
Subject: EricTipsReviews

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

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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>

Subject: Aw: EricTipsReviews

Posted by [jpo03](#) on Fri, 08 Apr 2016 15:24:23 GMT

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Finde sein Ergebnis auch sehr bemerkenswert. Braucht aber seine Zeit. Der Typ hat ca. 1 Jahr gebraucht fuer seinen jetzigen Status.

Subject: Aw: EricTipsReviews

Posted by [Jürgen87](#) on Sat, 09 Apr 2016 19:31:24 GMT

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Derma roller und der Typ scheint Inder oder ähnliches zu sein. Bei denen wirkt das sowieso alles wie Zunder, siehe DR-Studien.

Den Rest halte ich für Hokus-Pokus.
