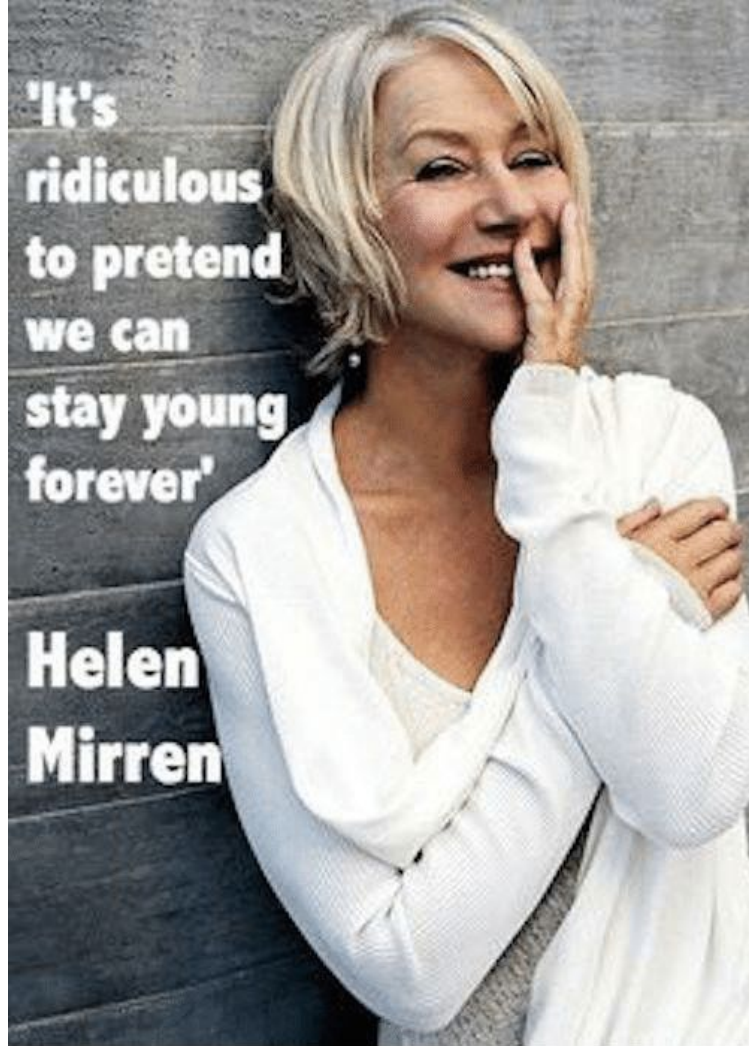


Whole Life Expo 2019

Feed Your Beauty

**'It's
ridiculous
to pretend
we can
stay young
forever'**

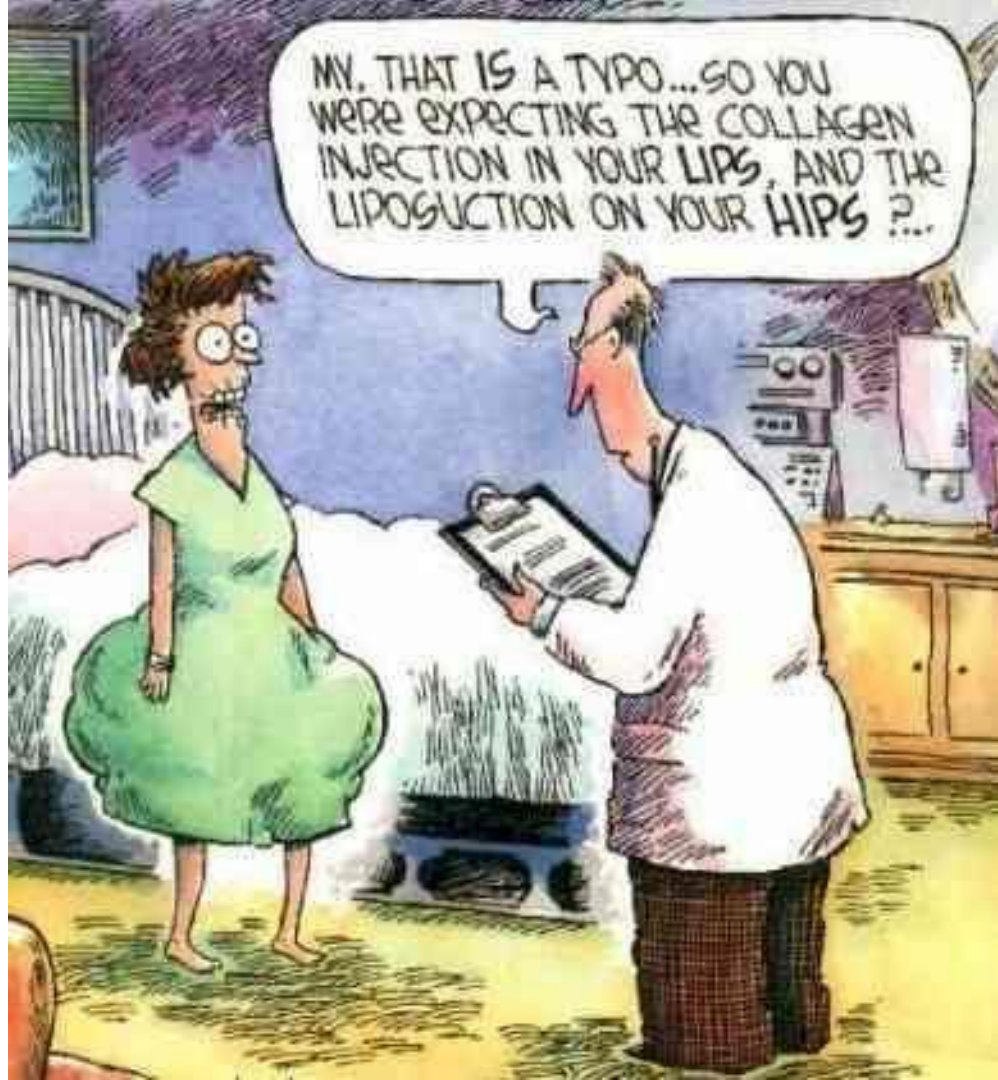
**Helen
Mirren**



Protect

Prevent

Restore





**When you choose high-quality delicious foods,
your body will reward you with a trim figure
and a longer, healthier life. After all, what
you put in your body is the best recipe for
staying sexy forever.**

- Suzanne Somers -



suzannesomers • Follow
Palm Springs, California

...



Liked by selmablair and 5,872 others

suzannesomers Here I am at 73 in my Birthday Suit!!!

© Suzanne Somers/Instagram

JANUARY 2011:
THE FIRST BABY
BOOMERS
TURN 65...



FAR OUT!
THE OLD
UNIFORM
STILL
FITS!

RRRPP!

ENCORE
HORSEY
© 2011
THE
HART
NEWSPAPERS

Challenges & Opportunities

- We're Living Longer
- Babyboomers want to stay youthful and active into their senior years
- Our bodies contend with more toxins than ever before
- We also have more access to more anti-aging technologies and resources than ever before from around the globe

When it comes to healthy aging and beauty....

People want:

1. Beautiful Hair
2. Strong, Beautiful Nails
3. Radiant Skin
4. Healthy, Robust Connective Tissues

“I’VE ELECTED TO AGE GRACEFULLY.”

