

COMPLIMENTARY E-BOOK (PUBLIC FACING)

BACK TO THE BARBER PRESENTS:

THE BASICS OF NATTY RESTORATION

& a prelude to- *The General Theory of Reversativity.*

BY AQBS "Male Pattern Balding Champion"

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PREFACE

This is the preface to the short book, *The Basics of Natty Restoration by AQBS*. The purpose of this book is to help and guide you through the process of restoring your hairline and or reversing any receding, balding, or thinning. The main reason why I wrote this particular short book is to give the patrons and men in general, a simple and concise overview of the causes of balding and the natural restoration process from my perspective. Hopefully you will read something here that's going to help you halt your hair loss and or reverse it. If not, I have plenty more where this comes from.

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INTRODUCTION

My viewpoint of male pattern balding and the process of reversing it is really a new or novel concept compared to mainstream science or the generally accepted beliefs of the population at large. While I truly believe that a natty restoration is not only possible, I believe it is necessary if you want to keep your hair into old age. While most men have heard of hair transplants or pills to inhibit DHT or 5ar, many have never heard of natural restoration at all. And those that have, may be a bit skeptical and for good reason.

If you visit my website <http://backtothebarber.com> and take a look at the exclusive products that I offer, you will find a unique set of products that were specifically designed for men with severe male pattern balding. This is vastly different than 90% of the products available that are more concerned with hair growth or health than restoration. Even in the “mane-o-sphere” you will find most products deal with keeping your hair or maintenance and not restoration at all. Most don’t even consider moderately or severe bald men as servable or potential clients. They are left to the hair transplant surgeons, SMP tattoo specialist, and hair system artists at best.

Although the scientific term *androgenetic alopecia* is thrown around almost as much as the phrase *male pattern balding*, when products are marketed to reverse hair fall or loss, they mean for the Norwood 2-3 (light balding), not Norwood 4-7. When you get into severe hair loss, the unspoken truth is, you are pretty much left on the wayside. This is because generally speaking, reversing even moderate hair loss is unheard of and when someone does it – no one believes them and if they are believed, they are called outliers or special cases. Their “miracle” will not be viewed as something that can be systematized or repeatable. The echo chamber screaming that balding is inevitable for some men and irreversible once you start hair fall (unless you get on internal 5ar inhibitors you may have a chance), is loud and clear. I call it the follicle death cult.

Although hair loss is mostly known by the aforementioned phrases androgenetic alopecia and male pattern balding, I do not think those terms represent the true fundamental problem. I actually call the phenomenon of hair loss “Male Acute Follicle Stress” syndrome. The reason is, regardless of the start or inception point of balding, seemingly it is stress that causes the follicles to stop producing hair. I cannot cure androgenetic alopecia, nor can I halt male

pattern balding, because that is just a description. However, I have reversed my own Acute Follicle Stress...

In this book, I am going to cover a few different aspects of hair loss such as, what is balding, some factors of balding, differences between the Alpha scalp and an Omega scalp and more. I am going to also share a few theories that I put together which have allowed me to ignore the noise and seek the true root cause of the issue. Fundamentally, I believe it is a chronic internal issue that has went topical. Therefore to reverse hair loss, you are going to first pinpoint what is causing inflammation in your body and halting that activity. Secondly, you will have to change the conditions of your scalp back to its pre-balding conditions, which takes quite a while. You can do both at the same time. It is also a great idea and I highly recommend a cleanse and to start taking pre and pro-biotics right in the beginning of this journey.

Lastly, I am also going to cover the most important topic and the primary reason for not only this book, but "Back to the Barber" overall...scalp repair. We'll discuss in detail what it is, how does it work, its benefits, and how it's the answer to naturally restoring hair loss. Hopefully, I can make the case that there is a vast difference between my product offerings and accompanying philosophy, than other hair loss product lines. Natty DIY Scalp Repair is more of a path, than a cosmetic line. This is AQBS, the male pattern balding champion, and I will see you in the first chapter. It's time to get your hair back.

CHAPTER 1 – My Theory On Balding

If you are reading this particular book, then you are probably interested in hair loss, hair restoration, and or reversing a visual sign of balding such as thinning or receding. First, you have to understand that you don't have a hair growth issue. Your follicles are not in an ideal condition at all. More than likely, they are now going comatose or in a state of chronic hibernation. What I mean by comatose is that they've been taken offline, deactivated, and disabled by the body's immune system (and DHT) to protect them from real annihilation (scarring alopecia).

Why did this happen? There are a few theories on this, but my favorite theory is that whoever has male pattern balding has had a chronic gut issue and or a nervous system issue. It's one of the two or a combination. There is a genetic component, but not like we are taught. I for certain believe that this gut issue really comes from diet and lifestyle but mostly it comes from the fact that

pathogens such as bacteria, yeast, viruses, and fungi, eventually pass through the damaged or weak gut lining and find themselves in the scalp.

The scalp environment ironically closely resembles the gut lining. I call the scalp an inside out intestinal lining. Once pathogens seep into your blood system through the damaged gut lining, they settle in the scalp where there is plenty of heat, nutrition, crevices, and circulation to thrive. This environment is not only ideal for certain pathogens, it is an easy hostile takeover. The current biome cannot withstand the onslaught of the new pathogens and they are easily replaced. This throws off the balance considerably. Once a certain volume threshold of the new pathogens occurs, the environment goes to... you get my drift. Anything that has been adapted to survive in stomach acid while avoiding being destroyed by the immune system is probably going to be a menace anywhere else in the body. Especially in important organs like the heart. Balding is associated with heart disease right?

