

JimmyDavis
Regrowth.com Member
Registered: Aug 2009
Posts: 6

I finally grew my hair back.

Yes. I am at a loss for words. I took my "after" pictures a couple days ago. I'm not going to lie...I cried from being so happy. I did pushups, put up drywall and did other manly things afterwards to make up for it...😊 I am not done though, as I will continue my treatment...but I wanted to share my progress.

Here are my before and after pictures: <http://mystorymarketing.tv/beforeafter.html>

I hope I didn't break any rules by putting a link in here...😊 I would love to hear what you guys think though. Again, these are "progress" pictures...i'm not done yet.

I am a LONG time reader of these forums and a first time poster. I think I'm going to be the first person to actually post after they have had success...😊 Usually everybody posts and the ones who succeed in growing their hair don't have use for the forums anymore and don't come back.

I have been a reader for a long time. I'm 27 now and started losing my hair when I was 17 or so. It hit me hard. I obsessed so much about my hair. I never ever wanted to go out. I never committed to any social events because I couldn't stand the thought of anybody seeing me. I was severely depressed. It "took" my life for as long as I can remember.

That led me on the journey that I share with a lot of you. I started trying everything to fix my hair. Over the past 9 years or so I have gone back and forth with so many things. Here is a list of stuff I can remember:

Rogaine. Dr. Lee's 15 % Rogaine Scalpmel Promox Propecia Avodart Lasermax haircomb BX 3.4 helmet Tricomin Fabao 101 FNS Laser Clinic from transitionsindy.com

I even invested in the telomerase stuff from igrowthair.com (guys I actually went and met this guy when I was in Miami.) This is guy is crazy brilliant. He says it's almost done. If it doesn't work, this man is incredibly convinced that it will. So he's not intentionally scamming people...😊

This is just what I can remember. I've have tried a lot of stuff that really didn't work for me. I also will be the first to admit that I've never really stuck to a regimen until recently. I would try things and then give up on them.

So I remember a few years ago when I was stumbling around trying to find "the next greatest thing." That's when I found Will Gaunitz. You guys speak highly of him here I know. Anyways I was amazed at the before and after pictures. It was crazy. So I called him up and asked him a billion questions.

This guy knows his stuff. He is incredibly smart and has done more research on hair loss than anybody I know. I learned about laser hair growth and why most people can't seem to have success with hair growth. For example, he was telling me that 635 is way better than 650 for hair growth. Anything over that is wasted and actually diminishes the results. He has tested this with so many people. He actually would bring people in from Phoenix just for testing. Also, the number of diodes to use and length of time depends on what color hair you have. If you have blond hair you can't go over a certain number of diodes or frequency of use or you are doing killing you hair. It was really fascinating stuff. I really learned that there is no cookie cutter approach to everybody though.

Back to my story...I remembered a few years ago all I wanted was to get one of those lasers. They aren't cheap. I remember Will even showing me an invoice for what he pays for the diodes. I'm not going to give away prices or anything like that but they are expensive. They work though! I couldn't afford it back in the day. I tried to get some people around me invest in a hair company so I could bring it to Indiana. All I wanted to do was use the machine. I even asked Will for a 9 month job so I could use it. True Story.

To make a long story short, I moved to California and my marketing businesses took off...in a big way. I made a lot of money real quick. The first thing I did was get a laser. I started this process in March of this year and you can see the results speak for themselves. It's amazing.

Here is my regimen: Laser on Monday and Thursday Propecia everyday Spectral DNC every morning and night.

Anyways...I don't work for the company or get paid. I am just so happy that I finally am growing my hair back. This is my way of giving back to you guys as you guys share so much. So thank you guys again. Do with it what you will. Some of you are going to think I work for them or get paid for this. That's fine. Others will know that I am just trying to help.

So again thank you all...for all that you do. I hope this is of benefit to some of you.

Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

8/15/2009 6:54 PM

Hi Jimmy doesn't look like you're selling lasers so I guess it's ok -- one thing I do notice about your pictures is that for your frontal shots the hair is combed forward, covering the hairline... and the hair is longer in the second pic than the first... so it is hard to sell what kind of actual regrowth you have had at the hairline because the hair is styled to cover the hairline... can you post photos with the hair styled back instead of forwards so we can see what regrowth you've had in the hairline?

