Say Goodbye To Hair Loss And Gray Hairs: The Complete Guide To Youthful Hair Transcript

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Summit Introduction and Guest Welcome

Hello, ladies. Welcome back to Mastering The Meno(Pause) Transition Summit 3.0, our third year. All new interviews, all new information, all new amazing guest experts.

And I'm I'm still here, though. I'm not new. I'm Dr. Sharon Stills. I'm still your host. And as you know, it's an honor, a privilege to be here with you all.

I'm like, jumping out of my seat because I'm so excited. My guest, he's one of the sponsors of the summit. And the topic we're going to talk about is one that I know all of you are going to be interested in, because it's about hair.

And, you know, I talk a lot about inner health and inner beauty, and we talk about the terrain and we talk about all these important things. But, you know, the truth is we all want to look, you know, we want to be healthy on the inside, but we want to look good and feel good on the outside.

And I'll be the first to admit that I'm totally attached to my hair. It's kind of wet right now because I just washed it and got out of the shower, but I, I empathize and I know what it's like, and I have patients every day all day.

And when I'm looking at chief complaints that women in our age range, hair loss, thinning hair, it's always of concern. And so we're going to talk about that today.

We're going to talk about why it's happening, what you can do about it and give you some really good solutions. And so my, my special guest is Faraz Khan, and he is a former computer scientist who turned up longevity educator, speaker and biohacker.

He is the founder of FullyVital, which is a company that specializes in hair wellness using natural products. And so I am thrilled, thrilled, thrilled to have you here today.

Faraz. We are going to give the ladies all the information they know. So if they are losing their hair or thinning hair, we can we can get them back on track and get their hair looking healthy.

So welcome to the Summit. Thank you so much for being here. Thank you for being supportive and being a sponsor. And just really excited to have this conversation with you.

Yeah. Thank you for having me on Dr. Sharon, and we are proud to support you in your work. This is so critical because I got my own hair loss from my mother.

And so it's very, very personal for me and I'd be happy to share my story. Yeah, let's do that. Let's, let's I always love, you know, hearing it's always interesting how we and like because especially, you know, you were a computer scientist.

So that's kind of like all the way over here. And now you're in hair. So how did that happen? Yeah, totally. So this started back when I was 21. I was in college.

I was a soccer athlete, had all the confidence in the world.

Faraz Khan's Hair Loss Story

And then one day when I was 21, I was shampooing my hair and I looked down on my hand. It was full of my

beautiful black hair and I go, what the hell is happening?

This is crazy. And so my stress levels went from a three to an 11 immediately. because I kept losing hair every single day from then on. And I started thinking of why this is happening.

And so I thought about my family and my mom and like, oh my God, the three uncles that are my mom's brothers were all bald. And I go, no, this is from my mom's side, and I'm going to be bald too.

This is my these are my genetics. This is my destiny. And so that was a real freak out moment for me. And I started by just reaching out to people, learning, reading.

And I tried all the things. I'm sure women that have had hair loss have tried the biotin, the hair loss shampoos, the the oils, the serums, all the things.

And it it none of them really stopped my hair loss. They reduced it. But it didn't stop it. I would still wake up with tons of hair, my pillow and my confidence was really taken. A hit.

I stopped going out as much and I would constantly think about my hair all day long. And I was becoming a shell of myself. And so this went on for years.

At the age of 25, I got so frustrated that I went to a hair transplant surgeon and I said, please, doc, put me out of my misery. And she goes, it was a female doctor, very good.

in her in her space in hair transplant, she goes, you're not a good candidate because you don't have a lot of hair loss in any one area. You have more of, like a diffuse thinning that a lot of women get.

It came from my mom. So that made sense. And I said, okay, so what do I do? She goes, well, there's one pharmaceutical you can take and it's got some side effects.

And I assumed those were that they had sexual side effects, like sperm motility would be less like libido would be less. And I go, I don't want this. And so I went home, but after six more days of a lots of hair on my pillow, I called her back and I said, you know, give me the dang pill.

I'll take it. So I took finasteride pill for ten years and it's recommended to women. Is not recommended, but some doctors will ask them to take it, which it's contraindicated for a lot of women.

But I took that for ten years. And then five years ago I started my podcast. I switched my my my major, if you will, my line of work from computer science to longevity and anti-aging.