These pathogens begin to parasite and syphon off of the resources derived from the hair follicles- especially the dermal papilla. The circulation once meant to feed hair growth is now being redirected to feeding the growing number of pathogens. As the pathogen count grows, the environment becomes more toxic from their waste. I believe it is not just one type of pathogen that immigrates to the scalp, but several compete in this hostile takeover- fungi, bacteria, even demodex or mites. Eventually the scalp would become infected and inflamed as the follicles own immune system begins to lose the fight against the pathogens. The acne, bumps, tenderness, sebum, dandruff, and hair loss begins to worsen as the hosted follicles are now incubators for pathogens instead of being 3d hair printers- which is their primary job function. This is the beginning of the end as far as hair is concerned.

The follicles fight as long as they can. Years even, but it is stressful. Very stressful. The stress alone can cause hair loss or low growth. Eventually, the follicles go from a fight response to a flight response, and the flight response is what we see as male pattern balding. Hair miniaturization is a side effect of this phenomenon. Now that the pathogens are high in numbers and a new biome environment is created, the hair-bearing old environment is no more. The production of hair is not longer a priority or even possible for the follicles due to stress and the redirection of its nutrients to alien biome, but it gets worse.

Once the hormonal stress signals are being passed around week after week, month after month on the micro level of the scalp, and the symptoms of a chronic infection pervade, the body's immune system goes into war mode.

Although the follicles have their own immune system just as the placenta, its obvious that they are not strong enough to fight off the pathogens alone.

Since the follicles are now inflamed, infected, and hosting potential threats to the entire body (foreign invaders), the body has no choice but to step in and finish what the follicles could not. It decides to shut down whatever is holding or hosting that pathogen and obviously that's our hair follicles. It decides the best course of action is to totally quarantine the pathogens. Therefore, the body cuts off all circulation, all resources, all signaling to the once thriving hair follicles. They see an enemy that has to be eradicated at the expense of hair growth. You see your hairline and crown thinning.

CHAPTER 2 – Inflammation, Degeneration, & Infection

Balding does happen naturally overtime, especially with age. Balding or hair thinning in a sense, is the aging of the follicle. The difference between male pattern balding or acute follicle stress and actual age related "balding" is, one has been accelerated almost unnaturally. It's almost as if you are 30 years old, but your hair follicles have experienced the stress of a 50 year old follicle, if that makes sense. Therefore, your hair quality and hair line appears as a 50 year old, instead of 30. See everything naturally degenerates as you age. You will wrinkle and sag. You will shrink a bit. You will have muscle loss. Collagen loss. Your senses won't be as sharp. All of these things are degeneration and they all line up with each other as you age. In male pattern balding or acute follicle stress, the aging seems to be relegated to the follicles, so while you are one age, they are another.

So lets talk about balding. Balding is when you have hair loss basically. The word literally means to bald and it denotes seeing through your scalp. The hair loss can be a receding hairline, or it could be diffusion, which is hair loss all around the top and even the sides. Some men encounter male pattern balding at 16 years old or even before puberty is over. Like me, some men started balding in your early 20's. This can be mentally and psychologically hard for a lot of men rather they speak about it or not.

Having created this product and spoken to dozens of men at this point, I realized it was a touchier subject than I had once thought. For me, having been bald so long, it wasn't something that I spoke about much now that I think about it- but even offering men a solution, it became obvious that balding affected their sense of self. There was shame. A bit of touchiness. Even

weirdness. It was an uncomfortable subject for most men. I even had to come up with a non-judgmental, light, and careful approach to men and ease into the topic of restoration.

Now, balding usually happens over a long period of time. It probably takes about 8 to 10 years for you to go from the original itch or acne that we all get in the scalp first, or seeing the oily residue before we go completely bald. Some “lucky” men stop at Norwood 3, but many of them just keep balding until no hair is left on the gallea. Generally speaking, most men walking around are between Norwood 1 and Norwood 3 in the Hamilton-Norwood scale. In a perfect world, your hair line should stop maturing once you stop growing. What I am saying is, once you stopped growing in height, whatever hairline you have is the hair line that you should keep. Everything else is a form of balding. If you find that you are 5'11 and you stop growing at 22 years old, then you should not find yourself with a 62 year old scalp visual. This is not natural. And no, it is not your final form. If you think that at your optimal age, strength, and vitality, that nature decides the cherry on top is to remove all of your hair from your scalp, is not at all true. Nature makes things overall aesthetic, and men especially big, colorful, and strong. Consider the peacock and the lion. Now, remove the feathers and the mane.

A lot of the symptoms of balding are very similar to an allergy or infection, if you pay attention. Men that lose their hair experience acne and have redness, soreness, and a lot of sebum collecting on the scalp. If this balding thing was a final form of the body (your optimal state) or if this was something that nature provoked, then it would not come along with pain and suffering. It would help you survive. Perhaps, even help you procreate. But ironically, it is the opposite, as androgenetic alopecia comes along with several comorbidities such as heart, gut, and prostate issues. That's a helluva adaption if I say so...

Hair is an extension of the nervous system. So besides the comorbidities of heart and prostate, there seem to be links to the glands and even the nervous system. Hair is not simply a covering of the body such as fur. It is meant to pick up on electrical signals. It is for communication. It is an extension of the senses in a way. And most of all, it is covering one of the most important parts of the body - the brain. Why lose hair on your head, before losing the hair on your ears, or even your butt?