ALANA STEWART

© Lifehack Quotes

Risk Factors for Accelerated Aging

- Increased reliance on pharmaceutical drugs for symptom control with their manyfold side-effects
- Certain pharmaceutical drugs deplete already-low nutrient profiles (if you're not following a healthy diet and lifestyle)
- Soil Erosion and Nutrient Depletion caused by Big Agribusiness Model
- Stress (Cortisol, Nutrient Depletion, Early Menopause, 401 Traffic, Bills, The pressures of Adulting, Uncertainty in the Economy, Caring for aging parents, the rise of Chronic Illness)
- Environmental Toxins (Food, Air, Water; Heavy Metals, Smog, Car Exhaust, Air Pollution, Pesticides, Herbicides, Fungicides, Plastics, Parabens)
- Dietary Factors (Dehydration, Too much Sugar, Too many processed foods)
- Lifestyle Factors: Smoking, Excessive Alcohol Consumption

"We combined all your medications
into ONE convenient dose."





"...which in turn will cause side effects of nausea, for which I'm giving you Trylitol, which will induce temporary blindness, which I'll counteract with..."

Nutrient Depletion Caused by Pharmaceutical Drugs

Long term use of certain medications can cause nutrient depletion.

Trust your nutritional supplement needs to professionals:

It is important that you take your medication as directed by your prescribed.

Drug Class	Name Brand Examples	Nutrients Depleted
Ace Inhibitors	Lotensin, Capoten, Vasotec, Monopril, Prinivil, Univas, Accupril, Altace, Mavik, Asceon	Zinc
Antacids	Pepcid, Tagament, Zantac	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc
Antibiotics	General Aminoglycosides, Cephalosporins, Penicillins, Tetracyclines	B Vitamins, Vitamin K, Calcium, Magnesium, Healthy Intestinal Bacteria, Iron, Vitamin B6, Zinc
Anti-depressants	Adapin, Aventyl, Elavil, Antidep, Pamelor, Sinequan, Nopramin	Vitamin B12, Coenzyme Q-10, Folate
Anti-diabetic Drugs	Micronase, Tolinase, Glucophage	Coenzyme Q-10, Vitamin B12, Folate
Beta Blockers	Catapres, Aldomet, Corgard, Inderal, Lopressor, Betapace	Coenzyme Q-10
Contraceptives	Norinyl, Ortho-Novum Triphasil, etc.	Vitamins B2, B3, B6, B12, C, Folate, Healthy Intestinal Bacteria, Magnesium, Zinc
Corticosteroids	Cortone, Hydrocortone, Deltasone, Prelone, Azmacort, Medrol, Decadron, Celestone	Vitamins C, D, Folate, Calcium, Magnesium, Potassium, Selenium, Zinc
Diuretic, Loop	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
Diuretic, Thiazide	Hydrodiuril, Diuril, Zaroxolyn	Magnesium, Potassium, Zinc, Coenzyme Q-10, Sodium
Estrogen	Premarin, Prempro, Premphase, FemHRT, Activella, Ortho-Prefest, Cenestin, Estratab, Menest, Estrace, Ortho-Est, Ogen, Estinyl	Vitamins B2, B6, C, Folate, Magnesium, Zinc
NSAID's	Aspirin & Salicylates Motrin, Naprosyn, Clinoril, Feldene, Voltaren, Lodine, Orudis, Toradol, Relafen, Indocin	Vitamin C, Iron, Potassium, Folate
Proton Pump Inhibitors	Aciphex, Nexium, Losec, Prevacid, Pantoloc, Protonix, Prilosec OTC	Vitamin B12
Statin Cholesterol Lowering Drugs	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Coenzyme Q-10, Magnesium, Potassium
Vasodilators, Direct	Apresoline, Loniten	Vitamin B6, Magnesium, Calcium, Potassium, Zinc, Coenzyme Q-10

Symptoms of Premature Aging

- Hair Loss
- Wrinkles
- Cellulite
- Brittle Nails
- Feeling tired all the time
- Depressed mood
- Reduced interest in Sex
- Reduced interest in life

Causes of Decline

1. The Aging Process Itself: Decline in Glutathione, Decline in Collagen Levels, General Wear and Tear
2. Nutritional Deficiencies (Vitamins, Minerals, Macronutrients)
3. Low Antioxidant States (increased free-radical damage)
4. Toxicity (Toxic Beauty Products that contain parabens, sodium lauryth sulfate, etc. Toxic Air, food + Water, Pharma)
5. Stress (particularly long-term distress)

Commercial Western Approach

- Outside-In Approach
- Toxic-Beauty: Lotions, Potions, & Creams
- Cosmetic Surgery (often costing thousands)
- Botox (a neurotoxin, expensive)
- Pharma: Viagra, Pain Medication, High Blood Pressure Pills to control symptoms of Stress, HRT
- Ignores Nutrition
- Neglects the role of the mind (Mind-Body Connection)

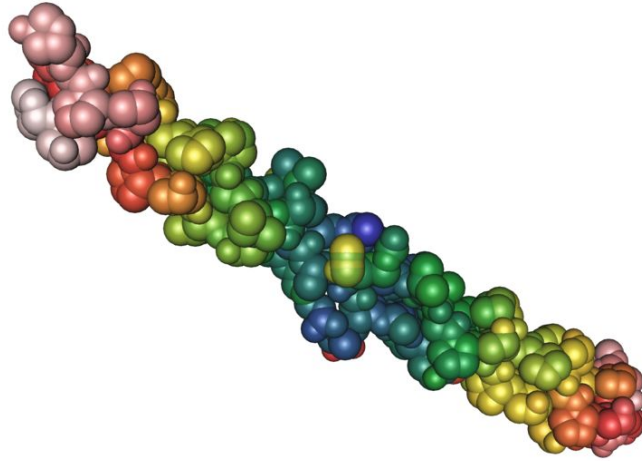




The Power of Nutrition & Lifestyle Modification

- The Power of Collagen: Bovine, Marine
- The Power of Silicea (Vegan Collagen Booster)
- The Power of Vitamin C
- The Power of Biotin
- The Power of Antioxidants: E, L-Cysteine, Glutathione