And I said, you know what? Now that I have a platform and a podcast, can I go find some experts and really get to the root of the problem? This has been my number one insecurity for my whole life.

And so I traveled to hair loss conferences in Thailand. And then I met all the top hair loss transplant surgeons, experts, stem cell people, but also holistic practitioners.

And then I came back to the States and I visited all of them individually, multiple. And we had podcast interviews, and I spent hours with them in front of and behind the camera.

And then I came back and read like 300 scientific studies. And what I learned after years of research was this one thing blew me away. And I'm sure a lot of people can relate on this.

On that are listening, is that you've probably tried a supplement, a serum, a hair loss shampoo, or something else. But, most of these don't work because there's multiple reasons for hair loss.

And the most important takeaway from this call is that because there are multiple reasons, you have to address it

holistically, using a lot of pathways, you have to go after it with multiple products to make sure you, you can counteract whatever is causing the hair loss, the root causes.

And once you get to that, then it's much easier to stop the thinning and to grow your hair back. So that is my big moment that changed how I approach this whole space.

And that's what led us to launch FullyVital, which is where we sell these products. Wow, I love that. So and I can really appreciate that, you know, you as a guy even.

Right, you still had that that concern about your hair. It's very I, I remember I was in India and we were at a, monastery, a Tibetan monastery, and I was doing this program to be a monk for a month.

Wow. And everyone was shaving their heads because that's what monks do. And I was like, I'm going to shave my head, too, you know? And I couldn't do it.

Just like I kneeled down and the the monk came at me and I was like, oh, I was like, I can't see it. And I like, just, you know, had them do a little piece in here just like ceremonially and but it's a big deal, our hair.

And, you know, when we, we want to feel good and look good and our hair is also a sign of health if it's falling out, like you're saying, there's different root causes.

So let's talk about what are those big root causes you find. And then how did you approach them in your product. How are they being addressed. Totally love that question.

So the main root cause of hair thinning in men and in women is the same. It's hormonal. And for women especially after the age of 35. And Dr. Stills do you talk about this all the time.

You're the expert. And I'm sure the listeners to your podcast and your shows and summits are as well. But after the age of 35, your hormones start changing.

For women, estrogen progesterone levels start to fall. This leads to a relative imbalance with testosterone, and testosterone converts to dihydrotestosterone, or DHT, that travels up to your follicles and attaches to the receptors in your hair follicles, and it starts to shrink your hair follicles over time so your hair gets thinner and thinner and whisper.

And after, after a while, it's not strong enough to even grow out anymore. Which is why men go completely bald. Luckily for women, they don't go completely bald.

It's more of a diffuse thinning, and you can definitely see it. You can see the scalp, but they don't go completely bald in one area. So a former client of mine called me six months ago and she said, hey, I have.

I turned 51. I think it's the hormones, but how can I actually tell that hormones are causing my hair thinning? So there's a very simple thing you can do in the shower.

You just next time you're washing your hair, just pull the hairs that are in your hands because, you know, we lose some hairs and just stick them and the tile and the bathroom and then you just look at them.

If you see some hair is that are thinner and some hairs that are normal thickness, then that is a telltale sign that there's thinning going on due to hormones, because hormones start to thin there in the hair.

Hormonal Causes of Hair Thinning

so this is the number one cause for for hair loss in women and also in men. And so how do you contract this. You have to use natural. We prefer using natural ways.

There's also pharmaceutical ways you could use but they have side effects. And so there is natural herbs that you can use that reduce the conversion of testosterone to DHT.

And this is the best way, to do this. We have multiple herbs. The other there's many companies that sell products for hair. Lots of people are selling them now, but they don't have a robust solution for this.

So both in our supplement we've got multiple actives and herbs that go after that pathway and try to reduce the conversion to not only in the supplement, but also in our serums.

so what are some of those herbs that you're using? Totally. So we'll talk about the supplement SAW PALMETTO extract is very, very effective at doing this.

Everybody's probably aware or everybody has seen. So supplements online. it is a it has been proven in clinical studies to reduce the conversion of DHT or testosterone, DHT.

So that's one that we use. The other one that that we use is nettle seed extract that also has some good data on reducing the conversion of testosterone to DHT, so that those, again, using more than one is you get a better chance of stopping and reducing it.

Also coming to the serum, we've got caffeine, which has been shown in scientific studies to also counteract the the effects of DHT, the thinning effects of DHT.