Hair is not just a cosmetic thing, although having it signifies good health and balance. So what signal does not having hair, give off? Probably the opposite for many of us. Deep down, it is a part of what makes us human and whole. Having hair is the adaption, losing it broadcasts the opposite of health and

vitality. We treat hair loss for men as if its nothing, but its an omen of a greater issue more than likely. This is why I take a health-stetic approach to hair loss. Fixing the aesthetic, but conscious that there is a underlying health issue that needs attention.

CHAPTER 3 – Types of Balding & Side-Effects

There are several factors that can make you go bald. I'll deal with a few of them for this short book. Number one is nutrition. Say if you are in a position where you're starving, or severely hungry chronically. The body will more than likely decide that it is going to neglect what it doesn't need to live. It may even affect your reproductive health as you don't need to reproduce if you cant even feed yourself logically. That too, is an adaption. This is why women who have an eating disorder have problems with their periods. Men too, stop producing sperm, because the body figures out if you're starving, there are bigger fish to fry than sex. So if you are not getting enough nutrition you will find that all the hair on your body will become brittle. Nails too. You would also find that you would have skin and weight issues amongst other problems. Even your brain, would take a hit due to nutrient deficiencies.

Now with male pattern balding, the follicles themselves become nutrient deficient. The dermal papilla, the actual hair follicle engine, is not getting circulation due to DHT. Circulation to the hair follicle is everything. This is where it receives minerals, vitamins, fats, and proteins to build and support hair. Without it, starvation occurs. If you have a gut issue, then more than likely, the hair won't be in an optimal condition as the hair needs the gut like rivers need oceans.

Another factor of balding is a direct immune problem – most other alopecia's such as areata are placed under auto immune diseases. I do not believe at all that androgenetic alopecia is different than any other alopecia. It is just chronic and acute and because of that, fibrosis and calcification come into play. All autoimmune reactions are caused by something in the body whether it is gluten (in my case) a gut bacteria, that does not belong and causes the fight or flight response of the follicles and eventually the greater body to target them.

Traction balding is another. Mostly men do not deal with this too much unless they wear helmets all the time. Traction balding is when you have hairstyles that pull your hair or causes the physical weakening of the hair and follicles through constant tension. The pull would not actually pull out the hair follicle

because the hair follicle is more like a pocket. What it is actually doing is causing stress on the hair follicle. Remember, hair loss is always stress related rather it is mechanical or molecular in nature.

The hair follicle is feminine. All it wants is to be surrounded by feminine hormones and to be taken care of resource-wise. It wants to be in a soft, supple, supportive environment and protected. Follicles want to have fun and raise their child with the help of the man, which is symbolically, the scalp environment that impregnates the dermal papilla with growth hormones. It avoids stress because stress can cause it to lose its child. Just as a human woman can have an involuntary abortion unfortunately if she undergoes extreme stress while pregnant, so do your follicles. This is hair loss. The difference is, women carry embryos and the hair follicle is pregnant with hair strands- usually 3-4.

Other factors of hair loss would be things such as filth, dirt, and sebum building up in the scalp, as well as products and toxins. All can cause issues with male pattern balding. Generally, an unsanitary environment will attract bacteria, yeast, viruses, and fungus, that are the true culprits. Toxins create an environment of inflammation, and inflammation attracts DHT. DHT places the follicles in a comatose state.

CHAPTER 4 – Current Known Fixes or Covers

What are some fixes for hair loss? Now, there are a couple of different options that most people know about when it comes to reversing hair loss. If you have acute follicle stress, what mainstream calls male pattern balding, most people generally just let it go “naturally.” This is because they are under the hypnosis of the two false myths of balding. The first myth is- it is inevitable because they view it as a genetic trait such as height or eye color when it's truly not. It is actually closer to being a diabetic and or illnesses such as allergies that run in your family, even heart disease. The second myth- is it is irreversible. This means that it cannot be reversed supposedly, but I proved that false in the first three months of creating *Back to the Barber*.

Men who suffer from *acute follicle stress*, have not been dealt a bad genetic hand in the sense that they are programmed to go bald. They are simply having an allergic reaction to factors in and out of their control. Yes, you can stop eating dairy if it causes inflammation or gluten if you are intolerant. Yet, it's much harder to find nutrient imbalances that you were almost born with. This

is why it is important to find the root cause of your hair loss. It can be that the pathogen is secondary to vitamin deficiencies or third to gland issues.

As far as fixes, hair transplants are very popular and for good reason. You are moving follicles from the sides and mostly the back of the head that have not been ravaged by DHT. The costs ranges anywhere from \$2500 up to \$15,000 and that depends on the severity level and if you are state side. This is called permanent by many sources, and semi permanent from others. I am on the side that a hair transplant is semi for several reasons. The most important reason is- the hair on the sides are also receded and are affected by DHT. It is very apparent that on the sides, you also lose hairs and the follicles suffer as well. Ask anyone or even look at your sides on a microscope and you will find closed follicles and follicles short 1-2 hairs. So you will be taking weakened follicles to a more hostile environment.

I believe that a transplanted hair may last 3-8 years. It really depends on how bad the scalp environment is, as well as if you are going to perform any type of repair besides 5ar inhibitors. Do these hairs last longer? Yes, on men that are Norwood 3-4 and are filling in areas such as the hairline or temples. To go from a Norwood 7 to Norwood 2, will take a huge amount of donor hairs and that environment, again, created the N7 scalp. Therefore, its super hostile to hair growth already and can only get worse as you age. Scalp conditions must be met and maintained.

Even with a transplant, you will have to repair the scalp to give yourself the best chance and longest time with hair. Lastly, the side hairs have a bit of extra circulation due to your anatomy. You will notice that on the sides of the head, there is muscle. If that same muscle was on the top, no one would totally bald at all. It would be non-existent, unless it's a true autoimmune response and would probably become scarring alopecia if its not caught early.

