion' seem to bring about some dubious data...

**Problem 6 – Are you sure those numbers are right?**

If you have a look at Table 2 from the study we can see that the average energy intake of women was ~1500kcals. Something a bit fishy there, considering average population intakes are over 1000kcals higher than that! Can we speculate that perhaps some of the women ‘forgot’ how many times they had ice cream or cupcakes in the last 6 months?

**Reporting Error!**

So, with the headlines telling people that this study has proven that eating a low carbohydrate diet is bad and will give you cardiovascular disease and with the researchers telling us that those with the lowest carbohydrate intakes were most at risk... Do you care to guess what the ‘low’ carbohydrate intake in this study was? To me, very low carbohydrate is less than 20g per day... I've only had a handful of clients in this range. Low carbohydrate is 20-100g or somewhere in the region of 0.5 – 1g/kg bodyweight. Well, in this study the lowest quartile of carbohydrate intake in this study was 154.7g of carbohydrate!?

I’m going to leave it there. Hopefully you’ve got some idea of just how bad this study was. It’s a pity that Dr Clare Walton of the Stroke Association and Victoria Taylor of the British Heart Foundation seemingly thought the study was sound enough to spout off recommendations based on it and that the BMJ released an [editorial condemning lowering carbohydrate intake](https://www.bmj.com/content/358/bmj.i4745).

Edit: Just a quick update, someone mentioned an area to me that I hadn’t thought to include. Bear in mind the huge impact this study had in the media... you’d assume the figures they produced would save hundreds if not thousands of lives? Well, not so much... in real terms, if 10,000 extra people starting eating the way the people in the highest protein and lowest carbohydrate group were, there would only be an additional 4-5 cases of CV disease each year. Ridiculous.

Update: Can’t believe I didn’t include this the first time! I have a list of studies that I keep in tabs to write about if I get the inclination/time. I completely forgot about this one! [Low-carbohydrate, high-protein score and mortality in a northern Swedish population-based cohort](https://www.ncbi.nlm.nih.gov/pubmed/23670850). Remember, the study above was...
done in Swedish people (women) too! Well, it seems maybe being from the northern part of Sweden is protective against death... or perhaps as I said above, the previous study was a load of rubbish. This study also used “low-carbohydrate, high-protein (LCHP) scores” and found the following:

*High LCHP score (14–20 points) did not predict all-cause mortality compared with low LCHP score (2–8 points),*...

*For cancer and cardiovascular disease, no clear associations were found.*

I can’t get access to the full paper here to give you a critique as above but... what’s the need, I’m not saying it proves anything other than the fact that these studies are no good for drawing conclusions and they most certainly don’t deserve big media attention... although notice how this study got absolutely no attention... hmmm.
Home Remedies for Hair Growth

1. Scalp Massage
2. Rosemary
3. Castor Oil
4. Eggs
5. Indian Gooseberry
6. Lemon Juice
7. Beetroot Juice
8. Fenugreek
9. Fish Oil
10. Coconut Milk
Hair Loss and Quantum medicine SCIO Technology

MASTER in NATUAL MEDICINE

DISSERTATION RESEARCH PROJECT I – ID-901

Mr. Tadeusz Trent,

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July, 01, 2014

Subject: HAIR LOSS AND POSSIBILITY OF REGENERATION with SCIO.

My thesis is:

“Hair loss might be stopped today and the regeneration process started.”

Every research on hair loss so far seems to discuss different leaf, not noticing the tree with roots and environment.

Disclaimer: Contents of this paper should be treated as strictly hypothetical and theoretical as one of Quantum Possibilities existing in our Vast Universe. In no way information enclosed should implicate me (Tadeusz Trent) in any legal action against me. Materials used (pictures and drawings) are presented for educational purpose only. Descriptions of skin or hair regeneration results refer only to me, one person and cannot be mistaken as a regular research project, which requires many participants and lab studies.

I dedicate this work to my late parents and brother. My brother died as 3 months old child of ear infection many decades ago and yet influenced our family life tremendously. My father died of prostate cancer and there was no cure for his suffering. My mother died in Canada of lung and brain cancer in 2007.

I know that Quantum World of Medicine is changing everything in suffering department and we should spare no effort to do our best, to help solve so far unsolvable.

“Quod quid agis, prudenter agas, et respice finem.”

“What you do, please do cautiously, but look to the end.”
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2. Scalp, Periosteum, Skull Bone and circulation.  
3. Epidermis, dermis, hypodermis.  
5. SCIO/Eductor quantum biofeedback technology.  
6. Scalp hair “killers”.  
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9. Aroma Therapy – Dr. Debrah Zepf  
10. V Pillars of Health- Prof. Drouin  
11. Prof. Goswami – Supramental- Archetypes  
15. References.

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I hope to challenge you in positive way and make your hair rise.

Let us look at the following picture:
IF THE ABOVE IS CORRECT?
DOES IT SAY IT ALL? WHY WE EXPECT THAT HAIR WOULD GROW THERE?
SKIN COVERING PERIOSTEUM IS MUCH THINNER THAN AT THE REST OF OUR BODY.
CIRCULATION SYSTEM VERY WEAK, NO SUPPORT FROM MUSCLE TISSUE.
NO TERMAL INSULATION FROM COLD OR HOT WEATHER ALLOWING FOR SKIN TO OVEHEAT OR FREEZE.
DIAMETERS OF VEINS AND ARTERIES OF THE SCALP ARE TOO SMALL TO PROVIDE PROPER NUTRITION AND DETOX.
IF WE SHAVE HAIR OF OUR SCALP, WE DENY OUR SCALP LAST RESORCE OF PROTECTION, WHICH IS PROVIDED BY HAIR IN FORM OF AIR-CUSHION.
It is very natural for us, to think like allopathic doctor, as for generations we were trained to think, that whatever we are able to experience using our sensors (see, touch, smell, hear, taste) is real and exists and everything else is pure fantasy.

Maybe, because my parents never asked me, if I just saw what they just told me?

As they would never ask me to see the words they spoke and challenge me, that I can hear invisible and untouchable.

I was six years old, when once alone in my room, I would take two small nails put one in to the hole in the wall plug 240VAC, put another one and since holding separately each of them brought no experience, I touched with one finger one nail and then touched with the same finger second nail. Lucky for me, I did pull my hand disconnecting my finger from the circuit, although it was extremely difficult to do. Since then, no one ever had to explain to me what electric power really means, although it is invisible.

Even this text does not really exist, although I can see letters and words, until I will cause “collapse the wave function” by pushing “print”. Otherwise, it does not exist, at least not in this form, not even in form of binary code of “0” and “1” series, just as some low voltage (more than 3V less than 5V) or lack of it in some memory device.

I hope that I made my point as for need to learn more and more about our own “software” being all our other bodies: vital, mental, supramental and the bliss.

Picture or drawing on page nr 3 shows, that Periosteum, on which our scalp hair should grow, resembles a knee cap. We have Polish saying: “bald like a knee”. I think that someone who invented this old saying had a clue about human anatomy. Our scalp hair has extremely difficult task to set up a nest up there.

Page 4 suggests that there is no circulation on top of our heads, there is some.

“Thick skin (hairless) and Thin skin (hairy)” drawing from Wikipedia (skin) is presented there without explanation. There is plenty of information, if we look at these two types of skin. Hairy skin has:

- much thinner Hypodermis
- much thicker Dermis with hair follicles, sebaceous glands and Arrector pili muscle
- much thinner Epidermis, suggesting bigger K oxygenation factor

Epidermis in both hairy and hairless skin has no blood circulation, which is important factor to be discussed later.

Scalp’s skin circulation supplies hair follicle with necessary nutrients.

**Quantum Medicine** turns our attention to quality of this supply (**Drouin’s-Hematology**), which is one of major factors how well hair follicle is being supplied.
Standard medicine research is focused on different ways to implant new hair and stem cells, what is in line with allopathic dogma, taking care of symptoms.

However, if we look for causes of hair loss, then our first attention should be turned into Environment (Bruce Lipton).

Deep Arteriovenous Plexus quality depends on quality of Dermis and Hypodermis, but also level of calcification, fungus, bacteria and other factors. Hypodermis consists of subcutaneous fat. This fat might play very important role in baldness, as nonwhite races for example have higher content of carotene in it. Is it possible, that this is one of the reasons, why these people are less likely to lose their hair? It remains to be seen.

Epidermis seems to be the silent trouble maker.

This Journal of Physiology from 2002: [http://jp.physoc.org/content/538/3/985.full.pdf](http://jp.physoc.org/content/538/3/985.full.pdf)

sheds some light on the fact, that Epidermis although with no vasculature present is taking some oxygen from the atmosphere and transfers it to Dermis as well. It became possible to measure Transcutaneous Oxygen Flux (tcJo2). Experiments shown that there is balance being provided by Epidermis permeability, so that in case of lack of oxygen from blood supply tcJo2 will increase. In case of too much of oxygen delivered by blood supply, there will be less oxygen taken by the skin from the atmosphere.

My question is, and I do not have an answer for it just yet, what if Epidermis top section for any reason starts blocking oxygen from the atmosphere, what is happening to the hair follicles? So, further research is needed.

As major cure available to everyone now, in line with IQUIM approach, I see awareness and knowledge instead of transplants.

We could stop hair loss very quickly by teaching parents, what to do and what not to do, so that growing generation is protected from hair loss immediately, there is no need to wait.

It is our neglect, lack of awareness, lack of knowledge, and we pretend that scalp hair does not matter. I would not be surprise if soon it became clear, that lack of hair is an evidence of brewing illness mental or physical. Most of 30, 40, 50 years old guys tell me, that their baldness does not matter to them. I love to say that what I hear all the time: “I do not believe that!” I am bald so, I know how it hurts. It hurts mentally, because I look like my 20 years older version. It hurts physically, because cold feels really cold and hot feels really hot. There is one more feeling missing. You do not feel the same way, when the wind is blowing to your face.

Then let’s start working towards regeneration of scalp hair, which has to start with regeneration of skin structure, as even single hair muscles are no longer existent, if someone like me, lost hair 25 years ago.
Our experiment is so far 15 months into this field and we still have some way to go. We know that skin regeneration is possible, as my own scalp skin feels very different than 15 months ago.

