

The Hair Loss Prevention Handbook

An Insightful, practical evidence based programme to counter male pattern baldness

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Introduction

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So you're losing your hair...

I GET IT.

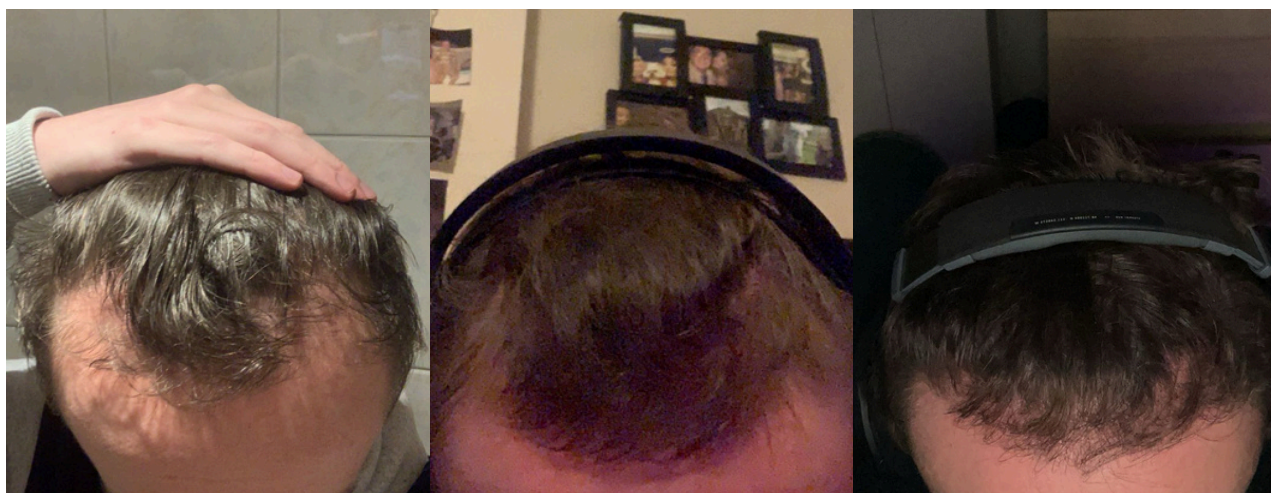
I'VE BEEN THERE.

IT SUCKS. TRUST ME, I KNOW.

BUT THERE'S HOPE, AND THIS HANDBOOK WILL SHOW YOU EXACTLY WHAT TO DO.

2018

2025



THIS DIDN'T HAPPEN OVERNIGHT, BUT WITH THE RIGHT APPROACH AND ACCESS TO THE RIGHT TOOLS, PROGRESS IS POSSIBLE. **THIS HANDBOOK IS YOUR ROADMAP.**

What's Causing It?

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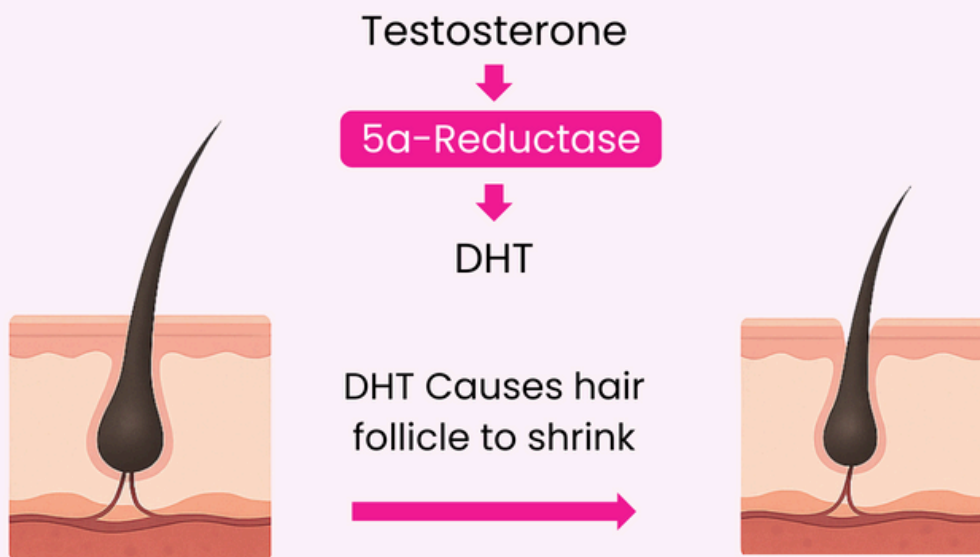
The enemy: DHT

TESTOSTERONE → DHT → SHRINKS YOUR HAIR FOLLICLES → HAIR LOSS

YOU'RE NOT "JUST UNLUCKY" THIS IS BASIC BIOLOGY

BUT IT CAN BE SLOWED (OR REVERSED).

