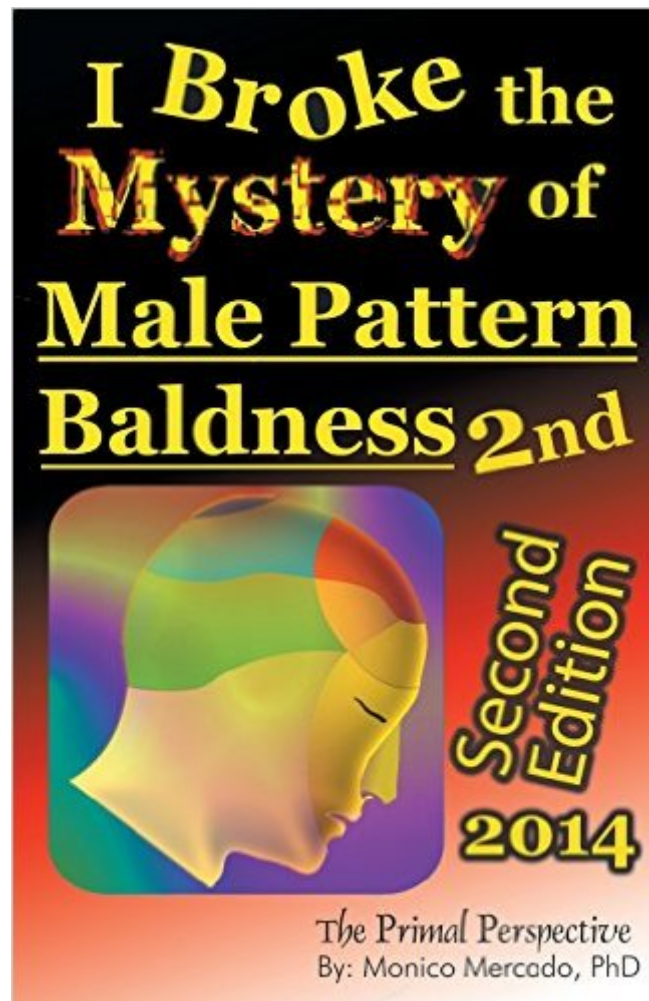


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# I Broke The Mystery Of Male Pattern Baldness



## **Synopsis**

In the previous edition of this book, this Author presented countermeasures which readers say were too difficult to apply. This Author agrees and the latest results show that less difficult measures work just as well. Also, some assertions which appeared to be vital based on the latest results of the experiments and were not given enough emphasis in the previous edition and were placed in obscure sections of the book, now form part of Countermeasures. Contrary to the regurgitated pronouncements which originated from a theory two decades ago, male hormones are NOT primarily responsible for male baldness. The fact that this 2,400-year-old medical mystery associates with several diseases makes it a symptom rather than the disorder. Biological processes always involve environmental factors. Hair follicles are mere casualties of a raging battle between human physiology and human innovations that were suppose to enhance the quality of life: one that was invented during the ancient times: the others, new structural organizations and newer inventions that required the ancient invention - a combination that became inherent in Western society that spread to many civilizations over the centuries to just several decades ago elsewhere on the planet. Written in layman's terms, the Author takes you to a sixteen-year investigative journey in unraveling this mystery and shows how male physiology is adversely affected by certain environments where people have to spend much of their lives today which they depend on to live "normal" lives - environments which are well established risk factors of cardiovascular diseases. When physiologic mechanisms are affected, no treatment will be effective unless the root causes are properly addressed. Pattern baldness seems to be primordial in origin because it affects every race yet the Author finds that primitive communities are immune from the condition. He found out why and the findings will surprise everyone to know that the researchers have been literally sitting on the answers to the mystery and that the countermeasures or 'treatments' that effectively prevent hair loss are not even treatments at all but a way of life. This way of life will seem odd from the perspective of modern-day men but have been intrinsic in many cultures and primitive communities until they were colonized by Westerners.

## **Book Information**

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## Customer Reviews

Centuries of bogus claims on baldness should make any publisher reluctant to promote books like this but this one is different. To the publisher and author, please allow me to write a summary-like review. The medical community has been saying that the increased levels of male hormones during puberty contributes to baldness. Two of my kids are pre-pubescent and my desire to save them from taking after me drove me to look for new published materials. After a year of off and on searches, I can say that many of what I seen are still the same things that I have read two decades ago. Although there are newer studies, none can be of any help to a patient. The rest comes from people would claim anything just to get their hands in your pockets. The author's perspective, which new to me, is based on a number of studies. Although long term observations are essential here, data gathering technics today has some advantages provided by information technology which also allowed me to verify the citations in this book. The author used data gathering technics, medium term observation analysis. Mercado contradicts the supposed adverse effect of male hormones on hair follicles and presented a mechanism of how it actually promotes hair growth. It is convincing because it is backed by citations aside from the fact that men are hairier than women. But when male hormones combine with certain situations, it becomes a factor that contributes to baldness. It, of course, sounded like a contradiction on itself but not if it is read entirely. It also states that the predisposition to baldness is due to an inheritable adaptation which, in turn, is triggered by the manner by which pubescent boys react to and behave in sedentary conditions particularly in schools settings.

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