

How to grow hair out (Recovery hair)

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DOSSIER

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by

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1. MOTIVATION

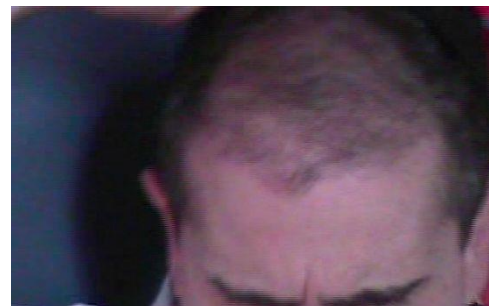
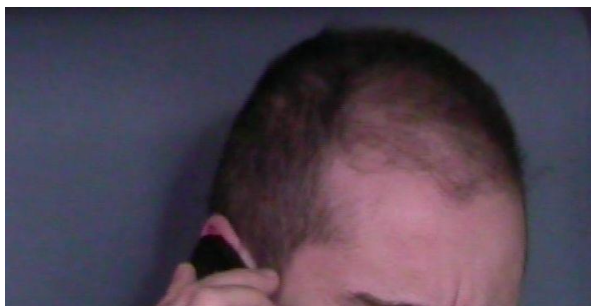
My name is Aristónico Casas Galvez. First of all, I apologize for my poor English, I am not a native speaker. Thanks.

I am the inventor of Primaltouch S01, and a convinced follower of natural therapy hair regrowth by massage, so called "Detumescence therapy of human scalp for natural hair regrowth" by Henry Choi and "Complete blood recovery of scalp" by me, but both based on the same principle: the scalp massage. Both are complementary therapies, not excluding. I've found that they work better together than separately

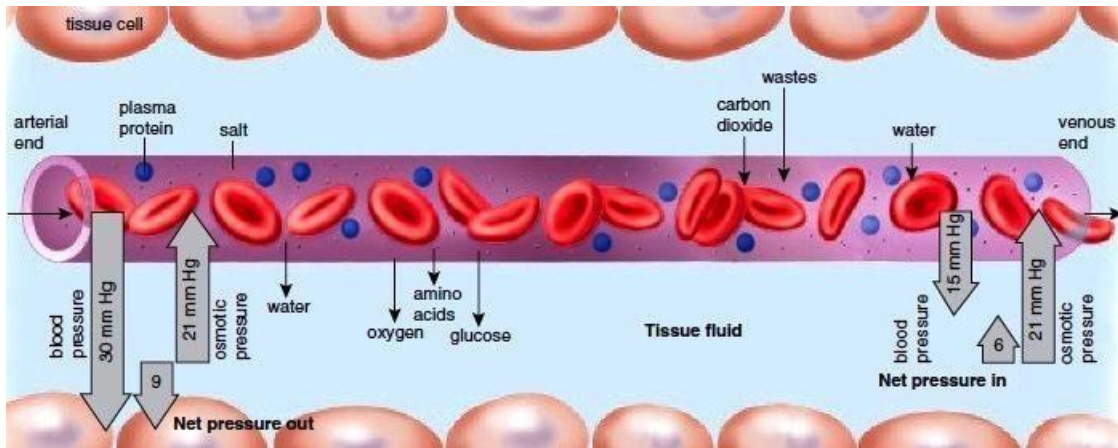
I started losing hair at 20 years old, ..



