

---

Subject: EricTipsReviews

Posted by [Lennox](#) on Fri, 08 Apr 2016 13:32:33 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Dieser Youtuber hat ein meines Erachtens erstaunliches Ergebnis erzielt, wenn man sich mal sein Regime anguckt: (kein seti ru dut/fin ket minox)

-Using micro needle roller with topical application of essentials oils, Lavender + Rosemary (on hairline/bald spots only).

-Using Home made Thickening Oil: fatty acids oil massages on entire head (Read the recipe and Application method below).

-Using thickening oil mix with pure lavender and rosemary essential oil (1:1 ratio) SEPARATELY on overall head once a week gives the best results faster. (Do not add essential oils into thickening oil mix)

-Use pure aloe vera gel once a week especially on bald spots, receding hairline. It has more than 20 minerals and many vitamins which promote hair growth.

-Adding Biotin, Omega 3 and Vitamin D in your diet can help the hair follicles from within. Be careful of Biotin supplements, don't use the highest potency. (standard dose natural supplements are ok) Watch 10 Tips Video below.

-Adding a 2-3 day/week workout routine will lower DHT (dihydrotestosterone) and increase healthy T or DHT blocking foods or natural DHT blocking supplements. DHT is the major cause of MPB (Male Pattern Baldness). Strength training forces your body to balance DHT and T to normal levels.

-Reduce added sugar from your diet. Reduce carbs, which turn in sugar and spike insulin. Hydrate yourself by drinking plenty of Water everyday!

-Manage stress effectively by meditation and deep breathing! It prevents premature hair resting phase.

Think positive by visualization making this statement 5 times/day "My scalp is becoming healthier & receptive and my hair are growing stronger, thicker & beautiful everyday" It reminds your brain and body to stimulate stem cells & hair growth and also enhances your self-esteem.

<https://www.youtube.com/watch?v=yfIntolCWR8>

<http://www.erictipsreviews.com>

---