

LASER USAGE PROTOCOLS™ INTRODUCTION



OverMachoGrande.com

LASER THERAPY (AND MORE!) FOR HAIR LOSS



Overview, Explanation, and Disclaimer!

REMEMBER THIS BEFORE WE START..

The "tried and true" method for using laser therapy is simply:

1. You take a shower in which you use a good shampoo and scrub the scalp vigorously.
2. You towel dry the hair so the hair is mostly dry, but the scalp still has that "shower fresh!" feeling.
3. YOU USE THE LASER DEVICE (which should be a Laser Messiah II, and you need to contact omg@overmachogrande.com if you don't have one yet!) for the proper time and frequency.

These three steps are done by the vast majority of people and professional clinics, and very often it's all that it takes to get results! The reasoning behind these three steps? You want to take a shower to remove the sebum and gunk that can block LLLT. You want to scrub vigorously because this causes stimulation and improves overall scalp health. You want that "shower fresh!" feeling because wet skin is more prone to absorb light energy, and dry skin is more prone to reflect it.

Many, perhaps MOST, can stop right here. HOWEVER...



Hair loss is caused by a myriad of potential problems:

D.H.T./ androgens, inflammation, fibrosis/calcification, lack of blood flow/vasoconstriction/blood circulation issues, scalp muscular tension, heavy sebum / blocked follicles, thyroid problems, stress / cortisol, micro-fungus, insulin resistance, lymphatic system drainage issues, lack of nutrients in the blood to the follicles, genetically weaker hair, lifestyles with lack of exposure to sunlight, lifestyles with a terrible, poisonous diet, kidney dysfunction, toxic metals...

...and/or a million other reasons, some not even discovered yet!

The good thing about LLLT is that it addresses MULTIPLE CAUSES of hair loss (and many in that list!), and this is often enough to get great results. However, for example, if you have massive sebum issues that irritate the scalp, more fibrosis/calcification, and/or terrible blood circulation in the scalp compared to the guy sitting next to you using a laser helmet, you can't expect that you are going to get the same results, right?

My "Laser Usage Protocols" are there to help this! They are here to MAXIMIZE our potential, level the playing field, and help as many people as possible get results! Don't be overwhelmed -my .PDF Instructables and videos will be there every step of the way to help it all make sense!

Without further ado, here is the concept: With a treatment program based around LLLT, we have SIX OPPORTUNITIES! In each of these opportunities, we have a chance to do something to enhance our laser therapy experience.

We have the ability to make the BEST hair loss treatment in the world EVEN BETTER!!! So, LET'S GET STARTED..

THE SIX OPPORTUNITIES OF THE LASER USAGE PROTOCOLS™



Opportunity #1:

You can do something BEFORE A SHOWER!

This includes pre-shower topicals that are designed to remove even more deep-down sebum and gunk, as well as scalp massagers, etc.



Opportunity #2:

You take a SHOWER!

You use a "good shampoo" --one geared towards hair loss. There are lots of options, and the general rule of thumb is you try to avoid sulfates and mass-marketed commercial products. Also, you scrub vigorously with your fingernails or a shampoo scrubber.



Opportunity #3:

You can do something AFTER A SHOWER!

This includes topicals that increase blood flow and improve laser penetration. This is an opportune time for brieft inversion, etc. since LLLT has been shown to be more effective with increased blood flow.



Opportunity #4:

You USE THE HELMET!

You use the right laser device for the right amount of time to get into the "window of energy"! Also, you make sure that you use the device AT LEAST three times a week! Two or less will start putting you on a much longer timeline for results!



Opportunity #5:

You can do something AFTER LLLT!

This includes the leave-in topicals and oils that you will wear the remainder of the day, or until you take your next shower!



Opportunity #6:

SPECIAL / FLOATER / OTHER TREATMENTS

These are often treatments that can be considered a totally separate "therapy", but can be done at some point before using LLLT as well as at an additional time of the day to get the full benefits.

Disclaimer

I have no patience for people that look at my "Laser Usage Protocols", see what they think is hard work, cross their arms, shake their heads, and assume that it's "too hard", "too time consuming", etc! "OverMachoGrande... do I have to do all of this?!" is a sure-fire way to get you on my bad side! :)

These are INVALID CONCERNS anyway, and the completely wrong attitude to have. As I said in the beginning, most people in the entire history of laser therapy for hair loss have simply taken a shower, towel dried their hair, and used their device. So, above all else, please remember that those basic steps very well may be enough for you.

The RIGHT ATTITUDE to have is intuitive: USING THE HELMET is the most important part, and if you don't have time for the extras, then don't do them! ...Just make sure you use that helmet!!!

All this info is there if you NEED IT, and it's up to you to experiment, research, and listen to your inner voice to find the things that might benefit you. So, poke around and try to craft a regimen that 1) addresses your problems, and 2) fits your schedule. However, if you are a "lifer" and want to fight hair loss as hard as you can, then obviously, THIS IS WHAT YOU'VE BEEN WAITING FOR!!!

Summary

As you can see, these "Laser Usage Protocol" opportunities are very logical and straightforward, and you will see with the other .PDF Instructables and videos that the treatments recommended are easy to incorporate into your regimen. Most importantly... they WORK. There are many opportunities to do things that can enhance our LLLT treatments and give us better results!

I've been giving these out "Laser Usage Protocols" to my customers, honing them, and discussing them for YEARS! Laser therapy is my passion, and I've been the only person in the industry to put together treatments like this --treatments with the SOLE PURPOSE of making laser therapy more effective and helping people get even better results. I have decided to make them public to help push the basic level of information about hair loss treatments even further. I will continue to evolve them, too, as well as talk about other great treatments that can use WITHOUT laser therapy!

My job is 1) to make the very best laser device for hair loss possible, 2) to find ways to make this LLLT treatment even more effective, and 3) to keep tried and true methods for fighting hair loss from BEING LOST --like they routinely are in terrible hair loss forums! This includes treatments that are not directly related to laser therapy, too. Numbers 1 and 2 I've been doing pretty well, but I will be focusing on #3 now so this information can belong TO THE WORLD! ...AND YOU!

OverMachoGrande