- Skin became thicker. I noticed change in my scalp’s shape to be more round instead of being flat at the top.
- Skin became “tighter” – impression you never feel until you are bald. This is caused by regenerated Arrector Pili Muscles, which “dried out” when they were no longer needed. It is an amazing feeling, when your scalp starts to contract sometimes involuntarily, while you just walk up and your head rests still on a pillow, and your scalp wants to “tell you” something.
- Small white baby hair showed up few months ago. Whenever exposed to wind, I feel as having hair on my head. I did not feel it for more than 20 years. Also, even it is hard to see them, whenever someone touches my scalp, feels hair under his/her fingers. Priceless feeling for me.

In last 15 months we ran once a week 30 minutes sessions on a SCIO/Eductor for hair/baldness from Body Scan/Skin Rejuvenation Mode.

One has to be careful using this method, as it increases strength of not just scalp hair, but all hair. In case of man it does not matter. So, there might be new hair on hands, back, arms, torso and face.

Miss Marzena Wisniewska running these sessions for me, noticed that she needs to go more frequently to her hair dresser, as her hair started to grow much faster as it used to. We attribute this fact to subspace influence on the SCIO’s operator.

To increase circulation and detoxification of the scalp’s skin I am using regular hair brush, which massages skin, veins and arteries providing better life support for forming hair follicles. For the first 15 months, since we started SCIO sessions once a week, I did not use any supplements, creams, or any eternal nutrients.

**SCIO/EDUCTOR QUANTUM BIOFEEDBACK TECHNOLOGY:**

Designed by Professor William Nelson a.k.a. Desire Dubounet between 1973 and 1993 and since then upgraded, perfected and updated annually. It is registered in USA, Canada and many other countries as Neurological Device. It is absolutely unique computerized system in the World, which is decades ahead of the latest July 2014 embedded computerized solutions, which are used in military (flying drones), industry (robotic manufacturing), medicine (cyber knife) or any other sector of economy. This technology should not be mistaken by biofeedback described on many web pages and also on page 550 of Human Anatomy & Physiology, seventh edition, Elaine N. Marieb and Katia Hoehn.

SCIO/Eductor has capacity to send and measure (receive) electric signals of 0.0000000000001 Volt or Amp. Nano-technology is 10,000 times bigger. Signals are sent, received analyzed and sent again and received again with speed 250,000 signals per second. This system has automatic level adjustment controlled not only by operator but also by subconscious mind of the client. Signals are not a single frequency, but spectrum of frequencies which depend on client and operator choices depending on selected program. This technology is described in nearly 1000 pages of different medical Universities.
and research institutes, which did research evaluating it. SCIO/Eductor might serve as modality in healing process. However in reality, it is most sophisticated research tool, which allows for acceleration of understanding health issues in all directions. You could see the picture of your client’s blood, which is chosen from data base by client’s subconscious mind. Pleomorphic status of this blood and you could run many programs to correct problems with it. Capacity to repair nerves, muscles, cartilages, ligaments, bones, organs is remarkable. The most amazing quality of this technology is the fact, that it operates with signals levels, which our body will accept and will not shield itself from them. Second most fascinating is the fact, that when body has enough of treatments, system will react to subconscious protection of the client and operator will be alarmed to stop session or session will be terminated automatically. If you watched movie Elysium or Avatar, they showed some of this idea, which Nelson already finished his first system in 1989. To really describe this technology it would take few hundred pages. Even for professional electronic engineer or medical doctor (so person knows either field) it takes years to learn full potential of applications. As back in early 1970’s there was need for new professions within electronic engineering, as now there is a need for new professions, which would combine knowledge of at least these two fields: human anatomy and physiology, and electronics. Both fields should be embedded in quantum physics, quantum biology and quantum medicine.

Scalp Hair Killers following nr 1 killer - mental and physical stress:

Anemia: causes hair loss.

Biotin deficiency: more about this vitamin B influence on hair you’ll find below.

Cold: exposure of scalp skin to cold introduces physical stress to scalp circulation, which will result in loss of hair. First observation I made was the group of seamen in 1977, in which 100% of people working in cold storage rooms (minus 30 Celsius) were bald and 100% of vessels mechanics working in hot environment of engine room (plus 30 degrees Celsius all year long) had full head of very strong and thick hair.

Chemo-therapy: This would be only crown example of raised chemical toxicity of our body, which denies proper nutrients to the most fragile part of our body.

Demodex Folliculorum: microscopic mite that feeds on the sebum (oil) produced by sebaceous glands, denies hair essential nutrients and can cause thinning.

DHT: Dihydrotestosterone is being blamed for hair loss – some facts from Journal of the American Academy of Dermatology, volume 55, issue 6, pages 1014-1023, December 2006. Conclusion was that Dutasteride caused DHT to drop, testosterone level to rise, scalp hair increased growth in male pattern hair loss (MPHL). Type 1 and type 2 (5-alpha-reductase) maybe important in pathogenesis and treatment of MPHL.

Emotions: stress.
**Ethoxyguin:** Preservative for animal feed affects humans, weakens liver, kidneys, hair.

**Fungus Thrichophyton:** information source Eductor or Wikipedia. Fungus causes scalp itching, but also is related to “athlete’s foot” and “ringworm”.

**Fungus Sanukehl Thrich:** causes mycosis of hair.

**Radiation exposure:** Not just brain tumor patients. Someone overexposed to defective X-Ray machine, might also suffer from hair loss. I know the victim.

**Hypothyroidism:** Thyroid hormone influences the length of time for hair to grow. Deficiency of Thyroxin causes hair to fall out prematurely, increasing number of hair which we shed daily. Slow metabolism limits delivery of nutrients.

**Hypervitaminosis A:** Too much of vitamin A.

**Iron deficiency:** or malnutrition in general.

**Sanukehl Streptococcus:** Bacteria causing alopecia, eczema, etc.

**Selenium:** mineral, deficiency causes hair loss, grey hair, lack of detoxification of the body.

**Vitamin B2 Riboflavin:** Deficiency causes hair loss, dermatitis, eye problems.

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**Scalp Hair Rebuilding Supplements and Cures:**

**Aromatherapy:** mixture of essential oils for people with patchy hair loss due to alopecia areata.

**Bamboo:** bamboo is the richest botanical source of silica. Silica plays important role in building connective tissue, which includes hair, skin and nails.

**Biotin:** Deficiency of this vitamin B is associated with hair loss. Biotin improves the metabolism of scalp oils. Too much or too little oil on scalp can impede or inhibit hair growth.

**Borage Seed Oil:** Rich source of gamma-linolenic acid (GLA), an omega-6 essential fatty acid. GLA helps reduce inflammation within the hair follicle that can lead to damage and hair loss. It regulates sebum oil production helping relieve dry, itchy skin by increased ability of cell to retain water.

**Black Pepper seed** (piper nigrum): extract called piperine has the ability to increase the absorption of other nutrients.

**Birch extracts:** Used by Europeans the same way as nettle extracts and products to improve hair and much more: [http://www.localharvest.org/birch-leaf-or-birch-bark-tea-medicinal-herb-C16054](http://www.localharvest.org/birch-leaf-or-birch-bark-tea-medicinal-herb-C16054)

**Bitterstern Krauterbitter:** Herbal product, which stops hair loss, stabilizes digestion, absorption, PH, life force, itching, muscles pain, ear infection.
**Bu Gu Zhi fruit** (Psoralea corylifolia): Supports circulation to the scalp, improving the delivery of nutrients that encourage healthy hair growth. Antioxidant.

**Cedar, Western Red** (Thuja plicata): Anti-bacterial, antiseptic, hair, skin, Psoriasis, warts, and much more. Stephen Christensen, MD says this: http://herbalcountrydoc.com/2/post/2012/03/western-red-cedar-antibacterial-antifungal-purifier-dreamweaver.html

**Flax seed oil** (omega-3 fatty acid): Contains alpha-linolenic acid (ALA), an omega-3 essential fatty acid. ALA is anti-inflammatory and helps maintain the health of the hair follicles. It also regulates sebum oil production and increases the ability of cells to retain water relieving dry, itchy scalp and skin.

**Han Lian Cao herb** (Eclipta Prostrata): Used in Chinese Traditional Medicine to prevent premature hair greying and overall health.

**Iodine (from Kelp):** Kelp is excellent source of naturally occurring iodine, magnesium, calcium, zinc, vitamins K and B-complex. Iodine helps regulate production of thyroid hormone, which plays role in the length of time that hair remains in its dormant stage. It stimulates hair follicle to become active again and promotes hair growth.

**L-Cysteine:** Cysteine is an amino acid that helps increase hair shaft diameter and density of hair growth. It is integral part of glutathione (body master antioxidant). Cysteine plays important role in protein and fatty acid synthesis, energy production and activity of T-cells.

**L-Metionine:** improves the thickness of fine hair. Along with Cysteine it is sulfur containing amino acid, which we need to intake with our diet, to encourage new hair growth, improve flexibility and tone of skin, and chelate toxins from the body.

**Milk Thistle seed** (Silybum marianum): Contains silymarin, a powerful antioxidant that primarily supports the liver and its many detoxification processes. Healthy liver = healthy skin = healthy hair.

**MSM** (methylsulfonylmethane): source of sulfur (S) which is vital for the structural development of healthy hair and skin.

**Nettle (Urtica Dioica):** It helps to eliminate dandruff and eliminates oily scalp increasing the strength of hair, but Andrew Wiel, MD from Oregon knows much more about nettle: http://www.herbwisdom.com/herb-nettle.html

**Regenaplex nr 93a and nr 63b:** remedy for hair and nails.

**Rice Bran:** Bran is the outer layer of the grain that is removed during the milling process of brown rice to white. Bran contains over 100 different vitamins, minerals, antioxidants and amino acids that are incorporated into the protein that composes the hair shaft. Promotes stronger hair.

**Selenium:** Powerful antioxidant, which recycles another important antioxidant, vitamin E. Necessary for maintaining healthy thyroid gland function. Deficiency of Selenium is due to depletion in the soil caused by commercial cultivation techniques.
**Vitamin A:** Helps maintain healthy skin, hair and mucous membranes. Antioxidant that protects cells from free-radical damage. Reduces bacterial overgrowth in glandular ducts of the skin and scalp which decreases sebum oil buildup and inflammation. This enables hair to grow healthier and more easily.

