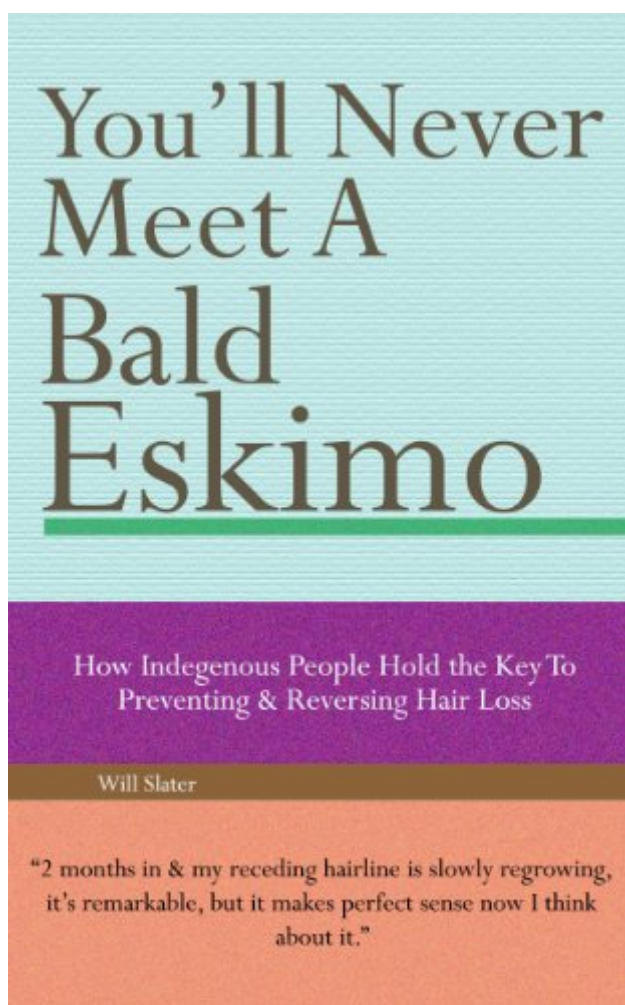


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# You'll Never Meet A Bald Eskimo - How Indigenous People Hold The Key To Preventing & Reversing Hair Loss



## Synopsis

You'll Never Meet A Bald Eskimo - How Indigenous People Hold The Key To Preventing & Reversing Hair Loss It's now clear that male pattern baldness is a fairly modern phenomenon which doesn't occur in Indigenous populations. After years of research combined with trial and error the distinguishing factors of modern life which trigger our genetic predisposition for hair loss have been boiled down and compiled in our book. The key is that simple changes can make a huge difference and the results are evident within months or even weeks.

## Book Information

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Hair Loss #32 in Books > Health, Fitness & Dieting > Men's Health > Hair Loss #3934

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## Customer Reviews

This was a pretty good read. This was not just a book about hair loss, but about our health in general. It points out the rising trend that more and more young men are suffering from male pattern baldness at earlier ages. And that indigenous people like "Eskimos" don't seem to suffer from this affliction. It considers what many in the scientific community studying hair loss in men do not consider, and that is MPB may not be the result of random genetics happening to people "Just

cause". Slator makes a compelling argument for MPB being the result of poor health brought about by unnatural habits modern men in society practice. From eating against our individual genetics to sexual practices that deplete vital "energies" or nutrients (A view not considered by modern science as a correlation to MPB since it is based off of an opposing view in their health) this book considers multiple angles and how each may be a factor. Another great plus is that these alternative approaches can be halted and possibly reversed through simple means like finding your correct diet or changing your bedroom practices. This is an interesting solution than just get surgery or wait for the next medical miracle. The downside is that some of the conclusions can seem drawn from vague sources at times and the author seems unable to backup many of his claims with authoritative expert sources. It would really help his position if he could get a third party opinion from some trusted source. The questionnaire about finding the correct diet seemed good at first, but there was an instance of a question repeating itself, and a few possible answers to some of the questions missing. While not discrediting does weaken the argument that it is valid for finding your correct or natural diet. All in all I would say that even if your are not a balding man wanting to stop his hair from falling out, this book is still a must read for anyone studying the subject. It might make a few leaps but the arguments deserve more research and it is a shame the scientific establishment studying this phenomenon don't do them. It is still a refreshing read on the subject and can remind a reader that there are other views of health and that no single answer is necessarily the right answer.

Some good information and some which is a bit way out there but may be good if you are willing to try it. I found the questionnaire to determine the type of foods I need to eat most helpful. In only a few days I have already lost 2kg without trying.

very interesting.

I felt compelled to write a review since it doesn't look like this book has any yet. The title certainly grabbed my attention, but overall at least for me, there wasn't much that I hadn't read before online. I skimmed through quite a bit of the book because of that. I will probably go back and read it again. I wouldn't say it was a waste of time. The author presents a number of modern health concepts/habits with the focus being hair. I think if you've never researched hair loss in any depth online or any kind of health self improvement, you'll find this book full of things you might have never thought of before. I am curious though as to why the author at some point in the book mentions "his client's," but there is no information in the book about who the author is or what kind of background

he comes from.

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