Unlocking the Science of Healthy Hair, Hair Loss, and Strategies for Regrowth | Ep. 5 | Dr. Heywood Transcript

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Podcast Introduction and Guest Welcome

Welcome to Healthy Point of View Podcast, where we explore the latest trends and topics in health and wellness. Whether you're looking for tips on nutrition, fitness, mental health, or anything in between, we've got you covered.

Join us as we chat with experts, share stories, and learn how to live a healthier and happier life. Welcome to a Healthy Point of View podcast. I'm your host, Sam Tahata.

And today we got a special guest. We have Dr. Kendrick Haywood, who is a health and wellness specialist. He is medical doctor who specializes in health, wellness, beauty, and sexual health.

Dr Hayward, how are you? Hi Sam, How you doing? Pretty good, pretty good. So Dr. Heywood, man, I'm happy to have you here on the Healthy Point of View podcast.

And today's topic, it's a topic that a lot of people are gonna love to listen to what we got to say. It's about hair loss and why it happens. I was excited about this podcast all the way up since we decided to book it because I go to the barbershop twice a week and we talk about here and all kinds of other stuff all of the time.

And, you know, my barbers are around my age. And one of the things they're starting to notice is that a lot of people around our age are starting lose their hair.

So, as the barber's, they like, man, I'm starting losing my business. I figured I said, You know what? We got a bunch of different services and modalities in Liquivita where we're specializing in hair loss.

Who not better to interview about hair lost than the expert himself? You. Let's talk a little bit about hair loss. Like, why do people experience hair lost, especially as they age?

Like I know there's like autoimmune issues and stuff out there, nutrients deficiencies, like hormone issues, what is it?

Why Hair Loss Happens

I mean, you kind of cover some of those bases, but all of the above, one of most common things I see with, specially with men with hair-loss, your character from having like androgenic or that's steroid driven like testosterone.

Especially when testosterone converts to DHT, those hairs, particularly the front or it could be in the crown, can't be sensitive to it. And they could more prone to hair loss, especially when you have something more hormonal driven, like Testosterone.

Would you say a lot of young guys that start venturing out to doing a lotta these recreational performance drugs, or even taking some of these over-the-counter testosterone boosters and stuff, that they're potentially gonna experience some o' that?

Absolutely, it's always a risk. And one thing I tell young men, especially if they don't have hair loss yet, is it risks. Especially if the genetic predisposition to have her loss.

with testosterone driven. So you look at your parents, I say both sides, the mother and the father. My mother's side, they don't have no hair loss. my dad's, side which does, which I have as well, you tend to see some of these young

men, especially they go into like wind straw, that's pure DHT, right?

That's a main hormonal component that causes hair lost, specially in men even in women. Right, right. So, you know, it's funny you talk about like the whole genetic disposition of, hair loss, because sometimes I remember as a kid, I would see like, go to my friend's house and stuff.

And you see the grandfather is bald and the father is going bald. Then you start seeing like family pictures on the wall and you like everyone in the family, every single man is bold.

It seems like it runs through genetics, Right? Absolutely. So, what are some of the things that we can do as human beings, right, to figure out why are we losing our hair?

Because there's some people that start getting hair loss and you don't see it in the family. You don' see in in a family tree. What are the some things people could do to try to find out what's the underlying cause of them losing their hair.

I mean, underlying causes, if you look at it, because they do have studies on it which I'm not going to get into because it could be kind of controversial.

but really it's hormone driven. Because if a man did not have testosterone or testes, they would not hair loss. So that's like part of the primary component you would look into to see if someone is gonna lose their hair.

Do usually the like people's regular family doctor, are they testing for this kind of stuff or is this more like specialty kind? Man, you're just gonna be like the wellness clinics.

Those are the ones that does a better job for screening for hair loss and evaluating someone's hormone levels. Okay. And what are those markers or levels that the doctors are supposed to check if you want to go get checked out for potential hair lost?

Well, if we're looking at hair, loss, you gotta look into a couple of hormones. It could be testosterone, DHT for sure. But look at too like rheumatoid arthritis, lupus, and one of my favorite ones would be thyroid, right?