So that's one that. We use to ask you. So does that mean, like if you're drinking coffee it's counteracting or. No no. So excellent question by the way.

Drinking more coffee is not going to help your hair. Drinking any coffee is not going to help your hair. You have to apply topically to your scalp. That's how it gets into your hair follicles.

This has also been proven in scientific studies. So you want a little bit of caffeine. we've added that little bit of caffeine, but it's not enough to keep you up at night, right?

Just a tiny amount that gets to your hair follicles and counteracts the DHT that's acting on your hair follicles. So that's one. And then we've got other industry actors like Big Cylinder Dental in this room as well, that also do balance the DHT in this in the serum.

Okay. So no, no pouring coffee on our head. Actually, you know, the funny story is that when I was starting off and on this journey, I would actually I would make coffee and then I would use cotton and, like, dip it in the, in the coffee and like, my scalp and, and everything was a disaster.

Right. It was just like coffee dripping everywhere in the bathroom. And then I just spent like, 30 minutes scrubbing it off. that is not what I recommend.

The caffeine that we use is, is colorless, so it's it's completely see through, it's transparent. It's not going to mess up your counter. That's funny.

Yeah, yeah. Okay, so no foreign coffee on your head at home. Yeah. so what other root causes are there other hormonal issues that you're seeing? Affect hair loss?

Yeah, I'll go over some of the bigger ones. Right. So hormones, as we said with DHT is the number one root cause the other one that's quite common is nutritional deficiencies.

So these are things that are very important for her hair loss and or vitamins and minerals. And you want to be in the middle of the range. You don't want to be on the low end and you don't want to be on the high end.

So what are these? There is the big five. So there's vitamin D3, there's iron, there's zinc folate and vitamin B12. So

these are the five that you want to be in the middle of the range.

And we already know that a lot of folks are deficient in vitamin D3 already. And then especially for women that are maybe vegan, lots of women like on the on the coasts, even friends of mine that live in Los Angeles go vegan for, you know, personal reasons, and that's fine.

But if you're vegan, then you're at risk for being low. And folate, B12, zinc, and also an iron. And so it's very, very important to get those from other sources from your food or use a supplement that makes you and that gives you enough of those nutrients.

So that's the second reason that's quite common. And then we can talk about stress. That's also a big one. Doctor deals with stress. There's two parts to stress.

There is the ongoing chronic high levels of stress. Let's say you had a job or, you know, there's deadlines or there's a project you're doing or there's stress at home and taking care of the parents, which a lot of women have to go through that can cause your hair to shift from the hair growth phase to the shedding phase, and then it just constantly falls out, right?

Just constantly. You're just sharing it constantly. But then there's the other side of stress, which is very, very acute stress that happens. Like if you get the virus that was going around or you get a big infection or you have a surgery, it can also be psychological.

Let's say you break up, you get a divorce, you move to a new place or new city, new house, all those things that are big psychological or physical stressors will shock your body.

And then three months later, three months later, you will lose a ton of hair, like maybe even up to half your hair. And I've had friends that got the virus a couple of years ago.

Just a quick story and I nothing happened. They, you know, they breezed past the virus. Two days into it, they were walking again. But three months later they were losing fistfuls of hair.

So I had lunch with my friend Kristen in Austin and, you know, sat down and asked her, hey, how's it going? And there were tears flowing down her face because she, she was in such pain from just losing fistfuls of hair.

So it's very, very important in moments of an inflection like this when you have a lot of hair loss, you want to do a lot of things quickly to get that those hair back.

You don't want to. because what can happen is that sometimes there's multiple root causes that can cause the hair thinning at the same time. So you want to address all of them and make sure you get all of your hair back.

So those are some of the bigger ones. And we can get into some more as well.

Natural Hair Growth Routine and Products

Okay. So your, I'm, I'm asking for a friend. I know, I'm asking because I want to really understand this. Your product is a topical and an oral. Yeah.

So we have four products that work tandem in tandem. Right. So number one we've got a supplement that's called enhancer. This provides you with a lot of the nutrients that you need internally.

So blocks reduces the hormones. It gives you the nutritional status. It helps you balance your stress. It lowers your inflammation. It improves your circulation which is also very important for hair, just blood flow and circulation and oxygen.

So that's what the supplement does. Then we've got a topical serum that you apply on your scalp which I can show

you here. That's got the coffee in it.