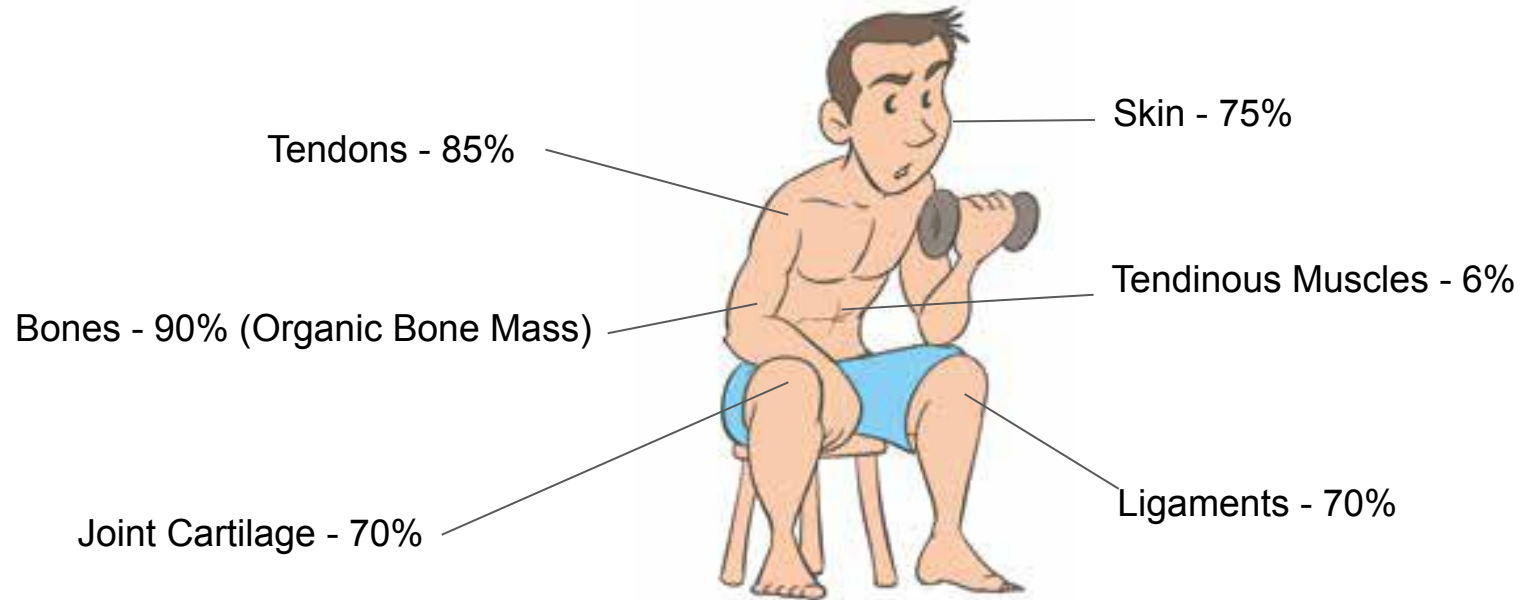
COLLAGEN



Facts about collagen

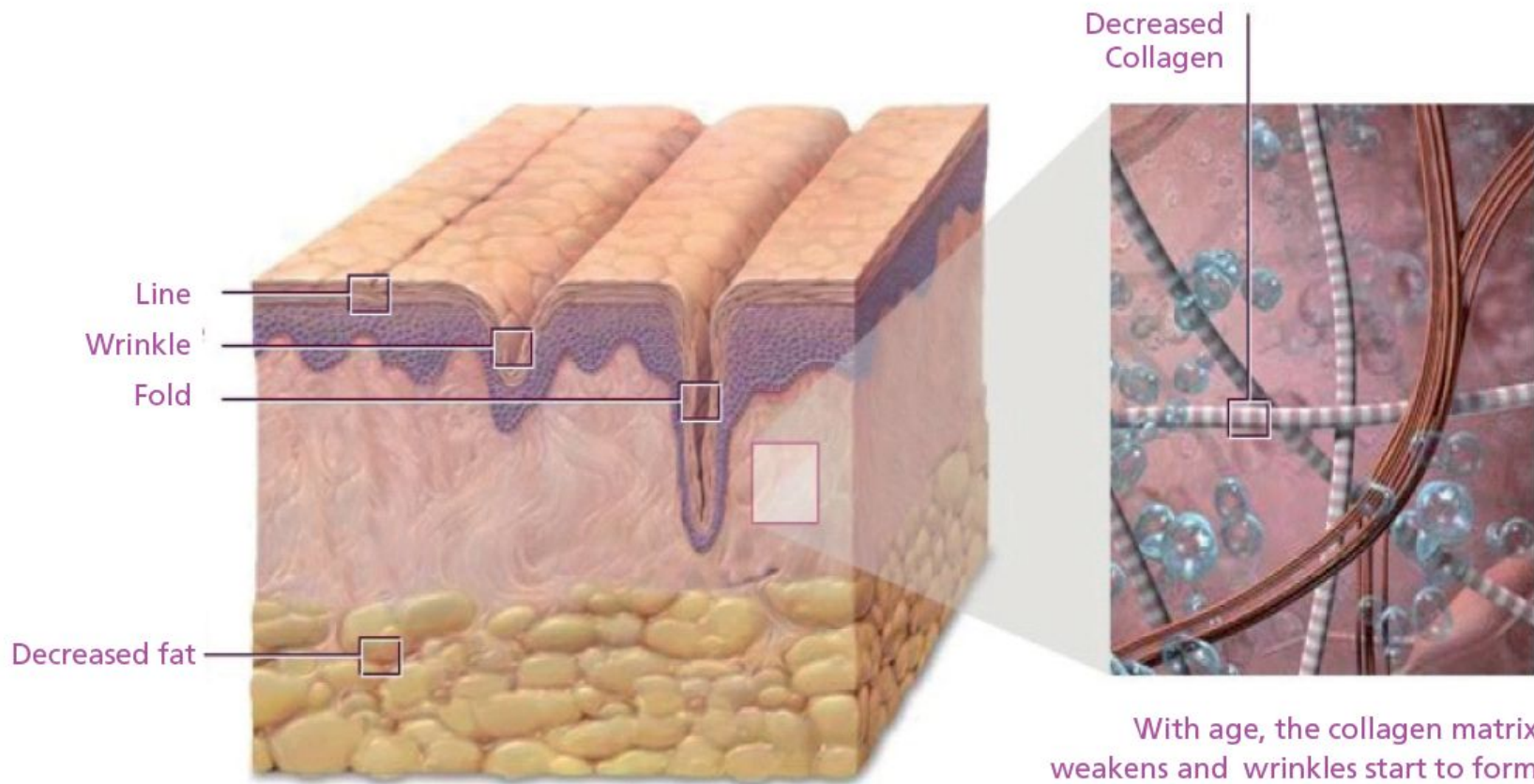
- Makes up about 75% of the dry weight of the skin
- 80% of your bone matrix is collagen
- It is the most abundant protein in the human body
- It is found in your hair, skin, nails and all connective tissues
- It declines with age
- With the right nutrition you can prevent it's degradation, boost production, and replace what's lost

COLLAGENS DISTRIBUTION IN HUMAN BODY(BY WEIGHT RATIO OF DRY MASS)



Symptoms of Collagen Decline

- Wrinkles
- Cellulite
- Bags under the eyes
- Sagging Skin
- Bone Density Loss
- Brittle Nails
- Hair Loss
- Joint Pain





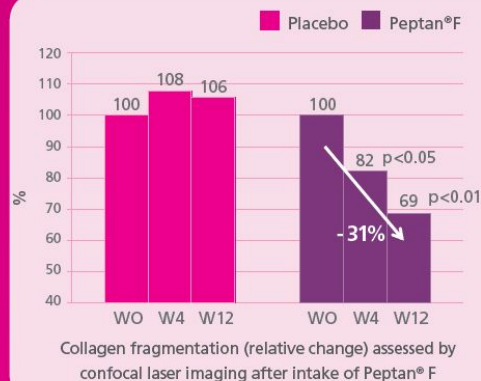
Peptan Hydrolysed Collagen Peptides

- High Bioavailability
- High Dosage (10,000mg)
- Gentle Enzymatic Extraction Process (Solvent Free)
- Made in France
- Marine Sourced from the North Atlantic Ocean
- Bovine Sourced from Brazil (Hormone Free, Grass Fed)
- Halal and Kosher Certified
- Tasteless, Odourless
- Clinically Proven: Increases elastin, HA, and collagen production
- Mechanism: False signal to the brain