**Vitamin C:** Important structural component of collagen and excellent antioxidant.

**Vitamin E:** Powerful antioxidant working synergistically with other antioxidants including vitamin A and C and mineral Selenium.

**White Tea leaf** *(Camellia sinensis):* Contains high levels of polyphenols, which are powerful antioxidants that protect cells, including scalp’s hair follicles, against oxidative stress and damage from free-radicals.

**Zinc** – Easily absorbed by the body in chelated form, functions as an antioxidant, strengthens the immune system. It is essential for cell growth. Zinc deficiency can cause dandruff and hair loss.

Jane Buckle, RN, PhD, president, RJ Buckle Associates LLC, unter, NY.

Medical practitioners in the United States and around the world are using distilled oils of aromatic plants medicinally. **Essential oils** activate parasympathetic nervous system, causing relaxation, which speeds healing. Clinical and scientific studies support the use of aromatherapy as an adjunct to medical care treating hair loss.

In people with patchy hair loss due to alopecia areata, essential oils helped restore hair growth, notes an Archives of Dermatology study that used a carrier oil containing a mixture of thyme (two drops), rosemary (three drops), lavender (three drops) and cedarwood (two drops).

Typical treatment: Massage the mixture into the scalp for two minutes daily.

Archives of Dermatological Research October 2008, Volume 300, Issue 9, pp 531-535,

Microencapsulated human hair dermal papilla cells: substitute for dermal papilla?

**Abstract**

**Dermal papillae (DP) play a pivotal role in hair formation,** growth and cycling. However, the number of DP is limited. In this study, we report the production of “reconstructed DP” by enclosing DP cells within an alginate–polylysine–alginate (APA) semipermeable membrane. MTT assay and electron microscopy showed that the microencapsulated dermal papilla cells retained normal activity. The microcapsules were implanted into rat footpads, which lack follicles and sebaceous glands, to assess their inductive properties. Histologic examination showed that numbers of follicle and sebaceous gland structures formed in the footpads within 6–10-week period. At the 10 weeks following transplantation, hair fibers were visible in the footpad. These findings indicate that the DP cell microcapsules retain the capacity to initiate follicle regeneration and could be considered a substitute for fresh isolated DPs.
Most common type of hair loss among women is androgenic alopecia, in which hair thins over several months in a predictable triangle pattern. It can be caused by hormonal imbalance and can be treated with a hair transplant or topical medication, such as Rogaine.

**Telogen effluvium** occurs suddenly and strikes different parts of the scalp randomly. It often occurs after women have gone on or off hormone therapy for menopause or birth control, after pregnancy or illness, during periods of stress or when certain medications, such as a blood pressure medication, are started or stopped.

**Traction alopecia** is caused by tight braids or ponytails that pull on scalp.

Mark A. Stengler, ND, is associate clinical professor, National College of Naturopathic Medicine, Portland, OR and a naturopathic physician at La Jolla Whole Health Clinic, La Jolla, CA. Ultimate Healing, volume II, 2008, pp 434-436:

“**Blame your genes** first of all. In both men and women, DHT increases in the presence of the enzyme 5-alpha reductase, which is produced in prostate, adrenal glands and the scalp. 5-alpha reductase is more likely to proliferate after age 50. When DHT is overproduced, hair follicles are damaged. Some follicles die, but most shrink and produce thinner weaker hairs that fall out. **Cortisol** is elevated in some women who suffer hair loss – study published in Journal of Clinical Biochemistry. When they learn to cope better with stress, hair growth improves. **Saw palmetto** helps block the effects of DHT on hair follicles, strengthening hair. In a study in the Journal of Alternative and Complementary Medicine, researchers used a product containing saw palmetto and a plant compound called **beta-sitosterol**. **Rosemary and lavender essential oils**: pour some of your regular shampoo into the lid of the bottle and add five to ten drops of each essential oil. Massage into the scalp and leave on three to five minutes before rinsing thoroughly. **Biotin**, a nutrient that is required for hair growth, is particularly good for brittle hair. Food sources of biotin include brewer’s yeast, soybeans, eggs, mushrooms and whole wheat. **MSM** (methylsulfonylmethane) is a great source of sulfur, an integral component of the amino acids that are the building blocks of hair protein. MSM improves the strength, sheen and health of hair. Essential fatty acids keep hair from becoming dry and lifeless by decreasing inflammation. Inflammation worsens the quality of hair follicles and essential fatty acids are needed for the proper development of hair. Food sources include walnuts, eggs, fish, and olive oil, flaxseed and hempseed and flax oils.”

**Aroma Therapy IM-400 course with Dr. Debrah Zepf (IQUIM)**: presents and explains essential oils. “Essential oils made from plants are a living substance; they have a life force of their own.” I intend to ask Dr. Debrah for her help in choosing essential oils combo for hair loss. It might speed up the process of hair regeneration and it might be good example of cooperation.

One main question remains unanswered.

**Why do we lack all these elements, which are needed for our healthy hair?**
Process does not start when we reach age 50, but in high school. Blaming genetics might be a big mistake. We have evidence, that new born child has exactly the same “portfolio” of bacteria, fungus, worms, viruses, and parasites as their mother. It seems logical but no one seems to care to look into this direction. So, we bring bacteria, fungus and skin mites with us to this world, which will make us bald later in life. Not necessary DNA.

Checking one month old and three months old babies with SCIO technology we also found another “hair rising” evidence, but it is not related to the subject at hand.

Looking for answers to the main question, we turn to IQUIM.

**Professor Paul Drouin of IQUIM** presents in IQ-300 process of Quantum Evaluation using The Five Pillars of Health:

- **Pillar of Immunity**
- **Pillar of Assimilation**
- **Pillar of Elimination**
- **Pillar of Regeneration**
- **Pillar of Oxidation and Inflammation**

It takes weeks to learn, moths to comprehend, but it benefits us for years to come.

**Pillar of Immunity:**

“The heart is absolute master. When he is strong illness don’t get in.” Heart Chakra is connected with our immunity. The most interesting period of our life is when we finish primary school and all high school years. These are the years, when our body reaches maturity and our brain tries to follow. No school except IQUIM and IMUNE noticed that brain matures at 50. Young body and brain are faced with extreme stress from all sources possible. School teachers demand from student knowledge, which in most cases they failed to teach. Parents demand results because they work hard, so that students could learn and achieve, what they failed to achieve when they were young in the first place. Growing body becomes real problem, because it starts to demand things it never needed before. All these factors throw Heart Chakra out of balance, compromising the immune system. It is stress at its best working day and night. Looking at todays’ young people we see only one person. This person has ear-phones in and is texting while sitting, eating, standing, walking or driving. To block outside world information and connect with only few trusted others. With low immune system all pathogens rule their bodies. Eczema, the beginning of hair loss, or any other physical or mental imbalance is very likely.

**Pillar of Assimilation:**

Navel Chakra: Stomach, Spleen, Liver, Gallbladder, Small Intestine and Pancreas. Our school system and social structure is based on competition. This is why negative emotions of anger, frustration, worthiness,
worry, fear, restlessness, sadness, hostility and many other throw assimilation organs out of balance. Out of balance assimilation produces malabsorption. Malabsorption leads to hair loss. Solution to this problem is very simple and offered by Dr. Bruce Lipton. This solution is cooperation not competition.

**TT Pillar of Elimination:**

Gallbladder and Liver belong to naval chakra. Large Intestine, Bladder and Kidneys belong to root chakra. Lungs belong to throat and heart chakra. Liver physical insufficiency leads to anemia, which leads to hair loss. Liver excess leads to stomach ache, constipation, diarrhea, which leads to hair loss. Gallbladder physical insufficiency leads to dry skin, excess leads to eczema both lead to hair loss. Emotions are connected in closed loop with organs. This is very the principal of controlled system in nature and technology. Emotions influence physical state of organ and state of organ influence emotions. This duality allows healer to influence physical state of the body by influence on client’s emotions. Throat chakra: Throat, Speech Organs, Lungs and Thyroid are all influenced by emotion related to ability of expression of thoughts and feelings. Blockage of throat chakra implanted in childhood or during school years by guardians and teachers will not only influence mental blockages, but also far reaching physical consequences. There are NLP programs designed by Dr. Patrick Porter to deal with these problems. Slow spinning throat chakra will cause hypothyroid, which will lead to hair loss. It will lead to lungs problems and oxygenation problems, which will lead to anemia and hair loss.

**TT Pillar of Regeneration:**

With time we age. All processes of regeneration slow down. Healing takes much longer. Hair are thinning and falling out. Thermodynamics are at their best.

**Prof. Goswami** suggests very good idea to learn to reach out to Supramental, where our Archetypes are stored. This would provide us with our youth. I strongly support this view and will study, how we could do that. In the meantime:

- Slow down – as even in electrical engineering circuit to retrieve energy from electric motor being inhibited is called “Regeneration Circuit”.
- Get of “The Grid”: stop watching TV 4 hours a day, sitting in front of PC e-mailing, texting while driving or texting all together, spend time with social media and start socializing. Social media are filled with “subliminal messages”, which make you “think” the way they want you to. TV screen is not solid picture. There are 50 pictures flashing each second and we perceive it as solid one. If one of this 50 pictures is a message “stand up, go to the kitchen, drink water” and it is being played for few seconds or a minute? You did not see anything on TV screen, yet you stand up, go to the kitchen and drink water – as you were ordered – this is subliminal message.

**TT Pillar of Oxidation and Inflammation:**

Redox reactions are taking place constantly in our body. Cell respiration is one of them $\text{C6H12O6} + 6 \text{O2} \rightarrow 6 \text{CO2} + 6 \text{H2O}$, where glucose C6H12O6 is oxidized to CO2 and oxygen reduced to water. Oxidation can also produce free radicals, which can start chain reaction. Chain reaction can damage cell. This is
why we need to know about the role of antioxidants and what are they. Inflammation might be caused by free radicals, pathogens or other harmful stimuli. Controlling inflammation and oxidation means slowing down aging and hair loss.