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ikky
Regrowth.com Member

Registered: Sep 2008
Posts: 31

8/15/2009 7:15 PM

It looks to me like there's definitely regrowth. That's awesome dude, all the best to you and thanks for sharing.

JimmyDavis
Regrowth.com Member

Registered: Aug 2009
Posts: 6

8/15/2009 7:19 PM

Absolutely. I'm glad you know i'm not selling anything... 😊

I am on vacation right now so let me see if I can get a camera a take some frontal pics.

I took both pictures the day of a haircut. I didn't let my hair grow or anything to make it look like it regrew...but I see what you mean.

So you just want me to comb my hair straight back? It will probably have to be wet to do that.

It will be Monday before I upload pics as my design team is off and I don't know how to put up websites... 😊

Goa'uld
Regrowth.com Member

Hair Loss Type:
I Don't Know
Hair Transplant? No
Norwood 2



Registered: Mar 2008
Posts: 1,184

8/15/2009 7:31 PM

Welcome to the board Jimmy! Thanks for sharing your story and I look forward to your new pics.

Last Edited On Aug-15-2009 at 10:22 PM.

Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

8/15/2009 9:41 PM

No prob looks like what you have has definitely thickened up just curious what kind of results you're getting in the front 😊

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doke
Regrowth.com Member

Registered: Jan 2008
Posts: 803

8/16/2009 5:06 AM

hi jimmy the only thing is it is a bit cruel to come on here with a post for some treatment that most of us cannot afford,even if i grew all my hair back and the treatment costs \$80000 i would not come here and post. We want an affordable treatment that works is that too much to ask?

doke
Regrowth.com Member

Registered: Jan 2008
Posts: 803

8/16/2009 5:18 AM

just been to the gaunitz site and they do have a home use system with diff costs starting with x5 laser,and going up to clinic type lasers,but surly the hairmax would be better than the x5? lazerfish handheld is better.

NORwegianKid
Regrowth.com Member

Looks good, congrats 😊

"If you have blond hair you can't go over a certain number of diodes or frequency of use or you are doing killing

Registered: May 2009
Posts: 188

you hair."

Thats why I use my helmet for maximum 13 minutes each session.

8/16/2009 7:50 AM



montrose23
Regrowth.com Member

' For example, he was telling me that 635 is way better than 650 for hair growth.'

So is he saying that a 635nm diode is better than a 650nm diode?

Registered: Aug 2008
Posts: 153

Last Edited On Aug-16-2009 at 12:55 PM.

8/16/2009 11:18 AM



minimi
Regrowth.com Member

How do you know it was not the propecia all this time that actually did the trick in regrowing your hair and how long have you been on it and at what dosage?

Registered: May 2009
Posts: 24

8/16/2009 5:25 PM



Going Cue Ball
Regrowth.com Member

When I copy that link and search on Google it just comes back to this thread,WTF. Probably more BULLSHIT!

Registered: Oct 2006
Posts: 445

8/16/2009 5:43 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Good point minimi I didn't even think of that 😊 Spectral DNC will also regrow hair too

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v

This signature intentionally left blank.



Registered: Jan 2001
Posts: 1,011

8/16/2009 5:44 PM



JimmyDavis
Regrowth.com Member

Doke, I know it's expensive. I don't make a dime selling it. Will Gaunitz might be mad at me for posting this for all I know. Just thought I would show what worked for me finally. And I know a lot of people talk about Gaunitz here so I thought I would tell my experience because he has done a lot for me. I'm sorry if you felt I threw it in the face of people who couldn't afford it...that was never my intention.

Registered: Aug 2009
Posts: 6

Actually, me losing my hair is what made me a lot of money. I got so depressed over my hair I had to have the laser...it was kind of my motivation to get my business up and running.

Also, your comment about the handhelds I don't really know how to answer that. I know he was telling me that he didn't think the x5 was really that good but he tests everything and it was the best handheld in that price range. He was really surprised he said. The laserfish is probably better. I don't know about it.

Minime I've been on propecia for 7 years. I've been on spectral dnc for about year and a half. The only thing I added was laser. And I used the gaunitz shampoos but that doesn't grow hair...just creates a clean scalp.

Going Cue Ball, I don't know what you mean about the link. I just had my design team put it up a few days ago so of course it would go here.