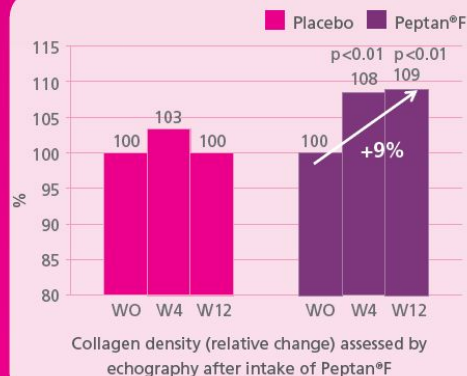




DECREASE IN COLLAGEN FRAGMENTATION AFTER
INTAKE OF PEPTAN®F AT WEEK 0, 4 AND 12



INCREASE IN COLLAGEN DENSITY AFTER INTAKE OF
PEPTAN®F AT WEEK 0, 4 AND 12

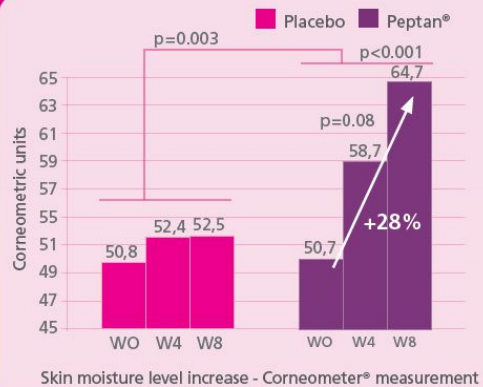


Skin restructuring in just one month

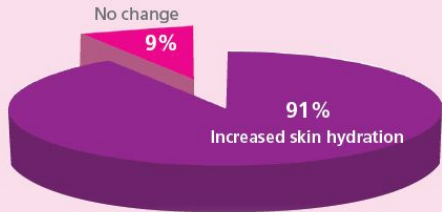
A clinical study by COSderma in France involving 106 women showed that after just four weeks of Peptan F (fish origin collagen peptides) consumption, collagen fragmentation decreased significantly in the deep layers of the skin. And, after 12 weeks of Peptan F intake, there was a 31% reduction, compared to the start of the study. ⁴

This restructuring of the skin is key to our understanding of how Peptan F can boost the collagen network, providing clear anti-aging benefits and a more youthful appearance.

**SKIN HYDRATION IN THE PEPTAN® TEST GROUP IMPROVED
BY 28% COMPARED TO PLACEBO**



**MOISTURISING EFFECT WAS OBSERVED IN 91%
OF THE PEPTAN® GROUP OF WOMEN**

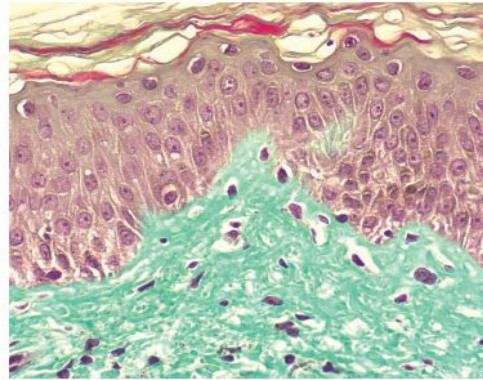


Skin hydration level - Corneometer® measurement

Enhancing skin hydration

Environmental pollution, aging and harmful UV rays can damage collagen fibers, limit hyaluronic acid production and decrease skin water content. This can cause skin to look tired and dehydrated. A double-blind, placebo-controlled trial of Peptan collagen peptides among 33 women (aged 40-59) by Souken in Japan showed that Peptan increased skin hydration by 28% after eight weeks. 91% of this research group reported a higher skin hydration level during the same period.⁴

Morphology of a skin explant sample treated with Peptan. The density of the collagen fibers (green color) is enhanced.



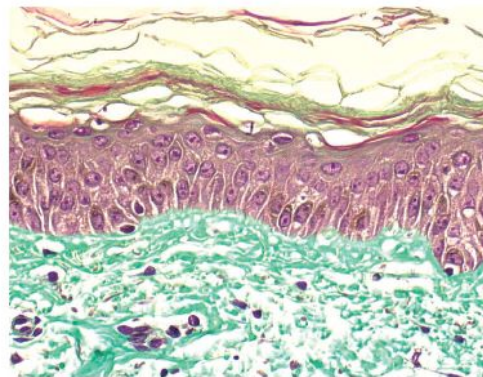
— Stratum corneum

— Epidermis

— Collagen structure
(with Peptan)

— Papillary dermis

The untreated control explant sample with less dense coloration due to less collagen present.



— Stratum corneum

— Epidermis

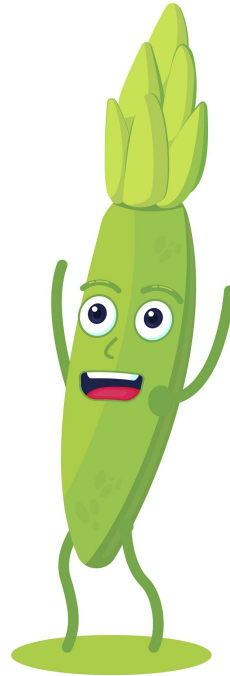
— Collagen structure
(with control)

— Papillary dermis

By taking Peptan you can...

- Have visible increases in skin smoothness and elasticity
- Significant increases in skin cell hydration
- Look and feel younger
- Tighten and tone
- Heal and Regenerate

Hey! What about the Vegans?!



Silica



Symptoms of Silica Deficiency

- Wrinkles
- Cellulite
- Bags under the eyes
- Sagging Skin
- Bone Density Loss
- Brittle Nails
- Hair Loss
- Joint Pain
- Dry, Dehydrated Skin

What does it do?

- Stimulates connective tissue regeneration through the synthesis of collagen throughout the body
- Regenerates new and existing cells
- Increases cell density transforming loose cell structures into compact cell structures
- Stimulates hair growth
- Stimulates nail growth

What are the different sources of silicea?

- Cucumber (Skin)
- Orthosilicic acid
- Horsetail (Herb)
- Bamboo (Plant)
- Colloidal Silicea Gel (derived from Quartz Crystal)

New research with connective tissue cells proves:

Original Silicea Gel for hair, skin and nails has a positive effect on the cells of the connective tissue.

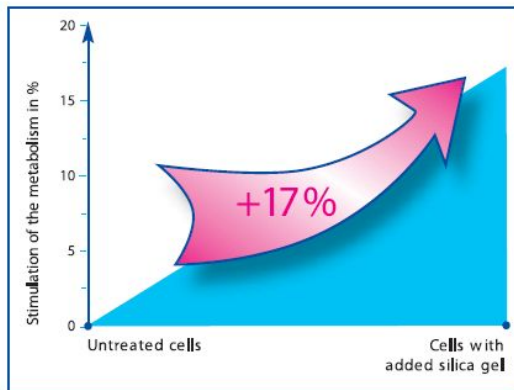
17% increased cell activity

8% increased cell vitality

after the intake of pure silica gel

The two most important results after using silica gel as recommended for Original silica Gel, in comparison with untreated cells, are:

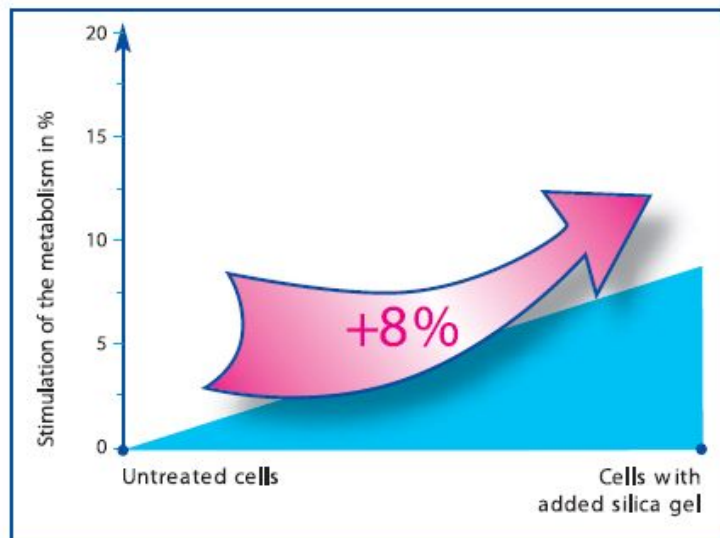
17% increased cell activity after just 30 minutes



Enhanced performance!