So if you're 21 years old and severely bald and get a transplant, by your 30s you will be getting another hair transplant, more than likely. But if you used 80% of the donor hairs on the sides, then you have to look at removing it from your body... I personally did not have enough hair on the side of my head in order to fill up the top. Therefore my only chance of regrowing hair is this book, *The Basics of Natty Restoration* and Back to the Barber products.

The last fix I would mention is the blocking of androgens or DHT using mostly pills, but this can also be done topically with lab-based solutions. These pills basically block 5ar from converting testosterone to DHT. DHT has five times the amount of let's just say masculine energy as even testosterone. What do I mean by that? I am saying that testosterone is like a normal guy like you and

I, while DHT is a hyped up Rambo with a machine gun on a war mission. So this type of androgen acts almost steroid like, and its great for facial hair. However, follicles are feminine so when DHT finds itself in the scalp for any particular reason, the estrogenic properties of the scalp are eliminated. And seemingly, anything related to hair growth or the successful birthing or nurturing of hair, is blocked.

Blocking DHT is necessary. This has been tested by me. However, if you are 16 years old, that may not be a good idea to block a male hormone used for your development purposes. Another thing to keep in mind, DHT suppression works when you have hair to actually save. It halts the furthering of hairloss or it can reverse hair loss if the follicle has not been comatose for a long while. Once your hair loss is severe or calcification/fibrosis kicks in, it does not regrow that loss hair.

On another note, men use topical vasodilators to increase circulation and this helps to grow hair on working follicles or to halt hair loss. This too, does not work on a truly bald head that's been calcified and fibrosis has kicked in like my own. Many people use this well-known stimulant. It goes by many different names as many companies incorporate it into their solutions, but generally speaking, it is a booster to the follicle engine- the dermal papilla. It is the equivalent of putting turbo booster in your gas tank. Because the follicle is being damaged by various factors (DHT, pathogens, immune system), how long will it take before the engine breaks down? Once the engine has a mechanical failure, it doesn't matter how powerful the stimulant is. This is why many men have stated, topical vasodilators work for a while, then it stops. Its not the product that changed, it's the follicle. It went from fight mode to flight mode and has went inactive duty.

Speaking of powerful, besides the human ingenuity products and solutions or lab based solutions, nature also provides stimulants. Various botanicals, plants, herbs, and roots can be used for this purpose. However, it depends on how it is prepared, where the ingredients come from, what it is mixed with and more variables. This is the route I've taken, but I am aware that human ingenuity lab-based solutions are a solid choice. The cleanliness, organization, research, structured testing and product producing under strict conditions are pluses. Plus, these products are concentrated and targeted, unlike natural substances.

Where natty wins is, nature provides balance within the botanicals so side effects are more rare, and you can mix and match and compound the effects. While lab based solutions have their benefits, so does mother nature... the best choice is a combination stacking of both...

Two other honorable mentions are hair systems and SMP micropigmentation tattoos. SMP tattoos are more like complex toupees that create the illusion that a man has hair. It is usually blended well into a hair style/cut and can be worn for weeks at a time. The scalp tattoo is permanent however. This gives the illusion of a very fine usually short hair style look that blends with the sides of the head. I believe that the hair system artists and SMP artists are doing a remarkable job for men like me. Every year, it seems to get better and better and more realistic.

CHAPTER 5 – Hamilton Norwood and Alpha-Omega

I want to mention the male pattern balding visual aid that we call the Hamilton Norwood scale. It is the documented pattern of the hair receding at the temples and the crown, which I call the Bermuda Triangle. Those areas are the low yield areas of hair. Usually, they thin or recede first, because they are in areas I call anatomically difficult for hair growth. It also seems that there is low fat and naturally thin skin on those areas. The epidermis, dermis, and the hypodermis layers underneath seem to be constricted a bit as well. The cupping tool is great for pulling these layers back apart for the body to fill back in with collagen and or fat.

Even with babies, you can see that those same areas have very little hair at first. If you pay attention, you will notice that a lot of women have less hair in the temple area and crown too, but not significant enough to be noticed. What the Norwood Hamilton scale truly is - is a snapshot of the body and DHT shutting down the follicles in an organized fashion. Taking the easier less hair producing areas first, then moving to the more dense hair areas.

You can imagine three circles of DHT and body immune soldiers on the scalp. One team is located on the crown, and the two others reside at each temple. They start off together in a small circle and as the circles get bigger, they quarantine more follicles. Over time, each circle touches the others and the entire head is engulfed and bald, while the sides suffer some losses too. This is the Hamilton Norwood scale in its essence. It is basically a battle schematic that is universal to men's hair loss. It also gives you a clue in how to reverse it...

In a scalp suffering with acute follicle stress, or is visually balding, I nicknamed it the Alpha Scalp. The alpha scalp is the epitome of pretty much the prostate running the show, being led by DHT. An Alpha scalp is dense, dry, calcified,

DHT heavy, inflamed, and with tension. The Alpha scalp is the natural progression of a scalp that has had its circulation removed. It is the product of the prostate dominating the scalp to the point, its severely off balance. There is a reason why most lab-based hair loss medications were once used for prostate issues. The alpha scalp is naturally hostile to hair growth as estrogen is naturally hostile to masculine traits such as beards and deep voices. While estrogen and testosterone are balanced in non-balding scalps, estrogen cannot balance DHT at all. Thus, between it and the immune system, its lights out.