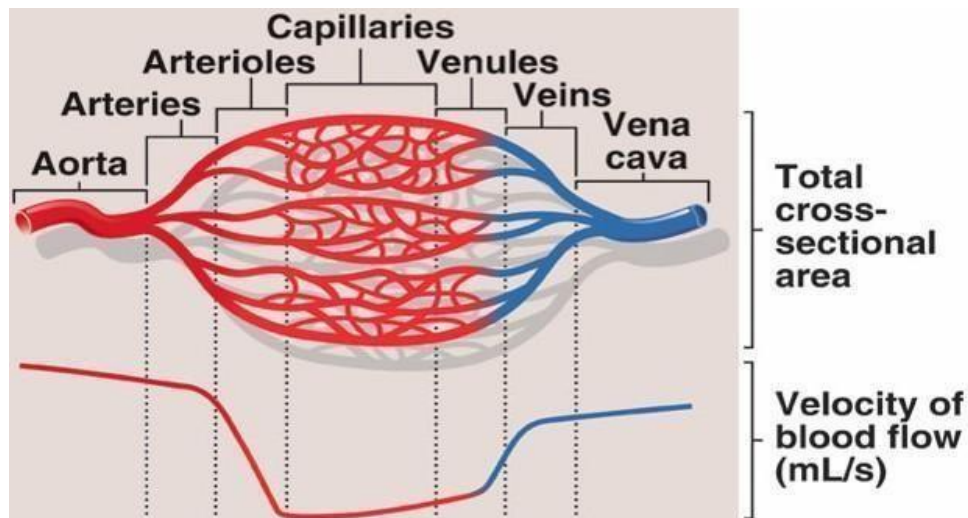
The loss was hard to hide, at 40 it was impossible.



However I didn't give up. I started looking for possible solutions and the massage convinced me because I saw it made sense: the massage in any part of the body reactivates blood's circulation, so areas where it is applied get red and it is blood that makes oxygen and nutrients contributions. Blood is also life's flow -I thought- and every drop contains in it the whole being, so one drop is enough for any analysis / diagnosis. It is estimated that one milliliter of blood is four to five million red blood cells, from 6.500 to 7 000 white blood cells, and from 200 to 300,000 platelets orthrombocytes. It made sense...

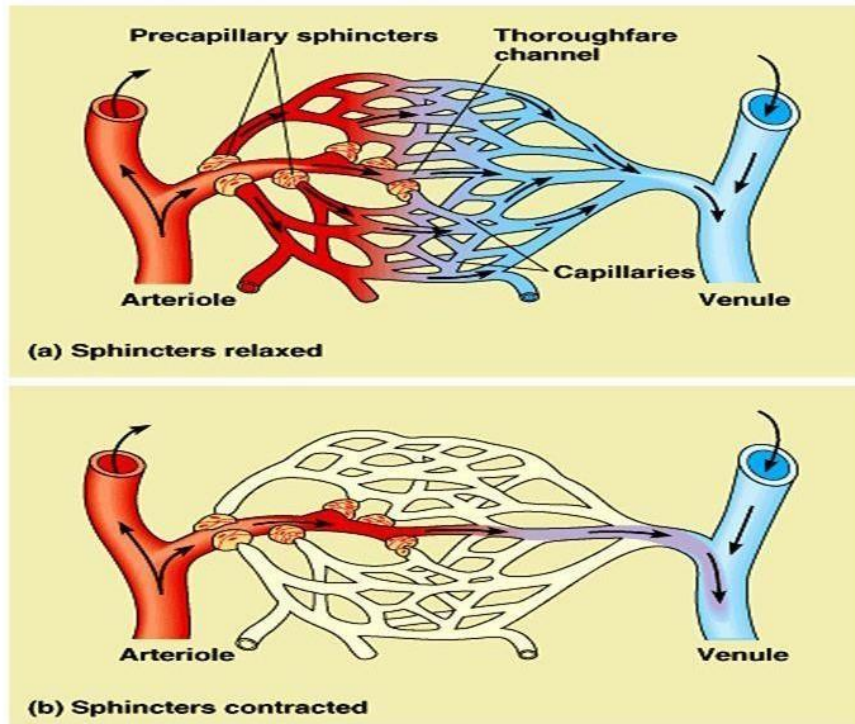


...It makes sense. The very fine blood vessels-capillaries- become thinner as they ramify in the body. Set out by a single cells layer, endothelial, this extreme thin network makes its function of gas exchange between blood and tissues or between the blood and the air of the lungs. It is estimated there are more than 60 000 Kilometers of these around the body , being the farthest point of the journey the blood makes and the supply of all tissues and organs, because each one of the body cells is less than 0.2 mm of a capillary. In the entrance of these small vessels called capillaries there are some bands that get stretched or contracted as valves to allow or prevent blood passage.