Up to 17% increased cell activity in the connective tissue, signifying a **clear** improvement in **cellular energy metabolism**.

8% more cell vitality



Improved cell regeneration!

Up to 8% increased cell vitality in the connective tissue, thereby supporting the cell regeneration.

The results of the latest cell study confirm:

Original Silicea Gel has a positive effect on connective tissue cells.

Silica gel increases metabolic activity and thereby improves cell regeneration as well as the regeneration of connective tissue cells.

Silica gel improves the regeneration of existing and new cells

Figures I.+ II.

show an increase in cell density in just 3 days after addition of silica gel.

The red bodies represent the cells and the blue and white areas the intercellular space.

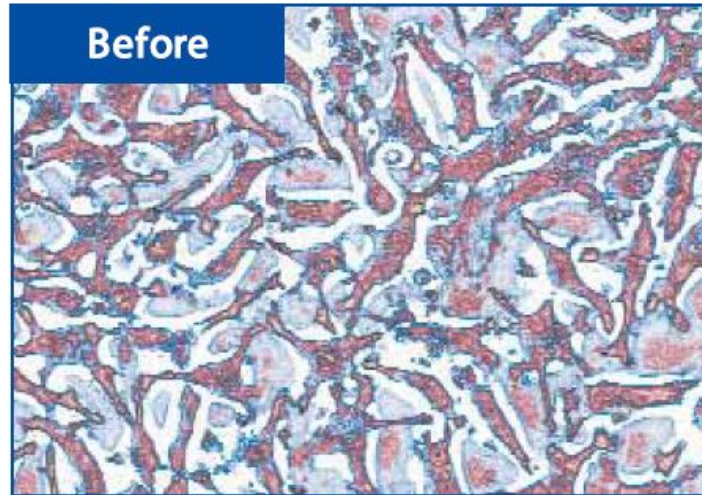


Fig. I.
Loose cell structure
with low cell density before addition

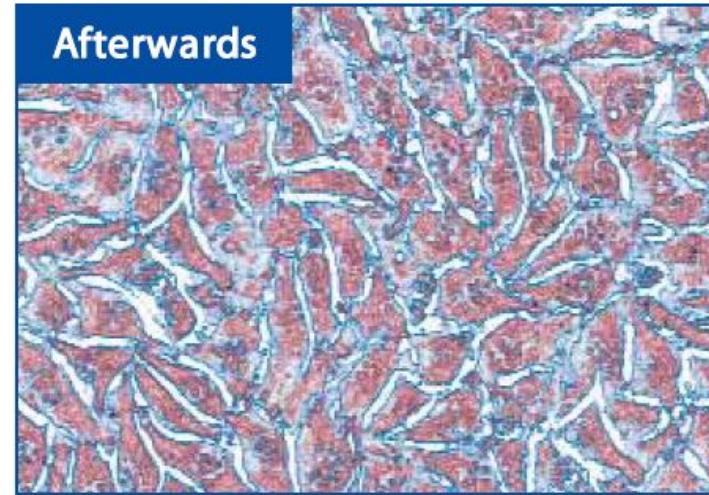


Fig. II.
Compact cell structure
with high cell density after addition

Healthy connective tissue

Connective tissue is important and supports the body as an intercellular cement and water reservoir. Therefore healthy and strong connective tissue is not only the basis for well-cared and beautiful skin, but also the precondition for strong hair and nails.

Connective tissue cells are responsible for various key functions:

- They store water and make firm and strong skin.
- They transport important nutrients.
- They support to removing metabolic products from the connective tissue.

These vital functions show how important it is to keep connective tissue healthy throughout life time.



The study confirms: Pure mineral silica gel plays an important role; it activates and vitalises the connective tissue cells.

Latest study results by Prof. Dr. rer. nat. Peter C. Dartsch

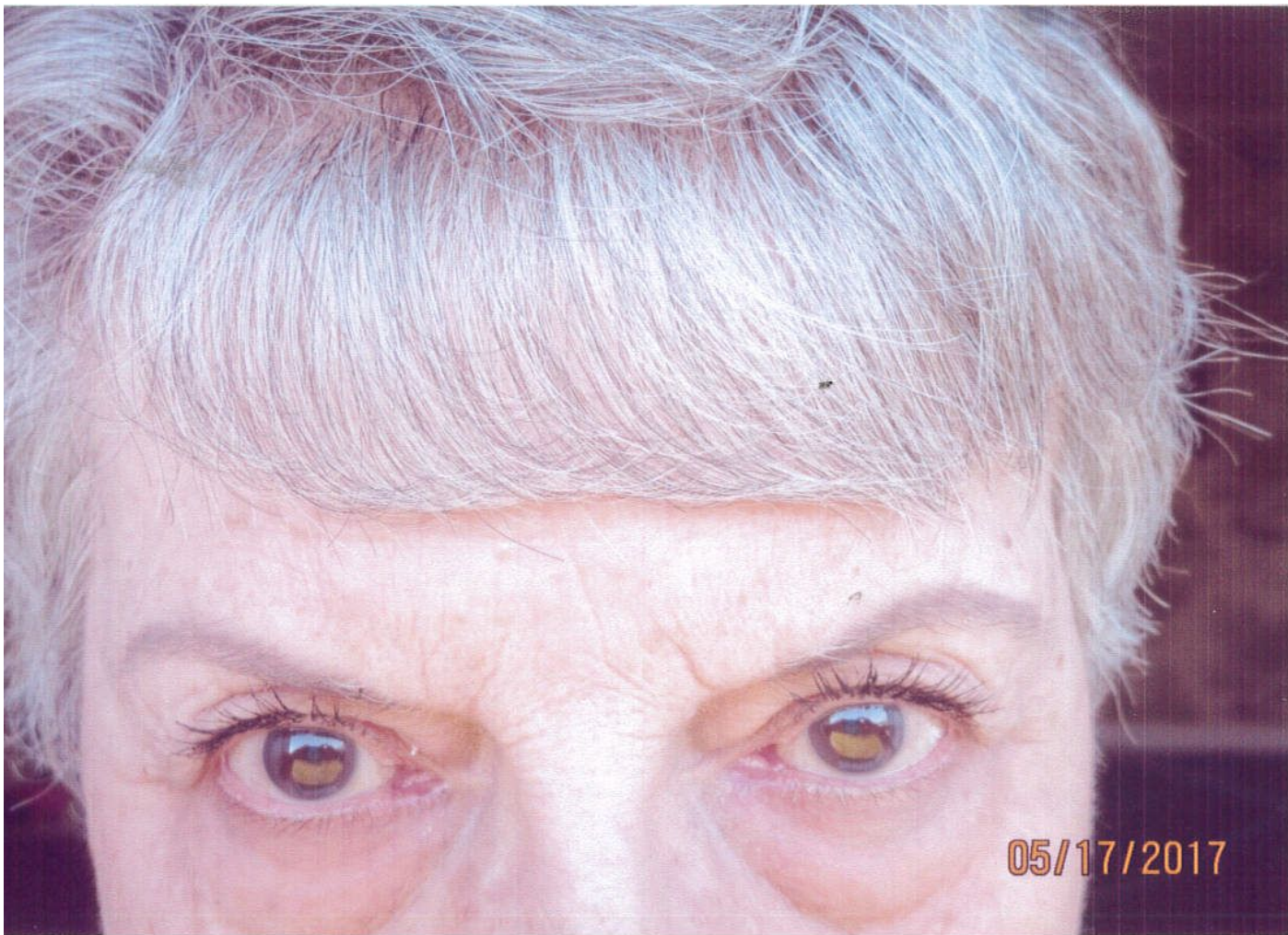
Animal-free cell biological experiments conducted by Prof. Dr. rer. nat. Peter C. Dartsch of the Institute of Cell Biological Test Systems in 86956 Schongau/ Upper Bavaria have shown that silica gel is able to increase cell metabolism of cultivated connective tissue cells by 17% as well as their cell vitality by 8%.