Follicles are feminine. They are very similar to the placenta or the uterus in which they love estrogen. They love fat. They love a low stress, high communication and abundant resource environment. They all have an immune privilege (protecting hair from the body's immune system) where they take care of their children- terminal hairs. The dermal papilla is pretty much like an egg. The egg, like an uterine egg, is fertilized by the environment around it. The scalp environment with its growth hormones, acts as sperm fertilizing the dermal papilla, which in turn, grows hair. The hair will grow until it is "grown," for 3-7 years eventually falling out. The follicle will become an empty nester, and then it will become impregnated once again and the cycle continues.

I should mention that the dermal papilla is what is actually fertilized physically, but it seems to be able to produce a villus hair without proper fertilization. So you can view a villus hair as a hair that is stuck in limbo until the right growth hormone initialization occurs. These growth hormones are shared and broadcasted by working follicles passing a baton. If the scalp becomes an alpha scalp, then even the villus hairs will be a thing of the past.

The hair follicle will not drop an egg to fertilize and even if it did, there is no angiogenesis (blood) or neurogenesis (nerves) to start the process of growth. The less hairs you have, the less growth hormone, the less resources being shared, and opposite, the more calcification and "flight" hormones being shared. Suffering follicles share the bad news with other follicles in the vicinity. Its like a painful scream that warns the other mothers, to flight before its too late...sadly. This is why happy hormones such as endorphins need to be promoted for a scalp reset.

CHAPTER 6 - Scalp Conditions and How to Reverse Them

I state that scalp conditions must be met and maintained. Here's how. There are two main branches of being met – follicle health/total restoration and the

scalp environment itself needs to be restored to pre-balding conditions or better. In short, the comatose follicles will be fully online and the scalp environment will not be prostate DHT led. There are two masculine aspects of the scalp- and one minor one. The ability to fertilize the dermal papilla or egg, to provide resources that it can extract to grow hair, and the minor aspect- to provide a cushion or protection of the follicle.

In androgenetic alopecia, this male aspect goes bad. Number one, instead of feeding the follicle, DHT closes the mouth. Thus, circulation is severely limited. Instead of protecting the follicle, the fat and the suppleness of the scalp is stripped away and replaced by fibrosis and calcification. If you were to touch a bald head, you will find that is pretty thin to the bone and tense. That is the opposite of what follicles need. This creates follicle stress because it's starving. It is stressed because it's tension. It's denseness. That cake supple like scalp should be something that has a sponginess, not rubbery at all.

All of these alpha traits, are opposing to the balanced previous state. Keep this in mind, the immune system and DHT is purposely suppressing the circulation in order for the pathogen or the foreign protein problem to be eradicated. In a sense, they're doing the right thing for your overall health. However, the unwilling victim is your follicles who soon succumb to mini-organ failure. Not death, but failure. The follicles feel attacked. The pathogens are attacked. You see hair loss or balding. The immune system sees a victory. DHT gets a job well done from the body, but is now on the most wanted list as far as you are concerned.

I have a whole theory on this I call – The Alpha Omega Scalp spectrum theory. If you look around, you will find that its pretty apparent what is actually occurring in the scalp. While androgens do facilitate hair growth, DHT does the opposite but perhaps not on purpose. The closing of the mouth of the follicle is caused by DHT surrounding the follicle, due to its inflammation. Without inflammation, then DHT may have not gravitated towards the scalp. And without the threshold of some sort of inflammatory pathogen or protein, then the body's immune system would not have been alerted. If the follicles could thwart off the invader, then there would not be inflammation- which is the main factor in acute follicle stress. It seems that there is a domino and compounding effect at play here.

It took years for me to form a solid enough timeline and cause/effect model in order to began creating the therapeutic to reverse the changes. What you have to do simply is to reset the scalp by removing the cause of male pattern balding (inflammatory agent, infection,), fixing the environmental destruction

(calcification and fibrosis), and healing the follicles (rebuilding them), and lastly, restarting the hair growth cycles through circulation and growth hormones.

CHAPTER 7 – How does Natty Reversal Work?

How does it work or how does *Back to the Barber* differ from other solutions? Well, I use natty or natural therapeutics because the body seems to be able to synthesize and use them much easier as if it produced them. What the gut loves, the scalp does too. Although synthetic products are concentrated and powerful, there are side-effects or considerations with long term usage. While natty ingredients are less concentrated, they can generally be used longer with less side effects, if done properly. I mostly use botanicals and roots but for the Dermis Rebuilder, I focused on animal by-products as those specific fat and proteins are necessary. Regardless, all of these things are pretty much edible. Yet, I wouldn't call them food grade because its not meant to eat.

If you can't eat it, then it really doesn't belong on the scalp. If its edible and absorbable by the scalp, it's a true winner. So the point of *Back to the Barber* is to combine simple tools that change the scalp from an alpha, prostate dominated scalp, to an estrogen uterine dominated scalp, which I call the Omega scalp. The regimen I created can take months, or even years, depending on the severity of the alpha scalp and length of time that the follicles were comatose.

To start the reconstruction aka the reset process, we are going to peel and exfoliate the epidermis to get rid of calcification and fibrosis using the scalp repair paste with a dermaroller. This also removes sebum, acne, and toxins embedded overtime in the epidermis layer. Another bonus is the infection will be cleared on the epidermis layer while inflammation is suppressed. This step is missing in 90% of the male pattern balding products, but it's the most important.