As result of stress and emotions (surprise, joy, love, anger, etc, etc ...) hundreds of involuntary small muscle spasms are produced every day because face is constrained. By constraining the face we also constrain and compress our scalp against the skull cap and this compress the bands working as valves

Capillary Exchange



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We have also to consider progressive deterioration of blood circulation, especially in the extremes -in the extremities, and allow us to be redundant, because old people show cold feet and hands-; this added to the question that head is the highest part of the body and the fact of walking upright -therefore the action of gravity makes more time to be required for blood to reach this area- head blood flow becomes lower (as time goes by women lose volume and quality of hair, and we assume they do not face this issues or at least not so much).

A practical example of this could be an injured foot and the advise to be keep it up. When you put it down you feel how it is loaded due to blood flow: if you notice gravity's influence over blood flow when you put your foot down for ten seconds, can you imagine blood circulation impact on your head during a lifetime. I supposed in alopecia cases it is not hair bulb - hair's root- which is stunted or damaged but the capillary, that is, the tiny blood vessels that supply blood to the hair bulbs.

2. SCALP MASSAGE CONCEPT.

There are many ways to understand what a scalp massage is but we refer to the most obvious: the main factor to know that massage on the scalp is effective and efficient is to feel how skin of the new hair – the scalp- slides back and forth over the skull cap. To reactivate the circulation the movement must affect the entire scalp, it must move EVERYTHING from the crown to the eyebrows, and it must only be applied there.

Massages by areas, i.e, those affecting only a portion of the scalp, as for example electric toothbrushes where you have to move from one place to the other and do not cover the entire cap are not effective, because blood circulation is reactivated homogeneously and not by areas.

I studied how to apply it to hair and decided that the best way to give a head massage is to make the cap move all at once, to massage the hair's skin -scalp- uniformly, entirely, all together.

I quickly realized that massage with the hands was not successful because it would require long time and several sessions, becoming too tired and therefore unviable.

I checked the equipment for head massage and realized it could not be very effective for a simple but devastating reason: you can not massage what it is compressed, and all the devices placed around the head hold it, so what they get is a vibration but NEVER a massage.

What it is held can not be massaged. To be effective the massage must move, slide, the scalp over the skull. If it's hold, and has something around, the massage is not possible, because it does not slide. The device S01 does not surround the head but it places over. Floating, oscillating, swinging, not by perimeters. And these peculiarities makes unique with regard to the rest of massagers that surround the head and do not massage but merely produce vibration. The basics of the device, capillary dilation by mechanical procedure - reactivating the blood circulation through massage-.



3. EFFECTIVENESS AND VERIFICATION

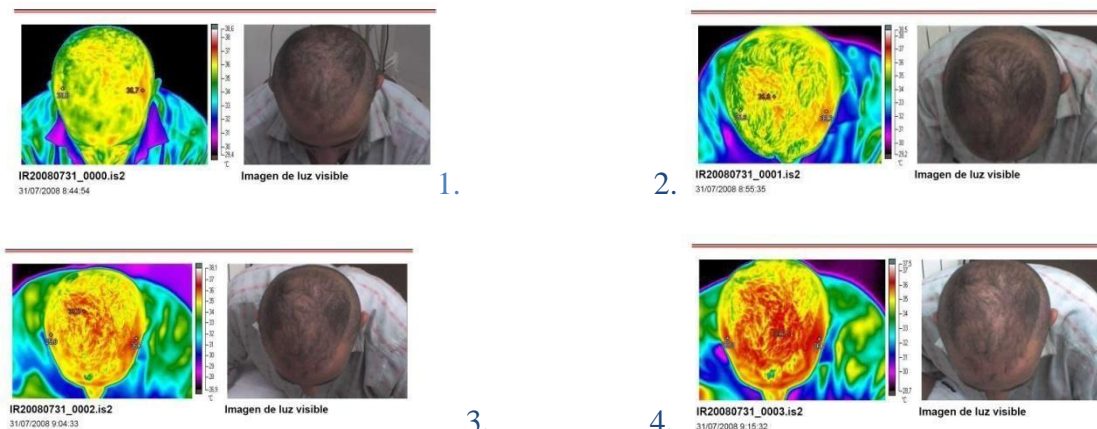
Primaltouch 01 scalp massage works effectively due to the only one support of its visor's suction pads, the same as in a human foot whose thumb works as one support and the other four as another, its purpose is to cover a wider area in the forehead to get hold of. Once the vibration is generated and being these front supports over forehead in an unstable equilibrium- bowed- by a sustained structure, and back support over the crown in a horizontal stability position, the harness oscillates on both and swings back and forth and vice versa like a real massage.