The cell metabolism is activated within a very short time, the determined effects on cell vitality remain constant for a period of several days.

Both effects may positively influence productivity as well as cellular regeneration processes.

The beneficial effects are particularly predominant in the area of the calculated active ingredient concentration after full consumption and distribution among bodily fluids and blood plasma. Silicon as a trace mineral is effective in small quantities and strongly effects cell metabolism and cell vitality.

The detailed scientific report was published by Prof. Dr. Peter C. Dartsch "Evaluation of beneficial health effects of silicic acid gel on cultured connective tissue fibroblasts" in the magazine "Innovations in Food Technology", 42/ February 2009, pp. 62-64.



05/17/2017



What to Look for in a Silicea Supplement

- Take 196 mg daily per serving (dosages range from 5mg to 196mg)
- Look for colloidal silicea gel (naturally occurring mineral source)
- Ensure the product is Excipient, Preservative & Additive Free

Biotin





Symptoms of Biotin Deficiency

- Hair loss
- A scaly red rash around the eyes, nose, mouth, and genitals
- Cracks in the corner of the mouth
- Sore tongue that may be magenta in color
- Dry eyes
- Loss of appetite
- Depression
- Lethargy and fatigue

Symptoms of Biotin Deficiency

- Hallucinations
- Insomnia
- Numbness and tingling in the hands and feet
- Impaired immune function and increased susceptibility to infections

What to Look for in your Supplement:

- Take 5,000mcg or 10,000mcg daily
- Comes in Both Capsule and Liquid Form
- It can also be found in a more comprehensive beauty formula which brings together all the beauty nutrients in one convenient supplement

Antioxidant Protection

- Antioxidants neutralise and remove oxidants such as those found in environmental pollutants, toxins, and after exposure to UV Radiation
- Some antioxidants include: SOD, Glutathione, Vitamin A, E, C
- Look for a formula that allows you to take them together: Vitamins A, E, C glutathione, carotenoids like beta-carotene.





**“As far as I know, I’m eating healthy at work.
I get Vitamin C from coffee, Vitamin B from
brownies and Vitamin D from doughnuts.”**

Vitamin C Facts

- Powerful Antioxidant and Free-Radical Scavenger
- Protects against UV Damage
- Water Soluble Vitamin so we do not store it and must obtain from diet
- Stimulates collagen synthesis
- Promotes collagen gene expression
- Protects against Stress by supporting the adrenal glands (high concentration)
- Powerful protection for the immune system
- Highly concentrated in the Skin
- Recycles oxidized Vitamin E

Vitamin C and Skin Health

- The skin is in constant contact with the external environment
- First visible signs of aging occur in this multi-functional organ
- Stimulates collagen synthesis
- Antioxidant protection against UV-induced photodamage
- Collagen fibres make up about 75% of the dry weight of the dermal skin layer
- Vitamin C levels are lower in aged or photodamaged skin

Vitamin C and Skin Health

Signs of Vitamin C Deficiency

- Patchy red rash
- Seborrhoeic dermatitis
- Fungal skin and nail infections
- Scurvy: characterized by skin fragility, bleeding gums, corkscrew hairs, impaired wound healing
- Subcutaneous bleeding
- Fine lines and wrinkles, reduced elasticity, reduced thickness of the dermal layer

Symptoms of Vitamin C Deficiency

- Weak Immune System
- Depleted Collagen Stores
- Increase Stress
- Increased Free Radical Damage and Accelerated Aging
- Wrinkles

What to Look for in your Supplement:

- Take 1000mg-6000mg daily
- Comes in Capsule, Liquid, and Powder Form
- Choose Buffered Vitamin C
- Start at a low dose and work your way up
- Choose Corn Free, Citrus Free and GMO Free (especially if these are known allergens for you).
- Food Sources: Red Peppers, Broccoli, Citrus Fruits
- A comprehensive Beauty Formula will contain vitamin C and more

Glutathione: Setria



Glutathione: Setria

Glutathione is a nutrient-like molecule that is one of the most powerful protective substances in the human body.

The highest amounts are found in:

- The liver and kidneys
- Intestines and lung lining fluid (detoxifies ingested chemicals and inhaled pollutants, enhances the power of specialized immune cells + acts as a barrier)
- The Mucus lining of the entire GI tract (intercepts toxins here before they're absorbed)

Its many jobs include:

- eliminating toxic chemicals;
- maintaining cell proteins;
- supporting immunity;
- acting as an antioxidant;
- and maintaining the status of vitamins C and E (helps to regenerate them)

Glutathione: Factors that contribute to decline

- Age: Glutathione status generally begins to weaken around age 45 and declines quickly after age 60
- Lifestyle Factors: Smoking, drinking alcohol excessively, or taking multiple prescription or OTC Drugs
- Obesity: Excess fat places added oxidative stress on the body which may deplete antioxidants
- Disease: Certain diseases such as Type 2 Diabetes, CVD, Cancer, Kidney Damage, Parkinsons, lung disease, and age related eye diseases such as cataracts and macular degeneration may lead to lower levels of glutathione
- Environmental Factors: Mould, Yeast, Fungi and their Toxins, Air Pollution, Conventional Agriculture (pesticides, herbicides, fungicides)

Glutathione: Sources

- All cells can make glutathione, and the liver produces the highest amounts because of its central role in detoxification
- Dietary Sources: meats, poultry and fish, and fresh fruits and vegetables (both raw and cooked)
- Plant foods that Boost Internal Glutathione Production: Broccoli, Brussel sprouts, cauliflower, cabbage, onions, garlic
- Glutathione Antagonists: tea, prunes, blueberries, cherries

Glutathione: Sources

- Eat Cysteine Rich Foods or Supplement with L-Cysteine
- Eat Foods Rich in Selenium or Supplement with Selenomethionine
- N-Acetyl Cysteine (NAC)
- Glutathione Patches (rather expensive)
- Glutathione Cocktails Intravenously (also rather expensive)
- Setria Glutathione: A highly pure, stable form of reduced glutathione that's clinically proven to provide results

Glutathione: Sources

Foods that provide ample amounts of glutathione include:

Fruits

Apples
Bananas
Grapefruit
Oranges
Peaches
Strawberries
Watermelon

Vegetables

Acorn squash
Asparagus
Avocado
Broccoli
Carrots (raw)
Spinach
Tomatoes (raw)

Meats

Beef (grilled, roasted)
Chicken (baked, fried)
Fish
Ham (boiled)
Hamburger (pan fried)
Pork
Steak (grilled, pan fried)

Why is glutathione important?



- Protects cells from oxidative stress and toxins
- Supports the immune system

Where does it come from?



The body produces its own glutathione, but levels can be depleted by poor diet, pollution, toxins, stress, aging and infections

A recent published study shows:

- Setria® can help increase the body's stores of glutathione*

6 Months

Setria® 1000mg/day

Baseline



Taking 1,000mg/day of Setria® showed a 30% increase in whole blood, 35% increase in red blood cells and 260% increase in buccal cells glutathione levels

- Setria® can increase NK cell activity two fold and support the immune system

3 Months

Baseline
Setria® 1000mg/day



At three months the study revealed a 2 fold increase in NK cell activity at 1,000mg of Setria® (NK cells support immune health)

- Setria® supplementation needs to be ongoing to maintain elevated levels.



