Hair Loss And Hormones: How To Stop Thinning And Regrow Your Locks Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Hair, Hormones, and Mental Health

Hello, ladies. Welcome back to your summit. Hormones and mental health. Overcoming anxiety, depression and Aids HD. I am your co-host, doctor Sharon Stills.

Always an honor, always a privilege to be here with you all. Sharing these life changing conversations. And this conversation is an important one. What I know as a woman and what I know after 23 years of practice seeing a lot of women as patients, is that our hair is very important.

And if our hair is falling out or our hair is not doing what it should be doing, or we're having problems with our hair, it can definitely be a source of anxiety and depression.

And on the flip side, anxiety. Depression can be a source of our hair falling out. So today I have my I call him my hair expert now and I have hair questions from patients.

I'm like, hold, please let me check with my hair expert. And that's for us. Khan, who's here with us today, he is a former computer scientist turned longevity educator speaker.

Biohacker I love it and we'll have him tell you his story in a second. But you know, I love when people like Faraz are expressing a problem. And so they just in their own life.

So they just go fix it and then they fix it for everyone else too. And that's how he got into being the owner and the founder and the developer of Philly Vital, which is a company that specializes in hair wellness products.

And so today we're going to talk everything hair. So you're going to walk away after this half hour having a real good handle on your hair and health and why it falls out and what you can do about it.

And we'd like to thank for us, he's one of our sponsors for this summit. And with our out, our sponsors, we wouldn't be able to bring you all this wonderful information for free.

So we we appreciate you for that. And a sneak peek. Stay tuned. Because, I'm going to do a special webinar after the summit as well, with Faraz. And you'll get notified about that in your email.

So we've got lots of education. We've done this perform for my community. They love Faraz. They love his products. And that's why he's back again. So welcome.

It's great to have you here for us. Thank you so much for sharing. Always a pleasure to be talking with you. Yes, yes, yes. So let's just jump in because there's a lot to talk about.

And, you know, it's funny, I was talking to, one of my team members and we, you know, we pay attention to the trends and we're like, the ladies are really interested in hair.

Like when we send out your information or information about hair, it's like a big one. And, you know, I know I, I'm fortunate that's not one of my concerns.

But I know when I went to India and I was staying in a monastery, being a monk for a month, everyone was shaving their hair because that's what monks do. And I was going to do it.

And I was down on my knees and the monk was coming at me with, with the shaver. And I said, no, I like I couldn't

go through with it. So I was like, here.

So he, like, symbolically shaved this little piece here. But it made me realize, like, like I'm so attached to my hair and I know I'm not the only one.

And so tell us, you know just how you got into this. Because you're a young guy. So we're like, what's the young guy doing? And how are you fixing our hair?

But you got into it and you have created a company that really is helping women transform their their hair and their lives. Yeah. Thank you so much, Doctor Sharon.

I wish I was as young as you think I am. I'm in my mid 40s now.

Faraz Khanu2019s Hair Loss Journey

So are you really? Yeah. Yeah. Not not that young anymore. I'm like, I really like 28. Oh my God, I wish you're the best. Thank you. I was actually 20 years old when I experienced this problem.

I was a college athlete playing soccer and full of confidence. And, you know, my goal was to get a girlfriend at the time. But one day in the shower, I realized upon looking down on my hands that there were full of my beautiful hair and I go, no way, my hair.

I just felt so good about my hair in college. I was so proud of it and just seeing so many of them in my hands, I was shocked. Honestly. My stress levels went from a four to an 11 right in that second.

I'll never forget that moment and the hair loss continued day after day. And so I said, this is not good. I can't lose my hair. This is not fair. This is not fair. I haven't done anything wrong.

God, please stop this. This is madness. But it kept continuing and so the first thought I had was, well, where is this coming from? And so I look back into my family history, and my dad's side of the family had very strong hair genes, but my mom side had very weak hair genes, meaning, all three of my uncles on my mom's side were bald, and my mom was even starting to complain about hair thinning.

