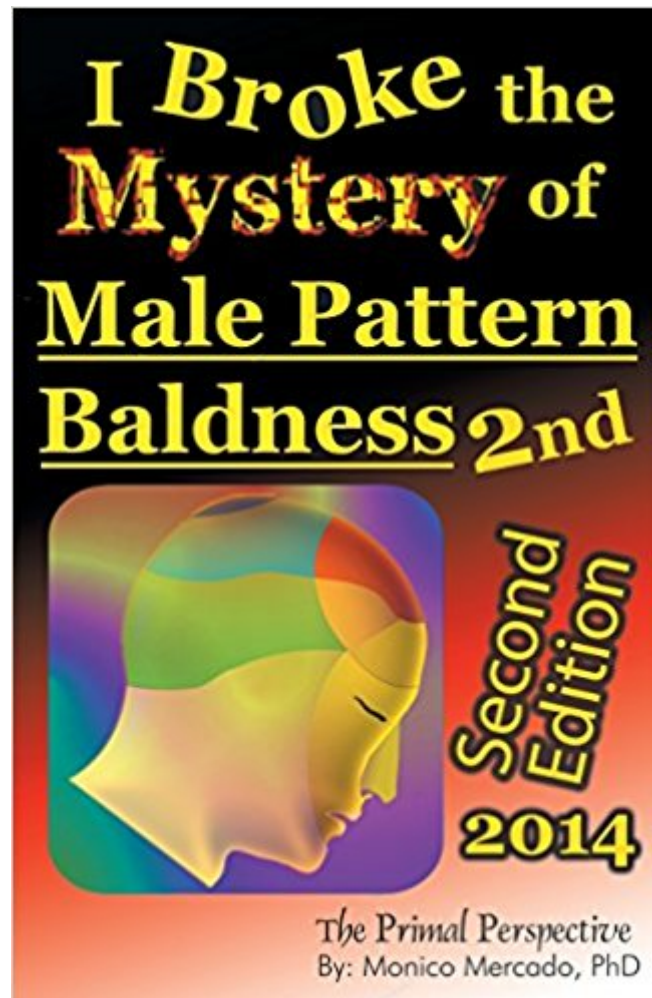




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# I Broke The Mystery Of Male Pattern Baldness



## Synopsis

In the previous edition of this book, this Author presented countermeasures which readers say were too difficult to apply. This Author agrees and the latest results show that less difficult measures work just as well. Also, some assertions which appeared to be vital based on the latest results of the experiments and were not given enough emphasis in the previous edition and were placed in obscure sections of the book, now form part of Countermeasures. Contrary to the regurgitated pronouncements which originated from a theory two decades ago, male hormones are NOT primarily responsible for male baldness. The fact that this 2,400-year-old medical mystery associates with several diseases makes it a symptom rather than the disorder. Biological processes always involve environmental factors. Hair follicles are mere casualties of a raging battle between human physiology and human innovations that were suppose to enhance the quality of life: one that was invented during the ancient times: the others, new structural organizations and newer inventions that required the ancient invention - a combination that became inherent in Western society that spread to many civilizations over the centuries to just several decades ago elsewhere on the planet. Written in layman's terms, the Author takes you to a sixteen-year investigative journey in unraveling this mystery and shows how male physiology is adversely affected by certain environments where people have to spend much of their lives today which they depend on to live "normal" lives - environments which are well established risk factors of cardiovascular diseases. When physiologic mechanisms are affected, no treatment will be effective unless the root causes are properly addressed. Pattern baldness seems to be primordial in origin because it affects every race yet the Author finds that primitive communities are immune from the condition. He found out why and the findings will surprise everyone to know that the researchers have been literally sitting on the answers to the mystery and that the countermeasures or 'treatments' that effectively prevent hair loss are not even treatments at all but a way of life. This way of life will seem odd from the perspective of modern-day men but have been intrinsic in many cultures and primitive communities until they were colonized by Westerners.

## Book Information

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## Customer Reviews

As a patient of male pattern baldness and one who holds a medical degree, I and many other men have become amateur researchers on the subject of baldness. There are seemingly unlimited number of articles on the subject many of which are false, biased, wild theories and clouded with deceit. This book, however, stands out because it's the only one that has investigated acquired modern behaviors which, according to the author's words, "not akin to male physiology" and isolated behaviors that are almost obligatory in modern environments but remained optional in primitive settings. (It is well documented that hunter-gatherer men are immune from baldness). This is an out-of-mainstream approach in medical research which often looks to biochemistry, genetics and environmental/dietary factors. It seems clear to me that it may have taken this author several years to document his studies which presents arguments I have not read anywhere else - it disputes the significance of the 'androgenetic' nature of baldness - a belief proposed by biochemical researchers and widely (and wildly) accepted by the medical community. In other words, rather than blaming environmental or genetic influences, certain acquired modern behaviors can adversely affect male physiology and predisposed them to baldness - a unique approach which seemed to be strongly supported by the author's arguments. I must say that this book, "I Broke The Mystery of Male Pattern Baldness", may finally have answered the question of 'what really causes male baldness'. For the author's efforts and unique arguments, I give this book the high five.