Above V Pillars offer many answers to questions why we lose our health and why we lose our hair.

Professor Amit Goswami in “Quantum Doctor” course answered unexpectedly my question, which I did not even know I had since 1976.

This was the most time and energy consuming year, because I had a chance to qualify for Polish National Team in rowing and I finished my thesis and passed final exams for Master of Science in Electronic Engineering. Early summer I started having severe headaches at the back of my head. I went through series of tests and checks at Student Hospital, which was being run by the best doctors from Medical Academy. Vice president of this hospital with PhD in Medical Science told me, that my headaches are caused by me writing software and that I have to change my profession, or brain tumor will grow and I will die. I was 23 years old, did not even work one day yet. I had to go to work and start earning money. So, I chose Automation side of it and spent next 35 years in it.

Professor Amit Goswami stated that Creativity takes its toll on us. So, if our job demands from us creativity? We need to find ways to relax and take long breaks from our work; he takes 3 months off each year. Otherwise, he would suffer from Severe Headaches.

This for me is an “AHA” moment.

**Morphogenetic Fields**, introduced first by Dr. Drouin in Quantum Healer, IQUIM course, have their place in Vital Body. My understanding of these subtle energetic fields is that they are like re-writable CDs or any other memory carriers, which are being updated with constantly changing organ’s status. Only last information is available to regenerate given organ as the history is lost forever.

So, if our body is introduced to constant mental or physical stress and our internal or external organs respond to it, we will age as we do.

Skin – on June 20th, 2014 at Dr. Gates’ office, Etobicoke, Ontario, Canada, Dr. Jiu (CTM) was presenting his invention – small five mica stones made according to his specifications with nano-crystals as directional energy devices, to replace needles in acupuncture. He claimed that they not only work much better, but also operator does not need special licence, as there is no puncture of the skin. Stones are simply placed on meridian points of the body and they start to work. Dr. Jiu stated, that thickness of our skin on our face and head is much thinner than skin on our hands and feet. This information is vital also in my work.

Water - Dr. Emoto’s work is presented by Dr. Drouin in Quantum Healer course.

Dr. Emoto calls it liquid crystals, others call it 4-th phase of water. This discovery is really important as water in form of liquid crystal has very special qualities. It is able to absorb and excrete. There is also
claim, that black mica as a mineral from volcanic ash is able to transform water from its liquid to liquid crystal form. This work is also done by other Japanese scientists and Dr. Brian Clement of Hippocrates Clinique in Florida uses this water. In my work it is important as possible powerful detoxifier.

In July, 2009 there was Solid State Ionics Conference in Toronto where 500 scientists from around the world presented their achievements in the field of physics. I was honored to offer my hospitality to 3 of them (professors and my friends). I asked them “why do we see all the time the same side of the moon? Does it suggest what the gravity really is?”

Professor William Nelson in his Quantum Biofeedback technology lists the following:

Flow of treatment and cure:

1. Reduce or remove the cause of disease:
   - Stress
   - Lack of awareness
   - Heredity
   - Mental factors
   - Allergies
   - Toxicity
   - Trauma
   - Pathogens
   - Perverse energy
   - Deficiency or excess of nutrients

2. Treat the organs effected or diseased.

3. Unblock the blockages to flow of life.

4. Reduce symptoms and all suffering naturally.

5. Treat constitutional and metabolic tendencies to disease patterns or habits.

Farther work has to be done to find more answers:

1. Is aroma therapy the answer to epidermis health?
2. How difficult is it to restore thyroid, so that hair would grow longer?
3. Is it possible to regenerate dermis papillae with SCIO/Eductor?
STANDARD MEDICINE APPROACH.

Nr. 1:

According to the American Hair Loss Association, two-thirds of men will experience hair loss by the age of 35. But women are also affected, making up 40% of all hair loss sufferers. Affecting self-image and emotional well-being, the condition has been a difficult one to treat. But a new study brings hope - in the form of human hair-follicle-generating stem cells.

Researchers from the Perelman School of Medicine at the University of Pennsylvania have published results of their study in Nature, where they describe the method by which they were able to convert adult cells into epithelial stem cells (EpSCs).

Although using stem cells to regrow hair follicles has been a potential technique for combatting baldness, until now, nobody has been able to produce enough of these cells.

The team says they are the first to achieve this result in either humans or mice.

Led by Dr. Xiaowei "George" Xu, associate professor of pathology and laboratory medicine and dermatology at the University of Pennsylvania, the scientists started their research by using human skin cells called dermal fibroblasts.

The rest of this article you could find here: http://www.medicalnewstoday.com/articles/271898.php

Dr. Xu explains:

"When a person loses hair, they lose both types of cells. We have solved one major problem, the epithelial component of the hair follicle. We need to figure out a way to also make new dermal papillae cells, and no one has figured that part out yet."

Nr. 2:

A study investigating a new treatment for gastrointestinal disease had an unexpected side effect: It reversed baldness.

Scientists were testing a new chemical compound on mice genetically altered to overproduce a stress hormone known as corticotrophin-releasing factor (CRF), which, among other effects, causes mice to lose their hair as they age.

After five days of daily injections of a newly developed anti-stress hormone, the balding mice were returned to their habitats. Three months later researchers went to gather up the mice for follow-up studies, but their hair-less subjects were gone.

NEWS: Early Wrinkles No Sign of an Early Grave
"It was completely unexpected," Jean Rivier, with the Salk Institute for Biological Studies in La Jolla, Calif., told Discovery News. "They couldn't identify the mice except for their ear tags. That's when they realized that they'd grown hair."

Follow-up studies on younger mice that hadn't yet lost their fur showed the anti-stress hormone actually prevented hair loss.

Rivier and colleagues have filed for a patent on the compound, known as astressin-B, and set up a company to begin raising money for development and testing.


Quantum Mechanics are making new materials, which do not exist in nature. They make carbon nanotubes, which have one atom wall thickness and 50 atoms diameter. Imagine what you read, what we are talking about. Yet, these tubes offer 100 times more strength then steel. All bridges around the world could be replaced with almost invisible thin layers of carbon, which will last forever, as corrosion or entropy law does not really apply to it.

Another application of Quantum Physics, which will revolutionize our transportation are superconductive materials, which will keep their abilities in room temperature. Superconductivity was discovered by Dutch physicist Heike Kemerlingh Onnes on April 8, 1911 in Leiden. Superconductivity means zero resistance to electric current. It also means some intriguing abilities of repelling other magnetic fields. This was discovered by two German physicists Meissner and Ochsenfeld in 1933 and called “Meissner effect”.

2+2 = Super strength material car with magnetic “overall” surface could hover above the road, which is made of superconductive material.

This new revolution seams to take long time, but set date almost 2 years ago, for the end of the World on 21-12-2012, has totally new meaning.

Dr. Bruce Lipton in his “Biology of Belief” (IQUIM course) is addressing it, calling it “Era of Cooperation”, which is replacing “Era of Competition”.

We should recover our lost talents and our abilities as humans. In the same time, we should stop “healing” people with drugs, which make them sick, do to others what we have no idea about long term results, enforce our belief system on other cultures, or modify weather, only because this is what we can do.

Lynne Mc Taggart’s “Healing Intention Experiment on April 26th, 2014”, was really amazing experiment itself, performed with IQUIM having people from 95 countries to participate in it.
Most important her statement for me: “In science, you do not have to finish 100% of your work, to share with others. If you can move forward 10 or 25% it is good enough.” At least, I understood her message this way.

I am fascinated with possibilities of any kind of organ regeneration, but most of all with possibility to regenerate hair follicle on my own head. So, even there are many months of work in front of us before final conclusions, I’d like to share our experiences and results we achieved so far.

I started to lose my hair in my early 20’s and by about 40 I had “full male baldness” and was very unhappy camper until lately.

In last years, I did not really shift my profession. I keep enhancing it, adding to my knowledge and experience in the field of electronics, physics, hydraulics, pneumatics, math (Euclid’s and non-Euclid), knowledge or science of life, which is being delivered by IQUIM. Working to solve baldness problem is fascinating task.

It seems that it was not just in the field of medicine where “Allopathic” approach, wasted last 100 years. Dividing science to “subjects and professions” does the same to the rest of science not just medical science.

There should be nothing wrong with a teacher to become a student.

Many doctors and engineers possess more knowledge in trading securities on the stock market or they know more about real estate and investments, than in their own fields of specialization. Nothing is really wrong with this. However, there is a need for interdisciplinary professions, which complement each other to describe properly such an object of interest as Human Being.

Learning Quantum Physics, Quantum Biology, Quantum Medicine and Quantum Mechanics would increase boundaries of awareness and understanding of life and the Universe.

The real revolution is happening now. IQUM and IMUNE were first in the World to offer their students new approach and new understanding of the World around us and what really matters to us and our health.

What are the real causes of disease and what are the responsibilities of doctors and patients or clients and healers.

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http://www.nutraingredients-usa.com/Research/Vitamin-E-may-reverse-male-pattern-baldness-Study


http://www.webmd.com/skin-problems-and-treatments/guide/understanding-hair-loss-basics

Coronary heart disease vs baldness research http://bmjopen.bmj.com/content/3/4/e002537.full

Prostaglandin D2 (PGD2) – near 3 times the amount in area with hair: http://www.foxnews.com/health/2012/03/21/scientists-identify-protein-responsible-for-male-pattern-baldness/


Hair loss: http://www.nhs.uk/conditions/Hair-loss/Pages/Introduction.aspx


Wave function collapse: http://www.phy.olemiss.edu/~luca/Topics/qm/collapse.html

Lorentz force (tri-vector) makes electric motor and generator possible and much more: http://en.wikipedia.org/wiki/Lorentz_force
Every day, you probably lose anywhere between 50 to 100 strands of hair which is perfectly normal, say dermatologists. It is when the hair loss exceeds this figure that we begin to notice thinning of hair or bald patches – a condition known as alopecia. Most people are likely to experience hair loss in their 30s because at this time, hormonal change, stress and an unhealthy diet take their toll. Besides trying to correct factors leading to hair loss, adopting a few herbal remedies is also helpful in facilitating hair regrowth.