So, simple hypothyroidism can also get thinning or hair loss as well. So a lot of even like thyroid disease and patients that have thyroid issues, they can start losing their hair from that.

Absolutely. I know, you know my sister has kidney disease and had to get the transplants and her hair started thinning throughout that process. So I can see that.

There's definitely more things than just hormones. Environmental too. Or let's say the women, one of the things I do a lot of is the traction alopecia.

The women that have the tight hairstyles. Are they braid too tight? And those are the most complicated cases because they're not even good candidates for most treatment modalities like hair transplants.

So one thing I have experienced with women in my family, if they have that kind of alopecia, and the hair is pretty thin, you can save it. And we have a lot of treatments that we could offer to get thickness in those areas, because they won't be good candidates for hair grafts.

So you mean like women who get their hair braided too tight, that can cause a form of alopecia?

Testing, Deficiencies, and Non-Surgical Treatments

Yes, and there will be traction alapecia, cause they're just pulling and removing too many of the follicles. Wow, wow that's crazy. Now that some, like Will Smith, Jada, she has alpecia.

I mean that was the big thing about the whole thing. That's more of an autoimmune issue? Correct, it's a more auto-immune alapica. And another one that I've seen that's not a good candidate for, you know, hair transplants, but our treatments at Look-A-Vida, which I have photos that maybe have a quarter size of hair loss and one treatment, all their hair grew back.

So you have to have the kind of dark that has the experience. and understand what kind of treatments they can go through to grow their hair back. And having a doctor who can, number one, understand, what type of hair loss they're having, right?

And doing the proper diagnostics to figure it out. One of the type diagnosticks that I became very familiar with when I got involved with Liquivita was our micronutrients deficiencies test.

So let's talk a little bit about the benefits of micronutrients deficiencies test and how doing that type of test can give us some more insight of what you might be lacking that can contribute to the hair loss or potentially how you can supplement certain things that you're deficient in to help with the haircut growth.

Yeah, especially with that, it's so tricky, because so many offices don't give us the proper testing that we need. Luckily, at Liquivita, you'll get like a 24-page assessment that gives you an abundance amount of information and detail.

One thing I've seen, I dealt with someone in my own family, close to me, very close, woke up one morning, she's like 85 years old, and like lost all her hair, all hair came out.

For eight months she was wearing wig. So I saw it. You know, I went to the family dinner for Thanksgiving and they could find it with me. So, you know the next day I pulled some strings and got her a liquor Vita and started her journey on doing the biotin IVs within six.

I saw her again six months later, her hair grew back. Had like a little mini afro, but I mean, completely bald. It was just thin everywhere, the hair was bald, she had one light spot in the back, But her hairs grew and her is fully grown back and that was a nutrient deficiency.

Absolutely. And the funny thing about it, cause you put that podcast out about the oral, was taking oral biotin and did not get results. It wasn't doing it?

Nope. So she wasn' getting proper absorption? At that point. At the point, no. And suddenly people don't get it. They're taking these vitamins and nutrients over the counter and they're not getting absorption.

I mean, double, triple the tablets, which has other risk. But came the Gavita to do the IV, I am bioten, changed your life. As a medical professional, that's gotta be so rewarding when you actually sit here with that small little afro.

I was like… Absolutely. That's your hard work coming to fruition, right? So then my family, too, is devastated. And, like, I love these cases because people think they will have options, but they do.

Right, right. I mean, I remember several years ago, you had your own fantastic testimonial where your hair started thinning a little bit, and back then, we were able to use the exosomes, stem cell-derived products, the PRP, platelet-rich plasma, which we'll talk more about that in a second.

I feel like one of the reasons you became such an expert in hair loss was your own journey, which was very successful, and I want people to actually see the before and after pictures.

And this stuff really works. Let's talk a little bit about your hair-loss journey and how that worked. So my hair lost journey is probably familiar to a lot of people, especially if it's off Florida.

