

Forum:[Hack Forums](#)

Thread: [How to Restore Hair Growth and Fix White Hair Naturally ?](#)

ShinThai - March 8, 2024, 1:06 am

Hey everyone, hope you all are doing well and having a great day and week so far.

As you have already read the topic of this thread. I want to know whether it's possible or not in today's world, when there is too much impurity in almost each and everything. Whether it's eating something or using a health related product for ourselves.

Kindly write your thoughts and suggestions for this if you have any but only Natural methods please.

Regards,
ShinThai !

chormet - March 8, 2024, 1:48 am

wow, its what i looking for it, i have lot of white hair unfortunately :(

please share if you have solutions

Komodo - March 8, 2024, 6:20 pm

The quick answer is no.

Can you reverse gray hairs? Negative.

Hair has things called pigment cells inside each strand, these will contain essentials needed to keep your hair nice and thick.

As we get older they lose the ability to be hold melanin and such, and we start to have fewer pigment cells.

It's basically the hair dying and turning gray.

ShinThai - March 9, 2024, 7:13 am

(Mar 8, 2024 02:48 AM)chormet Wrote: [\[CITE\]](#) wow, its what i looking for it, i have lot of white hair unfortunately :(

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(Mar 8, 2024 07:20 PM)Komodo Wrote: [\[CITE\]](#) The quick answer is no.

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What about Batana Oil ?

I heard that it's very helpful and works if someone wants to restore hair growth. Haven't tried it though. ?

Doctor Sebi used to tell about this oil.

Also please tell your thoughts on Doctor Sebi.

Komodo - March 9, 2024, 11:17 pm

(Mar 9, 2024 08:13 AM)ShinThai Wrote: [\[CITE\]](#) ?

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No idea who that is.

Once the hair turns gray it's game over.

I'm sure you could "prevent" or slow down the production of gray hairs but idk, I'm emergency medicine not hair.

ShinThai - March 10, 2024, 12:08 am

(Mar 10, 2024 12:17 AM)Komodo Wrote: [\[CITE\]](#) No idea who that is.

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Got it brother?

Really appreciate your advice ?

Jamika - March 11, 2024, 2:06 am

(Mar 8, 2024 02:06 AM)ShinThai Wrote: [\[CITE\]](#) Hey everyone, hope you all are doing well and having a great day and week so far.

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Regards,

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I think one of best are vitamins as general , good healthy food , also zinc as mineral is important too

ShinThai - March 11, 2024, 8:07 am

(Mar 11, 2024 02:06 AM)Jamika Wrote: [\[CITE\]](#) I think one of best are vitamins as general , good healthy food , also zinc as mineral is important too

I agree with you on that brother. But as I said in today's world everything is processed and not pure

enough.

Although I do try to minimise all the Processed Food related items by following things like trying to grow my own vegetables, avoidance of processed and unhealthy food items as much as it can be and doing yoga or sometimes HIIT workouts also.

I understood all this in detail when my hair were already white ?

But it's better to get the lesson and start following the right things as soon as you can right ?

Syndicate - March 11, 2024, 9:04 am

(Mar 10, 2024 12:17 AM)Komodo Wrote: [\[CITE\]](#) No idea who that is.

Once the hair turns gray it's game over.

I'm sure you could "prevent" or slow down the production of gray hairs but idk, I'm emergency medicine not hair.

He was also talking about stuff that could promote hair growth too. What do you think about that?

I've heard a few things that vitamin D3 helps with hair growth, but I haven't tried it

Zalbai - March 19, 2024, 6:39 am

You should use positive thoughts and visualization techniques. Of course, your belief should be strong that thoughts and emotions have an impact on your body and that you are able to create changes in your body through the power of your thoughts.

If you always imagine your hair being full and healthy in the color you desire, it can happen that your body actually implements these changes. That's why it's important to regularly spend time imagining your hair getting thicker and darker. You should think positive thoughts and emotionally connect strongly with this image.

If you think this all is mumbo jumbo and nonsense, then you should watch this video and trust it.

Spoiler [\[Click to View\]https://www.youtube.com/watch?v=NJLzttbduKc](https://www.youtube.com/watch?v=NJLzttbduKc)

Komodo - March 20, 2024, 2:37 am

(Mar 19, 2024 06:39 AM)Sifiorka Wrote: [\[CITE\]](#) You should use positive thoughts and visualization techniques. Of course, your belief should be strong that thoughts and emotions have an impact on your body and that you are able to create changes in your body through the power of your thoughts.

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I just told my patient with cancer that if they believe they don't have cancer it'll go away.

