

## Why does man lose head hair?

With its minerals and trace elements the scalp is the ‘fire brigade’ of neutralisation in the human metabolism. Acids or toxins gradually or abruptly, for example during chemotherapy, deplete this reservoir of minerals. The result is loss of hair. This hair loss can be stopped or avoided by means of detoxification, purification, and remineralisation. Lost hair can grow again.

In the following chapter, we will address many interesting questions:

Why do men often lose hair prematurely?

How can you stop hair loss?

How can you regain lost head hair?

What does hair loss mean for the body?

The human body contains important mineral stores. These are, for example, skin, nails, teeth, bones, hair, and SCALP. The latter has a special significance in this respect. The scalp can be compared to a ‘fire brigade’ that is always called on when there is an acidity crisis in the body, and when the neutralisation task can no longer be managed by the minerals in our blood and lymph alone.

When the body’s mineral stores are filled, we beam with beauty and health. The loss of these minerals, on the other side, e.g. calcium, sodium, potassium, magnesium, zinc, iron, is what we call AGING. You can compare this with a house where bricks are missing or where the plastering is crumbling away. Here, also, we can talk about ‘mineral losses’. Unfortunately, the human scalp is the first to sustain such a loss.



Let us look at any picture of Jesus Christ. What we see is a refined face adorned with a full beard and wonderful curls. Nobody could imagine Christ in a different way! Least of all we can picture Christ as being bald-headed.

Hardly anyone reflects upon the significance of this magnificent head of hair shown in any picture of Jesus Christ. It represents pure health! We simply cannot imagine his picture with a single physical attribute of absolute health missing. It would simply be impossible to picture Christ with thinning hair or with a receding hairline! Such an appearance would signify a blot on his health linked to a possible misbehaviour.

And how could someone, who does not even look after his own body properly, teach other people how to behave?

Many therapists therefore live according to the humorous saying: “Do what I tell you and not what I do!”

The body is losing minerals when it is forced to use them in order to neutralise acids. This neutralisation process produces salts, which are commonly called ‘impurities’, e.g. calcium urate, calcium sulphate, magnesium lactate. Normally the body gets these minerals through our diet. When the diet, however, does not supply the body with sufficient energy rich minerals to neutralise the acids, it is forced to utilise the minerals from the body’s own supplies, i.e. its storage site of minerals and trace elements.

The first storage site the body taps into is the scalp, as we have already seen. It is the year long if not decade long depletion of minerals that leads to hair loss in so many men. Women are affected, if at all, only much later in life because after the menopause the female metabolism is similar to the male one and thus hair losses can be seen in women from the age of roughly 65 to 70.

Contrary to women, who can eliminate acids via their menstrual cycle during their fertile years, men have to metabolise all occurring acids immediately throughout their lives.

These include the uric acid from meat consumption, the acetic acid from sweet and greasy food, tannic acid, and hydrochloric acid from the consumption of tea and coffee.

Furthermore, there are lactic acids from excessive physical activities and hydrochloric acid from stress, anger, and anxiety. In addition, there is sulphuric acid from pork or from withheld wind, which causes hydrogen sulphite to be transformed into sulphuric acid when entering body fluids. Neither should we forget the carbonic acid from fizzy drinks that needs to be metabolised nor the nicotine from smoking and the acetylsalicylic acid from pain killers and, and, and...

Sadly enough, today’s diet consisting of fast food, canned food, etc. does not offer us the same amount of energy and minerals as the diet of our grandparents did when the food came from the own garden or from grandmother’s kitchen. This is why the body is increasingly forced to resort to its own mineral reserves. If these nutrients are used up during the neutralisation processes, they can no longer nourish the

**Note: The scalp is a metabolic organ!**



A familiar picture in today’s times: The two generations of women have full, lustrous hair. The young man has started to lose his hair. The older man has already lost all his hair.

scalp. Hair loss is the inevitable consequence. Insofar, the hair growth on the head usually mirrors the state of the mineral reserves in a person. These neutralisation potentials are spared in women during the fertile years so that they can be used by the body for much longer than in men, thus prolonging life by about 10 years.

There is one unquestionable warning sign the body sends when there are acids. It is headaches. These are to be interpreted as acids and toxins being transported towards and into the scalp, to be neutralised by the minerals and trace elements that can normally be found there. Before doing this, the body has tried to accomplish the neutralisation via the blood and lymph. When the latter have not enough neutralisation potential, i.e. when the acids are in excess or the minerals available are deficient the body will try to neutralise via the scalp.

Logically, numerous people complain about headaches but not one about having e.g. buttock ache.

A headache usually lasts as long as it takes to neutralise the acids. Once this is done, the headache is gone, but the scalp has once again lost minerals and part of its ability to nourish the hair.

What can you do to stop the body from losing hair and enable it to grow new hair?