**Treat with saw palmetto.** Native Americans use saw palmetto to promote healthy hair and skin. Saw palmetto also blocks the production of DHT (a metabolite of testosterone), a contributing factor to enlarging of the prostate. Because DHT production also causes hair loss, saw palmetto has been shown in some small studies to be effective for preventing hair loss in some men.

**Try rubbing your scalp with garlic juice, onion juice, or ginger juice.** Make sure you only use 1 of these juices; don't mix them. Leave the juice on your scalp overnight, and wash it out in the morning.

**Boil potatoes and rosemary in water on your stovetop.** Strain the liquid, and use it daily as a hair rinse.
Onion and garlic

The element sulphur increases the production of collagen which in turn helps the hair to grow. Onion and garlic are rich sources of sulphur and this explains why they have been used in traditional medicines for regrowth of hair.

Health.india.com tip: Chop the onion into fine pieces and squeeze the juice out. Apply to the scalp and leave on for about 15 minutes; then rinse with a mild shampoo. Crush a few cloves of garlic, add in a little coconut oil and boil for a few minutes. When this mix cools down to feel warm to the touch, apply it on the scalp with a little massaging action. Repeat this treatment two to three times a week for best results.

Coconut

When it comes to caring for your hair, coconut provides a host of ingredients that naturally condition and promote growth of hair. The milk of the coconut contains proteins, essential fats and minerals such as potassium and iron; using it regularly can reduce the breakage of hair. Coconut oil also carries the same rich ingredients and it helps to make the hair stronger right from the root, through the shaft to the tip. Regular use of this oil to massage the scalp has a protective action against hair loss.

Health.india.com tip: Grate coconut and squeeze out the milk by mixing in a little water. Apply this to the specific area where you notice thinning or balding. Allow to stay overnight and the next morning, rinse off with water. Read about other oils which help prevent hair loss.

Henna

Known for long as a natural hair colour and conditioner in the Asian countries, henna has a major role to play in strengthening hair. When combined with mustard oil, it works even better.

Health.india.com tip: Take about 250 ml of mustard oil in a tin can; add in about 60 g of washed and dried henna leaves. Boil the mixture until the leaves get totally burnt and then filter the oil using muslin cloth. Cool and store the oil in an airtight container and use it to massage hair on a regular basis.

Some people also use a hair renewal pack that consists of 1 cup of the dry powder of henna leaves mixed with half a cup of curd. Apply this to the hair and allow to dry, and then wash with cool water and a mild shampoo. If you desire beautiful hair, try these other home-made packs henna hair packs.
Hibiscus
Coconut oil and hibiscus are the secrets to the thick mane of hair we observe in people living in Kerala, India. Hibiscus has rejuvenating properties – it nourishes hair, prevents premature greying and also helps cure dandruff. Regular use of the flowers can help prevent hair loss too.

Health.india.com tip: Crush a few flowers of hibiscus and mix with sesame oil or coconut oil to make a fine paste. Apply this to the scalp and hair, leave on for a few hours and then rinse with cool water and a mild shampoo.

Amla
Packed with vitamin C and rich in antioxidants, amla is the perfect solution for most hair loss woes. Besides applying to the scalp, it is also helpful to consume it on a regular basis because the vitamin C is good for your body.

Health.india.com tip: Crush the amla fruit to extract a juice or buy the amla powder available at an herbal store. Add 2 teaspoons of the juice or the powder into an equal quantity of the juice freshly squeezed from a lime. Mix well, apply to the scalp and leave it to dry; then rinse using warm water. Also read other benefits of amla for your hair and skin.

Egg
Eggs are another rich source of sulphur; they also contain a lot of protein and minerals such as selenium, iodine, phosphorus, iron and zinc. This makes it an excellent promoter of hair regrowth especially when combined with olive oil.

Health.india.com tip: Take the white of one egg and mix in a teaspoon of olive oil. Beat to give a paste-like consistency and apply to the entire scalp and hair. Keep it on for about 15 to 20 minutes and then rinse with cool water and a mild shampoo. You can reap in benefits of egg by making other home-made egg hair packs too.

Often, hair loss may be the result of a faulty diet or even improper care of the hair. Make sure you eat a healthy and balanced diet that provides your body with all essential nutrients. Also, take care to avoid the use of harsh chemicals on your hair. Wherever possible, substitute mild herbal shampoos for the ones that contain synthetic compounds and make it a point to massage your hair with oil. With the right hair care regimen and the regular use of herbal remedies, you are sure to see an improvement in your hair condition.
Avoid wigs or hairpieces. While these may seem like good cosmetic solutions, they may also speed up hair loss by damaging your hair follicles.
The Cat In The Hat On Aging

I cannot see
I cannot pee
I cannot chew
I cannot screw
Oh, my God, what can I do?
My memory shrinks
My hearing stinks
No sense of smell
I look like hell
My mood is bad -- can you tell?
My body’s drooping
Have trouble pooping
The Golden Years have come at last
The Golden Years can kiss my ass

HAT FAIL
An ancient Chinese remedy for ending the bald reality

Scientists recently shook the world in an unexpected piece of news, which many years, preceded by thorough research. baldness cure NOW YOU CAN!

A Doctor Chan is an American-born Chinese doctor, who earned a degree in Dermatology at Stanford University School of Medicine in. After doctor exams, Dr. Chan has worked for more than 20 years, the Supervisor of Dermatology Research Institute, which is involved in clinical research, which sought solutions to seemingly incurable skin problems. One of these was the problem of baldness: partial or complete loss of hair.

He spent decades to examines the effects of various hair stimulating ingredients, until Dr. Chan found that the one component that is missing from the powerful cure, and this ingredient has been kept secret for nearly two decades. This is an extremely rare herb that only some parts of the world grow, and with the trade, and the usability was strictly regulated now. "When mixed with other medicinal elements, this herb literally a minor miracles on the scalp: the whole thing was covered new growing hairs", explained Dr Chan in a scientific conference days, Chicago, USA, held to colleagues.

20 years for Research and after countless clinical trials, Dr. Chan finally patented a unique therapy that cures baldness. Dr Chan phenomenal preparations 16 different tests were carried out and evaluated with reference to scientific or 98.7% of the cases achieved success with the treatment of baldness, and treatment of Thinning Hair. In addition, this solution "will breathe life into your hair," not only but the hair quality improves dramatically, by nourishing the scalp and rebuilds the hair follicles, ie the newly growing out hair thicker, and three times faster than women.
Ms. Allen: I welcome Professor Chan, how are you?

Dr. Chan: Good afternoon! I'm so excited! You do not need to "Professor" call me! (Laughs)

Ms. Allen: Oh, all right. Dr Chan, could you give us a few words about the discovery, which solves the baldness and hair loss mystery?

Dr. Chan: Yes, of course, it's an interesting story. Modern scholars worked as the U.S. and Europe in particular. Accustomed to believe that the high-tech equipment and chemical mixtures are not able to solve something, then there is no other ... But I was wrong. I never thought that I will find the answer to my studies in Asia ...

Ten months ago I visited an ancient Chinese village with my mother and other members of my family. My great-grandfather was born in this village, what a coincidence, right? (Laughs). I noticed one thing about the people living in the village to make her completely shocked: no one, absolutely no one had gray or balding hair! No man among them, and many of them were already 90 years old! They all have thick, healthy, and dark color was the hair and the bald reality was gone! started researching, and a few days later, I found that there is a specialized therapy that is used to say to beat him in the passing of time and preserve the beauty of their hair. It was some sort of dark green, thick syrup, which is gone down their hair and rubbed her scalp them. It really looked very disgusting! (Laughs)

Ms. Allen: What was the name of the herb, and now, why not use the medicine?

Dr. Chan: Do you really not used to Western medicine. Since the Chinese have used for centuries as this plant is dried in wound healing, skin inflammation, and against baldness. They told me the name of this plant, it's called He Shou Wu, which roughly means "panacea for all ills". The Latin
name of Fallopia multiflora. The ancient healers wanted to hide from the outside world, and is designed to stay that way until the end of time, but then I came and started asking questions!

**Ms. Allen:** Dr. Chan's why you agreed that you export to Asia, across from the herbs?

**Dr. Chan:** I trusted him because of the way it seems, I'm Chinese (Points to his face and smiles.) Trust me, because I'm a doctor. Finally, they agreed to use the herbs of their preparation for my because I understood them to the world what a lot of people who could cure her of a horrible and embarrassing predicament that you cannot heal the western medicine, and what is believed to be incurable. Wanted to help, and of course in the institute paid the herbs for them, but it was worth it!

**Ms. Allen:** Dr. Chan, there are already people who have benefited from this herbal blend of beneficial effects, and the effect of baldness on what exactly?

**Dr. Chan:** Yes, more than 1,000 of us, men and women mixed volunteered to participate in clinical testing of the product, which is held in total more than half a year. Each of them has suffered some type of baldness or impaired, and their hair was dry. Twice a week, the participants were treated hair roots, freshly washed hair. 2 months did not have it, and was startled to realize that **the participants 98.7% of started to grow out his hair.** Some began to cry ... For women who long but damaged or had thin hair, rebuilt their hair: strong, soft and became shiny hair like the models in TV, really. The results were spectacular, 98.7% efficiency: it is nearly full efficacy in the treatment of baldness and hair loss... This is a very rare scientific results!

**Ms. Allen:** One last question, Dr Chan: available already in the preparations, and what's your name?

**Dr. Chan:** I and my team have received a patent for the product, that is, what is the only laboratory in the world who has the possibility of product manufactured. Hard to find because of the strict control of the He Shou Wu amount, and therefore only a limited amount of spray can be constructed. The product is not sold in pharmacies or supermarkets or stores, or organic products distributor outlets. Only on the internet can be purchased the product **through the official website**, and if one is lucky enough, then we can accept the order and brought him home in a few days. I had FulFix I laugh in the product, because that's exactly what you do: solve all your hair problems. It is the only natural solution is to bald or thin hair healthy, shiny, thick, new hair do. It is a promise of what nature has given, and also held. This is a result of what has never before reached no hair in an efficient way.
Fallopia

Fallopia as described by de Loureiro is a synonym of Grewia. "Fallopia" is also the name of a character on the TV show Saul of the Mole Men.