What a load of horseshit.

Zalbai - March 20, 2024, 8:22 am

(Mar 20, 2024 02:37 AM)Komodo Wrote: [\[CITE\]](#) I just told my patient with cancer that if they believe

they don't have cancer it'll go away.

What a load of horseshit.

That's not what I said. Anyone who can read and understand is clearly in benefit.

Komodo - March 20, 2024, 2:52 pm

(Mar 20, 2024 08:22 AM)Sifiorka Wrote: [\[CITE\]](#) That's not what I said. Anyone who can read and understand is clearly in benefit.

Anyone who can read can benefit from not taking medical advice from a room temperature IQ, smooth brain poster like yourself.

Always Sad - March 22, 2024, 6:36 pm

I have about 5cm bald spot on the back of my head from an accident.

All I do is cover my head by wearing a hat, or a toque. Its been 5-8 years. Still don't know if I want to hair transplant or what

shavoo - April 2, 2024, 3:37 pm

hey guys, bodybuilding background here.. as you may be aware in this world you get to talk to lots of info online.. same as in hacking world(well I am a noob) people use the knowledge freely available but only to those who seek it.. internet is filled up with crap information..

So basically as hair loss or greying of the hair can be related to the genetics: digestion, detoxification etc.

We still have great impact on reversing it or not allowing it to happen simply by changing diet habits.

Number 1 is to avoid processed food, processed food is tanked with minerals/vitamins since they lost it during the process: check the baby food labels for example. So much iron, too much iron.

Iron overload can have adverse effects on copper. High iron levels require copper bisglycinate to balance it out.

Copper helps transport/metabolise Iron.

If you are low on Iron you could still benefit from supplementing it. Iron to copper ratio 15:1 or 10:1. Say 15mg Iron and 2mg copper bisglycinate

Since copper plays a role in melanin formation, low copper levels can cause prematurely graying hair. This link between copper and hair graying suggests that copper gluconate could help reduce hair graying caused by a copper deficiency.

What do low copper levels indicate?

Many people do not get enough copper in their diet, but it is rare to be truly deficient in copper. Signs of possible copper deficiency include anemia, low body temperature, bone fractures and osteoporosis, low white blood cell count, irregular heartbeat, loss of pigment from the skin, and thyroid problems.

"rare" - I call this bs, everybody eats cereals and other shit like belvita etc

- put it this way.. if you have high intake of Iron in your body you automatically need more Copper so your body wouldn't store it in excessive amounts.

As for hair protocol for regrowing your hair: this is actually possible. I was a member of bb community and our "Guru" was helping another fella in writing a book about preventing and reversing the hair loss... our members have in fact regrow their hairs, they have even regrow the

hair in the bald spots.. but this is time consuming, you really need to follow the protocol.

This protocol includes: herb oils, dermarolling(the hair loss is most of the time cause dby poor blood circulation), diet changes

If anybody is interested I can share the protocol via dm, also I might try to get the link to the google drive with the book mentioned above.

#btw if you need help loosing weight or gaining by understanding how your body works including diet changes, gym workouts, supplements(roids also).

So that you don't need to follow some silly diet plans.. I can help you by explaining to you the importance of micronutrients which in the end you will be able to stick to it and even make diet changes yourself.. - You will not need me to do so afterwards!

#I know this is going to be offtopic but maybe it is worth doing so:

I am not asking for anything in return but If you are an experienced hacker and don't mind leading a noob into Pen testing etc I will be delighted ?

I joined this forum in hope of finding some friends?, to learn together or to learn from them. I am lost in my life, mental health issues etc.. I just feel like I am stuck in my life and I want to do something that I always wanted but had no opportunity to. I really don't want to end up my life working 9-5 for the minimum wage. ?

Eran - April 3, 2024, 3:12 pm

I hear lots of people from work use fenugreek for hair growth. Might be worth looking into.

Wilmer - April 12, 2024, 3:59 am

No ideas for the white/gray hair besides dyeing it. As far as growth, it is completely possible but requires a fair amount of discipline and patience. About a year for most people from what I've read and researched. Look up MorePlatesMoreDates on youtube and then find the videos on hair growth. Obnoxious channel name but a very thorough and well read guy. He goes into the science and different protocols of whatever you want to learn.

WelcomeSupport - April 20, 2024, 10:55 am

I'm also searching for this. It's a very common problem for men. Maybe the best solution is to be bald—you don't have to wash your hair often, it dries easily, no need for a haircutter. There are many advantages, it's best to look at the brighter side of that.

thisooshallpass - May 4, 2024, 6:53 pm

thank you for sharing.