The Scalp Solution Method
The Scalp Solution Method is part of the Hair Equilibrium Program from Hair Loss Revolution.

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Introduction

In this module you will learn about *The Scalp Solution Method*. This is the number one way that you can stimulate new hair growth directly.

This method can be used effectively on any thinning or receding part of your scalp. For diffuse hair loss though, (which is more common in women and not the typical M shaped pattern) this method can still work, but it is slightly less effective due to the inaccessibility of the scalp.

However, diffuse hair loss is often easier to recover from with diet and scalp exercise-based techniques.

*The Scalp Solution* can be effective by itself. If you did nothing else but this, you would perhaps have a little success, but unfortunately any re-growth would be short term – since you would need to fix the underlying problem that was causing hair loss in the first place otherwise the new hairs would simply miniaturize and die again.

That is why the diet changes, microbiome optimization, scalp exercises and other techniques are so important, and I recommend you do those first before doing *The Scalp Solution Method* – (see the other modules of the Hair Equilibrium Program.)

The Microbiome Module is especially important for helping this method work to its full potential.
The Scalp Solution is technically known as ‘hair follicle neogenesis’ – that is, forcing new hair follicles to grow.

There are 3 parts to this method.

Step 1: Clean the scalp and make it an optimum growing environment for new hair.

Step 2: Use the dermaroller to stimulate the scalp where hair has been lost or is thinning.

Step 3: Apply the hair growth elixir to promote and feed new hair growth.

Why Should You Use The Scalp Solution?

We use the Scalp Solution because unaided hair follicle neogenesis is incredibly hard without some direct stimulation.

Although you should have optimized your diet and microbiome to keep all of your remaining hair, actually enabling new hairs to penetrate through the scalp won’t happen by itself – we need encourage new hair growth more aggressively and mechanically.

This is how you can stimulate and at the same time enable new hair follicles to grow through the scalp. But you must have completed the other modules and optimized your body for hair growth first.

Otherwise the new hairs that do grow will be quickly miniaturized.
So, make sure you go through the other modules and implement the techniques before moving on to this advanced method.

**Why Is It Important To Optimize Your Diet, Lifestyle & Microbiome First?**

If DHT is still attacking your hair follicles because of autoimmune problems coming from an unhealthy microbiome then the new hairs will have no chance of growth. They will be attacked before they are even visible.

If the building blocks (nutrients, minerals etc) for the hair follicle are not available from the blood, the follicle will die very quickly. And if there is a low blood supply (solved using the scalp exercises) then no nutrition will reach the follicle allowing it to grow.

It’s important to get all these parts of the equation right first before trying the *Scalp Solution* otherwise you will probably be disappointed.

In some cases it will still work, but that is usually when the initial hair loss has been caused by some particularly traumatic event, not because of typical pattern baldness related reasons.
Step 1: Cleaning The Scalp

Over time a layer of sebum, also known as dermal plaque builds up on the scalp. This is a result of dead skin, the use of hair care products, low quality water and contaminants, chemicals in shampoos and oils secreted through the pores.

Why Do We Need To Get Rid Of The Plaque?

This layer of embedded sebum can be harmful to the hair follicles, containing, amongst other things, DHT and acids, which can decrease the health of the hair by attacking or suffocating the hair.

For new hair growth, it’s important that the scalp itself is in as good condition as possible. Also, since in the next step you’ll be using the dermaroller to stimulate the scalp it needs to be as clean as possible to have maximum impact and low risk of infection.

These peels achieve 3 main things:

Removing DHT

DHT can be excreted through the pores and slowly attacks the hair follicle, causing hair follicle miniaturization. With the peel we can remove any DHT giving the new hair follicles their best chance to grow.

Of course, over time the DHT will build up again (which is why we use the microbiome method to decrease DHT
sensitivity) but it helps in this early stage to remove as much as possible.

**Removing microbes that could cause infection/irritation with the dermaroller**

This layer of plaque will generally just get in the way when you go on to use the dermaroller and there is a chance it would increase the likelihood of infection. The dermaroller is more effective when your scalp is nice and clean.