So I'm like, nah, man, she gave it to me. Mom, I don't love you right now. And so, you know, that led me to a journey of using holistic oils, biotin shampoos, all kinds of things, even like eastern smelly oils from our Aveda.

And I use yogurt on my scalp. I use egg yolks. My grandma, my grandmother told me if you shave your head, it comes back thicker and fuller. I shaved my head three times and I look bad with with, you know, with no hair.

You know, I was that desperate. Like shaving your head is a big deal as you is, you know as well. And so I did everything, but it kept continuing. It did.

Some of these things did slow down, but my hair loss kept continuing. Every day I would wake up at 30 to 50 hairs on the pillow alone, not counting the other hairs I would lose during the day.

And so going through grad school also had a lot of stress. Stress we'll talk about is also a factor for hair loss. Then at the age of 25, I said enough put me out of this misery.

I went to a hair transplant clinic in Denver, Colorado, and I talked to the doctor and I said, just, I just want a hair transplant. I can't do this anymore.

And she goes, actually, you're not very nice, doctor, by the way. She goes, you're not a good candidate for a hair transplant because you haven't lost a bunch of hairs in anyone area you have more of, like a female, you know, diffuse hair loss.

And I go, thank you, mom. Here we go. I can't even get a hair transplant now. So but she said, I have a pill for you that might solve your issue. And she told me about this build called finasteride, which has side effects, which I also asked about.

And she goes, yes, it has side effects for men especially, but also in women, including with libido and like not having the ability to have or maintaining an erection.

And I go, I'm 25, I can't be doing that. So I said, no, I don't want it. I go back home within ten days of waking up with my hair is on my pillow again.

I called her and I said, fine, just give me the damn drug. And so I took it for ten years. But when I was getting into the podcast and anti-aging and longevity, I said, well, my my mother's only been complaining more about her hair loss this whole time, and my hair loss hasn't even completely stopped.

So now that I have access to experts, can I find some answers? And so I traveled to Thailand. There was the biggest hair loss conference happening in Thailand in 2019.

I went there, met all the doctors, went through to every session, learned as much as I could, came back and I went to every doctor. I visited all of the doctors individually in all these states in America, and I sat with them in front of the camera, but also behind the camera.

They took me where they were actually doing hair transplants. They showed me exosomes, PRP. They told me what's working in clinic, in clinic versus not how to do PRP more effectively than the regular PRP that most doctors do.

And so I got a lot of insights from that. And then I came back and read 300 scientific papers and then, you know, I started messing with my own hair to say, okay, if this is what I think is going to work, let's try it on myself.

I did that in three months. I had so much more hair and I'm going, oh my goodness, there's like hairs going out from the front. And I was feeling good about it and I just started smiling for no reason from like just dreading my day, dreading my hair to actually smiling for no reason that that was the biggest change in my life.

I went, I was trying to get my hair back, but I was actually looking for confidence and that's what I got. That was a big transformation. And then I said, okay, so if this works for me, I still have to prove that it works for others.

So I hand-rolled a few friends that were also losing hair. Some many females, and gave them or prescribed them these things they could do all natural and they also had great results.

So I said okay, this works for others as well. We got to bring this to the world. And the biggest epiphany I had Doctor Sharon through this whole process is that we've all tried one supplement or one serum or one something, and for most people, that doesn't work, especially for women, because women's hair loss is multifactorial.

And so the biggest epiphany I had was that you have to combine multiple things together into one system to get the best result, because you're going after the major root causes in multiple ways.

That's what almost guarantees nothing, guarantees 100% results, but almost guarantees great results for hair loss, especially in women. So that's when we came up with and created the full Revital hair system that uses four different products to address all the different reasons for her thinning.

I love that you're like the natural hair thick. So you know, because that's how I look at health and medicine, right? I got to get to the root problem and there's never just one pill, right?

If you have autoimmune disease, there's different things that are going on from emotions to gut health to toxins. And so that's what you're doing when it comes to to hair loss.

So let's talk about what are those root causes that you see and how what what is your experience like you talked about you know gave you more confidence.