Well, the worst acid forming and intoxicating substances are to be avoided! For the one person this might be smoking cigarette, for another it might be excessive consumption of meat and for yet another it might be excessive physical exercise that encourages an excessive production of lactic acid. Many high performing athletes are therefore affected by early hair loss. In addition, sweets, artificially sweetened drinks,



Many professional athletes not only shine with high performances but also with a 'high forehead'. They neglect to adequately supply their bodies with minerals. Mineral depletion of the scalp in order to neutralise the excessively occurring lactic acid is to blame for their hair loss.

Foundation of any successful course of treatment for the hair must therefore be the drastic reduction of the above-mentioned acids and the removal of the impurities deposited in the scalp.

The next step has to be a drastic increase in appropriate minerals that are suitable for neutralisation of acids! Here, it is necessary to take mega dosages, otherwise nothing will shift, - or at best one will achieve a stoppage of hair loss.

From experience, for the necessary replenishment of minerals, we recommend a predominant vegetarian and nutrient rich diet together with mineral supplements of vegetable sources. These are most bio-

identical to the human organism and can be absorbed by it most readily.

The hair loss of the man is generally nothing but excessive mineral depletion – due to the neutralisation of acids - together with accumulation of impurities in the scalp. Once the mineral depletion is stopped and if the mineral stores of the SCALP are replenished, hair can grow again. This can often be achieved within six to twelve months. A highly dosed, consistent and appropriate supply of minerals is crucial.

It is also helpful of course to reduce the metabolic acids from excessive muscle activity, indulgence, stress, etc. and to eliminate these via the skin. A consistent alkaline body care regime including body baths, footbaths, alkaline head and neck wraps, alkaline drinks, flushes etc. should be accompanied by a daily intake of 1 to 1.5 litres of still water. Every evening an alkaline foot bath of 45 minutes duration or longer and every week one to two alkaline body baths of 45 to 150 minutes duration have been proven effective to de-acidify the body.

Paramount, though, is a diet supplying the body with a surplus of minerals. What does ‘surplus of minerals’ mean? It means that on a daily basis more energy rich minerals are ingested than needed for the neutralisation of occurring acids. Energy rich minerals are those that are derived from plants and vegetables and have not been treated chemically or thermally in any way.

By ensuring such a high intake of minerals, the depletion of minerals from the body’s own reserves, especially from the scalp and later the bones, becomes redundant. There will be no further hair loss. In addition, depending on the amount and duration of the intake there will eventually even be new hair growth when the body’s mineral stores are refilled.

It takes at least twelve to eighteen months for such a therapy, i.e. acid reduction and replenishing of mineral levels, to be successful. This is particularly true for young women who have lost hair during or after a pregnancy. With absolute certainty they had a high dietary deficiency of minerals during their pregnancy.

Something else has proven to be very helpful in the treatment of hair loss: Regular

### Things to avoid in case of hair loss:

- Coffee
- Sweets
- Meat and meat products
- Artificially sweetened drinks and fizzy drinks
- Stress
- Toxins
- Overwork
- Strenuous exercise
- Fast food
- Fad diets
- Diuretic
- Drastic release of impurities (vinegar cures, green oat’s tea, etc.)
- Dental abscesses
- Radiation from earth, ultrasound or nuclear sources

### Regeneration of hair growth

- Alkaline body hygiene
- Wholesome, vegetarian diet
- Plant-based, energy rich dietary supplements
- Light and air
- Activating the muscle pump by using a rebounder, gymnastics, rowing, walking, etc.

head massages. These should be done by placing both index fingers on the forehead and then moving backwards with slight pressure to push blood and acids from the scalp out towards the back of the head. The same front-to-back strokes are done starting from the temples.

What will happen if a man with thinning hair continuously massages the acid juices from the scalp and temples into his neck? It is very likely that he will get pain in that area where the acids are moved to namely in the neck and upper back

or in the shoulders. Alternatively, he gets spots in those areas!

If this happens, what should one do? Of course, first of all one is happy to see that one indeed managed to move acids away from the head area. Then one reinforces with minerals. At the same time back and neck massages with a brush are applied whilst taking extended alkaline body baths to eliminate via the skin the acids and impurities that are now located in those areas. Helpful is also to repeatedly apply head-, forehead-, throat-, and neck compresses.

Another, most obvious, thought could spring to one's mind as well, of course. One could simply avoid the causative agents for all this acid build-up! Then, there would be no acids making their way towards the scalp at all.

What should people drink who have problems with their hair growth? This is a question with more than one answer:

1. There is hair loss due to intoxication. The best-known example for this is chemotherapy. One-sided hair loss or circular patches of hair loss are also sure signs of toxic poisoning. The body has neutralised or diluted the original toxins. It has therefore lost hair or is showing oedema, i.e. it retains water in order to neutralise acids or toxins, when the neutralisation potentials are depleted.

In this case we recommend the already discussed high intake of minerals through diet and supplements, accompanied by drinking alkaline drinks (Basentrunk) in the morning and evening. Throughout the day one can drink vegetable juices and pure water. Suitable, if prepared freshly, are also juices of nettle, dandelion, artichoke, etc. One tablespoon of such a juice is taken with a glass of water. After eight to twelve weeks one can start to introduce specific herbal teas to dissolve impurities. Starting with two cups a day one slowly increases the dosage over the next three to six months up to six cups per day. The mineral intake is maintained on a high level. In addition, the drinking of pure water, one to two litres, is continued.

