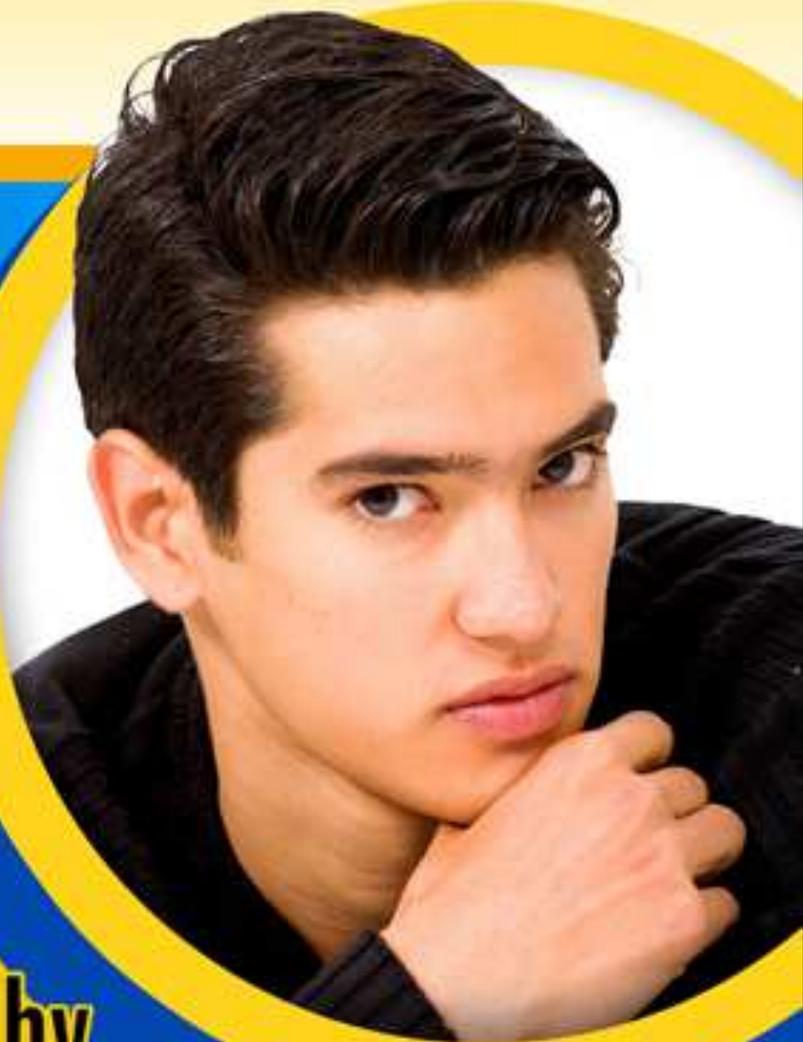


**THR Presents**  
**Hair Again!**  
**Re-Grow Your Hair Naturally**



**By John Kelby**

# “HAIR AGAIN!”

## *Reverse Hair Loss and Restore Your Hair!*

*By John Kelby*

### FOREWORD

I talked to many hair loss victims when I started writing this guide. Most of them went through all the same things you’re probably going through: being self-conscious, trying different ways to hide it, feeling self esteem eroding, wondering if people were commenting about it behind their back. They thought about trying different treatments like hair transplants, minoxidil, procepia, rubbing their heads with garlic...anything that might give them even a slight edge in slowing down the ever-growing tangles of hair left behind in their hair brush.

There are lots of old wives tales, most of which sound silly. There is also lots of well-meaning advice being given, none of which gave me, or the others, much hope. Most of us read and researched on the internet and spent way too much money on ebook’s. Some of them have helpful advice; others were just full of useless junk or are so dry and clinical that they are impossibly boring to read.

I wrote “*Hair Again!*” to put together everything I learned in one easy to read and really useful book. If I can save you the endless hours of reading, researching, going down blind alleys, getting discouraged, wading through the nonsense and the hype that I went through, wouldn’t it be worth it? One thing’s for sure: I would have given almost anything to have all this information put together in one place for me like it is in “*Hair Again!*”

And let’s get realistic for a moment. We’re all different, so something that worked for me might not work for you. That’s why you’ll find a variety of methods and approaches in “*Hair Again!*”. And another thing: this isn’t a quick fix (unless you want to buy a hair piece – there’s info on that too!). This book is about lifestyle and nutritional changes that actually work to slow down and even stop hair loss while stimulating the growth of new hair. So once you find something that resonates with you in “*Hair Again!*”, be patient and give it a dedicated try for 60 to 90 days. You didn’t begin to go bald overnight, so give your system a chance to recover and get back on track by being consistent.