That's got the caffeine in it. But yeah, totally. And, and it's and it's transparent and see through. So, you know, it's not going to mess up your hair.

what's important about this is, again, we go after pathways. So we try to reduce the DHT levels. We try to increase circulation, we reduce inflammation, we help support your scalp health and we help increase circulation to make sure that you're getting if you just use it by itself, it can be very helpful.

But we recommend using them together. And then we've got a hairbrush. And this is the one question I get. This is a big myth. Like I'm losing my hair. I don't want to touch my hair.

Should I be brushing? I highly recommend you to be brushing along with the other products, because just massaging your scalp gets a lot of oxygen and nutrients to your scalp, and that will help regrow thicker, fuller hair.

So don't be afraid if you're losing hair of brushing your hair, that's a big myth. And then finally, we've got a derma roller, which we highly recommend. It's proven in scientific studies by itself to grow, regrow 15% of your hair.

So adding that to everything else, these are the four products when you use together. Not only does it address some lot of the root causes behind your thinning, but it uses, different, different tools to kind of promote hair growth.

within your body. Okay. So I want to go back the brushing of the hair. yeah. I never brushed my hair. I like it out of the shower and just shake. So is that should we really be brushing our hair?

Is that important? That very good question. Like you have been blessed, doctor stills with amazing hair. So good for you. But for the rest of us mortals, it's it's important to it's important to brush your scalp.

So probably your grandma. I don't know if yours did, but a lot of grandmas tell us, hey, brush your hair 100 times a day. And so there is some truth to that.

it does. You take, you know, the scalp oils and redistributes them in the hair so your hair is healthier and it's shinier and it breaks less. But we think that grandma meant brush your scalp at least 100 times a day, because the scalp is where all the action is.

The scalp is where your hair is growing. That environment is very, very important. So it's got to be clean, it's got to be healthy and you got to massage it or brush it.

So that's the advantage. And it brings a lot of oxygen and nutrients that help grow thicker and fuller hair. So that's the advantage of using or brushing it.

The on the flip side, you want to be careful with being too vigorous with your hair because the hair strand you want to keep it around. Every hair can grow from 2 to 7 years.

That's the typical growth cycle. So for women that want long hair, you want it to go to the seven full seven years as opposed to falling out in a year or 2 or 3.

Right? For men, it's not that important because my hair short, but for women, you want longer hair. you want to let it grow for as long as possible. So you want to be gentle with the hair strands, but you want to be vigorous on the scalp itself.

And now is your brush. Is there something special about your burns? Totally. So what's what's special? Number one, it's wood. It's natural. It's bamboo.

And so this is very, very sustainable. The product, the bamboo itself. Number two, there's no plastics here. So anytime you touch your scalp, your skin with products that contain plastics, we all know that plastics are

problematic at the very least and can contain and your can disruptors and other things that can mess up your hormones.

So we don't want to mess with the body psychology in any way. So number two, it's, it's it's it's using word number three or it's natural. It's not plastic. And number three, it's wide.

The bristles are wide so it doesn't get caught up. And there's no balls at the end which can get caught up in your knots. So it's it's meant to just glide through your hair as naturally as possible and mimic just how we used to be before the invention of plastics.

Okay, I have so many questions for you. I'm not. So. Okay, so then you have the derma roller. Yes. Can you explain, like how how many times a day do you do that?

How long and why that's working. Why is that different than brushing. Totally. So here's the derma roller up close. And the reason that this it looks like a medieval barbaric device, but it's very, very tiny needles.

And all you do is you just roll on all thin areas. And the way you do that is you roll eight times top to bottom, eight times left to right, and then eight times each diagonally.

And what this does is causes very, very tiny micro injuries to your scalp. And as a result, your body now responds, this is this is called Hermes, which I'm sure you talk about or misses is causing a very, very tiny micro injury to your body overcompensating and says, oh, I need to heal this part of my body.

I need to heal my scalp. So it brings growth factors, it brings stem cells. It brings all kinds of healing to remodel the collagen, but also regrow new hairs, which is a sign of health.

And so it's again this is was nobody would have thought this would be actually helpful. But in independent studies this is found by itself with nothing else to regrow 15% of your hairs, which is why it's very important in my consideration to use it.

What I do recommend is you use it twice a week to start. It's it's again, it's a very, very small size needle. So it's not going to hurt. It's not going to bleed.