Also guys, I just took some pics of me with my hair pulled back and sent them over. They will have it up tomorrow. I found something out though. I realized the before pics I put up were actually 3 months ago. I thought those were the ones I took back in March. The person who took the pictures told me that I had my shirt off in the March pics. As I looked at the before pics I posted...I realized she was right. Because on my left side there is a mole on my temples. When I started there was no hair in front of it. I remember at about the 3 month mark a ton of little hairs sprouted up and went in front of the mole. So my before pics are actually in May. So the time in between the shots are actually a little over 3 months. I didn't see anything change until about the 3 month mark anyways.

The other questions I don't know. The things about the 635 vs 650. Or what you should do about the Blond vs Black hair. I think I remember what he said but I don't want to give wrong advice. I also don't want everybody emailing him question...I will feel bad. What I can do if everybody here is interested is interview him via ustream show...if he is up for it. That's what my MyStoryMarketing.tv show is for. You guys will be able to ask him questions about stuff with the chats. I am supposed to go there within the next 2 weeks for another checkup.

That might make people think I'm selling stuff or work for them...I promise I do not. I'm not going to go trick hair loss forums so I can make 4 dollars on a 12 dollar shampoo purchase. He doesn't even sell the lasers anymore. He is more interested in getting franchises up and running.

However with that said, maybe he can give some great advice on what everybody else is doing. Maybe he can tell you what time frame to do the lasers that you guys currently have. Or which products to use with it. I just know from what he told me there are so many many many more factors in treating hair loss than people

realize...and it's really different for everybody.

What do you guys think? Would you like me to interview him?

8/16/2009 7:54 PM



JimmyDavis
Regrowth.com Member
Registered: Aug 2009
Posts: 6

Here you guys go: mystoryhub.com/hairpulledback.html

It goes before/after before/after before/after

Again...these are only 3 months apart

Last Edited On Aug-16-2009 at 10:16 PM.

8/16/2009 8:39 PM



Going Cue Ball
Regrowth.com Member
Registered: Oct 2006
Posts: 445

I can't find these before/after pics you talk about from that link. It just goes back to this thread with NO pics.

8/16/2009 8:45 PM



JimmyDavis
Regrowth.com Member
Registered: Aug 2009
Posts: 6

Cue Ball...are you typing it into the google search engine or are you using the address bar?

I just checked on 2 different computers and they both worked

8/16/2009 8:50 PM



Going Cue Ball
Regrowth.com Member
Registered: Oct 2006
Posts: 445

I see them now using the address bar.

Why doesn't google bring them up? I'm no computer whiz,lol.My mistake.

8/16/2009 9:04 PM



HelloSunshine
Regrowth.com Member
Registered: Dec 2006
Posts: 363

Hey LazerFish I just put together 12 Sony laser diode SLD1239JL-54 dvd burner diodes running at 80mw .(using an LM317 etc..) .Diffused of course.

From my calculations (inc a laser meter) I will be getting about 10mw are approx 10 cm distance . I'm going to use only on temples, I have my 330 diode 5mw device for the rest.

How long are using the higher powered laser and approx how many joules you think you are getting.

Last Edited On Aug-17-2009 at 4:27 AM.

8/16/2009 10:20 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Looks good look like your hairline has definitely come forward a bit from where you started... your hairline is pretty similar to mine

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

8/16/2009 10:30 PM



doke
Regrowth.com Member
Registered: Jan 2008
Posts: 803

lazerfish who said that i have and want to buy the hand held when i get the doe together and i have said on posts that is the one to go for as exdown has had better results than anything i have seen?

8/17/2009 4:22 AM



doke
Regrowth.com Member
Registered: Jan 2008
Posts: 803

hi jimmy sorry if i came across that way but even if i had the money i would buy lazerfish products because he is a genuine guy and offers good value with backup.

Last Edited On Aug-17-2009 at 11:33 AM.

8/17/2009 4:26 AM



doke
Regrowth.com Member

does anx1 still post on here as he seems to have a dig at me on the other site.

Registered: Jan 2008
Posts: 803

8/17/2009 4:27 AM



doke
Regrowth.com Member

hi lazerfish mike i know what you mean i have seen it and defended you on there but i dought it will work.

Registered: Jan 2008
Posts: 803

8/17/2009 5:05 AM



HelloSunshine
Regrowth.com Member

Hey LaserFish , yes I have safety glasses which is of paramount importance when dealing with high power lasers.

Registered: Dec 2006
Posts: 363

thanks for the info, enjoy your vacation.

HS

Last Edited On Aug-17-2009 at 9:47 AM.