Through the massage –pumping- provided by the device blood's flow is reactivated. This blood flow also influences on the contraction of the muscles, because the blood supply relax, a relaxation produced by mechanical work, i.e, the massage through the movement of swinging, relaxing all the peripheral skull muscles, reducing the pressure on them.

Checks have been made to prove the scientific basis of the massage. Heat photographs taken by a thermography specialized company show that Primaltouch S01 reactivates scalp blood circulation.

The following scalp massage tests on my own head were taken by PANATEC company in July 31, 2008 with intervals of 10 minutes. In its report the company PANATEC (www.panatec.net) shows the effect of PMS01 after 1, 10, 20 and 30 minutes of scalp massage sessions: homogenized and distributed temperature throughout the area increases blood flow and this irrigation stops alopecia.



The analysis is completely reliable, because heat's areas are associated to blood circulation. And for those sceptics on massages and although it's an extrapolation it can be interesting to remember that when somebody is clinically dead cardiac massage can literally make life to be brought back.

Hair loss, alopecia, is stopped in a few days. I have found that in a few weeks of usage new and thin hair begins to grow in areas surrounding the remaining hair. This fuzz becomes hair in months according the line of growth, mainly from backwards to frontwards, and new hair becomes thick hair in a few weeks, as it has been said before. In two months results are clear and in one year the growth is noteworthy and can perfectly be shown.

4. RECOVER THE HAIR. PROTOCOL.

We will use two techniques to implement an effective treatment in order to recover lost hair: blood reactivation with the S01 and manual massage. I have verified that it is the fastest and most effective

1 / To put the device into operation, the connection clips of the S01 - located inside the control knob - and the mains socket (photo1) are connected, placing them counterbalanced so that they fit together by tongue and groove (photo2).



2/Attaching the harness: The fastening strap is installed around the nape of the neck (A). In the event that it is drained by abundance of hair in the area - or for any other reason - we will make a fold (B).



A.



B.

3/ With the thumbwheel we turn on the device and adjust the RPM. It does not interest to accelerate it too much, since this only affects us the vibration and what we are looking for is not vibration but massage. This is achieved at a lower RPM No., which is

when, thanks to its design, the S01 swings and offers us the massage cycle we are looking for; we get it approximately one third -the first third- of the path of the thumbwheel -or the regulating wheel-. I think a good reference is that the user must perceive the mental image of an engine pistoning, at idle - everyone, more or less, has heard how a Harley Davidson sounds at idle or a "Dumper" - which is the small self-propelled tipper used in construction. The mental image of that PO-PO-PO-PO is what we are looking for. You will notice a state very similar to that of meditation: stop thinking, absolute relaxation and a very pleasant state. You probably also notice, at first, a certain tingling at the tip of the nose. Likewise and during the first weeks you will observe that after finishing the session the marks of the suction cups will remain 15/20 minutes. This not only is not worrying but on the contrary, it is the proof that the S01 is working efficiently. You will also notice drowsiness and it is even possible that you fall asleep; This is natural because it generates alpha waves that induce sleep. It also homogenizes the blood pressure and regularizes the cardiac pulse, so it is cardiovascularly healthy. If you suffer from hemorrhoids you will also observe how they remit with the use of S01, due to the homogenization of blood pressure.