I’m always interested in your comments and in particular, your SUCCESS with the techniques in “*Hair Again!*” We’re always updating our information and we’d love for your story to be part of it, especially if you have “before” and “after” pictures to share.

Anyway, dive in and GOOD LUCK with your new head of hair!

Sincerely,

**John**

**Disclaimer:** Use some common sense. The author is not a medical professional. He is an experienced researcher providing information for educational and informational purposes only. The author assumes no liability for your use of this information should you elect to apply it. If your hair loss or your health is outside the norm, see your health care provider immediately. "Hair Again!" is not intended to be a substitute for competent medical care, nor does it make any claims medical or otherwise regarding hair loss or hair restoration. Any reference to brand names does not constitute an endorsement of that product. While most of the information contained in "Hair Again!" is useful for men or women, women who are nursing, pregnant or hoping to conceive should consult their health care providers prior to taking any of the supplements mentioned. Because everyone is different, the results you attain will be according to your unique body chemistry and the level of consistency and commitment you apply to healthy hair practices.

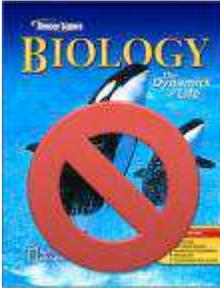
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# Chapter One

## Great Expectations: What You Will Learn in “Hair Again!”



This isn't a biology text book, so we'll only spend a little time going into what your hair is all about and look at some reasons why it might be falling out. I'm assuming you want to get started today, so in the first chapter you'll find a simple, powerful and effective technique for cleaning your scalp, stimulating your hair follicles and making your hair look great. This one tip alone worked great for many and I'm hoping you'll take the time to try it for yourself.

I'll cover the basic types of hair loss that come from your DNA or are caused by disease. That way you'll get an immediate handle on what your particular form of hair loss is as well as the best way to address it. Because many types of hair loss come from stress, you'll learn some simple but effective ways to handle the stress that may be affecting you.

What are your options? You'll learn the basics about wigs, transplants, various therapies and some of the most popular hair loss remedies and why they might not be a good idea for you. You'll also learn about a powerful and effective Native American hair tonic, with complete instructions for making it and using it. I'm a big proponent of natural products and therapies. They are almost always less expensive, are easy to make and to use, and best of all, **THEY WORK** with minimal or no side effects.

Now I realize you may not have the same mindset I do, so I've included some quick and easy over-the-counter remedies you can try today. Brands come and go so I can't guarantee you'll find everything I've listed in this section, but these are the most popular and readily available brands. You'll learn some tips on how to use them and even how to get your favorite brand for less.

Do you realize you may be starving your hair? You'll learn all about the Healthy Hair Diet: delicious foods that support healthy hair growth and slow down hair loss, and what foods you should consider losing instead of your hair! Supplements are really important for ensuring that proper nutrition is getting to your hair. You'll find a detailed list of supplements that have helped me and others that you can print out for handy reference. There's even information on homeopathic remedies that have proven to be effective.

In The Natural Approach section (my favorite), we'll dive into a sea of natural lotions, tonics and other remedies you can easily make at home. These are

recipes that work for me and for others – there's bound to be something here that'll work for you. Why poison your body with chemicals or throw your endocrine system out of whack with artificial hormones? Do you really want the side effects that come along with those treatments? In my opinion the point is that putting your body back in balance with natural substances allows it to heal itself. And when your body heals itself, that's the kind of healing that lasts.

What kind of hair do you have? Your hair type will determine what type of care you need to give it. You'll also learn about a simple scalp exercise that revitalizes your hair follicles and moves you toward getting your hair loss under control.

Putting it All Together details a regular daily plan for getting back to a full head of hair. You'll learn about the Fifteen Minute Healthy Hair Habit, the "Hair Again!" Maintenance Program and Getting That Tingly Feeling – more hair and scalp exercises that you'll want to try.