DHT and Hair Follicle Miniaturisation



DHT PLAYS A KEY ROLE DURING PUBERTY - IT DEEPENS YOUR VOICE, GROWS BODY HAIR, AND DRIVES DEVELOPMENT.

BUT AFTER THAT? ITS ONLY FUNCTION AS IT SEEMS, IS TO SHRINK YOUR HAIR FOLLICLES.

My 5-Part Protocol

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This is my personal stack - simple, proven, and effective.

FINASTERIDE + MINOXIDIL CAPSULE (1X/DAY)

A SINGLE PILL THAT TACKLES HAIR LOSS FROM BOTH ANGLES:

- FINASTERIDE LOWERS DHT (THE ROOT CAUSE)
- MINOXIDIL SUPPORTS REGROWTH INTERNALLY



KETOCONAZOLE SHAMPOO (2-3X/WEEK)

KEEPS THE SCALP CLEAN, HEALTHY, AND LESS INFLAMED.

BONUS: MILD ANTI-DHT EFFECTS.



DERMASTAMPING (1-2X/WEEK)

TINY NEEDLES = HUGE RESULTS.

HELPS BLOOD FLOW, COLLAGEN, AND BOOSTS ABSORPTION OF TOPICALS.



RU58841 (DAILY TOPICAL)

A POWERFUL DHT BLOCKER YOU APPLY DIRECTLY TO THE SCALP.

TARGETS DHT LOCALLY WHICH IS PERFECT IF YOU'RE CAUTIOUS WITH ORAL MEDS.



What To Do Before Starting

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Before you dive in, be patient and set yourself up for success.



Take progress pics

Not daily, but a weekly/bi-weekly pic helps you track your progress



Be patient — results take time



Set reminders, routine is key



Prepare for shedding, it comes & goes

Month-by-Month Timeline

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Understanding the typical timeline helps you stay consistent, patient, and motivated.

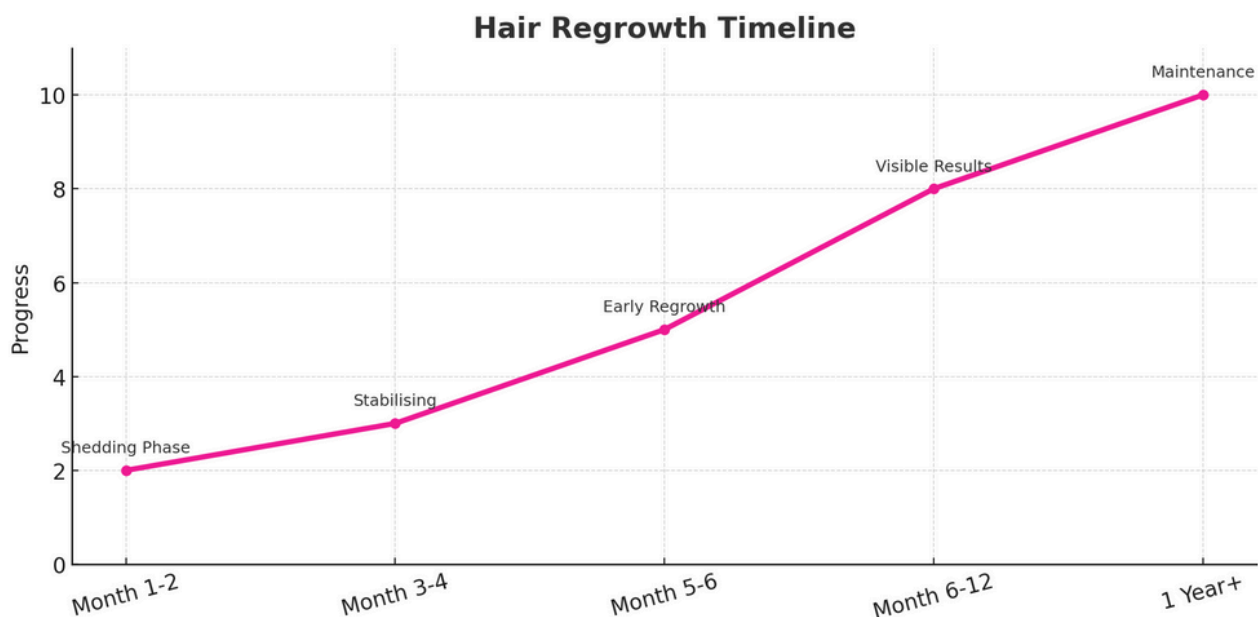
MONTH 1-2: YOU MIGHT SHED. DON'T PANIC.

MONTH 3-4: HAIR BEGINS STABILISING.

MONTH 5-6: EARLY REGROWTH.

MONTH 6-12: RESULTS KICK IN.

1 YEAR+: MAINTENANCE PHASE.



Final Word

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Hair loss sucks - but doing nothing sucks more. Take action now, reap the rewards in the future



START NOW. BE CONSISTENT. TAKE PHOTOS. TRACK PROGRESS.

YOU'VE GOT THIS.

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