it is a good read for anyone trying to get a different perspective on hairloss other than the hereditary explanation, as there is more to the story. Mercado touches on another plausible contributant to male pattern baldness. it was refreshing to hear this. however, i think there is even more to it than he touched in this book, which is why i deducted one star.

I had early indications of balding since college but a year during my first job after graduate school

chunks of hair would come off with a pull. I'm balding and I'm not even married yet!! became desperate to try anything to stop it. But my dad, a respected physician in our community, told me to be wary because most products do not really work while those that do are not very effective or have scary side effects. It was coincidental when I came across this book and thought it was expensive but bought it out of desperation. When I ask my dad to check if it had anything that can help he seemed hesitant at first but browsed a few pages and finally asked if he can take it with him to his clinic. Later that night, he said the author was very convincing. That made me smile. And that I should try it and follow the instructions to the letter. That made me excited!! It's been a month since. What can I say? I not sure whether I will continue to lose hair over the long term but those chunks of hair that coming off definitely stopped. My hair fall is now normal. The book says regrowth may be possible in some case but there is no assurance. Regardless, I will be perfectly happy with what I have.

Centuries of bogus claims on baldness should make any publisher reluctant to promote books like this but this one is different. To the publisher and author, please allow me to write a summary-like review. The medical community has been saying that the increased levels of male hormones during puberty contributes to baldness. Two of my kids are pre-pubescent and my desire to save them from taking after me drove me to look for new published materials. After a year of off and on searches, I can say that many of what I seen are still the same things that I have read two decades ago. Although there are newer studies, none can be of any help to a patient. The rest comes from people would claim anything just to get their hands in your pockets. The author's perspective, which new to me, is based on a number of studies. Although long term observations are essential here, data gathering technics today has some advantages provided by information technology which also allowed me to verify the citations in this book. The author used data gathering technics, medium term observation analysis. Mercado contradicts the supposed adverse effect of male hormones on hair follicles and presented a mechanism of how it actually promotes hair growth. It is convincing because it is backed by citations aside from the fact that men are hairier than women. But when male hormones combine with certain situations, it becomes a factor that contributes to baldness. It, of course, sounded like a contradiction on itself but not if it is read entirely. It also states that the predisposition to baldness is due to an inheritable adaptation which, in turn, is triggered by the manner by which pubescent boys react to and behave in sedentary conditions particularly in schools settings. This perspective may not be easy for laymen to grasp because multiple interdependent factors have to be taken into account to draw a complex equation to arrive at a

conclusion. Nevertheless, his presentation is excellent and obviously took laymen's limited knowledge of the sciences into consideration which is the reason why the explanation alone took most of the book's pages. It is amazing how Mercado was able to show how some laws of physics, heredity, adaptation and lifestyle factors, particularly behavior, are interlinked. Please take note of the words "adaptation" and "inheritable adaptation" in the previous paragraphs. This adaptation is supposed to be the culprit that we have been looking for as the primary cause of male baldness but this as far as I can go. The only way this can be explained is by reading the book entirely. For those of you who may want to try the author's prescriptions, they are not easy tasks for lazy men. There is also a warning for those with heart conditions to first consult with a doctor. If you already have signs of balding, you most probably have acquired the adaptation described in this book but there is also a possibility that you have not. If not, then baldness will be easier to prevent. If so, it will take a whole lot of effort on your part to keep your hair growing since you have to be fully conscious of the author's prescriptions through out the day - that is, literally speaking, every minute that you are awake until you develop them into habits that should overcome the adaptation. Pubescent boys on the other hand can be told to develop those habits at an early age that will prevent the adaptation from being acquired which means that they will not be required to diligently apply the prescriptions at a later age. The maker and users of Rogaine may be delighted because he noted that this topical treatment may be made more effective with his prescriptions although he seemed to imply that he does not endorse the product or that his prescriptions will work regardless of any other treatment. The book is written in the third person, hence, there is not a single use of "I" while the word "you" is only used once. It's a very good read indeed and it got my hopes up high that my kids will be spared. Although Mercado claims to have conducted a trial with a small number of participants, a long term, large scale and independent trial is preferred before a claim about something that has mystified humanity for millennia could be ascertained. Still, with or without a trial, this study is the most plausible explanation I have ever seen.

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