You're not going to see any blood at all. It may be a little bit, not pleasant the first time, but you'll get used to it very, very quickly. And so twice a week to start.

And then once you get going and you start seeing more results, you can start to ease up on it. Then you can go to once a week and then once every two weeks, and then you can stop at some point.

Okay. And then do you do that with your hair wet or dry? Yeah. We recommend doing it on damp hair. you can do it on wet hair too. It's not a big deal because you're just opening up channels and causing very, very tiny micro injuries to your scalp.

Now, what I do recommend after the drum roller is to apply the serum so you want to, because your channels are going to be open for a little bit of time so we can get even more deeper penetration of the serum.

So it's important to apply the serum quickly after use. The drum roller. But I also don't want your hair to be wet when you're applying the serum, because then it's going to get mixed up with the water.

So wait for here to be damp or dry before you apply the serum, but you can use a drum roller on wet hair or dry hair. And then is the serum in the the, capsules, the the mixture you have, the vitamin mixture is that's something you have to do long term or is it something you do until your hair grows back and then you win off of it?

Yeah. Love it. That's a great question. Yeah. So one thing I'll say is that aging is progressive. Unfortunately it keeps going. We have to constantly do something about it.

having said that, your hair should be growing normally, and if there are some underlying root causes that we can help address short term and help you bring back to healthy hair, get you help you get the thicker, fuller hair that you deserve and you want.

And if you're happy with your hair at that point, then you can start to wean off. Like I said, you can start to reduce the derma rolling to maybe once a week or once every two weeks or four weeks.

So you can start to cut that down the brushing. I would recommend you continue with it because it's free and you know, it's it's good for circulation and blood flow.

And then you can maybe start to reduce the serum from every day to maybe every other day to maybe every third day. And then the supplements is really up to you.

If you want to support them. Long term, support your hair long term. It supplements you can. But, if you don't want to and you think you're happy, then that's totally up to you as well.

This is not by any means. I'm not saying you have to use this for the rest of your life. That's. Yeah. So what about shampoo? Conditioner? Washing your hair like, is it bad to wash your hair every day?

Is that making it fall out more? If you can just speak a little to that. Totally. Totally, totally great question as well. it's shampoos aren't that bad.

The if you are losing your hair, then you can wash your scalp every single day. It's not a big deal. However, having said that, I typically don't recommend washing every single day for women.

I think 2 to 3 times a week is a sweet spot because you want to have your body produced for natural oils, and those natural oils do travel down your hair and keep your hair oily.

And that that oil helps reduce the dryness of the hair and helps reduce breakage.

Hair Care Habits, PRP, and Red Light Therapy

So we do want the natural oils to travel down your strands. So that's number one. So maybe like a couple of times a week or two or maybe three times a week is fine.

What I will say is that shampoos are the least effective form of reducing hair loss. So a lot of women I talk to, unfortunately, they're like, oh, I tried herbal shampoos.

They don't do anything because they're on your scalp for five minutes once a week, twice a week, three times a week. It's not enough time. You need a serum, for example, to be sitting on your scalp for eight hours at a time, not five minutes.

And so they're not effective very much at hair loss. Now, there are some shampoos with caffeine that you could consider using because they have caffeine, right?

They could block you a little bit. That may be helpful, but by and large, do not trust hair shampoos to do anything for your hair. When it comes to conditioners, I think I recommend those because again, those help, get some moisture into your hair strands, which will reduce the breakage.

We want to reduce breakage. There's two things going on. One is there's thinning at the at the root of the hair. And then there's breakage that's in the middle of the hair.

That has nothing to do with hair growth. Right. So we want to reduce both of those things. And for breakage to stop you want to eat omega three oils. You want to have, you know, fatty, fatty foods like fish, but you also want to keep your hair moisturized a little bit so that it doesn't get dry and break off.

Gotcha. So now I'm next on my list. It's I'm curious because I get asked this a lot. like PRP for hair loss. Does that work or not work or what? What are your thoughts on that?

Excellent question. I've done PRP myself multiple times and I've reviewed hundreds of studies, and I've talked to scientists that have presented on PRP, and they've seen all the meta analysis and the meta reviews of studies.

So the the data on PRP is very mixed for some people. It can be helpful. For example, I was in Los Angeles many years ago and I paid $2,500 for one PRP treatment and it worked for me for about nine months.