And I just think it's a we're very attached to our hair and it's nothing to be ashamed of or embarrassed. Like I'm just like, bring it, embrace it. And so let's talk about, you know, for the women listening who are having issues with their hair, because I know it's very common.

You know, what are the root causes. Yeah. Discovered. Absolutely. So the number one root cause of hair loss in women is hormonal. And by that I mean sex hormones, same as in men and men just happen to experience this at an early age.

What happens is that as women turn 35 and start, you know, aging from their on, their hormones start shifting. Specifically, progesterone and estrogen levels start to decline.

And this causes a relative imbalance with testosterone. And that relative imbalance of testosterone goes that addition of testosterone starts to convert into dihydrotestosterone, or DHT, which then travels to your hair follicles and starts to shrink them over time.

So your hair going from thick, full hair starts to get thinner and whisper. And for a lot of men, they will lose it all completely because it gets so thin it can't grow out anymore.

So that's the process. The same hormone doing the same thing. But in women, this process starts much later. In men this starts earlier. Also, what does does is it causes your hair growth cycle to shrink.

Typically most people have a three 2 to 7 year growth cycle. When your hair grows, it just keeps growing continuously. But with DHT, that cycle can shrink.

And while your hair is in the resting phase, meaning not growing, that time can increase. So again, not only does it cause you hair to thin and fall out, but it also prevents you here from growing back for a while, which again leads to the perception that you have even lesser hair than you do.

So DHT is bad. We want to control this. This is the number one reason for hair thinning. And if you're wondering how to identify if you have hormonal thinning, it's easy.

If it's easier than than others in that if you're the next time you're you're shampooing or washing your hair, just take whatever hair you have in your hand and stick them on the tile or on the wall or on your shower curtain, and then just look at them.

If there are some hairs there thinner than others, then that's a telltale sign that your hairs are thinning and that this is a hormonal problem. Many of our clients have done this.

I also want to bring up that this is the only type of hair loss that can be permanent.

Hormonal and Thyroid Causes of Hair Thinning

So all the other types of hair loss we'll discuss. You can once the underlying root cause is addressed, the hair will grow back automatically. But with hormonal hair loss you will lose that hair permanently.

So it's it's it's prudent to act on it as quickly as possible so we can save all the hairs and keep that hair growing. And I would just like to add in that with DHT, something I see, like women are put on testosterone.

Yeah. And they don't have their DHT check. So like very important if your doctor has you on testosterone, which is fine. I, you know, I prescribe testosterone for women all the time.

But you need to have your DHT monitored in your blood. Because I see women, they go on testosterone, they lose

their hair. No one checked their DHT. And then I check their DHT, and it's like 500 in the blood.

And so you just want to make sure that your if doctor is putting you on testosterone, you want to say to them, how are you monitoring my DHT? Where's my blood script? So very.

Great point, great. Point. I didn't know that that that's so that's like permanent. That can't really be. Yeah. That is why men go bald is because it's the same process.

It starts, keeps shrinking, keeps shrinking, keeps shrinking until the follicles so weak that it just goes dormant. And so what I tell people you can go back many, many years.

You can go back maybe 7 to 10 years with your hair. But for men, you know, sometimes that time space for most women, if it's recent, then you can go back.

So don't lose heart, don't lose hope. There are many ways to reverse hair, hair thinning and get to the root causes of what's going on. But the sooner you act, especially with the hormonal hair loss, the better it is.

Okay. And are you going to talk about thyroid as part of hormonal? Yeah, absolutely. So so yes. So that's why I do thyroid separately in the sex hormones.

But let's talk about it right now. So there is two conditions with thyroid. There is too much thyroid or overactive thyroid which is very uncommon. For the most part it's uncommon.

But there is the underactive thyroid which a lot of practitioners say a lot of Hashimoto's, but also just regular under thyroid. So both of these conditions will cause hair thinning and hair loss.