Fallopia dumetorum - from Thomé, Flora von Deutschland, Österreich und der Schweiz, 1885

Scientific classification

Kingdom: Plantae
(unranked): Angiosperms
(unranked): Eudicots
_Fallopia_ is a genus of about 12–15 species of flowering plants in the family Polygonaceae, often included in a wider treatment of the related genus *Polygonum* in the past. The genus is native to temperate and subtropical regions of the Northern Hemisphere. The genus includes herbaceous perennial plants, herbaceous vines, and woody vines.

Several species are serious invasive weeds, notably Japanese knotweed in Europe and North America (see below).

The genus is named after Gabriello Fallopio, or Fallopius, who was the superintendent of the botanical garden at Padua. He was also an acclaimed anatomist, being considered a founder of modern anatomy along with Vesalius and Eustachius.

_Fallopia_ species are used as food plants by the larvae of some Lepidoptera species including _Coleophora therinella_ (recorded on _F. convolvulus_).

### Species

- **_Fallopia baldschuanica_** Russian vine; mile-a-minute vine; China fleece vine; fleece flower; silver lace vine (syn. _Fallopia aubertii_, _Polygonum baldschuanicum_, _Polygonum aubertii_). Eastern Asia.
- **_Fallopia cilinodis_** fringed black bindweed (syn. _Polygonum cilinode_, _Bilderdykia cilinodis_). North America.
- **_Fallopia convolvulus_** Black-bindweed (syn. _Polygonum convolvulus_, _Bilderdykia convolvulus_). Europe, Asia, northern Africa. _F. convolvulus_ var. _subalatum_
- *Fallopia cynanchoides* (syn. *Polygonum cynanchoides*). Western China.
- *Fallopia dumetorum* copse bindweed (syn. *Polygonum dumetorum, Bilderdykia dumetorum*). Europe, Asia, northern Africa.
- *Fallopia forbesii* (syn. *Polygonum forbesii*). Northern China, Korea.
  - *F. japonica* var. *compacta*
  - *F. japonica* var. *compacta* f. *rosea* Hort.
  - *F. multiflora* var. *hypoleuca*.

**Hybrids**

Crosses between Japanese knotweed and giant knotweed have occurred where the two species grow in close proximity. The hybrid, *Fallopia × bohemica* (syn. *Polygonum × bohemicum*) is known as Bohemian knotweed.

*Fallopia × conollyana* (*F. baldschuanica × F. japonica*) is called railway-yard knotweed.

**Invasive species**
Several invasive species of knotweed form large thickets like this.

Many knotweed species, particularly Japanese knotweed, giant knotweed and Himalayan knotweed are considered noxious, invasive pests. Like many such weeds, Japanese knotweed was introduced from Japan first into the U.K., then into North America in the 19th century as an ornamental plant.

Some knotweeds grow extremely quickly during the spring; giant knotweed can reach 4.5 m by summer, Japanese knotweed 3 m, and "dwarf" Himalayan knotweed 1.5–2 m. In Japan, Japanese knotweed is known as itadori, or "strong plant". Some species can spread rapidly from an extensive network of rhizomes (roots that can sprout) spreading from 7–20 m from the parent plant and at least 2 m deep. Root and stem fragments as small as 1 cm can form new plant colonies. Floods and high water events wash whole or partial plants into rivers and creeks, dispersing pieces of knotweed throughout the flooded area and banks, which give rise to new plants. As with other invasive species of plants, freshly disturbed soil allows the rapidly growing young knotweed plants to outgrow other plants and take over the area, suppressing other species. Cutting, mowing, digging and some herbicide treatments, especially in early to mid growing season, fail to curb knotweed growth and in fact often stimulate the production of shoots from latent buds dispersed on the root crown or rhizomes.

Medicinal properties

Recently, Japanese knotweed (Fallopia japonica, syn. Polygonum japonicum, Polygonum cuspidatum, Reynoutria japonica) and others have been used to exploit their high concentrations of trans-resveratrol in the plants' stalks. Previously associated with and identified mainly in the skins of red grapes, resveratrol is currently under study in a number of research projects investigating its reputedly powerful antiaging properties.
External links

- Species Profile - Japanese Knotweed (*Fallopia japonica*), National Invasive Species Information Center, National Agricultural Library. Lists general information and resources for Japanese knotweed.
- Japanese Knotweed Alliance (UK)
- Recipes "Wildman" Steve Brill
- Strategies for the Eradication of Japanese Knotweed.
- Japanese Knotweed (*Polygonum cuspidatum*) - A Noxious Weed in Washington
- Knotweed page on KnottyBits.com
- Cornwall Knotweed Forum
- Control advice from the Royal Horticultural Society
- Adive on the Eradication of Japanese Knotweed

 Male Health
The Naked Truth About Baldness
Distressed about hair loss? It can be treated.

By Harvey Simon, M.D., Harvard Health Publications

It lacks the pain of a heart attack, the threat of prostate cancer, and the complications of high blood pressure. Still, despite the best efforts of Michael Jordan and all of the trendy guys who've followed his shiny-scalp example, millions of men are distressed by hair loss.

What's normal?

A man’s scalp is covered by about 100,000 hair follicles. During the normal hair-growth cycle, each follicle passes through a two- to three-year period of growth, followed by a period of involution and rest that lasts from three to four months. During the involution phase, some of the follicles die, which is why a healthy scalp loses about 100 hairs a day. But most of the follicles get back to growing new hairs, so a man's hair stays full—unless something goes wrong.
Abnormal hair loss

Hair follicles contain living cells; like all cells, they can be damaged. Damaged follicles stop growing hair. If the problem is mild, the follicle recovers and resumes hair growth. For example, severe physical or emotional stress can damage hair follicles, halting hair growth. That's why people often lose hair two or three months after a major illness or traumatic life event. This type of hair loss is called telogen effluvium. It's easy to recognize with a simple pull test: If you can extract more than five or six hairs with a single pull, you're likely to have telogen effluvium, and your hair is likely to grow back within a few months, even without treatment.

But severe damage may permanently stop hair growth. For example:

- Medication can damage hair follicles; chemotherapy drugs are the leading examples. Less often, toxic chemicals, radiation or infection can cause hair loss.
- Skin diseases that leave scarring can also lead to hair loss that may be permanent.

These problems are all uncommon. Contrary to popular belief, common woes like seborrhea (a skin condition marked by an itchy red rash and white scales) and dandruff do not cause hair loss.

Male-patterned baldness

Call it androgenic alopecia, and it sounds like a disease. But by age 50, half of all healthy men have male pattern baldness. It may cause anguish, but it's just part of the human condition, an accident of genes and hormones.

Male pattern baldness usually begins with a receding hairline, a bald spot at the top of the scalp, or both. It may start as early as ages 15 to 20 or as late as ages 40 to 50. It can progress slowly or swiftly, producing anything from thin hair to complete baldness that usually spares the sideburns and collar area.

Why me?

Most experts believe that one gene is responsible for androgenic alopecia, but it has variable penetrance, so it's more likely to produce hair loss in some men than others. The abnormal gene can be passed down from a mother or father to sons or daughters. But men are much more likely to suffer from the gene's activity because they have the second requirement, testosterone.

Testosterone, of course, is the male hormone that acts on tissues to produce the deep voice, strong muscles and bones and genital structures that characterize men. Testosterone acts directly on these tissues—but to act on the hair follicles (and the prostate) it must be converted to the hormone dihydrotestosterone (DHT).

DHT stimulates the growth of hair follicles in the beard and body, but it has the opposite effect on the scalp. Add DHT to the right (or wrong!) genes and you've got male pattern baldness.
Treatments for baldness

Doctors don't think of male pattern baldness as an illness—but 33 million American men are troubled enough to spend about $1.5 billion a year on treatments.

Some men turn to scalp surgery and hair transplants, others to wigs and toupees. But the Holy Grail is a pill or potion that can cover a shiny pate with a man's own hair.

In 1989, the U.S. Food and Drug Administration cleared the shelves of many worthless products marketed to gullible and vulnerable men for generations. But two medications remain standing; both can help, but neither is a miracle cure for baldness:

- **Minoxidil** tablets are a prescription drug for hypertension. But for more than 10 years it has also been available as Rogaine, a nonprescription lotion for hair loss. It works by prolonging the growth phase of hair follicles that are still active but its benefits last only while you use it regularly. Rogaine is more effective for bald spots than receding hairlines, but it's only partially effective at that. In one study, 36 percent of men who had used the product for several years felt it was worth the time and money. According to the manufacturer, Rogaine should be applied twice daily. Scalp irritation can occur; dizziness and low blood pressure are less common side effects.

- **Finasteride** is an oral prescription medication that blocks the conversion of testosterone to DHT. It is marketed as Propecia, which is a 1-milligram tablet. (The 5-milligram tablet is known as Proscar, and is prescribed for benign prostatic hyperplasia, or BPH.) Propecia was approved largely on the basis of four studies. Although the drug had positive results, they were hardly dramatic. For example, after a year of treatment, men taking Propecia had an average of 876 hairs in a one-inch circle on the scalp, while those taking a placebo pill had 769 hairs. In another trial, 50 percent of men taking Propecia and 30 percent of men taking a placebo pill thought their appearance had improved. Because Propecia cannot revive hair follicles that are inactive, it won't help men who are already bald. Men who find the drug helpful will have to continue taking it indefinitely to maintain even modest improvements. Propecia is generally safe, but 1 to 2 percent of men experience diminished sexual drive (libido) and potency, which rebound when they stop taking the drug.

To treat or not to treat?

From a medical point of view, there is no need to treat male pattern baldness. At best, the treatments are expensive and only partially effective. Although treatment is generally safe, some men may experience side effects. Take a look in the mirror and think it over. And before you decide, try to imagine Michael Jordan, Bruce Willis or Chris Daughtry.

More About Hair Health:

- What to Expect When You Get Older
- Hair Transplantation Surgery
- The Hair-Raising Myth About Shaving
- Bing: Hair Loss Products
The Hair-Raising Myth About Shaving
The truth about hair growth and the timing of your first shave.