It is possible that due to its hypotensive effect some people may notice a slight dizziness when starting to use it. It is no problem since the human body is one of the organisms that best adapt to changes: you only have to approach its use progressively, this is 10/15 minutes the first sessions and go increasing them 3-4 minutes daily to tolerate without I undermine the half hour.

The treatment consists of half an hour of stimulation with the S01 followed by 10 minutes of deep massage, three times daily regularly spaced (morning, afternoon and night).

4/ And now, with the whole area well irrigated, we will finish with ten minutes of deep tissue massage (DT massage) for make faster the process. This type of massage - designed to penetrate the deeper structures of the muscle tissue and fascia, also called connective tissue - uses a greater pressure to reach the deeper levels of the muscles and is beneficial in relieving chronic muscle tension. The focus is on the deeper layers of muscle tissue, the tendons and the fascia (the protective layer that surrounds muscles, bones and joints). This type of massage slowly but deeply manipulates the connective tissue through the action of friction. It is applied with more leisurely movements, using greater pressure to reach deeper levels of muscles. So with both hands we squeeze, squeeze, compress, constrict, reduce, limit, pinch ALL of the scalp in an integral manner causing some discomfort; It does not have to hurt but it is more uncomfortable than a relaxing massage. I recommend doing it for ten minutes after the use of S01 but if you are tired start with 4 minutes and go up one minute each day to complete the ten. It can be cumbersome but allow me the following slogan to make it more bearable: "Never the much cost a few." And it's a lot, check it, a lot, what we're going to win. With deep massage we seek to relax the muscular tension on the scalp -and the constricted capillaries- to optimize the blood reactivation that we have achieved with the S01 and in this way "remodel" the scalp, which will gain thickness and, above all, and from this thickness, elasticity, like this (it's my own scalp after several treatment sessions):



5/ Let's notice then how the scalp creaks, how it tears; even, if we do it with a lot of intensity, how it breaks, as can be seen by observing the scarred lines on the left side - with a darker tone. Do not worry, it's my head and as you can see I'm still alive and in perfect condition. Maybe someone can check, if you give it strong, that throughout these scars begins to leave the first hint of hair -fuzz-.



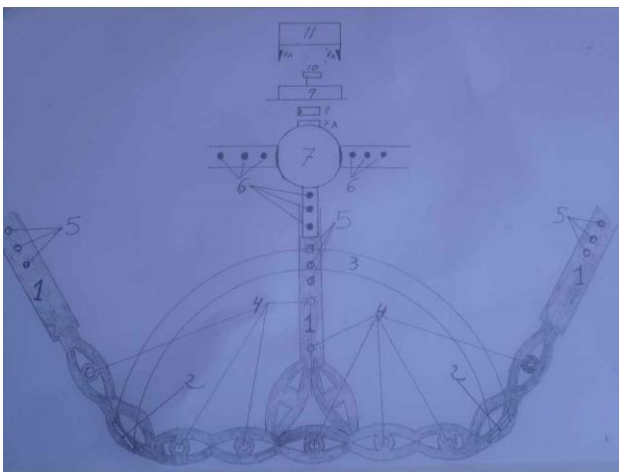
5/ WHAT ARE WE LOOKING FOR.WHAT ARE WE GOING TO FIND.

As you can all see, even in a natural way, starting from scratch and without falling factors -that is from the birth of the person- the hair requires time for its development. So we can see that although children of 7, 8 or 9 years have an abundance of hair this is thin and weak, it is not yet developed hair but it is halfway between the fluff of a baby and the hair of an adult. That is, the hair is not formed until adolescence and begins to get lost soon after due to the lack of stimulation in the área. This is the reality of the natural course of hair growth. However with this method you can start to see result - new hair - in 6/8 weeks (before in some cases). ... And another good news is that S01 is very pleasant to use