And so this is one of the tests we recommend that a lot of women get. I'm sure you talk about this all the time, Doctor Sharon, especially over the age of 40, to get the full thyroid panel test with the antibodies because then we get a true picture of what's going on with your thyroid, T3, T3, T4, but also the antibodies to make sure that you're not attacking with the Hashimoto's, your own thyroid glands.

And so that and there's obviously telltale signs that you can with the thyroid. So let's say you have low thyroid. You will probably be cold. You will be sluggish.

You will start to lose some of the hairs and your eyebrows as well. You will gain weight. So there are some symptoms that you can maybe auto diagnose with yourself.

But it's always a good, it's always a good way to work with a doctor like Doctor Sharon and get your, your thyroid panels checked, because that way you know for sure.

Yeah. I'm going to do a little mini talk on thyroid because I don't want to take. But yeah, there's a lot that goes into making sure your thyroid is is the right levels around, but then they have to be interpreted the right way and then they have to be implemented.

So very very important okay. So the other one, if I may, stress is also a big root cause. And there's two types of stress. One is acute high levels of stress that could be physical or physiological.

So by physical you can have an infection like Covid for example. You could have an injury. You could have a surgery. You could have something that shocks your body. That's physical.

But on the psychological side, you could have a breakup divorce. You could be moving to a different city, changing homes. All kinds of things can add up psychologically to a big trauma.

And both of those will cause your body to go, oh my goodness, I'm about to die. So pull all critical resources away from your hair, which is expendable towards your core organs to save you.

Right. But what that does is it shifts a lot of your hair from the hair growth cycle to the resting cycle, which means now it has to fall out to grow back again.

And so that's where you will see 30, 40, 50% of your hair. You will lose handfuls of hair every single day. And this is as a personal story. I have a friend here in Austin.

She's also a biohacker. She got the the virus that was going around, and she was losing fistfuls of her two months after, as expected. And we met for lunch because she found me through some common friends and she goes, you're the hair guy. Help me.

And so we sit down for lunch and I say, hey, how's it going? But when I looked at her, there were tears falling down her eyes because she couldn't even speak.

She was going through so much trauma because of the hair loss. But of course we helped her. And now she has beautiful blond hair again and she's smiling and happy again.

And it seems hard if you're losing a lot of hair, but that's what high levels of acute stress will do. It causes a massive shed 2 to 3 months out from the incident.

And so you have to really, like I said, put a lot of things together to make sure you don't leave any hair behind, because for women what happens typically there is one or 2 or 3 reasons that are causing your hair not to grow back, right, that are preventing the regrowth.

So we want to address them all. For men it's 95%. 90% is one root cause it's the hormones you address that you can grow your hair. But for women it's more multifactorial.

That's the gift of being a woman, right? Just my mom goes through this all the time. I always say that, no offense to you guys. We're just much more complicated creature.

But I just want to clarify, because I think you brought up something really important you could have Covid in, say, May, and then you're not going to see the hair loss till like July. Yes.

It takes 2 to 3 months okay. Because I think that's really important because I see that a lot. But I don't think we think of that. So that's a really important point.

If you're listening, you and you've had major hair loss, you have to go back a couple of months and see what was going on. Did I have a big emotional stress?

Did I have a virus or something because we as humans go, oh, I'm experiencing this today. What happened three hours ago? That's what must have caused it.

We don't think so. Very, very important. Okay. Keep going. Okay. So that's the major acute stress. But then there's also ongoing stress which all of us have oxygen.

And I'm sure all your patients have is just the world we live in now. And so if you have that ongoing chronic stress going on then you will typically experience ongoing shedding.

It's not going to be acute. It's not going to be handfuls or fistfuls of hair, but you will see a bunch of hair falling out every single day. And so again, that is all reversible if you address the root causes.

And there's many ways I'm sure you can do mindful mindfulness practices.

Stress, Nutrition, and Protein Factors

You can just, you know, do yoga at home. Or you can take some natural adaptogens like ashwagandha, which

we've added to our supplements just to again in just in case.