**Unclogging and unblocking the pores, which allows the scalp elixir to penetrate as deep as possible**

The third step is using the homemade elixir to feed the new hair growth, so it's important that the elixir penetrates as deep as possible into the scalp and root of the hair. If the embedded sebum were still there it would stop the elixir working to its full effect.

**How To Get Rid Of The Plaque**

Previously I recommended a salicylic acid peel to remove this layer of dermal plaque – this can work well.

However, some people are not happy about using this kind of product on their skin. Typically the salicylic acid peel will work fine for you – but there is another option, which will help to remove the dermal plaque gently and naturally too.
The second option is to make your own peeling mixture, which is now what I use instead of the salicylic acid. Just like salicylic acid was originally used to help with wrinkles by exfoliating the outer layer of skin, this mixture is also a powerful exfoliate.

**Using Salicylic Acid**

It is safe to use salicylic acid on your scalp (as long as you’re not allergic to it.) Most people don’t have any problems, however it is wise to do a skin test first, and then test your scalp around the hairline.

The root of the hair grows from 4mm deep down in the skin’s surface so using this surface peel won’t affect the hair at its root. With that said, go steadily.

Here are a few rules for using the peel:

- Do not leave the salicylic acid on your scalp for longer than 15 minutes before washing it off.
- Wait at least 2 weeks before completing subsequent peels
- Perform a skin test before using the acid on a large area of skin
- Use the homemade exfoliate if you have any problems or sensitivity with salicylic acid
- If you do feel a stinging sensation then wash off the acid immediately
- If you do notice large amounts of peeling when using the acid switch to the homemade exfoliate if you want to do another peel.
When the peeling is done you shouldn’t notice any large chunks of skin peeling off and your skin should not feel itchy or painful. You should make sure of this with the skin test first.

The easiest place to buy salicylic acid is online, although some well stocked beauty and cosmetic shops may have it. Amazon and eBay usually have a wide selection on sale.

**Choose a product with 10% concentration.**

At this point, when using the salicylic acid you will also want to apply a small amount of coconut oil to protect the hair. Since the salicylic acid will contain an alcohol solvent you can use the coconut oil to protect the hair since the alcohol will have a slight drying effect on the hair.

You can apply a small amount of coconut oil to the hair strand before using the salicylic acid, or if you are uncomfortable with this, then just use the homemade exfoliate.

Twenty minutes before beginning a salicylic acid peel you should apply the coconut oil to the area, but only to the strands of hair. Try not to get the coconut oil on your scalp, as this will reduce the effectiveness of the peel.

Only apply a small amount of oil, just enough to cover the strand.

Now you can move on to carefully applying the salicylic acid. The best way to do this is with a small plastic
pipette. Part your hair as much as possible so that the scalp is exposed and carefully add the drops of acid to the scalp.

The best way to add the drops is by gently touching the scalp where you want to apply it – you won’t even have to squeeze the pipette because a small drop will come out when you touch it against your scalp.

This way, not too much liquid will come out. Try not to get any on the hair follicle.

Create a light coverage of salicylic acid across the affected area. For example your temples where the hair line has receded.

Don’t worry too much if some acid goes on your hair, it won’t damage it, and the coconut oil will also help protect it.

Once the acid has been applied you can gently rub it in to the scalp using the light touch of a finger.

If at any points you feel stinging or burning then immediately wash off it off.

If it feels fine then leave it on for 10 minutes and then wash off with cool water.

How To Tell If The Peel Has Worked
You should check your scalp over the next 10 days to see that the peel has worked. Ideally you notice a light peeling as the dead skin and sebum are removed.

If you notice no peeling at all then this may be a sign that you need to complete another peel.

I recommend that you wash your hair only once using a natural homemade shampoo, but do not use any other products after completing the peel, such as gels or waxes etc.

The ultimate sign that the peel has worked is that your scalp looks fresher and the skin looks renewed (this is why its used by people to make the skin on their face look younger.)

If you notice no change then you should consider completing another peel a week later. But do not do more than 2 per month. If you're happy that your scalp has been sufficiently exfoliated then its time to move on to using the dermaroller.

**Making Your Own Exfoliate Peel**

Salicylic acid can sometimes be hard to buy, it may not always come in the right concentration and some people are also sensitive to it or would rather use only natural ingredients.

