

# 445: Biohacking Baldness

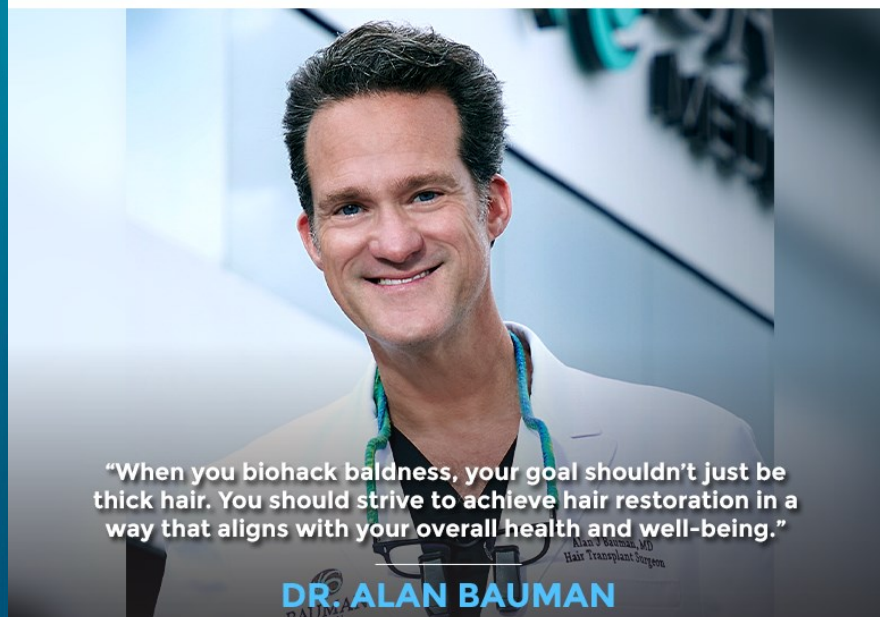
## 10 Point Checklist

### Dr. Alan Bauman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"When you biohack baldness, your goal shouldn't just be thick hair. You should strive to achieve hair restoration in a way that aligns with your overall health and well-being."**

**DR. ALAN BAUMAN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Use red light therapy such as the [TURBO LaserCap](#) to stimulate my hair growth. Red light therapy works without chemicals or side effects and I only need to use it five minutes per day. This may improve my hair growth through photobiomodulation.
- Take oral or topical finasteride to block DHT and prevent further hair loss. Oral treatment works for 90% but may cause sexual side effects for 2%, while topical treatment avoids systemic effects. Stop my use if side effects occur.
- Microdose my oral minoxidil for easier application without mess or irritation from liquid solutions. New low dosage tablets provide results and I don't have to apply a serum.
- Use PRP injections to stimulate hair follicles with my own growth factors and cytokines from platelet-rich plasma. Concentrate platelets 10-12 billion per treatment for optimal results.
- Consider transepidermal delivery (TED) of growth factors without injection. I should use an ultrasonic applicator to permeate the skin. This treatment can provide regenerative stimulation without needles.
- Use exosome therapy from stem cells to stimulate my hair growth and healing. Exosome therapy works through topically applied growth factor bubbles.
- Reduce my inflammation by using CBD products and turmeric/curcumin supplements. CBD also binds receptors that may trigger my hair growth, and curcumin can prevent scarring.
- Place PDO threads under the scalp to provide a scaffold for new growth. Dissolvable sutures boost the results of my PRP injections.
- Improve nutrition, reduce stress, and optimize health for better hair growth. Follicles are metabolically active and affected by whole-body factors.
- Visit [baumanmedical.com](https://www.baumanmedical.com) for extensive information on hair restoration, treatments, and advancements. Consult Dr. Bauman if I experience hair shedding or thinning.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/biohacking-baldness-with-dr-alan-bauman/>