Ashwagandha and l-theanine are pretty good for balancing stress levels naturally. So that stress. Then there's the big five nutritional aspects nutritional components of hair loss.

These are known as the big five because if you're too low or mainly too low on them, then you will lose hair for the most part. And so you want to be in the middle of the range.

So what are these five? Vitamin D3, folate B12, zinc and iron. All five of these. You want to be in the middle of the range. But there's also you have to be careful because there's some nutrients.

If you are doing too much of then you can lose hair. Vitamin A and selenium and iron are all three that if you have an overdose of, you can lose hair.

There are some popular hair supplements that have a lot of selenium, like 200% selenium. And there's formula, a very famous company that I'm sure everybody knows of.

So be very careful. High levels of selenium will cause hair loss. So you want to be in the middle of the range for all five of these. And next time you get a check or you're working with Doctor Sharon, make sure to test for all five of these.

You want to be in the middle. Perfect. Okay, awesome. And when you get them tested, just make sure you get them tested correctly. So like your zinc should be in a red blood cell in the blood, not just in the serum.

Your iron should be a complete iron panel with a ferritin. Vitamin D3 is just a 2508 vitamin D. I like levels between 80 and 90 and it's a big range. It's like 10 to 100.

So yeah, know I like that sweet spot. And then you know for B12 and folate I find running a homocysteine is a very accurate way. Serum B12 and folate are not that accurate.

Yeah. Homocysteine will tell you like if your homocysteine is between 6 and 7 then you have enough B12 and folate. And if it's higher then you probably need some.

So make sure you get that done with your doctor. All right. So keep going. Yeah I love that you brought up homocysteine. Because higher levels of homocysteine can also cause gray hairs, which we can talk about at a different time.

But that's, something that that's related with, with homocysteine in both of these aspects. The other thing I was going to bring up, which you already did, is we recommend usually we recommend two tests because thyroid is one, which we almost always want to track for if you're over 40.

But also the iron panel is very important because too little iron can cause hair thinning, but too much can also cause hair thinning and women. It's important to note that when you're in your, you know, when you have your menstrual cycle, you lose a little bit of blood every month, and that can get rid of any excess iron that might be in your blood.

But after you had menopause, you don't have that anymore. So again, you have to adjust or kind of maybe supplement or not supplement, depending on what phase you're in.

So that's one thing to, to keep in mind for iron. The other one, I think that comes up is protein levels because your hair is made up of protein. And now we are finally getting more awareness and longevity.

And with health practitioners, that protein is very important. It's almost like you want to plan the protein in your meal first and then fill in the other aspects around the protein, right?

So the current I think, wisdom says that you want to have between 0.5 to 1g of protein per pound of body weight. I, I go around the 0.8 to 1. Again, if you're a woman, you don't want to have that much protein.

That's up to you. Work with your practitioner or doctor. But certainly I think you need more protein than you're taking right now. Yeah. And I'll just caveat on top of that, because I see this all the time in practice, it's not just about eating enough protein.

It's about making sure you're absorbing the protein. So you have to look to make sure your hydrochloric acid levels are are optimized, which they typically are not.

I it's like such a common deficiency. And so you can do a baiting challenge test I look at globulin levels in the blood. I like them between 2.4 and 2.8 to low.

Not enough hydrochloric acid to high, not enough hydrochloric acid. So that's really important. And before you go on I just want to kind of circle back to something you said because, well, one you said high homocysteine causes gray hair, which is interesting to me.

And now when patients have high homocysteine and and I need them to take their homocysteine support, I can throw that in. Yes, but I'm just curious about gray hair because, you know, we're on this mental health anxiety, depression.

And I think that's another thing. Women get very depressed when they go gray. Yes. So what I mean, at some point you are going to go gray, right? It's like, could you just like, are there other things that could cause me?

Like when you say hi, homocysteine causes gray hair. Do you mean early graying? And what do you consider early graying and is there anything you could do naturally?

Because I know a lot of women will color their hair. And if you have any recommendations about that, I'd love to hear what you say as well. Totally. So we have two separate like thank you.