Having a less calcified supple scalp allows greater penetration of both natty and synthetic products. It's also the greatest factor in not only releasing tension, but allowing the follicles to push villus hairs to the surface. This is crucial. Very crucial. You have to perform this operation before you start the other processes of applying topical stimulants or DHT inhibiting. The scalp repair paste that I created did not exist until now. Once I found out this very important fact, I knew I had to create something to counter that effect. Calcification and fibrosis is the reason why men don't regrow hair even after DHT inhibiting and topical

stimulants are taken. It is the egg shell that needs to be broken to start the regrowth process. I call it breaking the scalp.

In the reset process, we are also going to make it more spongy and supple by using massage tools and cupping. The massage tool, or just massaging in general, relaxes the muscles, releases dopamine and endorphins, and it fixes tension. As stated earlier, stress even on the micro level of the follicles causes hair loss or miniaturization of the follicles. Just massaging, even on an Omega scalp without hair loss, will increase growth and circulation.

The cupping tool is one of my favorites as its phenomenal in releasing deep tension, pulling out the infection and creating micro tears in all layers of the scalp, which when healed, heals the whole environment. The pathogens and toxins are pulled up and out, while the pressure vasodilates the arteries and blood vessels naturally. This tool works great on bald spots, especially areas without hair. Very few know about this great tool. I went specifically looking for a tool that can target the deep recesses of the scalp, and there it was. In India, they call it Hijama. I call it my 2nd most important tool besides the dermaroller. You can even perform “wet cupping” after a dermastamp session.

The derma stamp is how we are going to reactivate and reinitialize follicles that are comatose while creating micro-punctures that the body will heal. This healing process due to micro injury, forces white blood cells to come to the rescue, which then kills off pathogens and rebuilds anything that needs rebuilding or healing. The derma stamp seems to also create punctures that the body can turn into new follicles themselves which is great.

It goes like this.... pathogens such as bacteria, yeast, fungi, are targeted for eradication using topical herbs and internally, the body's immune system. Once we get rid of the pathogens, then the infection and inflammation goes away. If the infection and inflammation is cleared, due to the follicles being free of pathogens or an inflammatory protein, then DHT doesn't need to be there. Once we suppress DHT, while these other things are in order, the body's immune system pulls back a little bit. Once the immune system is no longer in fight mode, the follicles are able to flourish as circulation is no longer cut off.

Basically, we go from having a scalp that pathogens took over, to the body's immune system and DHT reoccupying it, to giving back control to the follicles immune privilege once the war is over. Does this make sense? Knowing what I know now, and if I got started tomorrow, I would do a total cleanse and then I would get on pre and probiotics. That would technically get rid of the pathogens (or hurt them) and you're going to put some good bacteria back in to your system for rebalancing. This is important as the gut bacteria is probably

the pathogens that escaped through the damaged lining and found their way to the scalp.

CHAPTER 8 - A Timeline, Factors, and a Trajectory

The biggest problem with acute follicle stress is that once follicles go into a comatose state, then there's a long and complex process of restoration. Everything you are doing from products to tools to the regimen, are basically putting them on the machine until they can survive on their own. They will not be able to extract minerals and vitamins from the arteries using the dermal papilla, so we provide topical food. They would not be getting the nervous system support in the beginning, so we use redlight massagers and microcurrent tools. You kind of have to do everything artificially until scalp conditions are met again.

Eventually, villus hairs will appear and terminal hairs soon after. You will find that your hair will start regrowing ironically in the reverse Hamilton Norwood pattern. Hair also grows in lockstep with each other almost like group-think, and in separate scalp sections. Each scalp section has different requirements and time considerations before it is met. Therefore, the sides grow faster than the top, but the top grows faster than the temples which grow slower than the crown. Hair does not grow steady like non-balding areas. It seems to grow in spurts until a true cycle or rhythm is created again.

You will find that as your scalp is being reset and reconditioned, the environment will slowly change. At first, seemingly for the worse. Acne, peeling, soreness, redness and color changes in the skin will occur. You will loosen the scalp from its chronic tension and muscle stiffness so you may even have some drooping of the forehead skin. You will find that the infection and pathogens will not like the constant targeting via tools and parasite cleansing herbs. Their deaths would be symbolized by frequent itching and bumps appearing randomly.

Because your scalp has been left alone and inactive so long, the stimulation and supplementation will also make the current hair producing follicles work much better. This is great until you see that the male pattern balding looks worse as the surrounding hairs are even thicker than before, creating an even more magnified balding look for you. So while the new follicles are going through the long process of a reset, the current follicles are producing bigger

terminal hairs and growing much quicker. It is not recommended to shave the new villus hairs that will grow in, or even the new terminal hairs that will erupt.

If you have kept a low hair cut or bald, you are in for a real treat. Because its not recommended to cut the new villus hairs or terminals, you have to leave the new hairs where they are. This means that the clean bald look that you've become accustomed too, is a thing of the past as well. While you can shave the sides, as your hair starts regrowing, you will be faced with how to look decent with random hairs, villus hairs, and regrowth. I will be the first to say, it is not aesthetic or pretty. I looked pretty ridiculous because I had no idea that the hair would regrow in this pattern as there was no path before the "Back to the Barber" path, for natty hair restoration.

I assumed I'd get that cool clean shadowy SMP tattoo look. Boy, was I wrong! I got a stronger Norwood 7 while having villus and terminal hairs randomly around my head from an outsider perspective. I knew I was on to something big. I knew I had more hair on my head than I had in the last 10 years. I personally knew it was a reverse Norwood, and spotted the regrowth pattern early on. However, another person would see a guy with a bowl cut or ridiculous amount of hair on the top that he should just shave. This path is not for the faint of heart, but for many of us, we have no choice. Besides that, its really the only permanent hair restoration path for...everyone.

