Hair Care Information

The most common cause of hair loss is a hereditary condition called androgenic alopecia, also known as male-pattern baldness or female-pattern baldness. It usually occurs gradually with aging and in predictable patterns — a receding hairline and bald spots in men and thinning hair in women. Other conditions can also cause baldness.

Micro needling on the head for hair loss is sometimes used in conjunction with platelet plasma therapies or with Rogaine. Micro needling is proven very effective at enhancing absorption of topical hair medicines and may have other beneficial effects. This study compared men with androgenic alopecia that were placed in one of two groups(1). One group received micro needling and Rogaine, the other only received Rogaine, compare:
Rogaine can take over 6 months to “work” and when it does work, it grows in tiny feathery hairs that require more months of application to cause the hair to become regular looking hair. Rogaine is about 62% effective but hair loss occurs upon discontinuation of use. It is clear that the micro needling group had a much faster and greater effect than Rogaine alone.

Researchers from this study claim the needling method also works by stimulation of stem cells and inducing activation of growth factors(1). My approach is slightly different, instead of using needling plus Rogaine, I use needling plus proven hair growth herbs and essential oils.

Scalp needling has also been found to be effective for alopecia areata in multiple studies(2)(18). In one study body acupuncture + oral herbs was found to be 84% effective at growing hair for alopecia areata patients, adding 7 star hammer increased the effectiveness to 91%(17).
Herbs:
Polygonum 14 formula, 3 gram spoons 2x daily, proven hair growth herbs polygonum and eclipta constitute the main bulk of the formula.

Polygonum and eclipta have been shown repeatedly to increase hair growth substantially when used topically and when consumed. (3)(4)(5)(6)

Add hong hua as 5-alpha-reductase inhibitor which prevents conversion of testosterone to DHT.

Add dan shen to increase circulation.

Add green tea because it inhibits 5-alpha-reductase conversion of normal testosterone into DHT, can drink daily too.

Spearmint tea for women with androgenic hair loss, binds to testosterone to prevent DHT formation. Helps prevent excess facial/body hair growth too (hirsutism). Treats PCOS infertility by reducing testosterone and increasing fertility hormones (FSH, LH, estradiol). Drink 2 cups daily. (22)(23)(24)

Hair Oil: Apply to scalp daily. The hair oil contains the essential oils proven 44% effective for hair growth for alopecia: atlas cedar, lavender, thyme, rosemary and peppermint(7)(19)(20).

One patient with alopecia areata after 7 months of daily diluted essential oil application(7):

Although this study excluded participants with androgenic alopecia, the researchers actually gave the diluted essential oil mix to those excluded participants and noted that they had substantial hair growth over the course of the treatment, showing that the essential oils are useful for androgenic alopecia as well.
The carrier oils of our hair oil are also heavily infused with nettle(12)(13)(14), hibiscus(10)(11), horsetail(13)(14), polygonum(3)(4), and eclipia(5)(6) because they are all proven to stimulate hair growth substantially. This herbal combination has been found to be 65% effective for hair growth.

The recommended method is to apply the oil and then place a warm damp towel over to enhance absorption. Do this each night.

**Scalp Massage every day**, brings circulation to the hair follicles and is proven to aid hair growth(8).

**Diet:** Try to reduce sugars, alcohol, and refined carbohydrates to control DTH (dihydrotestosterone) levels. DHT is an androgen responsible for miniaturization of hair follicles leading to androgenic hair loss (male and female pattern baldness). An increase of blood sugar causes a release of more insulin affecting the hormonal balance in the body. Higher insulin levels can lead to reduced sex hormone-binding globulin (SHBG) levels which are needed as they bind to DHT and stop it from binding to hair follicles and causing hair loss.

**Stress reduction:** Stress can affect hair growth (9).

**Formula found to be 75% effective at growing hair(15)(16):**
Liquid Hair
Dan shen- brings circulation to the area
Hong hua- 5-alpha-reductase inhibitor, blocks DHT for hair loss
He shou wu- shown to cause hair growth on the head when used both topically and internally
Ren shen- shown useful for hair growth, an adaptogen, reduces cellular stress
Chuan Xiong- brings circulation to the area
Tao ren- brings circulation to the area
Dang gui- nourishes blood for hair loss
Huang qi – tonifies qi for hair loss

**For alopecia areata and any type of alopecia OTHER than androgenic**, get checked for metal and dust mite allergies. Remove offending allergens to prevent relapse of hair loss.

**Derma roller** size 0.25: delivers microneedling, roll 10-20 times over each affected balding area, do this 2 times per week. Apply Liquid Hair and/or Hair Oil before or after needling. Use Liquid Hair and/or Hair Oil each day. Hair should emerge within 4
months. Soak roller in alcohol after each use, use for one month then throw away and
buy a new one. The derma roller has been shown to increase the absorption of creams
and topicals by 500%. The needling also improves circulation as shown by doplar.(21)

**Maintenence-** Unless the client is using herbs to control DHT levels, maintenance is
needed for androgenic type hair loss. Hair Oil is great for maintenance, gentle but
effective. A couple drops after a shower is all that is needed. Shampoo and conditioner
are a good option, also for people who don't want to use hair oil. If relapse occurs, like
after many years, a short course of Hair Lotion can be used.

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