Thank you for bringing that up. We have two separate lines of products. One is for hair growth and one is for gray hairs and the hair growth one we go after all the major causes that we can, and a supplement, a serum, a hairbrush and a derma roller.

And then on the on the anti gray or the gray hair line, we have a supplement and a serum. And so there's obviously different root causes for both of these which people might say well why is there one.

I didn't make up the rules. They're just different ones. And so that's how the body works. But there's there's the root causes behind grays are that the number one is that you have a lot of hydrogen peroxide in your cells.

And you might say, well, how do I get a hydrogen peroxide? Every cell in your body creates energy through the mitochondria. And through that energy creation process.

In a couple of reactions, you get a lot of hydrogen peroxide because it's trying to neutralize all the bad guys, the free radicals. Your body creates hydrogen peroxide, which normally your antioxidants get rid of.

But as you age, the antioxidant supports reduces. So this hydrogen peroxide starts to increase. And this attacks the mitochondria, reduces the efficiency of the cell and thereby makes you go great.

Or at least that's the that's the number one reason stress is a second reason for gray hairs. And we were talking about stress and anxiety. Homocysteine is one.

Then your stem cells that are supporting your your pigment run out more quickly than any other stem cells in the body, unfortunately. So that is also a different root cause.

You can delay your hair if you're under 30% gray. You can get a lot of them back. But yeah, but gray hairs is irreversible at this at this moment, maybe in ten years with tissue engineering, we'll have no more grays and we'll have perfect hair for the rest of our lives.

But that is still a few years away. Okay. I just we've never really I've never really talked about gray hair with these, so that's very interesting. Okay. So are there other causes?

You said the hormones, the thyroid, the big five nutrients, protein level stress. Did did we miss any other like main root causes. Now those are the main ones I would say.

And then also gut health which I'm sure you work with your patients. Gut health is a big one. It's connected to everything. Now we're learning that, you know, gut is super important in all aspects of your health.

So what we do have in our supplements is we have prebiotics post biotics and, probiotics as well to make sure that we're covering those bases. But of course, we're not making any claims about fixing your gut health.

We're just supporting your gut health. So if you are not regular, if you have bloating, if you have gut issues, it's best to work with a practitioner.

But we we understand that that gut health is very important. And so we want to address that through our solution as well. So I just want to ask you a couple of like just basic how often should you shampoo your hair?

I hear all different things like don't shampoo your hair, use special like, so what is your whole shampoo? Yeah, totally, totally. So special. And I'll address this.

Doctor Sharon, from the lens of you are experiencing some hair thinning. Right. So. And if you are, then I want your scalp to be as clean as possible.

And people say, well, I was one of them.

Gray Hair, Gut Health, and Hair Care Tips

I would not touch my hair for 4 or 5 days because I was so afraid of touching it, washing it, it would fall out right. So many hairs in the drain, trauma all day trauma.

But the problem is, that's what we think. But the hair that's coming out of your scalp is already disconnected. Two months ago, a month ago. And so this is not hair that's falling out today.

And so just be be aware that shampooing more, even shampooing every single day is not going to harm you or cause more hair loss. However, I understand for women that is a process.

It takes like hours to get your hair ready, so I understand that. But at least at least I recommend a couple of times a week to wash your hair and keep it clean so that other products like hair serums and other things can be efficacious and you don't have too much buildup on your scalp, that's preventing oxygen, that's preventing maybe the serum from working or that just causing, other issues on your scalp.

Okay, so what about red light? Is red light? I see, like some of those red light baseball hats. Is that a good thing for people to do? Yeah, yeah, it can work. There's some data.

That red light energizes your cells through the mitochondria. And when your cells have more energy than they can do their job, which is to grow hair, all of that makes sense.

But I categorize red light and minoxidil and the hair growth promoter category, which means they help grow more hair, but without addressing the root causes.

You're not going to be that effective because like, you're not even putting out the fire. The fire is burning. You just trying to like, figure out what to do after.