In these cases or if you just prefer to make your own, a homemade exfoliate peel is the best way to go and is now my default option.
To make this yourself you will need:

- Himalayan or Celtic sea salt
- Powdered activated charcoal
- Ginger
- Cucumber
- A juicing machine

You should have already acquired a juicer for the module on alkalsing your body; this is an important step, so don’t skip it. Vegetable juices are an important way to rebalance the pH of your body.

Take half a tablespoon of salt, 1 teaspoon of powdered activated charcoal and approximately 100ml of mixed ginger and cucumber juice.
(Activated charcoal powder)

This will equate to roughly 1 small handful of ginger chunks and about half a cucumber. Combine all of the ingredients in a small plastic bottle such as a used shampoo bottle and shake thoroughly until well-mixed.
Apply the mixture to the area of scalp that you want to regrow and gently massage into the region. There is no need to use coconut oil when you make your own exfoliate.

Once gently massaged in, let the mixture sit on the skin for 3-5 minutes before rinsing out with warm (but not hot) water.

**Why You Should Do A Skin Test**

It’s important to do a skin test before applying the peel to a larger area of the scalp. This will show you if you have sensitivity to salicylic acid before trying it on a larger area, which cause more damage.

I would recommend doing a skin sensitivity test for both methods, although the salicylic acid peel is more likely to cause problems.

Take a small amount of the salicylic acid or homemade peel mixture and apply it to your neck just below your jawline. This is a typically sensitive area of skin, so if you’re fine here, you should be fine on your scalp.

Leave the mixture on for ten minutes and then wash off.

If it gets red and itchy at any point then wash it off immediately. If the skin feels fine after ten minutes then you should be fine. There may be some slight tingling but this is nothing to worry about.
Observe the patch of skin over the next week to look for any adverse reactions. If it goes red and itchy then you may be allergic to it.

**Regulating Scalp Oils**

The overall health of your scalp is important for this technique to work as well as it can. For this reason I want to emphasize a few points about diet that will help to regulate oiliness and dryness leading to optimum scalp health.

An oily scalp happens because the body is trying to get rid of harmful oils from inside the body, and it tries to excrete them through the skin. These harmful oils come from our food, which will be processed foods. Natural, unprocessed plant based foods don’t contain these greasy oils, so this kind of diet is perfect for cleaning up the oils.

The oils will also be coming out of your skin because other organs of elimination are overworked and not operating at full capacity – these include the liver, kidneys and colon.

My first recommendation would be to drink a full pint of warm water with the juice of 1 lemon each morning. This will help to flush through the colon, alkalise the body and break up grease.
I would also recommend supplementing your diet with Spirulina, chlorella and wheatgrass powder.

You can either mix these in with a smoothie or take them in a capsule; the more the better. These will absorb and help to eliminate harmful oils from your body.

(Spirulina and Chlorella powders)

Generally try to remove any processed foods from your diet. Replace processed foods with plant-based foods that contain healthy oils. Drink plenty of water.
If you have followed the dietary steps in the other modules of the Hair Equilibrium Program (which you should have before going through this module) then you should be following a more healthy diet anyway.

**Regulating Dandruff & Dryness**

Most people try to fix their dry and flaky scalp using a shampoo. This is not right way to do it, you need to fix the underlying cause of dryness first.

A shampoo won’t help much, and can even make it worse from all the chemicals in the shampoo.

I recommend you check out the ‘Shampoo Secrets’ ebook and find a homemade shampoo for dandruff.

If you do have dry or flaky skin on your scalp its important to get extra healthy oils into your diet. I would recommend taking a daily balance of oils. My favorite way is by mixing it into a smoothie.

I would recommend taking around 25ml of mixed oils, including flaxseed, sesame seed, pumpkin seed (proven to improve hair count) sunflower, evening primrose, hemp and pomegranate.

These mixed oils are easy to find online, or you can mix your own, but they are very useful for combating dry skin.
Step 2: Using The Dermaroller

Why We Use The Dermaroller

The dermaroller is used to stimulate the scalp and increase blood flow to the new hair follicles. The tiny pins of the dermaroller penetrate just through the top layer of the skin.