C'mon – let's get started!

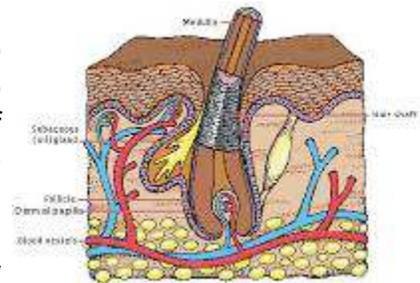
## Chapter Two

# Introducing – Your Hair!

Understanding what your hair IS will help you understand how to reverse hair loss and how to work your way towards a healthy head of hair. I'm not going to get into a scientific discourse here, but there are some things you'll find helpful to know.

### How Does Your Garden Grow?

Each of your hairs grows out of a follicle, a bulb-shaped structure at the base of the hair which anchors it into the scalp. The dermal papilla (I promise I won't get too technical on you) feeds the follicle through a network of fine blood vessels drawing blood from deeper inside the scalp.



If the blood supply is obstructed, your hair can't grow properly. And if there aren't the right kinds or right quantities of nutrients in the blood, your hair will be weak, perhaps even refuse to grow. Start adding blood-borne toxins into the mix and the hair you still have begins to fall out.

We'll address all these problems with simple and practical methods that will turn your hair problems around in short order. Meanwhile, let's get back to the normal hair you have.

### The Life Cycle of a Hair

Every hair on your head starts growing at the rate of about half an inch a month. If you're generally healthy, an individual hair will keep growing for about five to seven months before it goes into a resting phase that lasting about three months. About 15% of the hair on your head is in its resting phase and sheds at the rate of around a hundred hairs per day, while about 85% of your hair is in its growing phase at any given time. At the end of its three month resting phase, the hair gives up the ghost and falls out.

A new hair begins growing in its place – if the hair follicle is healthy and unclogged - and the entire cycle repeats itself.

### It's a Balancing Act!

Remember the seesaw you played on as a kid? Imagine one shaped like an "X" that balances in four directions. That's the way your hair is. Healthy hair is

balanced in its four essential components: protein, acid balance (pH), sebum and moisture. Too much or too little of one or more of these components and the seesaw tips, giving you a bad hair day.

You already know what your hair looks like when it's healthy. It's shiny and manageable, right? That means the hair's surface is smooth and nonporous, which comes from healthy protein levels, your scalp is properly protected by its acid mantle, the hair is properly lubricated with sebum and it has the right moisture content.

Let me explain.

**Protein** Healthy hair is about 97% keratin, the same protein that makes up your fingernails. There are any number of factors that can damage the structure of your hair, causing it to lose keratin. When that happens, your hair becomes weak and brittle.

**Moisture Content** The moisture content of your hair can be as low as three percent if you live in the desert or as high as fourteen percent if you live in the tropics. It all depends upon the humidity of the air, but when its moisture content is correct, your hair will be elastic and easy to manage. Too little moisture and the hair's fibrous structure is compromised, becoming brittle, tangled and easily broken.

**Sebum** Your skin has sebaceous glands that secrete sweat, ear wax and a very important substance in the scalp called sebum. This natural oil travels by capillary action up the hair, just like the mercury in a thermometer. Sebum protects your hair against sun, rain and wind, seals in the hair's moisture and lubricates the hair externally, keeping friction and wear at a minimum.

When your sebum is messed up, so is your hair.

**The Acid Mantle** The fourth component is the acid mantle, the environment on your scalp and on the surface of each hair. When you mix sweat and sebum, the resulting acid/alkaline balance (pH) leans slightly towards the acid, producing the ideal pH for healthy hair. When everything else is in balance, a healthy acid mantle means strong and flexible hair.

Believe me when I say there's plenty more technical information about hair, in fact way more information than you need or even care about. This basic information however, will help you understand just why the exercises, lotions, tonics, nutrients and other approaches in "*Hair Again!*" can work for you.

**This old remedy worked for me and my friends, and I bet it will work for you too.**

## First Things First

Something's out of balance with your scalp and your hair, otherwise you wouldn't be having the problems you're having. What needs to happen first is for you to clean your hair and scalp of excess sebum, stimulate the blood supply to the hair and clean out your pores and follicles.