I was on hormones, I had hair lose, it had extensive hair loose from the crown all into the frontalis. And I actually got a quote on a hair transplant.

I needed like around two, three transplants. They won like $20,000. Wow. So, you know, I met Sam and a friend and I went down in my office at the time I was a medical director at East West, was the first flagship of Likovita.

Some down there and, and had the PRP and usually amniotic fluid allograft with exosomes at that time. so I had a micro needle and it had treatment. at the front to the back of my hair, right?

So, and the funny thing was, you know, it took like two, three hours, but the next week, my mother came, all right. And she went to, in like, about four weeks, her mother caved in my house, so I'm in the kitchen, I've been in there, getting some lettuce for her, she says, we do your hair.

I said, nothing. I got treatment, says, we do your hair. Like, you had a spaceship back there. And I didn't even tell her about it, but I told her the treatment.

But all my hair grew back. It was so funny because I was using like, and you know, it's funny, these things start at the barbershop. So I getting the Beijing, like the pigment on the hair, right, which you start to see a lot of people get.

And then I had fibroids, so I was covering it with these little microfibers, because I still have thin hair. But after that point, I have that treatment.

No longer using Beijing or fibroid. Like, this is my hair, and I'm outside of it's raining so there's no products, there is nothing artificial, but I've had a head full of hair and grown a Mohawk for like the last four years.

And all the hair from the back, has stayed to leave you required new treatment. That's amazing. And part of that story, too, that everybody has to understand is moms see everything.

They don't miss nothing. Moms always see every thing. So talking about the procedure you did and how you got your hair back, let's dive deep into the science of it.

Utilizing the platelet-rich plasma, the PRP, utilizing the exosomes at that point in time. How does that work with the hair follicles? Give me a little bit more like the science.

So, you know, the first thing you want to do is like, we have to create the, I did micro-needling. What that is, is it has like 32 needles on it, and it creates those micro punctures in your scalp because you need to treat the trauma.

And the reason is that because of, if you look at the PRP, which I was at a time under 40, so I might have had like 50,000 like good, endorphin is exosomes.

And I use the amniotic allograft, probably had like 400 billion. But what that we do understand, it attacks inflammation. Because even if you look at the allographs, they have like TNF alpha receptors.

What happens is it can hunt down inflammation, right? Because you have to create those targets for it to come in. I also think because it attempts to heal the skin, at same time it start healing the follicles.

Let's say I had half like top of my head was super thin that could be like over a hundred thousand follicles that were like lost at that time and it was like super-thin so what it does is it will attack the information and at the time it's going to repair the follicle of the skin and the hair to get you to you know, repair and grow new follicles.

So let me get this straight here, and I think I'm following along. The micro-needling is similar to the micro needling that we do for like the facials and stuff, right?

Absolutely. We're utilizing the microneedle pen, alongside with your platelet-rich plasma, which is your blood that goes through a centrifuge. Yeah, we spin it, in a PRP centrifuged, it probably goes over 10,000 spins you start getting two layers, because once the PRP separates, you get the PPP, which is platelet-poor plasma, and then you the red blood cells, but you'll get in the middle of that Buffy coat.

And what is that? That is the platelet-rich plasma. So that's where you wanna look at it. The good stuff. Like with gold, we kinda call it, where ya get your own endogenous PRP or stem cells.

And that where all the growth factors are at. That's right. Those are the grow factors. When you cause that trauma, the inflammation, they basically see it as a signal and then they go there to basically go repair.

And then as they're going there to repair, they are also stimulating and repairing that hair follicle, and then that's where the growth comes? Yes. I like it.

Dr. Haywoodu2019s Hair Restoration Journey

And also collagen, you know, if you look at your skin in a new area, it looks so much younger, rejuvenated. Think about this, that allograft I had on my head, It also soothes the hair, because when we do these hair transplants, we see the recovery is so better because it helps soothe the inflammation.

Because you put the information there on the scalp. When you put that ambient allograft, it heals the area, and recovery time is much faster. So, you beat me to it.

I was actually gonna ask you, like, what does the recovery look like when you do the PRP, hair restoration protocols, or how you did the exosome? Man, It was much fast.