My hair got thicker, stronger, and it felt good, but nine months later it started thinning again. So, you know, I had to go back and spend another 2005, which I didn't do.

I chose to go a cheaper route, and I spent 600 bucks with somebody I knew. And guess what happened? Nothing happened. And so there's like it's it's not proven it.

There's there's a lot of factors into PRP. For example, the centrifuge that the doctor uses can also play a factor the way how healthy you are, because it's your platelets that are doing the job for you, how healthy and how healthy or platelets are also matter.

What I have found is that if you go to a doctor, if you're losing your hair, you go to a doctor and you say, hey, help me with hair, they're probably going to say, let's try PRP.

We're going to do three sessions, one a month. I'm going to charge you $1,000 each. And then I, I don't know if it doesn't work. I can't give you your money back.

I can't, you know, I tried. So that's the problem. You invest $3,000 or more and you invest time out of your day and there's no guarantee. So that is why I'm a little bit iffy on PRP now, having seen the data and then in myself, for some it can be helpful.

But by and large, if you're trying to solve your hair loss, we fully viable has a much more economical solution that also offers you a money back guarantee.

and so yeah, because so I have been saying the right thing I was because that's kind of what I tell patients is like, it's kind of hit or miss, right?

Like maybe it'll work. Maybe it's kind of like rolling the dice. So yes. What about red light? Yeah. So red light can work. Now let's go. I'll just tell you a quick story.

So a lot of red light device manufacturers, the the people that make the hats. Right. Helmets. They do. They've done studies. Right. But the studies always start in the middle of summer and they go through in the fall and you go, why does that happen?

Because the human hair, we have a shedding phase that comes up at the end of summer. Right? It's normal to lose up to 15% of your hair the end of summer.

What these studies will do is they use red light to prevent the shed from happening, and keep your hair in the growth phase for a bit longer. And then they say, see, we grew 20% more hair.

But you didn't. You just saved what would have fallen out. It's going to fall out soon, but you just elongated the cycle a little bit. So the studies are again, you have to take everything with a grain of salt.

if you. I'm. I'm a fan of red light overall. And if you can get a cheap hat, then get it, from somewhere overseas. But please don't spend $1000 or $2000 because I talk to a lot of people that buy these clunky helmets.

And after like four weeks, that helmet sits in a closet and it's never used again. that's so frustrating, what you just

said about the study, because it's like, you know, I wish people would just be honest and not try and skew the data.

So I didn't know that. So that's very sad, but interesting and good to know. so have you done studies on your products or can you talk a little bit about.

Yeah. We are. So we are proud that we are very, very science. Back to we have hair growth products and anti gray hair products and oh right. Yeah that's right.

Forget about that. That's totally up to absolutely. the anti gray products we have partnered with Doctor Sandra Kaufman who has written two longevity books.

She's very well known in the space. She speaks in conferences all the time. So she's been the lead scientist behind getting that product out and doing all the research on it.

for the hair growth again, we we are going after a lot of pathways that are science backed and looking studies. In terms of studies, we are looking to do a clinical later on this year.

and hopefully, you know, get that done by the end of next year. We're not going to do it in the middle of summer to get you 20% more hair, which were yours to begin with.

we're going to probably do it later on this year, and we'll have the results available early next year. And in in lieu of that, in the meantime, what we do offer is a four month moneyback guarantee for anybody that buys fully bottle, because what we see is that other companies will offer you a 30 day money back guarantee, and the hair cycle just takes a little bit more time.

You will it will take about three months for you to see results. And so that's why we offer a four month money back guarantee. So you get enough time to see results or not.

And if you don't like your results, then you can return the products to us. We're not going to ask any questions. We'll just pay you your money back. So that's our way of guaranteeing our results for now.

And then of course, like I said, we're working on the study as well. Love that. And then just real quickly because I totally forgot about the anti gray.

Anti-Gray Hair Approach and Closing

So because that is also an issue and a lot of my patients followers are always saying, you know, what's a good organic like hair coloring or they're not going organic and they're dying their hair.

And I'm like, that's seeping in and it's not good for your liver and it's not good for your scalp. Yes. And so what what is this product and what are you targeting for the slowing down the grain process?

Totally, absolutely. So we found out that there's again multiple pathways. Why hair goes gray. One of them is the increase of hydrogen peroxide. Unfortunately this is the ingredient that's used in a lot of bleaching products that women use.

