

## Your guide: 5 critical nutrients for hair growth

1 message

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Hey there,

Thanks for signing up! Now let's get to the content: **five nutrients critical for hair growth**.

First, a quick overview...

If you've ever googled how to reverse hair loss, you've probably come across the term **DHT**, or dihydrotestosterone. DHT is a hormone made from testosterone. And research shows that DHT is 1) associated with pattern hair loss, and 2) DHT is *higher* in balding scalps.

This is why most hair loss "gurus" say that if you want to fight hair loss, you need to lower DHT. In fact, most "gurus" would probably write this email by giving you a laundry list of "DHT-lowering nutrients"...

I'm here to tell you that this idea is short-sighted. And I'm also here to tell you that most hair loss "gurus" have no idea what they're talking about.

Why? Because if we dig deeper into the research, it's not *exactly* true that DHT causes hair loss.

Yes, DHT is *involved* in hair loss... But DHT doesn't *directly* cause hair loss. It's actually that DHT triggers two *other* conditions in our scalps, and that these conditions are more closely linked to why we lose our hair.

Research shows that scalp DHT (plus other factors) may lead to the following two conditions:

1. **Calcification** (calcium build-up in the blood vessels that support our hair follicles)
2. **Fibrosis** (the over-accumulation of scar tissue in our scalp skin)

Why is this important? Well, calcification and fibrosis are **chronic** (always present) and **progressive** (worsening over time). If we take away what *causes* calcification and fibrosis (for example, DHT), we can *stop* these processes from getting worse... but this approach *won't* reverse the damage already done.

That's why drugs that *reduce* DHT - like Propecia - are good for stopping hair loss, but not so great at regrowing lost hair.

We don't want to just stop hair loss. We want to *regrow* what we've lost. And that means we need to stop focusing on DHT, and start focusing on calcification and fibrosis.

Doing so allows for these kinds of results: hair regrowth without lowering DHT, and *without* drugs:



And that's what this email is about.

## Five Nutrients To Help Prevent Calcification And Fibrosis (And Thereby Fight Hair Loss)

First, let's make one thing clear. I don't advocate for supplements. And I'm not affiliated with any of them.

Secondly, I don't want to push any type of diet on you (the reality is, certain diets work better for certain people).

Instead, I want to tell you which nutrients are most critical to preventing calcification and fibrosis build-up in the body and scalp. Then you can build your own diet to include them.

### #1: Vitamin K2

Vitamin K2 is a fat-soluble vitamin that helps our body deposit calcium (from our diets) in the correct locations. It's also under-consumed, under-appreciated, and absolutely critical to minimizing the development of arterial calcification.

A recent medical review reveals that populations consuming higher amounts of vitamin K2 were [more protected against arterial calcification](#). Another review found that men supplementing with vitamin K2 reduced their risk of prostate cancer by 35%.

It goes without saying that vitamin K2 is critical to proper hair health.

### Should We Supplement With Vitamin K2?

Maybe, but only if you want to complicate things.

There are many types of vitamin K2 - some from animals and some from fermentation.

K2 from animals is often more highly concentrated, but is only bioavailable for a few hours after you ingest it. K2 from fermented soybeans is less concentrated but can remain active in your system for a full day.

Our bodies can also convert *some* vitamin K1 (for example, K1 from spinach) into vitamin K2 on an as-needed basis.

For these reasons, it's impossible to gauge which K2 supplement will be most effective for each individual. Unless we do an in-depth diet analysis and blood work, we won't know what we're lacking.

To make matters more confusing, vitamin K2 is most effective when consumed with its proper cofactors - calcium, magnesium, vitamin A, and vitamin D (to name only a few). Overloading on K2 might not do you any good unless you're getting these too.

Long story short: unless you're in-the-know on the latest research on every single nutrient, don't reach for a supplement. Supplements are expensive, complicated, and often not worth the headache.

## What Do We Do?

Luckily, *natural food* takes the guess work out of supplementation.

These already contain the scope and scale of a nutrient's forms and required cofactors. With real foods, rather than trusting a lab to get it right, you're trusting evolution and nature.

## Foods High In Vitamin K2

Instead of supplementing with K2, try to eat these foods a few times per week. You can't beat vitamin K2 in its natural form, especially when consumed alongside its proper adjuncts.

- Liver
- Raw cheeses
- Natto
- Chicken Breast

Remember the photo above? Of the man with significant regrowth? That's [JD Moyer](#).

On top of following my recommendations, he was simultaneously eating a diet high in vitamin K2. In fact, nearly all of my site's success stories (the people with the most significant regrowth) were doing the same. So don't skimp out on K2!

## Any Other Nutrients / Vitamins That Help Prevent Calcification And Fibrosis?

Yes. *Dozens*. But covering them would turn this email into 5,000 words. Instead, we'll go with the bullet points.

This isn't a complete list, but it'll get you started on the right track:

1. **Vitamin A** (as retinol)
  1. Evidence [here](#)
  2. Food sources: beef, eggs, liver
2. **Taurine**
  1. Evidence [here](#)
  2. Food sources: oysters, scallops, lamb, sardines
3. **Glycine**
  1. Evidence [here](#)
  2. Food sources: bone stocks, collagen, gelatin
4. **Zinc**
  1. Evidence [here](#)
  2. Food sources: oysters, crab, lobster

See any overlap? See a food pattern?

High-quality **organ meats** and **shellfish** all tend to contain vitamins and nutrients that protect against calcification and fibrosis. So, consume these on a weekly basis. Four or five ounces of shellfish once a week, and four or five ounces of organ meats once a week. Your health (and hair) will thank you.

And those are your five nutrients critical to hair growth: vitamin K2, vitamin A, taurine, glycine, and zinc. Get these into your diet as often as you can!

## Will Eating These Nutrients Reverse My Hair Loss?

Unfortunately, it's not that simple. And here's why...

Yes, consuming these foods will help *protect* against future calcification and fibrosis build-up. And in that sense, a diet rich in these nutrients will help **slow or stop hair loss**.

But in 99% of cases, diet *alone* isn't enough to regrow hair. This is because diet is mostly limited to *preventing* calcification and fibrosis build-up - and not necessarily *reversing* either.

So the next time someone tells you, "Reverse hair loss with these three simple nutrients," don't believe them!

But here's the **good news**...

You *can* reverse calcification and fibrosis (and thereby hair loss). It's just that diet isn't the best way to go about doing it.

Instead, we need to target modalities *beyond* diet (like mechanical stimulation and gene expression).

I detail *exactly* how I did this inside my (free) hair loss email course. If you want to get involved (and become a future success story), you can do so [right here](#).

Best,

Rob