Time considerations are one of the hardest parts of this path. The follicles having been miniaturized and no longer hair-producing, the body removes their muscles, nerves, and blood vessels. What you don't use, you lose. The regimen and products basically forces the body to add them back to the follicles. Inactivity is one of the key elements to the alpha scalp. Activity or flow, is the opposite omega element.

Think of it like a factory that is shut down and all the machines are unplugged, taken apart, and eventually all workers leave. Now if you want to start this factory back up, because follicles are like 3D hair printers, you have to bring them back online. What happens is the workers start coming back to work. Some plugging the machines back up. Others adding the parts that were taken off. They have to warm the machines up. They're putting oil in the machines. They're starting to put the products or raw materials back on the conveyor belt. They're sweeping around and turning on lights, changing out bulbs and knocking cob webs down.

It's a relatively slow process of getting this manufacturing site up, but when it starts running, the machines will start humming. Villus hairs are symbolic of this process. It tells you that your follicles can indeed produce terminal hairs and

it's a glorious site to behold. It does not tell you how long it's going to take for it to do so. Remember, hair does not grow randomly. The temples and crown fill-in after the M pattern starts. You're going to have what I call five different type of hairs on the scalp eventually at one time. They are not different hairs, but sequential stages of regrowth.

CHAPTER 9 – Repairing Effects, Stages, & Considerations

In repairing your scalp, you will first get villus hairs all over the programmed areas for hair. Your scalp is literally programmed to grow hair and that is a great thing. When you meet conditions or even begin to meet conditions, these new “unfertilized” baby hairs will began to erupt. Even in areas that you haven't seen hair growth in years. My entire scalp was full of these hairs in about 2-3 months and I was astounded. They represent your true hair line and volume. All it takes, is to work them back to terminal.

Out of those new hairs, some of them will go terminal very fast. I call them the super responders. They seem to almost be hairs of a different DNA strand. We all have those hairs that are very straight, or very curly, or just very odd compared to the rest of the scalp hairs. These hairs may be a bit more immune to DHT. Therefore, they come up first and very fast. However, they are the 1% or less. All it does is give you hope that you can grow your hair back. Because they are individual and spread through out the scalp, it may look a bit odd. You will have thousands of small short fine white hairs and a dozen or so long random super responders. It can be unsightly as they will grow long over a “bald” head.

Next in line are the early adopters. Unlike the super responders, these hairs actually grow in small tribes and they generally follow the male pattern balding line of reset. This means that they will grow in nearest the sides of the scalp, and work their way through the scalp reversing the Norwood 7 to 6 to 5 and so on. These are not individual hairs but dozens or more than erupt out of the villus hairs and turn terminal after a few months. They are similar to the super responders because they actually grow out of villus. These hairs shapeshift from villus and into terminal Because their follicles don't grow a hair for months, push it out, and regrow a new hair, early adopters are some of the first hairs

that you will see. The proof is, you can see a little white tip on their top as they turn terminal with a microscope. I have dozens of pics of these.

Having super responders, and early adopters at the terminal stage, you are still talking about less than 5% of the volume growing or visible on a bald scalp. The frustrating thing about villus is, they cover all of the scalp, but you feel them to touch more than you can see them- especially in the beginning. There are three stages of villus. New, very short fine almost invisible. Mid, taller, thicker but still colorless. Last stage, longer almost falling over, thicker, and a tint of color. Once they get here, they either shapeshift to terminal, or for the 90% of hairs that I call mass population, they will fall out for a new thinner terminal hair that's even shorter. If you are just receding at the temples and not totally bald, you won't have this issue- maybe 3-4 months of the regimen will have some villus turning terminal

The mass population of hairs gives your the hair aesthetic that you are looking for, but hair grows in a pattern or path. The path is not aesthetic but practical. Easy areas first. Hard areas last. What went bald first, comes in last. You will see the Norwood scale reverse slowly. You will see those circles I spoke about of the DHT and immune soldiers get smaller and smaller as if they are retreating. The hairs ironically, will grow only if the hairs next to it are growing.

This baton that they pass is extremely important to the mass population. These hairs will come out over 6-8 months in severe and chronic acute follicle stress, and they fill in the "T" or "M" pattern first, then began in the low yield areas such as temples and the crown. The temples and the crown are codependent and need scalp conditions to be near perfect to compensate for the already struggling anatomy of thin skin and low fat to grow your hair back as stated earlier.

At the writing of this book there are two theoretical classes of hair or stages that I have not yet experienced, late adopters and non-responsive. The reasoning is, because I am still growing in the mass population, I cannot at this point call any hairs late adopters. I believe that the crown and the temples will be the late adopters or the "hard gainers" for those that work out. I can see today, that the trajectory seems to be solid as those hairs are still in the first villus stages. What I found ironic is even my side temples are growing in faster than the top temples. It should not be a surprise because most hair transplants deal with that area.

As far as non-responsive, I can theorize that some follicles may have been damaged. Or some follicles can produce a villus hair but perhaps it can't be fertilized or taken to the next terminal stages. That I am unsure of. However, at this point, my theory is- if it can produce a villus, then it can turn terminal if scalp conditions are met. I will know in a few months of this writing. Worst case scenario, I still have the human ingenuity route to take for any stubborn hairs or ones that I cannot naturally move out of a coma. If they are damaged beyond repair for even synthetics, then only a transplant would do. My bet is, this won't happen, but we'll see. It's new ground.