8/17/2009 9:28 AM



doke
Regrowth.com Member

have a good holiday lazer, i think that exdowns results are better than jimmys at hair growth,i noticed that jimmy has the same as me at receding front shiny bald sydrome which seems to be a common thing where hair used to grow?

Registered: Jan 2008
Posts: 803

8/17/2009 11:38 AM



CooperDooper
Regrowth.com Member

Hi Jimmy,

Your pics look awesome man, you gotta be siked!

Registered: Jul 2008
Posts: 34

I have a question if you don't mind, I just finished going through my first bottle of Spectral DNC and I am loosing more hair then ever these days, but it seems like its hair from all over my head. Would you say this is pretty common and do you think this shed will finally subside.

Anybody else using the stuff, if you could please comment it would be much appreciated. Bit down right now and really could use some advice. I'm also lasering and splitting Proscar fyi.

Also Jimmy, sorry if I didnt catch it before, but what kind of laser did you say you were using, diodes? wavelength?

Thanks bro.

8/18/2009 6:25 AM



bloodytime
Regrowth.com Member

jimmy , your picture are not objectives ... we dont see the hairline !! absolutely useless ... so weird im the only one to notice that ...

Registered: Aug 2009
Posts: 38

8/18/2009 10:16 AM



apcopa2
Regrowth.com Member

Hey Guys,

Congrats to those of you with success. I have a quick question with my experience with lasers for those more seasoned laser users. I purchased an OMG 200 diode laser helmet. Works great, but after my first few laser treatments I have noticed an increased shed. I am not expecting quick results, but I also was not anticipating things to get worse.

Registered: Nov 2008
Posts: 12

I have faith in lasering, but I am just wondering how or if I need to alter my treatment schedule. Should I cut down on the amount of time per session? Is this just a timing coincidence? I have fairly dark brown hair.

Thanks for your opinions

8/18/2009 1:00 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

bloody he posted hairline pics in a separate link 😊

mystoryhub.com/hairpulledback.html

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v

Last Edited On Aug-18-2009 at 2:21 PM.



Registered: Jan 2001
Posts: 1,011
8/18/2009 1:50 PM

Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011
8/18/2009 2:20 PM

JimmyDavis
Regrowth.com Member

Registered: Aug 2009
Posts: 6

Hi apcopa2, how long are you lasering each day? It could be a coincidence... did you stop any other treatments prior to starting lasers? If so that may be why too.

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CooperDooper: Thanks for the comments...I really don't know too much about spectral dnc. I just know that I shed pretty bad on the 3rd month, but it all came back. The laser I used was <http://stores.hairgrowthcenters.com/stsrse-7/er-dsh-610%2C-evolution-laser%2C-gaunitz/Detail.bok> You need to talk to Will about lasers. He agreed to do a show with me if you guys have questions for him. He is the authority when it comes to lasers for hair growth. There are so many factors when it comes to hair growth with lasers like color of hair...etc. For example, I couldn't use more than 30 diodes he said or it would kill my hair. My roommate however was able to use 60 diodes because he has dark black hair. I don't know why...but I do know Will has tested on hundreds of people and he has it down to a science.

I'm sure a lot of the lasers that are talked about here are good and they do work. I would be careful however of thinking there is a cookie cutter approach that works with everybody.

One thing I will tell you that he told me is under no circumstance should you guys be doing every other day with any kind of laser. That's like doing bench presses every other day.

8/19/2009 12:16 AM

apcopa2
Regrowth.com Member

Registered: Nov 2008
Posts: 12

8/19/2009 1:30 AM

Hey Webmast- Thanks for the feedback, I am going to post a thread to try and get back on top of a forum for more input. I did not stop any other treatments, and I dropped my lasering to every other day for 20min to lasering every other day for 15min. I think I might try 10 and see how that goes unless I hear otherwise on the new thread.

doke
Regrowth.com Member

Registered: Jan 2008
Posts: 803

8/19/2009 3:49 AM

has anyone seen the dermaray laser comb 100mm but the cost is \$895 aus it needs to come down in price,also they do not make the aculas hand held anymore.

billythekid
Regrowth.com Member

Registered: Jul 2008
Posts: 128

8/19/2009 10:25 AM

ok, so those of us that have lighter hair color and have not seen results, should we drop treatment times to 10 mins?

jimmydavis, are you saying we should be lasering once every 3 days?

also, the Aixiz diodes we are using, have they been tested and confirmed at 650nm? wtf do we get 635nm diodes?