Hydrogen peroxide is what bleaches the hair. But every cell of your body makes hydrogen peroxide on its own when it's creating energy in the mitochondria.

And so hydrogen peroxide is just the byproduct of creating energy. And it's your body has natural mechanisms to get rid of it. Unfortunately, as you get older, those mechanisms start to decrease.

These are the antioxidants like Lewis iron and catalase. And so what we have and there's other reasons as well, which I can talk about, what we have is that we want to go after all the pathways that you get grays, for example.

The other reasons could be that your stem cells get depleted. the third reason could be you get sun exposure and that sun damage is the DNA of the cells that are creating the pigment.

And so those, those will die. And so how do we protect the DNA? That's also a mechanism we go after high levels of homocysteine will cause more gray. So how do we lower safely.

Yeah. So therefore lower homocysteine levels in your body, elevated stress levels can cause. Great. So how do we naturally balance the stress level. So we've gone after 5 or 6 pathways.

It's very science backed, very science oriented. And we target all of those pathways. So for hydrogen peroxide we're helping increase the levels of glutathione in your body for example.

And also providing multiple antioxidants that help scavenge the hydrogen peroxide within your cells. And so that will reduce the incidence of just grays coming off.

and also like I said, we target how to reduce the stress levels. We are to target how to protect your cells and your, your DNA if it gets hit by sunlight or other ionizing radiation, for example.

And, and I can talk about this for a long time, which I'm very passionate about. But with this, we believe this is the most comprehensive solution. Naturally, that helps not only delay gray hairs, but also helps reverse some of your gray hairs.

Now, if you're if you're more than 40% gray, don't expect. I'm going to ask like, can you reverse it totally or I. Wish, I wish I think that that's going to be the longevity experts that are in a Harvard lab somewhere.

They'll figure that out. For now. We can definitely delay and we can reduce them. So, for example, when I use it in my beard, just the serum alone, I had a 40% reduction in gray hairs in my beard, which was great, but it wasn't 100%.

So I just want to set the stage that it's not going to magically overturn or reverse everything, but it will help quite a bit. Interesting. So and you know, redheads, we don't really go gray, we go blond.

So like now I'm like a blond. It's really interesting. And then we go white. Yeah. You really lucked out, Dr. Stills. So you have great hair, a lot of hair, and it's red.

So go to blond and then we'll be grays. So. Yeah. So but I have compassion for women who you know and I do I, you know, at the end of the day when you look in the mirror, I want you to feel good about yourself.

And if you look in the mirror and you don't feel good, it affects your health overall. So there's, you know, this inverse relationship to how we look outer and how we are inner.

And so I love the work that you're doing. I learned like a number of things just from our talk. And we are make sure you, you know, stay tuned. I know this is just the kick off and of the summit, and we've got seven full days coming, but, you know, stay tuned.

Stay on my email list because I want to learn more. So Faraz and I are going to definitely do, a webinar together. If you're on my list, you'll be invited and we can dive deeper and learn more because unfortunately, our time is up and I have like, more questions.

So I'm going to ask you those and we connect. so how do the women, if they want to learn more about you, website, I believe you have a podcast too. So give us give us the deets on where to find you.

Totally. So the website for the hair wellness products is called fullyvital.com. So you can go there if you want to buy products. Also make sure to use, Dr. Sharon's code.

Sharon15 to get 15% off all of your orders. We also have Instagram for the FullyVital. It's called fullyvitalhair. And then personally I have a podcast on anti-aging and longevity, which I'm proud of, and I would love to have Dr. Sharon on it as well.

it's called "Anti-Aging Hacks" so you can check me out there. And also I'm on Instagram @antiaginghacks as well. some well thank you, I am I'm like so excited.

So go check him out. Go to fullyvital.com. Put in Sharon15. You'll get a good discount. And I'm super excited about these products. full disclosure as we were talking I'm like writing down names of patients that I'm like, oh, they need this. They need this.

So I'm really excited. I love how it's really comprehensive. And, you know, it's not just something you're taking. It's something you're applying. I'm going to start brushing my hair and it, this is just fantastic.

So thank you for sharing your knowledge. And we're going to keep sharing your knowledge. So, stay tuned and thank you all for being here. And, you know, let's all let's all grow our hair and, you know, feel good when we look in the mirror.

So, we'll be back with another talk. Thank you.