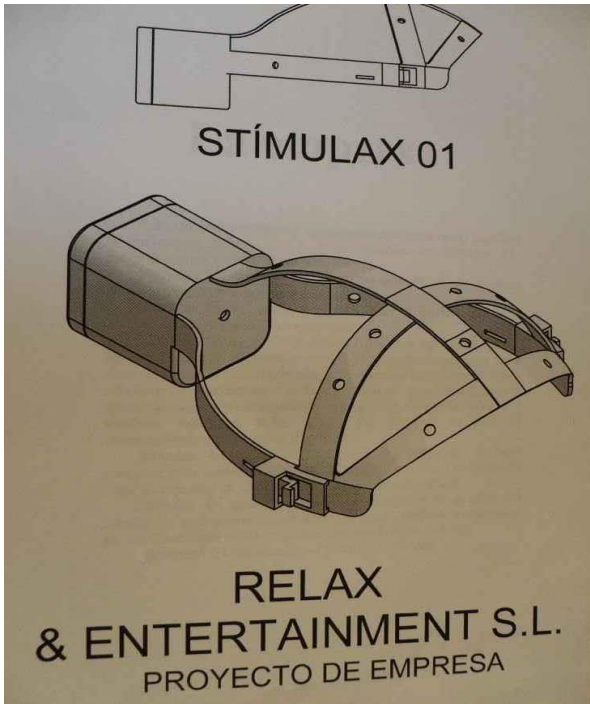
I insist: this is not a matter of miracle but of work. Remember: if you really want to do it you can recovery your hair with S01. I have done it to my almost 55 years.

6/ MY CONTRIBUTION: A BRIEF HISTORY OF S01



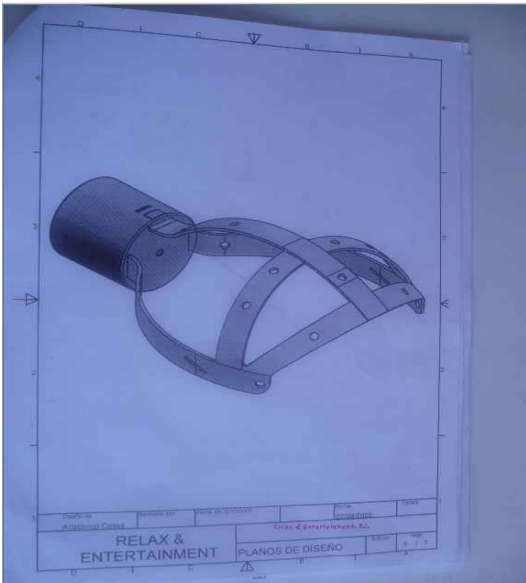
1. February of 2006.

This design is curious, a mixture of harness and headband. The theory was not bad but it was naive: when injecting in plane and cutting the structure would lack consistency



2. September 2006

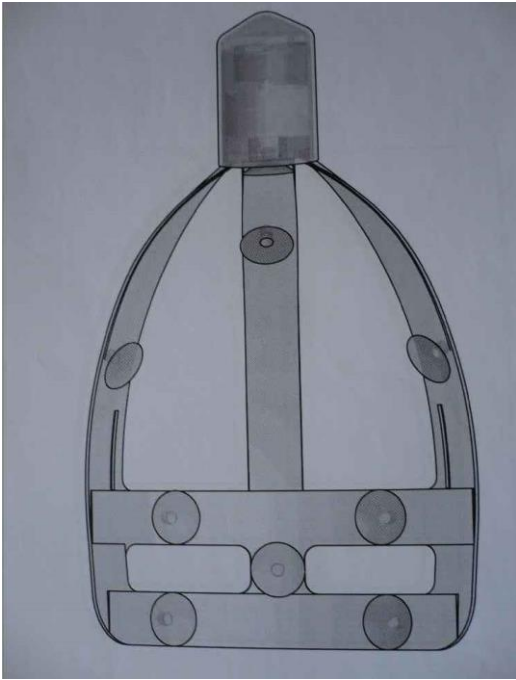
I tried to include the battery box in the same compartment of the engine. As there was no way to prove it, I began to improve the design while thinking about how I would do it to rehearse it.