Tiny pin pricks are created in the scalp, this causes the body to focus attention on that area and increase new cell production in that area.

This stimulation of increased circulation and cell production is what helps the new hair follicles to grow.

Much like when you trim a bush, or cut the grass this stimulates the plant to grow more.

FAQs About The Dermaroller

*Which dermaroller should I choose?*

There are lots of different styles, shapes and sizes of dermaroller, but they essentially all do the same thing. Get one with a round roller and high quality metal pins.
**Whats is the best size of dermaroller?**

The best size dermaroller I’ve found to be around 0.5mm, smaller than 0.25mm will have a reduced affect and larger than 1mm could cause too much damage. 0.5mm is the most common size so I would recommend that.

![Diagram of dermaroller sizes](image)

**Can the skin get infected from the dermaroller?**

It’s very important to properly wash the dermaroller before you use it again. If the pins aren’t washed properly then you increase the chances of infection.

Pour boiling water over the roller before using it, but make sure it cools before applying to your scalp.

Infection is very rare, but irritation can occur. Use your own judgment about whether the irritation is too bad to continue.

If you have a scalp infection before using the dermaroller then wait until this clears up before continuing.

**Will the dermaroller pull any hairs out?**
The tiny pins of the dermaroller are not long enough to damage any existing hair follicles, however you should keep an eye out that it isn’t causing any undue damage to the scalp.

Typically you’ll be using the dermaroller on an area of scalp that is already bald, or along the hairline where there are less hairs.

If you’re using the dermaroller for diffuse hair loss than its important to make sure hair doesn’t get caught in the roller. You may have to do shorter strokes.

**How do I clean the dermaroller?**

It’s important that you clean the dermaroller each time you use it. If the pins are dirty then you will increase your chances of getting an infection or irritating the skin.

Take an antibacterial wash and mix with water in a mug. Place the dermaroller inside the mug and leave for 1 minute and swish around.

Remove the dermaroller from the mug and rinse with boiling water.

Dry it, and place it back in its case, or a clean container.

**How To Use The Dermaroller**

The dermaroller is used to mildly damage the scalp. Since the body senses this damage it rushes to rebuild
and repair the scalp with massively increased blood flow, which in turns helps the growth of dormant hair follicles.

The dermaroller has been used for beauty purposes for decades, normally being used to decrease the appearance of scars and stretch marks by stimulating new cell production and increased circulation in the affected area.

Take the dermaroller and move it firmly in strokes across your scalp. You want to apply enough pressure to penetrate the top layer of skin, but it shouldn't bleed.

If you are to gentle the benefit will be less, if you push too hard there will be bleeding. You want to be in the middle. Use the dermaroller over the area you have used the peel on.

You'll want to use the dermaroller in multiple directions over the same area so that there is good coverage of the pinpricks evenly over the surface of the scalp.

Now we move on to applying the elixir. You will need to wait 5 minutes after using the dermaroller and then apply the scalp elixir.
Step 3: Applying The Scalp Elixir

The scalp elixir is the homemade liquid that is applied to the scalp over the same area the dermaroller has been used and the scalp has been peeled.

This liquid has been specifically designed to nourish the new hair follicle as it grows out of the skin. It also helps to block any DHT, which might attack the follicle.

The mixture is also designed to not block or clog the hair follicles which would harm the new hair follicle.

It’s important to make the mixture right by following the instructions so that the elixir works as designed.

The Ingredients & Why To Use Them

The elixir is made up of specifically chosen ingredients that are very important to the process of hair growth.

The best place to find these ingredients is on Amazon or eBay. Sometimes they will be available in a local shop but most of the time you will need to order them online.

These ingredients will feed the dormant hair follicles, block DHT, improve circulation and blood flow, and keep the scalp clean during the process.

Emu Oil
Emu oil forms the ‘base’ of the elixir. It provides a non-clogging liquid into which the other ingredients can then be mixed.

Emu oil is the perfect base because it penetrates into the skin and is easily absorbable. This is important because if the mixture sits on the surface of the skin, not only will the other ingredients not be delivered deep into the pores, but also the mixture will start to clog up the scalp.

Emu oil is also bacteriostatic which means that bacteria cannot grow on it. This helps keep the scalp clean and free from infection.