By Robert Shmerling, M.D., Harvard Health Publications

When I was a teenager, my friends told me I should put off shaving as long as possible because shaving makes your hair grow back faster, thicker and darker. So the sooner I started shaving, the sooner I’d have to shave every day. They were right. Before long I was shaving daily and if I skipped, it showed. Of course, over the course of a year or two, that was true of all my friends.

So, is it true that shaving makes your beard grow faster? Is it true that girls should delay shaving their legs as well? Does shaving affect hair growth? If not, why do people believe this myth?

How hair grows

First, let’s talk about hair growth. The real action happens below the skin’s surface, in the hair follicles. A hair follicle is a specialized gland just beneath the skin where a shaft of hair is produced. The color, length and consistency of a hair are determined in the hair follicle. The number of hair follicles determines the number of hairs over a given patch of skin, which is a key determinant of hair thickness.

There’s nothing you can do by cutting a hair shaft at the surface of the skin that will alter how quickly it grows back. You also can’t alter its color or texture. And certainly shaving doesn’t increase the number of hair follicles, which is the only way to increase hair thickness. That’s true whether the hair is located on the face or the legs. The only thing shaving does is shorten hair.

So my friends were wrong: Shaving doesn’t make hair grow back faster, thicker or darker. They were simply repeating what they’d heard from friends or family who had equally unreliable sources.

Origins of a myth

It’s easy to assume that when one event follows another, the first one caused the second one. But that may be faulty reasoning. People start to shave when hair becomes noticeable in places they’d rather not have hair. We shave because hair is growing darker, thicker or faster. Shaving does not make that happen.
This myth may also follow from the practice of pruning plants and trees, which is intended to stimulate the growth of new branches. Hair, however, grows strand by strand, from a single hair follicle, without branching.

Another reason for this myth is that stubble — shaved hair that is just starting to grow back — is sharper and more noticeable, and may feel thicker, than hair that's grown out for a while.

**What really calls the hair shots**

If you've ever wondered why hair stops growing (for example, when men become bald) or why it turns gray, it's due to changes in the hair follicle. Hair follicles are influenced by the genes you inherit from your parents, your hormones, and your age. Hair follicles may be programmed to quit making hair or to stop producing pigment. Hair changes over time, whether we like it or not. Your hair will grow until it stops, turn gray when it's ready and fall out on its own schedule.

If thinning hair is the problem, the only highly reliable way to increase the thickness of your hair is to add hair follicles. That's what cosmetic surgeons do: they transplant hair from where it's growing normally to bald or thinning areas.

Other treatments are less reliable but may be effective for certain types of hair loss. For example, minoxidil (Rogaine), applied to the scalp, may improve the health of hair follicles by opening up blood vessels around them. It can be used by men or women. Finasteride (Propecia) delays the death of hair follicles by blocking dihydrotestosterone (DHT), an enzyme related to testosterone. Finasteride is approved only for men with male-pattern baldness.

Sometimes, hair changes are due to more than just getting older:

- An underactive thyroid can make hair coarse or dry and vitamin B12 deficiency may accelerate the graying of hair.
- Cosmetic treatments, such as perms, ironing, or coloring can damage hair and unintentionally change its color or appearance.
- The chemicals used to kill algae in a swimming pool or the copper in the water or pipes are thought to make light-colored hair temporarily turn green.
- Pregnancy can alter the growth cycles of your hair follicles, temporarily causing a reduction in hair loss that may make your hair seem thicker. Then, after you give birth, an alarming loss of hair may follow. While it's perfectly normal to lose this hair, noticeable thinning or baldness doesn't commonly occur after a routine pregnancy.

**The bottom line**

You may want to delay shaving simply because there's a lifetime of shaving ahead of you once you start. But delaying your first shave (or any other shave) will not change how your hair grows or how soon you have to do it again.

So shave as often or as rarely as you like. But once it grows back, don't blame its appearance on when you started shaving. It just doesn't work that way.

\Male infertility correction tips
Few experiences can compare to the joy of bringing a child into the world. And virtually nothing is as distressing as trying to make a baby—and failing.

Infertility is the inability to conceive a child within 1 year. A variety of factors contribute to infertility, including genetics, health conditions, and lifestyle choices. And while infertility may be traced to a single cause in either you or your partner, it can also be caused by a combination of factors, from infection to stress to medications.

If you and your partner have been unable to get pregnant, you're far from alone. Overall, 2.1 million married couples face infertility. About one-third of infertility cases can be attributed to male factors, and about one-third to factors that affect women. For the remaining one-third of infertile couples, infertility is caused by a combination of problems in both partners or, in about 20 percent of cases, is unexplained.

While you and your partner will want to see a doctor to determine the exact cause of your infertility, there's a lot that you can do on your own to increase your odds of conceiving a child. Try one or all of these tips.

**Say Bye-Bye to Briefs**

It really is true: It's better to wear loose, baggy underwear that allows your testicles to "breathe," says Dr. Giudice. "Briefs raise the temperature of a man's testicles, which can kill sperm or can decrease the ability of sperm to fertilize an egg."

**Stay Out of Hot Tubs**

Hot tubs can be detrimental to a man's fertility because the intense heat can kill the sperm in his testes, says Dr. Stillman. Steam rooms are fine, however.

**Try Proxeed**

Men with low sperm count may want to try this dietary supplement, specifically designed to optimize sperm quantity and quality. It contains L-carnitine and acetyl-L-carnitine, which play a role in the process of sperm development, maturation,
and maintenance. "Some urologists and infertility folks recommend that men with low sperm counts try it," says Dr. Giudice. "There may be something to it." Proxeed is available online, directly from the manufacturer.

**Break Out the Condoms**

If you're not currently in a monogamous relationship but want to have children someday, use a condom—every time. Sexually transmitted diseases such as chlamydia and gonorrhea, which often cause no symptoms, can cause infertility in both men and women.

**Don't Overdo the Deed**

Having sex until you're ready to drop will not increase your chances of conceiving, says Dr. Stillman. "In fact, having sex four or five times a day is counterproductive." That's because a man's sperm count drops dramatically right after ejaculation, and it typically takes 48 hours to reach pre-ejaculation levels.

**Pump Up on Protein**

Daddy wannabe's should consider filling their plates with fresh fruits and vegetables. The nutrients they contain may help "grow" healthy sperm. Here's why. A preliminary study conducted at the Cleveland Clinic Urological Institute's Center for Advanced Research in Human Reproduction and Fertility suggests that abnormally high levels of free radicals may cause infertility in some men. Free radicals are "crippled" oxygen molecules that are generated naturally by our body processes. They damage healthy cells—and, possibly, sperm.

"Sperm require small amounts of free radicals to fertilize an egg," says study author Ashok Agarwal, Ph.D. "But too many free radicals can damage the sperm's cell membrane and DNA, compromising the sperm's ability to fertilize."

The researchers theorize that antioxidant vitamins, such as beta-carotene, vitamin C, and vitamin E, may benefit the sperm of men under high oxidative stress—for example, smokers and avid exercisers—because these vitamins may help neutralize free radicals.

**Drink Lightly or Not at All**

Research shows that men who consume large amounts of alcohol can impair their fertility. A heavy drinker may end up with a damaged liver. Estrogen levels rise in men with liver damage, which can often cause impaired sperm production.

Slide show content includes excerpts from *The Doctors Book of Home Remedies* (Rodale, 2003).

Panel of Advisors

*Ashok Agarwal, Ph.D., is director of the andrology laboratory and sperm bank at the Cleveland Clinic Foundation in Ohio.*

*Serafina Corsello, M.D., is medical director of the Corsello Center for Complementary-Alternative Medicine in New York City. She is the author of The Ageless Woman.*

*Linda C. Giudice, M.D., Ph.D., is director of the division of reproductive endocrinology and fertility at Stanford University.*

*John Jarrett, M.D., is a reproductive endocrinologist in Indianapolis.*
What is Alopecia Areata?

Alopecia areata is a hair loss condition that causes the rapid onset of round patches of baldness. The cause of alopecia areata is unknown, although in some cases, alopecia areata has been associated with autoimmune diseases.

People are often in good health. In approximately one-fifth of people who develop alopecia areata, there is a family history.

Natural Remedies for Alopecia Areata

In most people with alopecia areata, hair usually grows back within a year without any treatment. The following are some natural remedies that have been explored for alopecia areata.

1) Essential Oils

A double-blind, placebo-controlled study examined the use of a combination of essential oils or a placebo oil in 86 people with alopecia areata. The combination oil was a mixture of thyme, rosemary, lavender, and cedarwood essential oils in a mixture of carrier oils (jojoba and grapeseed). This oil was massaged into the scalp daily. The control group used only the carrier oils for their massage, also daily.

After 7 months, 19 (44%) of 43 people using the essential oil blend showed an improvement compared with 6 (15%) of 41 people in the control group. Although no side effects were associated with the topical application of essential oils, they may cause allergic reactions in some people.

2) Onion Juice

A study published in the Journal of Dermatology examined the effectiveness of onion juice or placebo in people with alopecia areata. Twenty-three people with alopecia areata applied the onion juice twice daily for two months, and 15 people applied tap water twice daily for two months.

People in the onion group began to experience regrowth of hair after two weeks of treatment. At four weeks, hair regrowth was seen in 17 (73.9%) people and at six weeks, hair regrowth was observed in 20 (86.9%) people. Improvement was significantly higher among males. In the tap water control group, hair regrowth was apparent in only 2 people at 8 weeks.

3) Hypnosis

A preliminary study explored the use of hypnosis on hair growth and well-being in people with alopecia. The study involved 28 people with extensive alopecia areata, alopecia totalis, or alopecia universalis who did not respond to previous conventional treatments.
After treatment with hypnosis, all patients had a significantly lower score for anxiety and depression. Hair regrowth of 75% to 100% was seen in 12 people after 3 to 8 sessions of hypnotherapy. Total regrowth occurred in 9 of these 12 people. In 5 people, a significant relapse occurred.

There were major limitations to this study, however, including the small size of the study, the lack of a placebo group, and the fact that the study was not double-blind. Larger, well-designed studies are needed.