Usually, PRPs, I would feel sore in the week. A day or two, that was fine. And what got me was, seeing the sprouts. Tiny little sprouts of hair within a week was coming in.

So when I saw that, I'm like, okay, what a game changer. It's like you got your own little hair garden going on there, you know? And you gotta treat it as so.

So are there things that you do to fertilize it, special shampoos, supplementation throughout that process? I think I use the hair foam, a peptide. I used the GHK copper.

That's what I'll use after my post-op treatment to help me get further results in restoration with the peptides regeneration. because that's actually good for light skin, especially if it's a hair transplant.

They have that red light cap. How does that function after you do that procedure? Well, red lights are amazing. You start to see all the rays about redlights, but what redlight does activate that mitochondria?

and definitely get the ATP production up, so your body's becoming more efficient, healing, repair itself, but definitely I'm a big fan of red lights to get hair growth.

I've been using those over the years as well. Nice, nice, that's awesome. We talked about nutrients deficiencies, we talked the PRP, the platelet-rich plasma, growth factors, the exosomes, some of the stem cell derived products, which we have other things that are similar, not called exasomes.

Which we'll get into that in a bit as well too. And most recently, one of things, because for us, especially at our clinics, we sit down and strategize, how are we gonna offer the best treatment to give the results to our patients?

So recently we brought on board a new technology called SmartGraph. And Smart Graph is hair transplant. So we've already done a few. Actually, my brother Santiago went through it.

I saw the video. It looked a little crazy, you know? But the results are fantastic. That's real hair. Like, it's the real deal. You lost your hair, and you have hair instantly.

So let's talk a little bit about SmartGraph, what these hair transplants are like. I keep on hearing on social media about all these people flying out to Turkey.

And I see videos of people coming back from Turkey in the airplane. Everyone's head is wrapped with gauze. So we have it here in The United States. What is this Smartgraph hair transplant?

So the Smartgraph is a FUE. It's a follicular unit extraction device. and it's like a scarlet surgery. it helps with the extraction device with a practitioner.

So you also get cleaner, you know, extraction units, and you don't have to use a knife or a scalpel. Because the old way was FUT. When they took some ones, back of the scalp, it sliced them open.

You started seeing these guys with these huge tattoos in the back. With the lines, right? Yeah, that's right. The lines. That was the F-U-T. FUE is like the newest technology for like a hair transplant.

And you see scars like LeBron has one. Jamie Foxx they all have scars but that's coming from an FUT which is an old school treatment and new treatments now tend to be ones that have like no scar and they do a really good job of going to and getting the grafts could be in the sides or the back of the scalp.

And what they're doing is they pulling out the individual hair follicles instead of back in a day where they would actually cut out that whole strip in back and then they have to go and cut every hair fallicle.

So the crazy thing is I would see, I still see people to this day with that big line in their back or their head, but the craziest part is that they got the scars back there but they still have no hair.

Everybody that I see is completely bald. So it's like, why do they go through that procedure? And I would always, as a kid, you know, growing up, I wouldn't see people with that scar in the back.

It would remind me of, uh, if you ever used to watch Star Trek, but the guy who used have the thing across his eyes in Star Tre, just like the black version of it.

I used always find that a little kind of weird, so this is, completely different than what they used do back in that day. So, why is it that this works now versus what they were doing back then with this big strip in the back of the head?

Well, you know, the strip was definitely older tech. It was a definitely a much more gruesome procedure. Like, here are the guys that were playing with the pain, long recovery.

But one thing I did see is, like, their quality was not great in QC. A lot of these guys you see with multiple scars, as we know people like that, they're not even having, with their hair transplants.

One thing I'm seeing, like, when they go overseas is, they're getting too many extractions. They're not getting any scars, but they thinning the whole area in the back of the head and the side, which you don't want to do either, because the minute you lose too much of your grafts, at that point, you become a good hair transplant candidate anymore, right, what you didn't wanna do.