Right. And so we want to put out the fire with the root causes. And then you can certainly add on red light therapy. You can add on other therapies we can talk about.

And also what I don't like about the red light therapy market is that there like these devices, these helmets are one very expensive. They're 1 to 2 to $3,000 and two, if most people I talk to, they'll buy them and they'll use them for two months.

And then I'll sit in your closet forever, never to be used again. So it's just almost you're almost throwing a lot of money away. If you're going to do it.

I recommend trying to get something off Alibaba first. So let's talk about your fully vital it's a vitamin you take. Yeah. And then yeah a brush like to walk me because you know because I'm very grateful I don't need to use it.

So walk us through because I can't really speak to my own personal experience. Yes, yes. You're blessed with amazing hair. Thanks, doctor. Sharon. So what we did is we combined a supplement.

Here's a hair supplement. You take twice a day with a hair serum that you apply topically to your scalp with a derma roller and a hairbrush. So why these four?

A supplement addresses six root causes behind hair thing. A lot of what we discussed already like, you know, your gut levels, your inflammation, oxidative stress, circulation, which we didn't talk about.

Circulation is a very important one. Hormones, stress levels, all of those are addressed by the supplement we believe is the most complete supplement on the market.

Number two, the serum addresses hair loss on the scalp where you need it. So that has five root causes built into the serum. We can do the gut from the serum, of course, but we do the other five root causes.

And so we address the hair loss where it's happening on the scalp. It's very clean. It's non-greasy. So we apply it on the evening. A lot of for women of light in the evening they wake up and they go about their day.

They don't need to wash their hair. Number three, we use the derma roller because it creates these micro injuries to your scalp, which remodel your collagen, which promotes growth factors to come in.

And all of those help regrow new hairs in one. In multiple studies, just using a derma roller alone contributed to 15% more new hair growth, which is fantastic by itself.

But when you combine it with all these other things, you'll get much better results. So that's why we have different roller and we recommend you use that 1 to 2 times a week.

If you're new to it, just use it once. But if you've been doing this for a while, then go ahead and do it twice a week. And then the hairbrush. Of course, we recommend brushing your scalp every single day 100 to 200 times.

And again, your grandma probably told you that, you know, if you brush, your hair will be better. She was right. But I think we believe she mentioned the scalp.

Brushing your scalp is more important than brushing your hair, so you want to be firm on the scalp. You want to be gentle with your hair. Okay, so that's the that's how we think about it.

Brushing 100 to 200 times. Yes. Do your scalp. That turns on all types of genes that bring circulation to your scalp, that cleanses your scalp, and kind of, almost like it's, almost acts like a scrub to get rid of all the sebum that's sitting on your scalp.

So it lets your scalp breathe more. But and also redistributes the oils from your scalp onto your hair so your hair gets shinier, it gets stronger. It's not so dry. It doesn't break off anymore.

So there's a lot of benefits of brushing your hair. So all four of these things Doctor Sharon, we have in one one system, as you know it's called the fully vital Luscious Hair system, which we sell.

It's a 90 day supply. We highly recommend you try. If you're interested in hair growth or fighting hair thinning, then we highly recommend you get the full system 90 day system.

And to make sure that you get your money's worth, we offer a four month money back guarantee. And the reason is a lot of the other companies, all of the companies that sell hair products, will give you a 30 day money back guarantee.

And a hair. The hair cycle takes 90 days to see results, so it makes no sense to give you a 30 day money back guarantee that is why we offer four months money back.

Try it, use it, get great results. And when you do, please give us testimonials many women have. You can see it on our website and if it doesn't work for you for whatever reason, then we will refund your money.

I, I love that about you because that's just awesome. So basically you have nothing to risk and everything to gain. And I'm going to start brushing my hair.

I mean, I brush my hair like when I get out of the shower, but maybe like, you know, five set, like not. So I guess I can like start doing that as part of my evening routine because that's just like official for any.

Yeah, yeah. You don't need to do anything, doctor. Sharon, you're blessed. But yes. It's not a bad thing. Also I would say is any for any woman losing hair.