We ascribe circular hair loss to toxins, fungal infections of the intestines or excessive stress. Again, high dosages of minerals are required in this case to stop the hair loss.

However, this does not solve the root cause or problem of the issue. The high intake of minerals should be done parallel to drastic purification and detoxification measures! In addition, since both inevitably lead to an increased need of minerals in order to neutralise the released toxins and acids the supply of minerals has to be extremely high in this case!

2. We differentiate between hair growth problems in men and women that are due to mineral depletion only and those that are due to mineral depletion and accumulation of impurities in the body tissues.

Based on our clinic experience it has shown to be effective to start with a few weeks of replenishing the depleted mineral stores of the body including the use of alkaline body care products. During that time, though, active release and dissolution of impurities should not be encouraged yet.

When beginning the breaking up of impurities you slowly start with two cups of tea per day after the initial one to two weeks of preparation. The quantity of the tea is then increased as described under 1. Once the person has worked the way up to several cups a day, long-term dosage can be 1 litre of herbal tea per day together with double the amount of water.

It is possible that many impurities are released. It might be the case that the body has not enough minerals to neutralise the acids from this process. These active since not neutralised acids lead to the well-known phenomenon called 'healing-' or fasting crises'. Such crises have to be avoided! If they trigger headaches, for example, this certainly would not be a good omen for the growth of new hair!

We therefore stay with the treatment sequence as discussed: One to two weeks neutralisation via minerals and alkaline hydrotherapy without the release of impurities. This is followed by a slowly increasing herbal tea therapy for a few weeks, starting with one to two cups a day. Then again neutralisation, oversupply of minerals and flushing out of impurities by drinking 1 to 2 litres of water. The next six months one continues with four to six cups of purifying tea followed again by taking an abundance of minerals and consistently taking alkaline baths (with an pH of 8.5) to eliminate acids via the skin. Such baths may last for up to six hours.

One thing must be clear: Any effort to re-grow hair has to start with refilling mineral stores in the body and NOT with the release and dissolving of impurities. Only after

### **Alkaline body care for hair loss**

- Cleanse forehead and nose with a vegetable soap more often
- Alkaline compresses to forehead, head, and neck
- Dab an alkaline solution on the head several times a day
- Alkaline foot baths
- Alkaline body baths
- Alkaline elimination and detoxification baths (3-6 hours)
- Alkaline nasal rinses and gargles
- Alkaline dental hygiene

a few weeks the latter should be introduced. Otherwise the entire plan of 're-forestation' is killed in its early stages. One would release old, neutralised acids from their deposit sites too early! This should reasonably be done only after one to two weeks. Until then, pure, non-sparkling water, and plenty of vegetable juices are to be consumed, even the occasional glass of beer or wine is allowed, so that one does not lose one's spirit during the course of treatment!

We took the trouble to calculate the percentages of different causes of hair loss. The results are as follows:

About 85 percent of hair loss in our Western civilisation are caused by mineral depletion due to acid neutralisation.

About 5 percent of hair losses have their origin in various poisonings from dental toxins, environmental pollutants, drugs, domestic toxins, food additives, etc.

About 5 percent of hair loss occur with pregnancy when the mother's mineral reserves are depleted and she does not replenish them through diet.

About 3 percent of hair loss are due to stress and 'negative life'; about one percent due to hormones, and about one percent due to hereditary-genetic reasons.

The lack of minerals in the diet of a pregnant woman, and even more so of a breast-feeding woman, can lead to hair loss, varicose veins, and skin losses. Mineral depletion from the scalp leads to hair loss, from the denture it leads to the loss of teeth, from the skin it leads to the loss of skin, i.e. stretch marks, from the vascular system it leads to varicose veins. All this can be avoided by ensuring a sufficient supply of minerals to the body.

**The most important rule  
in case of hair loss**

- Oversupply of minerals for at least one year

Equally, by eating a wholesome, predominantly vegetarian diet, any by ensuring conscious purification and replenishing of minerals, one can avoid spots and haemorrhoids during or at then end of a pregnancy.

Both phenomena are simply the result of a nine months pause of eliminating toxins and acids via menstrual bleeding.

People complain not only about the loss of hair. Many men and women think that they have too much hair on certain parts of their bodies so they have it removed professionally. There are several ways to do this. One is to apply warm wax, which is stripped off again – together with the unwanted body hair - when it has cooled down. This is usually quite painful. Often the treated body area shows rashes as if it had fallen in a bed of stinging nettles. You can avoid this and reduce the pain by applying an alkaline compress on the area about 15 minutes before the depilation. You pad the area dry, let the skin rest for a few minutes and then apply the wax. The compress can be repeated after the hair is removed. This way, the irritation and reddening of the skin can be minimised and the hair removal goes fast and without pain.