One month after supplementation ended glutathione levels began to return to pre-study levels

Setria® glutathione does not adversely affect the body's normal production of glutathione

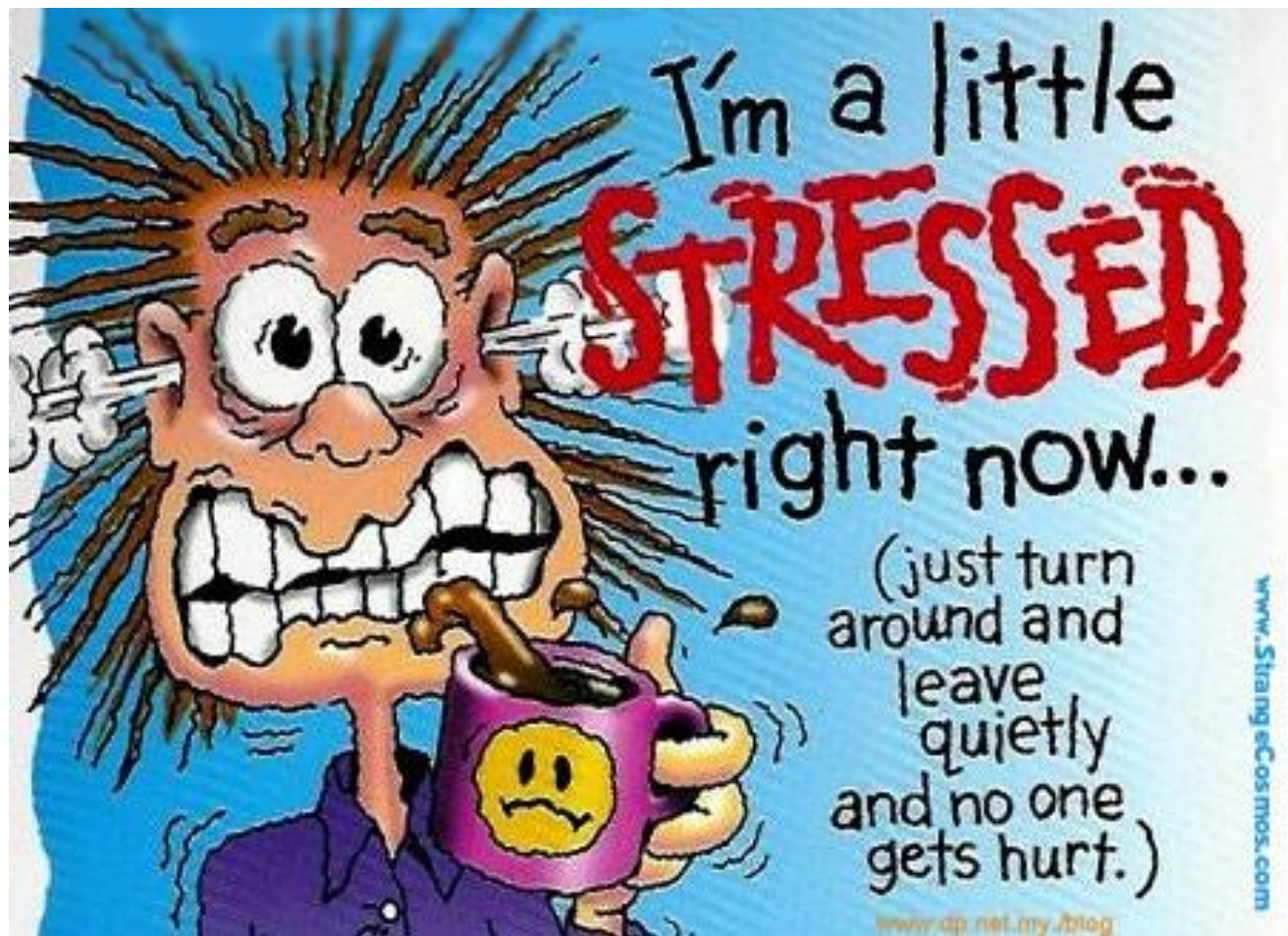
Glutathione: Dosages

- In the United States, usual dietary intakes of glutathione span a wide range from 3 milligrams to nearly 250 milligrams a day.
- Most people obtain only about 50-60 milligrams from their daily diet.
- Take 125mg 2x per day with a meal

Other Antioxidants: Beta-Carotene, Vitamin A & E

Sources:

- Orange Foods: Carrots, Squash, Curcumin (Tumeric) - Beta Carotene
- Oily Fish - Vitamin E
- Oily Fish - (Ex. Salmon Oil + Cod Liver Oil)- Vitamin A
- Supplement with an Antioxidant Blend containing a variety of antioxidants



I'm a little
STRESSED
right now...

(just turn
around and
leave
quietly
and no one
gets hurt.)