3. October 2006

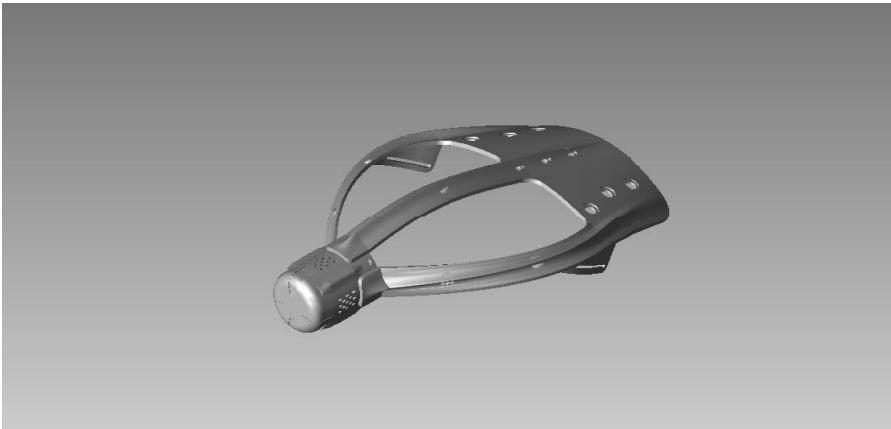
I matched the design always looking for the curved line. I tested it by attaching the batteries around the motor with electrical tape.

All the weight concentrated there absorbs the vibration in that area. It did not work



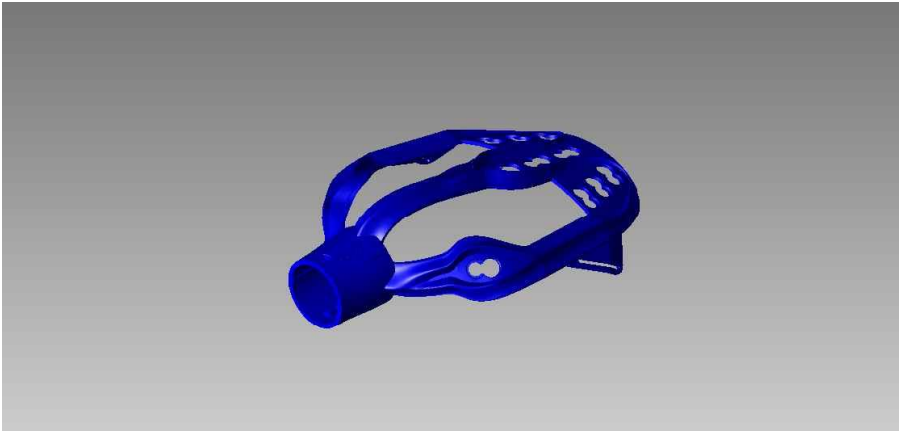
4. November 2006

This corresponds to the 6th prototype. At first I thought it was good because, finally! I got it to vibrate more than the previous ones in the front area. When finished designing I was already testing the 7th prototype and that ultimately resulted definitive, that's why I discarded this one.



5. December 2006

This is the 1st extrapolation to plane of the prototype that was definitive -9°. When you see yourself in this position of constant improvement a kind of creative fever seizes you and you begin to see possible improvements on all sides, for this I undid it.



6. April 2007

I knew I could improve on the previous one. But I also knew it in this one; especially at analyze its conversion to injection molds and realize all the contrasalidas that made it unviable for the execution in injection molds.



7. July 2007.

Once eliminated the contrasalidas I presented myself with this Formula 1, that It proved unviable due to angulation.



8. August 2007.

... And to make sure that the vibration was repeated, I increased the width of the strips and I gradually raised the nerves of the visor. We thought we had it but no. After prototyping it, we verified that it did not conform to the required angulation; that is, it was not ergonomic with respect to the head because it was too flat. We tried to

make it correctly but the design program gave constant problems and for weeks I feared to have reached the end of the adventure without being able to conclude it.



9. Abril 2008.

... But whoever follows it and pursues it gets it

Aristónico C.G.