If you take the time to incorporate the routine I'm about to share with you and stay with it for two to three weeks, you'll lay the groundwork for the other methods in "*Hair Again!*" to really take hold and go to work for you.

## The Old Standby: OLIVE OIL!

One of the most common hair problems is an excess of sebum clogging your hair follicles, your hair and your scalp. Now, you can spend all kinds of money on expensive oils and shampoos if you want, but it's been proved down through the years that pure olive oil does an excellent job of cleaning out your follicles and restoring your scalp's integrity.



Olive oil is a monoglyceride, which is why it's a great choice for anyone wanting to eliminate cholesterol-producing oils from their diets. It is easily used and assimilated by your body and by your hair. And if you're plagued with dandruff, as most hair loss sufferers are, olive oil's antioxidant properties will quickly neutralize the bacteria that may be aggravating your condition.

Olive oil is also a terrific natural lubricant. When you use it to massage your scalp, the excess sebum will begin to break up and migrate away from your clogged follicles. At the same time, any buildup of dead skin or other matter clogging your pores will break up and be washed away.

## How to Do It

It really doesn't matter what type of olive oil you use. Just get whatever brand is available.

Each night before you go to bed:

- 1) Warm up a capful or two of olive oil on your fingers by briskly rubbing the fingers of both hands together for about ten seconds.
- 2) Gradually work over your entire scalp using your fingers, not your palms, vigorously massaging your hair at the roots and working the olive oil into your

scalp. This will clean out your hair follicles. Add more olive oil to your fingers and warm up as needed.

3) Once your entire scalp has been thoroughly massaged, begin working the olive oil from the roots out to the tips of your hairs. Just use the oil already present, no need to add more.

If you use the right amount of oil, most of it will be absorbed and you won't need to worry about staining your pillow. If you're worried about it, just lay a towel on your pillow for now until you get the feel for the right amount of olive oil to use.

That's it! Just go to sleep and in the morning, shower and shampoo as you normally do. You'll wash out all the broken-up sebum and other junk loosened by the massage and your scalp will start coming alive again.

You'll want to make this pleasant massage a habit each night for the next two weeks in preparation for the other therapies in *"Hair Again!"*. You're laying a solid foundation on which to rebuild a healthy head of hair.

### Puttin' the Pig to Work

One of the most valuable weapons you can have in your hair restoration arsenal is a boar bristle brush. If you've never seen one before, a boar bristle brush uses the stiff hairs from a wild boar's back instead of using synthetic bristles. You'll spend a bit more money on a genuine boar bristle brush than you would on a synthetic one, but it will last you for years. And there's no need to break the bank buying a 100% boar bristle brush. You can also get mixed natural/synthetic brushes for a lot less and still enjoy the benefits of the boar bristles.



Boar bristle has a unique property that synthetic brushes simply can't replicate: it will very effectively drag the sebum away from the roots while giving your scalp a great massage. Also, the boar bristles continue the same job they had on the pig's back: retaining moisture and repelling oils. Your boar bristle brush will also trap dirt and particles as you brush, so you'll want to clean it regularly with shampoo and let it dry thoroughly before each use.

A boar bristle brush is easy to use. Simply brush your hair from roots to tips and watch the sebum getting properly distributed over the surface of each hair where it belongs instead of clogging your follicles. Your hair will begin to shine and become flexible and strong. The old wives' tale of brushing your hair 100 strokes each night probably has some validity. I never took it to that extreme, but you'll

discover that a thorough, firm but gentle brushing will begin to work wonders for your hair and leave your scalp tingling.

You'll want to be certain to untangle your hair before brushing by using a wide-tooth comb or your fingers, because a boar bristle brush won't untangle your hair. You'll just snag and break hair unnecessarily. Brush in small sections, working from the roots to the tips with long, firm strokes.

Boar bristle hair brushes are easy to find in any store that has a hair care section. You can also go online and find some great brushes. My hair stylist swears by the hand-made Mason Pearson brushes, and, I have to admit I really like the one I have. But you don't have to spend a ton of money on a boar bristle brush. Just Google "boar bristle hairbrush" and you'll get inundated with varieties in all price ranges, from 100% bristle to natural/synthetic mixtures.

So, what kind of hair loss is bugging you? We'll find out in chapter three!

## Download The Complete Hair Again Program Today!



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