Because you hear about these guys getting boxed in Turkey, and they coming back to America and getting correction. Because that's what one of my big focuses was, was to also keep the donor site healthy.

Because if the donors site is healthy… you give the guy so many more options for hair transplant. Right, right.

PRP, Exosomes, and Microneedling Science

So now with the hair transplants, there is a post-op procedure with shampoos and the different supplements and then also some of the stem cell derived products that are out there to help stimulate the growth of transplant follicles.

What are some those just so people know? I mean, what we have is we had this region, we haven't actually vesicles and we like some of the exosomes, but we that with the smart graft now.

And what I'm seeing is the patient get both the treatments together. We started to get exponentially the kind of results because you see people that get hair transplant, hair transplants that give great results.

Now you're seeing people get the treatment with a region PRP, or extracellular vesicles, so they get great results, too. But what you notice together, even better results.

Because all the same, a patient, at the time you get the treatment, you know, take care of your donor area, You could also work on restoring your donor area as well as transplant area.

Right, right, that's the truth. So you, know a lot of people that are listening to this podcast, when they hear hair restoration, people kind of jump to that conclusion, like, oh, this is for men that losing hair.

Which, yeah, you know, the procedures are for men that are losing hair, but can treat a heck of a lot more than just men… That's right….that are loosing the top of their head, right?

The hair on the, on top their of head. I mean, this is good for females. That right! A matter of fact, I had a buddy of mine who came back from Turkey, and this was a body that I grew up with since I was kid, And he couldn't even grow peach fuzz on his face.

And he started losing his hair, right? And, he decided, after he'd started loosing his head on the top of his set, to book that trip to Turkey. And this dude came back with not just a full head of hair but he came with the whole beard.

I was like, what? You came out with a whole beer? So, the hair restoration, hair transplant, type of procedures is not just for the hair on the top of your head.

You're talking about eyebrows, mustache, beard. Tell people a little bit more of that, especially the females that are listening thinking that this is just men.

A lot of females, their eyebrows are always thinning and they got the pens, the mascara and all this other stuff. For them to be able to get those beautiful eyebrows this might be a solution.

That's no solution because before, first of all, the women were actually not candidates for decades. A lot of women didn't do well with the FUT, so a lot clinics will avoid women.

They hear anything about hair loss, they get avoided. So one thing about my clinic, I'm used to dealing with women that have hair-loss, alopecia, and what you can do is if they are a good candidate, you can work them up and they can get like the regen products to boost their earth naturally.

Because a lot of women actually do really good with these products. And then once they get enough response, enough thickness, they could actually get a hair transplant.

But majority of clinics will turn them down because they don't have the experience or the science to get them together with the treatment. Also too, the eyebrows.

A lot women getting like their micro pigmentation or they're getting the microblading for the brows. a semi-permanent, it's like a year and a half. That's, like, the tattoo thing, right?

That right. They get, every year-and-a-half, we go into tattoo. And the problem is, if it gets lighter, facial expression changes, and moves over time.

Like, you can get grafts for your eyebrows, depending where you get the hair from, but you cannot get graphs that can give you a full set of eyebrows on how to keep getting treatments for like micro-needling or pigmentation.

Are there different sites that are utilized for donor sites? Absolutely, because as you're seeing now, You know, they

do get pubic hair extractions for beers, right?

And you kind of see Floyd Mayweather guys out there that have beers. But they can extract different sites of your body. to give you a beard and things like that.

Interesting, interesting. Let's see, that's good information to know. You know, because some people start worrying about the donor site and do they have the appropriate stuff, you know?

Amount of hair where the donors site is and it's more than just the back of the head, right? It's other areas of body that should get the donors sites.

That's amazing, so Dr. Heywood, tell us something interesting about yourself that most people don't know besides being an expert in health and wellness.

Something that if, like, the listeners to this podcast, you tell them a little bit about yourself. Like, when I tell people I played the violin for 14 years, I was like what?

That's crazy. Something about Dr. Heywood that most people don't know. What I can think of? Because I'm pretty open about my life out there. I think, what do you think?