Be very, very careful about touching your hair or brushing it when it's wet. Hair is weakest when it's wet. So if you're losing your hair, do not mess with it.

Do not brush it. Do not try to iron out any kinks when it's wet. Just wait for it to dry if you can and then use a white toothbrush to gently, brush it up.

Interesting. Oh my gosh, I learned something every time I talk to you. I love it, but it's just so great. So for the women who are like, yes, more please.

That are watching the summit, where can they go to try it out if this is something that they need in their lives? Totally. If you want to grow thicker, fuller hair and luscious hair, then go to fully vital.com and you will see all of our bundles.

Get the 90 day luscious hair supply that will give you three months of of all the materials that you need. So you get it one time. You have all the supplies and then you can use it for the next 90 days.

The Full Hair Growth System and Closing Remarks

Also, we have a special quote for Doctor Sharon. So use Sharon 15 to further get an additional 15% off your order. So you will save a bunch of money with her.

Plus you get a money back guarantee so you got nothing to lose. Yeah thank you. Thank you for doing that. And yeah, I mean, you really you know, if you get a money back guarantee and it doesn't work then and I mean it, you know, most people it works for I know the women in my practice and in my community who are using your products or are very happy.

Thank you. Thank you. We're we're so happy to partner with you. And like the woman, I'm sure you heard all the

the minute points that Doctor Sharon brought up is somebody that only a trained practitioner that has been practicing for a long time knows about.

She knows all the levels. She knows what to do. So work with her as well and work with us. Let us help you get the best hair and the best health. I mean, look at your head. You got great hair.

Thank you. I have to right after I use my products every single day. Yeah, you're you're walking period. Well, any last words of wisdom or hair? Hair wisdom that you want to share?

Before we wrap it up? Totally be very gentle on your hair because you. As for women, men can cut their hair, but for women you want the hair to grow for seven years.

So we want to be gentle with the hair. But you can you can massage your scalp, you can be firm with your scalp and we're here to support you with anti-growth solutions and also hair growth solutions.

Finally, we are also launching a shampoo and conditioner very soon. Plus, we're launching a hair collagen that's specially for hair, but also for your skin, of course, because collagen is for your hair, for your skin.

So make sure to check that out as well. Oh, that's very exciting. Is the college and going to be like a tasty collagen? It is, it is. We're working on the taste right now.

So we'll do a couple of iterations maybe, and then we'll probably in the future launch. Something that's flavored like a watermelon or orange as well.

Oh very fun. Well, I love that you're constantly innovating and you play such an important role in women's journey because, you know, just to bring it full.

You know, we started off saying hair and emotions and it's just such an important thing. And we are visual creatures, right? As human beings. And so it's nice to wake up and look in the mirror and feel good about what you see.

And if your hair is falling out or it doesn't have the shine it you still you have solutions to help so that you can not be stressed about your hair. And, you know.

I'll just say one thing in closing, that Sharon is I blame my mother for many years that she gave me this problem, right? I'm like, mom, why, why, why?

This is not fair. And now my pain was my message. And so thank you mom, and I appreciate you and I honor you. And, you're the one that led me through 20 years of pain.

And then here we are helping others through that pain. Oh my God. All right, I got nothing to say after that. That's like mic drop. I love that beautiful clip of your mom watches this.

So thank you all for being here again. It was fully vital. Dicom you can use the code Sharon 15 get the 90 days kit supplies so you can give it the full 99 days and see your results.

And you always have that money back guarantee just in case you need it. And you know, make sure you let us know how your results are. We love. We love success stories. So thank you Faraz.

Thank you everyone for being here. Go check him out and you have a podcast too. Real quick. What's the name of your pod? Yes, it's called anti-aging hacks, so check me out there as well.

Yeah, and there's even an episode with me on it. So you can you can look that one up. So check out his podcast, check out the products, and thank you so much for being part of our summit.

Thank you for being here, everyone. And, stay tuned. We got a lot more coming your way.