www.StrangecCosmos.com

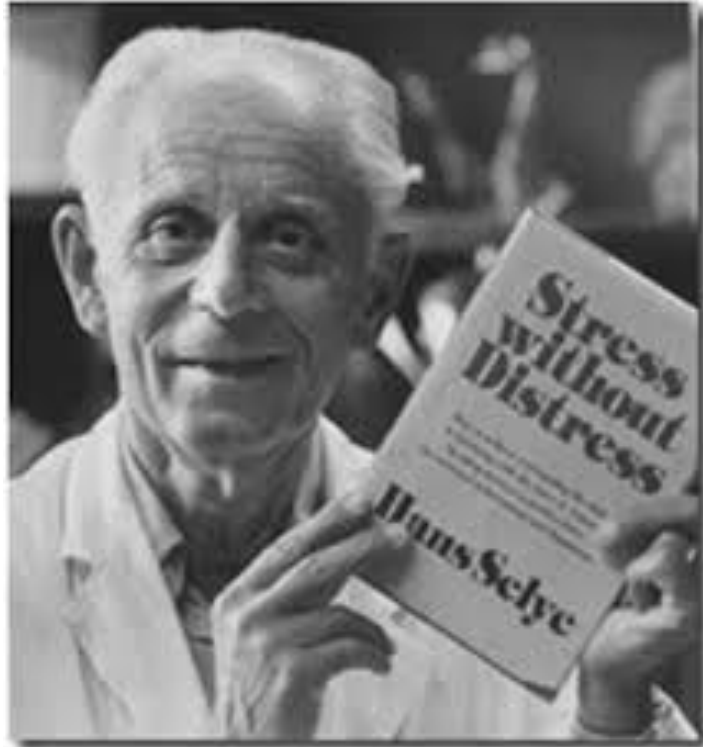
www.dp.net.my/blog

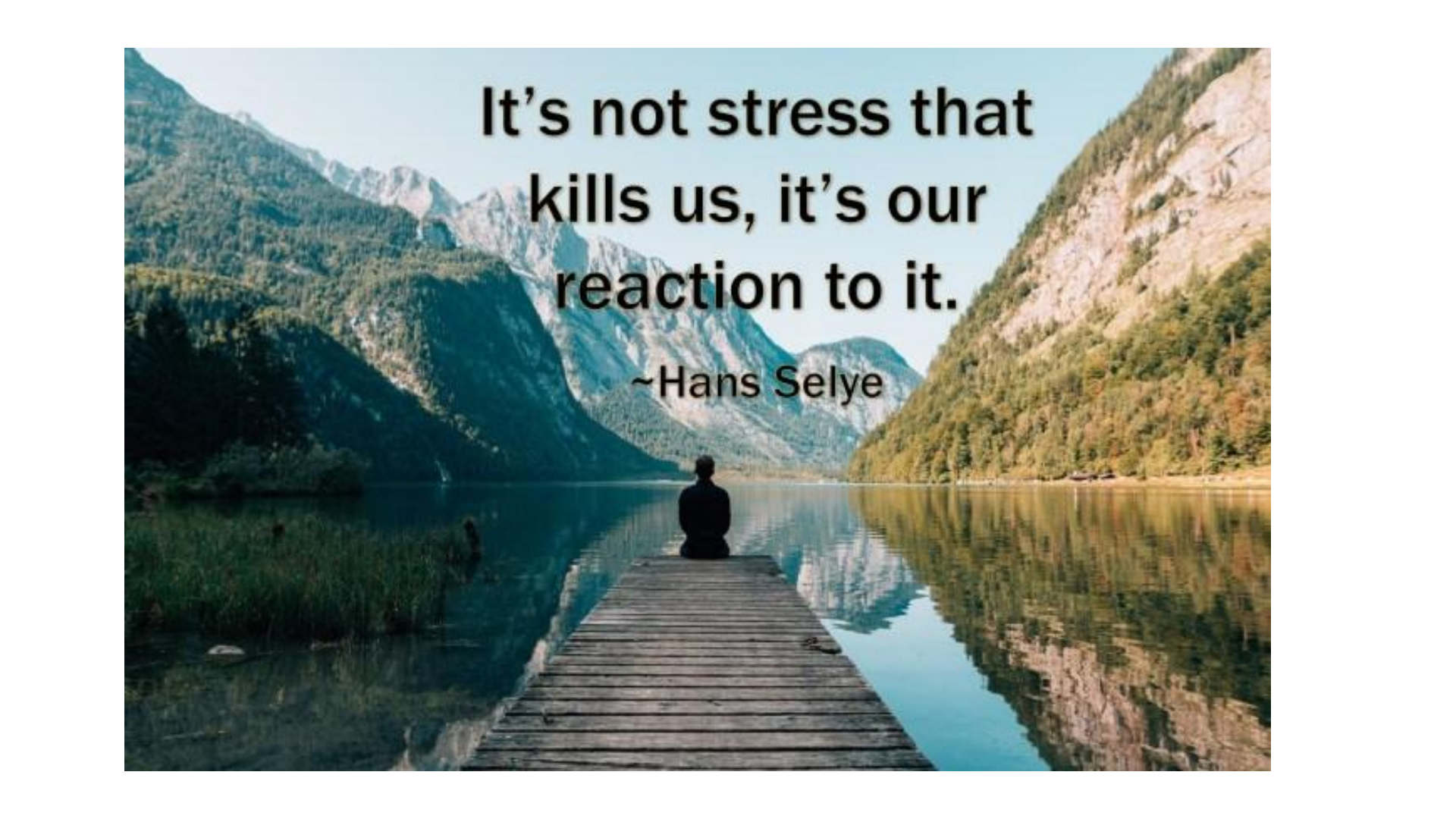
How Stress Ages You

- Increased Nutrient Depletion (Especially the B-Complex Vitamins)
- Converts Pregnenolone, DHEA, and Progesterone to Cortisol decreasing the sex hormones that keep you young
- As a result there is the potential for early menopause
- As extra stress is put upon the Adrenal Glands the Thyroid takes over some of the production of stress hormones leading it to also become over taxed and depleted contributing to low energy and the symptoms of a weak thyroid which include weight gain, hair loss, and depression
- Puts your body into survival mode not the PSA (rest, digest, regenerate and heal mode)



“It’s not that people suffer more stress today. It’s just that they think they do.” --Hans Selye



A person is sitting on a wooden dock that extends into a calm lake. The lake's surface is perfectly still, reflecting the surrounding landscape. On either side of the lake are steep, forested mountains. In the background, more rugged mountain peaks are visible under a clear sky. The overall scene is peaceful and serene, suggesting a moment of quiet reflection in nature.

**It's not stress that
kills us, it's our
reaction to it.**

~Hans Selye

**"Adopting the right
attitude can convert a
negative stress into a
positive one."**

:- Hans Selye





True health begins with your thoughts. Thinking about comfort, strength, flexibility and youthfulness attracts those qualities into your life and body. Dwelling on illness, fear, disease and pain does just the opposite.

Your work is to notice and change your thoughts and move them in the direction of health and happiness.

— *Christiane Northrup* —

AZ QUOTES

The Beauty Smoothie: Recipe

- Peptan Hydrolyzed Marine Collagen 4000mg
- MSM 250mg
- L-Cysteine (Cysteine hydrochloride) 250mg
- Biotin 5000mcg
- Beta-carotene (All-trans-beta-carotene) 750mcg
- Vitamin C 250mg
- Vitamin E (d-alpha Tocopheryl acetate) 30IU
- Thiamine (Thiamine hydrochloride) 10mg
- Riboflavin (Riboflavin 5'-phosphate sodium) 5mg
- Niacin (Inositol Hexanicotinate) 25 mg
- Pantothenic acid (Calcium D-pantothenate) 50mg
- Vitamin B6 (Pyridoxine hydrochloride) 10mg
- Vitamin B12 (Methylcobalamin) 250mcg
- Zinc (Zinc citrate) 8mg
- Selenium (Selenomethionine) 55mcg
- Hyaluronic acid 10mg
- Colloidal Silicea Gel 196mg
- 1 Cup Frozen Strawberries
- 1 Cup Unsweetened Almond Milk



Other Causes: Low Thyroid

Symptoms:

1. Premature baldness and hair loss
2. Decreased circulation leads to dry, itchy skin
3. Puffy eyes
4. Eczema, psoriasis, cellulitis (deadly skin infection)
5. Teenage acne
6. Missing outer third of eyebrows
7. Rotting teeth
8. Swelling around the face

Solutions for Low Thyroid:

Look for a formula that contains the following:

1. Iodine (potassium iodide, seaweed source) - 250mcg
2. Selenium (HVP chelate, selenomethioine) - 200mcg
3. Zinc (citrate or picolinate) - 2mg
4. Copper (citrate or bisglycinate)- 500mcg
5. L-Tyrosine - 500mg
6. Ashwagandha - 120mg
7. Hai Zao - 120mg
8. Guggul Lipid Resin - 90mg

Other Causes for Hair Loss:

Low Stomach Acid + Pepsin leads to:

1. Proteins not properly digested
2. Hair, Skin, and Nails are made of Protein

Suggestion:

Take a Comprehensive Digestive Enzyme that includes Betaine HCL + Pepsin

Drink 1.5 oz of Apple Cider Vinegar (ACV) diluted or undiluted as a drink or as part of a home-made vinaigrette

Other Causes for Hair Loss:

Testosterone converting to DHT leads to:

1. Baldness in Men

Suggestion:

Take up to 100mg of Zinc per day

Other Causes for Hair Loss:

Low Sex Hormones in Pre and Post-menopausal Women:

Suggestion:

- Have progesterone, DHEA and estrogen levels checked
- Consider supplementing with Vitex, Wild Yam Cream, DHEA, and Pregnenolone

Summary of Solutions

- Check for Low Thyroid + Bring it into balance with a comprehensive formula
- Have your DHEA, Estrogen, Progesterone looked at
- Take 10grams of Bovine or Marine Collagen
- If Vegan, Supplement with 196mg of colloidal Silicea Gel
- Take 5,000-10,000mcg of Biotin
- Take 10 grams of HA
- Boost Glutathione with these Nutrients: L-cysteine, Selenomethionine, NAC
- Take ACV
- Take MSM + Eat Sulfur-Rich Foods
- Take a B-Complex of 50-100mg daily in the Co-Enzyme form
- Take Adaptogens for Stress to Manage Corisol: Ashwagandha, Panax Ginseng, Rhodiola, Holy Basil (Tulsi) to name a few