I don' know, but I feel like I know everything about you. Yeah, because I pretty opened about what I put out here. Because usually I go through the weather's journey, and I lost 35 pounds, two years, so people know that.

My brother owns a water clinic in Atlanta, you know, that at RX, I helped him with that, and I was a former chief of health gays, which got sold to 10X, but I'm very vocal about that I mean, I'm pretty open with what people don't know.

Well, what I think I know, something that people that don' know is your passion for martial arts, where you actually train doing martial art and stuff.

Oh, yeah. You don''t see too many doctors training for Martial Arts.

SmartGraph Hair Transplants and Modern Techniques

That's right. I trained over a year of Muay Thai and Brazilian Jiu-Jitsu. And I train with Muai Thai with Greg Choplin, who was the trainer for Mao Zedong and Kobe Covington.

who trained so many MMA fighters as well. Grant Cardone, you name it. And he trained some of those guys as Well. But, especially with the pandemic, I did over a year of martial arts.

You know what I like about it? It's probably the most humbling experience about It because, for me, it's like, You learn a lot from getting choked out and learning how to defend yourself.

It was probably most humming process, but also taught me a Lot about fitness and wellness. Because I still apply those principles I work out to this day, I do burpees and hip escapes, like, four or five times a week.

Yeah, that's the truth. And even mental fitness, right? When you talk about martial arts, it's not just the physical fitness part of it. It's like you're training your brain in a certain way as well, too.

Because I grew up doing martial art. My dad was black belt, kung fu martial artist. For us, a lot of, or should I say the most of is, was like what's up here, you know?

So that's something that is definitely almost like a form of meditation. It taught me like, a lot with dealing with anxiety, because like you know, especially in a situation like that can be stressful.

You learn how to cope and deal with situations so you can think things. Because once we can get attacked, I mean it can bring a certain amount of anxiety to anybody.

But once you learn to get control rage, that I think is amazing. And then also too, it taught patience. Cause it takes a LOT of time to those levels and get skilled at throwing roundhouse kicks or reversing positions in BJJ.

You don't learn it overnight. It's a process that can take years for you to get good in. So I love it because you have to be patient. And me and Sam always talk about always going through the process.

Because to acquire all these skills took years. Like we was doing our first hair transplant, even saying it was with 2019 Neograft. So, you know, coming to this, we're not new to it.

It's like we probably did thousands of hair procedures. I think you were probably one of the youngest medical doctors in the industry. Yeah. Right. When I first met you, I mean, You were already in that industry for a few years when I met You.

And I made you a what? 30 what, 30 something. About 32 I started about my ninth year going on. my 10th year at the time, knowin' it. The crazy thing is, is like, we're still young, but we got so many years in this industry.

I mean, I got involved with Cinegenics when I was 19 years old. That's right. You know, it's just like I feel like one of the OGs, But I'm so young I kind of feel weird saying I am the O. G.

in the industry Well, no you are, because you're talking about Dr. Willix, who was the first Chief Medical Officer of Cinedigenics. And the First Chief medical officer, my mentor for Licovita.

who traded life and darker gaze, right? This guy was a book writer, a shaman, died at 70 years of age, who was probably one of the first ones in the country really pushing his forefront.

So you are OG. And think about this, when we got in this this industry was not even this big. Not at all. It was small. Everybody knew each other. Yeah, it was simpler.

We didn't have many options. And like even 2020, I remember Sam called me about just weight loss meds for the company. He said, you know about this? I'm like, sure.

I been like… We was actually on the semi-glutite craze 2020. Actually took it myself 2020 in June for my birthday. A lot of 50 pounds I got on a yacht, so my Sam remember that, but that fall we started doing the weight loss craze and we was head of everybody over the whole country.

There was probably only like one or two compounding pharmacies even offering it. Oh yeah. I saw it and I was putting best, this is going to be the biggest thing.

People said I'm crazy, it was the big thing, the funny thing is if I can go back and do the YouTube video of my journey and put even more into that wood.

We were super early on that. And that just shows you that the learning never stops. There's always new stuff coming out and you gotta stay ahead of the game to be able to offer your clients, your patients the best service possible.