It also has anti-inflammatory properties, which can help to soothe the scalp and improve hair growth by increasing blood flow to the follicle.

Emu oil has also been shown to be a mild DHT inhibitor when used topically. It also contains nutrients and minerals that can be absorbed by the skin and used by the hair follicle for nutrition.

**Saw Palmetto**

Saw palmetto is well known for its ability to inhibit DHT when taken orally, but it can also inhibit DHT directly through the scalp.

When added to the elixir and carried within the emu oil the saw palmetto can penetrate deep into the scalp and reduce DHT levels
directly, giving the new hair follicles a better chance of growth.

The best form of saw palmetto is a liquid form, or soft gel. These can be harder to find though since it usually comes as a powder. But it’s worth getting the gel/oil since it tends to be more concentrated than the powder form.

There are also different types of supplements available. If you see one you like with other ingredients such as pumpkin seed oil, zinc or pygeum for example then feel free to use those instead.

**Apple Polyphenols**

There have been some studies that show apple polyphenols can be used topically and have a similar hair growth effect to minoxidil, without any negative side effects.

Since these polyphenols are naturally extracted antioxidants from apples they improve the overall health of the hair and scalp which in turn helps new hair follicles to grow.

One study in Japan confirmed the effectiveness of apple polyphenols for hair growth in a double blind study that proved it was twice as effective as minoxidil.

When the apple polyphenol is mixed with the emu oil the antioxidant potential can penetrate more deeply into the scalp and pores so that it has more effect.
You can purchase apple polyphenols as a supplement online – go for the most concentrated product you can find. Most supplements will come as a powder which you can just empty into the elixir and then mix thoroughly.

**Magnesium Oil**

New research has shown that ‘calcification’ and hair loss are correlated. Calcification means that a form of calcium has been deposited in and around the pores of the scalp.

Although its unclear whether the calcium is a cause of effect of hair loss, what is clear is that while the tiny calcium deposits are still there it makes it much harder for new hairs to grow.

The calcium restricts blood supply to the hair follicles and can also increase the chances of having demodex mites, which feed on the oils secreted around the pores of the follicle.

Magnesium oil is extremely good at decalcification, which means that the calcium deposits are dissolved and removed from the scalp. This helps the scalp become suppler, and a better overall environment for new hair growth.

The quality of the oil you choose is extremely important. You will need to find a product that has been taken from a source that is not polluted with heavy metals. The best source is magnesium chloride, found hundreds of meters below the earth’s surface.
Make sure you check the quality and source of the magnesium oil you use before using it in the elixir.

In addition to using magnesium oil in the elixir you should also add a good magnesium supplement to your diet. This will help with the decalcification process even more. Most people are deficient in magnesium anyway so it will be good for your overall health and hair health to take a supplement.

If you take a magnesium supplement just before bed then it will help with restful sleep, which can reduce stress and tiredness (which contributes to hair loss).

There are a few different types of magnesium supplement available, but magnesium-orotate and magnesium chloride are the best forms to take. Take around 300mg per day before bedtime during the months when you are using the peel, dermaroller and elixir method.

**Nettle Leaf extract**

Nettle leaf extract is the final component of the elixir. We use this because of its medically proven hair growth properties. You should be able to find a high quality, concentrated source of nettle leaf extract online.
If you can’t find an oil form, you can always make your own nettle tea and use this in the elixir, however it will be less concentrated so it’s best to use an oil extract.

You can always use any left over oil in your homemade shampoos at a later point.

Making The Mixture

So now you have the ingredients, you’ll need to mix them together in the right amounts.

First you’ll want to take around 50ml of emu oil and put it in a small plastic bottle. You can always use the bottle the emu oil came in if it’s the right size. To the emu oil add around 15 apple polyphenol capsules into the bottle and shake well.

Next take around 15 capsules of liquid saw palmetto and empty those into the bottle.

Next add around 5ml of magnesium oil and shake well.

Finally add in 10ml of nettle leaf extract or (10 capsules if a powder) and shake the final mixture well until it is thoroughly mixed inside the bottle.