To wrap this up, my products were made for severe balding (because I had no other choice) with light receding in mind. The regimen, and the tools shift a bit depending on your severity level or Norwood scale. You may find that you will only need a dermaroller and the follicle reactivator spray. Another may find that the dermis rebuilder and cupping is needed. The point is, as long as you have the right products, various tools, and a regimen, the sky is the limit.

Conclusion

What makes *Back to the Barber* different? I actually need it to work for me personally. I am not a beauty consultant or a guy that's into cosmetics or somebody who owned a cosmetic company and decided hair loss is great for revenue. I didn't even make this product for other people in the beginning. I truly made it out of true grit, desperation, and a bit of selfishness to be honest with you. Now once I begin understanding that balding was a side effect of greater internal issues, and an omen of potential heart, gut, and prostate diseases, I viewed it differently. Once I experienced the euphoria of my hair growing back over ten years later, I knew I had to share it with other men like you. Plus, I can drive the message of health first, aesthetics later.

Back to the Barber is also more of a path- a belief that your body knows what it needs to heal itself from injury and balding is follicle (organ) failure. It is the flight response after an onslaught of stress from the factors mentioned in this mini-book. This path does not thumb its nose at human ingenuity or lab base solutions. I say if you repair your scalp, your hair will grow automatically. When you combine that with targeted synthetics, you are in for a treat. Do you have to combine it? No. Can you? Absolutely... Why not? Ever saw a dermaroller

growing in the garden? Me either. This is why I say natty and not natural. Natural is the wilderness. Natty is your home garden, if that makes sense. Do you and let me help you on whichever path you decide to take.

Lastly, I am not tied to any tool, herb, product, method, or regimen. If I can find something better, produce faster, more concentrated, and better targeted, I am incorporating it in a heart beat after research and testing. If it can improve time considerations- I am on it. You will notice that my products have version numbers on them. When you get the product in your hand, you will find that it has a 16.9, or 11.2. That tells you that there were 16 or 11 versions of this product that either failed or was not good enough for me or had been modified or updated due to new information.

If you get something that's 17.1, I went through 17 reiterations within years in order to get the best product. Like technology, there should be new information or improvements along the way naturally. I don't see how we can only have access to the same products after 20 or 30 years of research. That seems highly suspect. If you get this product in hand, just understand, it is 2 versions behind the one that I am currently testing. 100%

I want to leave you with something. See, you can control the products. You can control your regimen. You can control the rest period between therapeutics. You can control growth signal a bit through oils. You can control a lot of what happens on this path, but what you cannot control is the time it takes for your body to repair the damage that is done. It is up to the body to get the follicle in working condition. Would it take three months? Would it take six months? Would it take nine months? 12 months? The bigger question is, do you have the grit and patience to see it through?

It is not a get quick hair scheme. I definitely could've came up with a less complicated scam or grift. If that is what you are looking for, there are plenty on social media claiming to reverse Norwood 7 scalps overnight with an oil dropper...or a book that pushes massages only, or the guy with a Norwood 1 light receding who "reversed" his hair loss, when he was never even a Norwood 2. How about the people who sale the products for alopecia areata and market it for male pattern balding? What about the hundreds of "ground breaking" solutions that just rehash current stimulants or DHT blockers with an added herb like rosemary? I've seen them all too, man. Remember, desperation causes you to entertain anything that can give you hope.

Yeah, I saw the guy with a hair transplant or hair system selling a miracle oil for balding. Or the woman in a lab coat with 16 inch hair speaking about androgenetic alopecia. Yes, I too saw the guy hacking a product and the before and after is negligible. But its “ground breaking” and its using synthetics that are supposed to be concentrated and strong? Yes, even the herbalist and natural solutions get the side eye. Rosemary and saw palmetto are not taking you from a Norwood 3 to Norwood 1, sir. Lets not even discuss my severe balding over 10 years. How am I sure?

I studied most of these methods and ingredients and how they work. Any stimulant works on an omega scalp. DHT inhibiting doesn't grow hair. Topical boosters work until the follicle goes out- which it will. Most products cant get to the hypodermis. You need tools, a product, and a regimen + time. If they are not providing that, don't get your hopes up. I laid out the difficulties of hair growth in this mini book for that very reason. There is a reason why you've never heard of anyone doing what I've done as far as reversing a decade old Norwood 7 totally bald scalp. This is not a brag or sales copy. It's the truth. Now here is more of it...

At the time of this recording or book, it has been 16 months and I am about 15% terminal and 85% villus. Yet, I don't supposed to grow any hair at all! I believe that I will restore about 90% of my original hair, but it will take time considerations. What I am saying is, like working out, you don't expect to get abs overnight. You don't expect to get cut overnight. You don't expect to lose 50 pounds overnight. It is steady and constant and the results follow. But we are not talking about an hour a day, we are speaking about 10-15 mins max. I think that is a great investment of time. Don't you?

Don't believe in me. Believe in your body's healing power. If you could not heal from the hundreds of skin issues your face has had, pimples, acne, rashes, measles, accidents, razor cuts, black eyes, surgeries, what would you look like? Are you still under the impression that skin doesn't heal itself after all of that? The scalp is just more porous skin that needs a reset, a repair, and another chance to produce hair for you. Your follicles want to produce hair. They can't in its current condition. They want to come out of that comatose state and function correctly. It is up to you to allow them too. You want your hair back, but so does your body. Hair loss was the side effect of your body protecting you. And once it does not need to protect you from harm, hair can be naturally restored. If I can do it. You can do it too. Lets get you back to the barber.

**SCALP CONDITIONS MUST BE MET AND MAINTAINED WHILE TIME
CONSIDERATIONS MUST BE KEPT TO SECURE GAINS.**

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