So, Dr. Haywood, if we were to summarize the different steps we could take for hair loss from the start of looking under the hood and doing the diagnosis of the blood work all the way to the hair transplants, give me the quick steps of what people can consider of steps they need to take from beginning all to hair transplant.

I mean, definitely beginning, you want to do a history and evaluation of patient photos, their hair loss and what type it is, right? Going through the scale for men and women.

And definitely get a history of it and see like what age when it started, progression, family history first. Then you would get into labs. and then with that, you will start to like roll out, like, what kind of process would it be for a patient?

Would it'd be one, maybe two treatments, but you want to also start with like will be the patient's options after you do like the history, the evaluation of the scalp, and then you get the blood labs.

That would probably be like the core treatment, I mean, core evaluation you would definitely start with.

Hair Restoration for Women, Beards, and Eyebrows

So consultation, assessment, then diagnostic, and what from there? and then you probably give a patient a few treatment options. Okay, and the treatment option.

And then your least evasive is gonna probably be something more of nutrient supplementation. Then we're going to the platelet-rich plasma, the PRP, with microneedling, to then some of the stem cell-derived products that have greater growth factors.

Correct. Mm-hmm. and last but not least, then we would go to actual hair transplant. Absolutely. I like it you did it like that because some patients probably need to go the nutrients first.

if the hair loss is because of nutrient deficiency, then you can look into PRP. And some patients who might be like a light transplant, might a better option with the PRT with Regen products.

You see with me, I did one treatment and my hair didn't even have a transplant. I have an invasive procedure. So you want to go through the process, but usually I would start with a least invasive, and go on to the more invasive.

And in some patients, you wanna give the proper options, too. I mean, there's some patient out there that, I'm mean their hair is so far gone, they need to just jump straight all the way to hair transplant, right, with the Smart Graph.

At that point in time, it doesn't mean we exclude everything else, because once you do the hair transplants, then you should still get the nutrient supplementation, the red light therapy, and everything to make sure you get best results from that procedure.

Absolutely, or like a patient, let's say, he was barren, and if you get the hair back, get it thin, you know, especially going to a barbershop, that also creates so many options, because this guy could get fibroids, start covering the head with the microfibers, getting to the Beijing, right?

So, kind of look like there's no hairline, by the time you're done, he has something there that he can actually work with, cause people understand, if the haircut goes from nothing to thin that's still success because you also get to pick some viable options there, to go to the barber and we get what we call enhancements, right?

For him to get like a much more aesthetically pleasing result. Because we deal with the game here of like millimeters, sometimes centimeters. If I get a guy like two centimeters in the front, that is actually a bit different between victory and defeat here.

Cause he get the hairline, he start covering it, a little bit of the paint, cause I deal guys like when they come in evaluation and you wet their hair, everything comes off.

And they're barren. But when I'm done with him, Like, they have a fade or have some kind of hairstyle, and you can't even tell they're thinning.

Dr. Haywoodu2019s Background and Closing Remarks

So, that's when you start looking, because some guys say, well, I'm bald. Well, if the result is decent, you get enough thin hair there, You can start getting to enhancements.

and started getting some results. That's awesome. Dr. Heywood, you are a health, wellness, beauty expert. It is always fantastic having these conversations with you.

I'm excited for the listeners to be able to get this information. You just literally disclosed all of the secrets on how to break it down to the science and figure out why you're losing your hair.

So it is a pleasure of having you here on a Healthy Point of View podcast. Now for the listeners, if they wanna find you, hear more, follow you. Where do they find?

Dr. Ken Haywood, and then also you can call Look-A-Vita office here and for a lot of them. And you want to speak, we got consultations, We got providers, And we have company urges that can get with you.

So you guys, you got it there. Dr Ken Heywood on Instagram, follow him, ask him any questions. He's not that difficult to get ahold of. he's all about helping the people.

and that's what we need more of Dr Hayward. Thank you for joining us. Follow us, subscribe, leave reviews, Thank you for watching a Healthy Point of View podcast.