12 Natural Remedies that Boost Hair Growth

- Michelle Schoffro Cook

Hair loss affects both men and women. While genetics plays a role, there are other factors, including: hormonal imbalances, an underactive thyroid gland, nutrient deficiencies and insufficient scalp circulation. Here are 12 natural remedies that can help boost hair growth:

Cut back on meat: Hormonal imbalances are a primary culprit in hair loss. Japanese researchers also link excessive sebum production in the scalp to high levels of 5-alpha reductase. Their research indicated that animal fat intake may increase sebum production.

Add the herb saw palmetto: A study in the Journal of Alternative and Complementary Medicine reported that saw palmetto (serenoa repens) may increase hair growth in men. Hair growth improved in men taking 400 mg of a standardized extract of saw palmetto and 100 mg of beta-sitosterol (from saw palmetto) daily. Historically, saw palmetto has been used by herbalists for hair loss in both men and women.
Address a possible underactive thyroid gland (hypothyroidism) which can cause thinning hair: Add sea vegetables like kelp, nori, dulse, kombu and wakame, all of which are rich in iodine may be helpful to balance this condition. Avoid drinking tap water since it typically contains fluorine and chlorine, two chemicals that inhibit iodine absorption. You may also want to supplement with 100 mg or 1 mL of the herb bladderwrack (focus vesiculosus) daily. Work with a qualified holistic health care professional if you suspect a sluggish thyroid gland.

Get enough essential fatty acids: Essential fatty acids from walnuts, flaxseeds, fish and avocado are also important for healthy hair.

Boost biotin: Biotin encourages hair and scalp health. Dietary sources of biotin include: nuts, brown rice and oats.

Boost keratin production with MSM: Methylsulfonylmethane aids in the production of keratin (a protein in the hair) while doing double-duty to strengthen hair follicles. In one study 100 percent of people who supplemented with MSM showed reduced hair loss and increased growth in only six weeks.

Rejuvenate hair follicles with B-complex vitamins: 100 mg daily of a B-complex supplement that includes biotin and vitamin B6 can reduce hair thinning by increasing scalp circulation and rejuvenating hair follicles.

Rev up collagen production with vitamin C: Collagen surrounds the hair strands but as we age collagen breaks down, causing hair to be more vulnerable to breaking. The best way to boost collagen is not through some expensive medical procedure, it’s by getting more vitamin C. Foods high in vitamin C include: citrus fruits, strawberries and red peppers. Supplementing with 250 mg daily can help boost collagen production which has the added bonus of reducing wrinkling.

Prevent breakage with vitamin E: Vitamin E is required to nourish damaged hair and to prevent breakage. It aids the body’s ability to manufacture keratin within hair strands to reduce breakage. Supplementing with 400 IU of vitamin E can be helpful to restore locks.

Eat foods rich in iron: Iron is also essential for hair growth and can be found in blackstrap molasses, green leafy vegetables, leeks, cashews, dried fruits, figs, and berries. To help your body absorb iron, you’ll need enough vitamin C.

Give your hair a mineral boost: The minerals silica and zinc are also critical for hair growth. Take 500 mg of silica two times daily and 30 mg of zinc once daily.

Boost scalp circulation with rosemary essential oil: Rosemary essential oil has been traditionally used to increase circulation to the scalp. Add a few drops per dollop of shampoo or, better yet, add a few drops of rosemary to coconut oil and massage your scalp regularly.
NATURAL HAIR GROWTH

Coconut oil
Eggs (Biotin)
Horsetail
Lavender
Lemon grass
Peppermint
Rosemary

facebook.com/stepintomygreenworld  pinterest.com/mygreenworld

The Magic of Mayonnaise

- Apply a liberal coat on your hair, from root to tip.
- Rinse and shampoo after 20 minutes.

BENEFITS
Restores sheen and locks moisture in the hair.
The Only Hair Type Chart That Matters

Forget the hair typing system based on curl pattern as it doesn’t really help you look after your hair. Strand texture and thickness is what really matters.

**FINE HAIR**
- Seal with light oils like coconut.
- Hard protein treatments periodically plus light protein and moisture conditioners.
- Finger detangle exclusively if possible. Be gentle.
- Remain natural and use herbal color like henna.
- Do simple protective styles like updo’s and buns. Braid and twist gently.
- Use heat very infrequently and at low temperatures.

**COMBINATION HAIR**
- Seal with medium coating oils like extra virgin olive oil.
- Light protein and moisture conditioners. Hard protein treatments when necessary.
- You can both finger detangle or use a wide tooth comb. Be gentle.
- Remain natural or texturize your hair lightly. Use henna or use regular hair color sparingly.
- Do styles like updo’s, braids, twists and sew ins. Be gentle.
- Use heat sparingly at low to medium temperatures.

**COARSE HAIR**
- Seal with heavy coating butters like shea butter.
- Opt for moisturizing conditioners and steam treatments. Protein only when necessary.
- You can both finger detangle or use a wide tooth comb. Be gentle.
- Remain natural or texturize your hair. Use henna or use regular hair color sparingly.
- Do styles like updo’s, buns and sew ins. Try more extravagant braid styles but be gentle.
- Use heat sparingly at medium temperatures.

BlackHairInformation.com
Top 10 Home Remedies for Frizzy Hair

- Carbonated Water
- Coconut Milk
- Avocado
- Beer
- Apple Cider Vinegar
- Lemon & Honey
- Mayonnaise
- Bananas
- Olive Oil

18 Home Remedies for Curing Hair Loss

- Amla Juice & Lemon Juice
- Curry Leaves, Lemon Peel, Shikakai Powder, Fenugreek Seeds, Green Gram Seeds
- Margosa Leaves & Water
- Amla, Reetha, Shikakai & Eggs
- Coconut Oil, Amla Juice & Half Lemon Wedge
Baldness might actually have a cure, but it involves plucking the remaining hair, a new study says. Researchers from the University of Southern California found that out eliminating hair can lead to the growth of more hair. They tried plucking (Epilating) 200 hairs in a specific pattern on a mouse's back and 1,300 hairs grew right back.

Lead researcher Cheng-Ming Chuong said that the meticulous experiment is a good model of how one basic research can be very valuable and that it could lead to new treatments for the alopecia, another name for hair loss, according to CBS. The research team believes that the method relies on a stimulate system called “quorum sensing.” Once the hair follicle is damaged by plucking, it triggers a release of inflammatory proteins which sends out a kind of distress signal, which attracts certain molecules that promote hair growth in both undamaged and damaged follicles.

Chuong said that their findings might have broader implications. For instance, they theorize that minor damage to body organs might stimulate regeneration, but it is not as observable compared to hair growth. However, some are still skeptical over the new study, which is published in the Cell journal, according to Medical News Today. Professor Chris Mason from the University College London in U.K. said that the researchers are smart for pointing out quorum sensing in their hair regeneration study. But, there is still no clear and direct evidence on its effectiveness for human hair growth. Instead, Mason advised that men, or even women, do not wait until they go completely bald before opting for hair growth treatments and medicine.

The study follows another hair regeneration research from the Sanford-Burnham Medical Research Institute in January where the potential of pluripotent stem cells is highlighted.
Painful baldness cure: Regenerate hair by plucking what's left

13:29 10 April 2015 by Michael Slezak

Losing your hair? Paradoxically, the answer to growing it back might be to pluck a lot of it out. Better yet, the finding – in mice, so far – could lead to a drug that supplies the gain without all the pain.

"Each hair follicle undergoes seasons," says Cheng-Ming Chuong from the University of Southern California in Los Angeles. Its "anagen" phase is like summer – during that stage the stem cells in the hair follicle are active and make the hair grow longer. It then undergoes a rest phase where it doesn't grow and then one where the hair falls out.

As people – particularly men – start to lose their hair, the growing phase gets shorter and the rest phase gets longer until the stem cells don't become active at all, says Chuong. For almost a century, people have known that plucking a hair can make that particular follicle start growing again. But that's a zero-sum game, so of little use to balding people.

But now Chuong and colleagues have found that if you pluck out enough hairs in mice, it triggers a widespread reaction where a whole patch of hair flips back into the growth phase.

Chuong says that there is a kind of threshold effect. The skin treats one plucked hair as a "micro-injury", and only prompts that one follicle to regenerate. But when you pluck enough, you get a coordinated
response, where a whole region of skin regenerates its hair follicles. Chong says the hair follicles collectively decide when that threshold has been reached via "quorum sensing", a type of communication used by social insects and bacteria. They found the optimum response – where the most hair was regenerated with the least plucking – occurred when they plucked 200 hairs in a circle 5 millimeters in diameter. In that case, they were able to get 1300 nearby hairs to regenerate into the growing phase.

Delving into the mechanisms, Chuong found that when one hair is plucked, it sends out a distress signal – an inflammatory cytokine called CCL2 – which normally triggers that follicle to regenerate. But pluck enough hair and the CCL2 accumulates, triggering a signal that prompts a widespread regenerative response.

When they repeated the experiment in mice genetically engineered not to have some of these cytokines, the wider regeneration didn't happen.

Going...going

Will it work in humans? "That's the obvious six million dollar question," says Nadia Rosenthal from Monash University in Melbourne, Australia. She says unlike humans, mice grow hair in waves, which means they could have more coordination between hair follicles, making this effect possible only in mice. "And these were healthy young mice – not balding old mice," she notes. Even if the same effect is seen in people, Annemiek Beverdam of the University of New South Wales in Sydney is unconvinced that this could help people who are already bald. "Baldness is caused by an ageing stem cell population and the loss of hair follicles mostly from excess testosterone. You may be able to slow down progressive hair loss using therapeutics based on this finding by getting in there at the earliest signs of hair loss," she says. "But once bald means bald forever, unfortunately."
However, both Rosenthal and Beverdam are excited by the suggestion that immune signals are responsible for triggering the regeneration effect. "This quorum-sensing mechanism that they've uncovered may extend beyond the skin to other organs," says Rosenthal, noting that how tissue regeneration is coordinated is often a mystery. "It might be a general principle that, if more completely understood, could be manipulated to increase regenerative capacity beyond just hair follicles."

"It is another demonstration that the immune system acts as a vehicle for communication within an organism," says Beverdam. "It is becoming increasingly accepted that this may actually be the main role of the immune system, rather than fighting infection and disease alone."

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Hope this helps your hair and your sex life
it has helped mine

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