Applying The Scalp Elixir

So you’ve completed the peel, and one week later you’ve used the dermaroller over the same area. Now it’s time to apply the scalp elixir to the same area.
Take your homemade elixir and squeeze a small amount onto the scalp, then massage this thoroughly into the scalp. Add another blob until it's clear that your skin won't absorb anymore.

It is best to use the dermaroller and scalp elixir 1 hour before going to bed and then leave it on overnight. Leaving 1 hour will give enough time for the elixir to absorb into the scalp, then overnight the mixture will feed the hair follicles and the punctures from the dermaroller will heal up.

Your scalp may feel uncomfortable initially, but any discomfort should stop after 10-15 minutes. If any tingling or discomfort continues, then wash out the mixture thoroughly and let the punctures heal.

You can use the dermaroller and elixir combination 5 days apart, for a maximum of 4 times per month, not more.

The scalp needs time to heal and for the established hairs to grow. Doing it more often than this will not speed up the process. Don't overdo it.

**Washing Away The Scalp Elixir In The Morning**

You should use a special mixture to wash away the elixir from the scalp in the morning.

This serves a few purposes. Firstly it will remove the scalp elixir, secondly it will inhibit DHT topically, thirdly it
will absorb and remove greases and oils and finally it will provide nutrients and minerals to the roots.

Here’s how to make it.

Take some guava leaf tea, you will normally need to buy this online and steep the tea in hot water for 5 minutes.

Get rid of the tea bag and let the water cool to room temperature.
Now take 1 teaspoonful of bentonite clay and add it to the cooled guava leaf tea and stir.

Rinse your hair and scalp with medium warm water under the shower and then pour the glass of tea and bentonite over your scalp and massage in.

Wash out thoroughly with cool water and towel dry. I prefer to use cool water rather than hot.

Cool water improves circulation whereas hot water will only damage and dry the scalp and strip away essential oils that protect the hair.

**The Homemade Shampoo To Use During The Process**

As part of the *Scalp Solution* it is important to use the right shampoo to nourish the scalp and new follicles.

Typical off-the-shelf shampoos just won’t do. They contain chemicals that will damage the delicate young hair and they will also dry out the scalp and leave a chemical residue.

So you will need to make your own. I recommend you do this anyway instead of using shop bought shampoos, but during the *Scalp Solution* this is even more important.

In the *Shampoo Secrets* module you will find many more recipes, but this is the recipe that I recommend you use when you wash your hair after the Scalp Solution.
There is no need to wash your hair too often. This is unnatural, and will strip away natural oils from the hair and scalp. Aim to wash your hair with the homemade shampoo around 2 times per week.

Recipe:

- 1 teaspoon of baking soda (not baking powder)
- 1 tablespoon of organic apple cider vinegar
- 2 drops of tea tree oil
- 2 drops of magnesium oil
- 1 tablespoon of borage oil

This will make enough shampoo for 1 application so if you want to make more than just increase the quantity in the same ratio.

If you want to use it immediately, mix all of the ingredients in a glass and then fill up with water to half a pint. Wet your hair and then pour the mixture over your hair and massage in.

Let it sit on your hair and scalp for 2 minutes before washing out with cool water. If you want to make enough for more than 1 application then mix it in a small plastic bottle and add the water when you are ready.
Additional Step: Blood Flow Exercises

Now everything is coming together. Your diet and overall health are optimized for hair growth. Your microbiome is healthy and you’ve solved any autoimmune problems that would cause DHT to attack the hair follicles.

You’ve also begun the *Scalp Solution* using the peel, dermaroller, and scalp elixir.

You will want to give your hair every chance of survival by boosting blood flow, which will carry with it the nutrients and oxygen needed by the new hair follicle.

We do this with the scalp exercises and massages that will have learnt about in the scalp exercises module. They are very important to do during this period and will significantly boost the success rate.

This will also reduce tension in the scalp, make the skin more supple and open to new growth and increased muscle usage will reduce the concentration of DHT.

I recommend that when doing the *Scalp Solution* you also add in at least 10 minutes per day of scalp and head massages/exercises to maximize the effects of the dermaroller and elixir.

When performing the massage on yourself don’t press too hard on the area you have just used the dermaroller on. Find another area of your scalp where you can hold to perform the massages.