Dr. Watt
Regrowth.com Member

Registered: Mar 2009
Posts: 55

8/19/2009 10:53 PM

Re:

billythekid said: ok, so those of us that have lighter hair color and have not seen results, should we drop treatment times to 10 mins?

jimmydavis, are you saying we should be lasering once every 3 days?

also, the Aixiz diodes we are using, have they been tested and confirmed at 650nm? wtf do we get 635nm diodes?

Thanks for asking this. I was wondering the same. How does the laser system you were using compare to the common helmets being designed here. Are those lasers more intense? Would you be able to get more information from this person on how hair color relates to time and frequency? So far most folks have gone 3 x 20 minutes every week. If are lasers are weaker maybe this won't be an issue. Otherwise, perhaps going on a schedule such as Mon - Thus - Sun - Wed - Sat... would make more sense?

Your pictures are fantastic. Congratulations to you.

nidhogge JimmyDavis--

Regrowth.com

Member



Registered: Mar

2008

Posts: 2,215

Good results, no doubt about it. Here are the results with the 650 NM lasers that we use in laser helmets, and that Sunetics users in their hoods:



Male Patients

Patients were treated ONLY with Sunetics Lasers
No Minoxidil (Rogaine™) • No Finasteride (Propecia™)
No Transplants • No Other Therapies



Male, 39 • Before



After 6 months



Male, 24 • Before



After 6 months



Male, 42 • Before



After 2 months



Male, 44 • Before



After 6 months



Male, 49 • Before



After 3 months



Male, 35 • Before



After 6 months



Male, 31 • Before



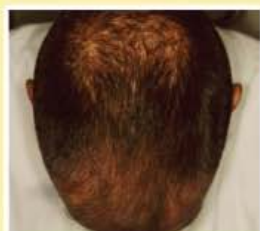
After 6 months



Male, 25 • Before



After 6 months



Male, 26 • Before



After 6 months



Male, 58 • Before



After 6 months

Last Edited On Aug-20-2009 at 3:44 PM.

8/20/2009 1:09 PM

TtruthSeeker
Regrowth.com Member

Registered: Feb 2007
Posts: 25

Re: I finally grew my hair back.

JimmyDavis I pulled the following Will Gaunitz quote directly from Evolution Hair Center's website... Different hair types require different levels of energy to see results. Dark to black hair usually can only tolerate 30 diodes of 635nm (3.5-5mW) energy at 2 x per week before overstimulation. Light to blond hair can tolerate almost double that at 61 diodes of the same energy 2 x per week. Overstimulation can occur in anyone who has received too much laser treatment for their particular situation. Overstimulation can cause a stalling of hair growth (slow growth), scalp pain, and in many cases rapid shedding of hair in the treated area. It is very important to use the correct dosage of energy for every individual in the correct intervals. With that being said, it is also very important to get enough laser energy to ensure proper hair growth. For a diffuse light diode handheld device to really create a positive impact on the average hair loss case, the laser device would need to at least contain 15 diffuse light diodes. You must also note that not all diodes are created equal as well. You must have a quality built device to maintain adequate and sustained power supply to each diode to ensure a quality dose of energy."

I personally have very similar looking hair to JimmyDavis and unfortunately i have experienced the worst in overstimulation including massive shedding, scalp burning sensations and migraine headaches. Trust me you don't want to go that far... I have used a variety of 650nm lasers including Aculas and 2 different clinical lasers with 90 diodes each, one pulsed and one constant. I am taking a break from laser for probably a month, building a 635nm 5mW setup and going to start at once a week for 10-13 minutes. Once you reach the stimulation point it takes very little to keep you there. I know others that use Gaunitz that now only laser once every 3-4 weeks and have kept a full head of hair for several years.

8/20/2009 2:58 PM

TtruthSeeker
Regrowth.com Member

Registered: Feb 2007
Posts: 25

Re: I finally grew my hair back.

JimmyDavis Can you please provide some info on your laser? Does it used pulsed light or is it constant wave? Are there adjustment settings for power and frequency? Can you let us know what the laser light coming from your hood looks like? I know Gaunitz uses diffuse 5mW 635nm lasers but I want to understand just how diffuse and just how far away from your scalp the diode is during treatment. Also, how much space does there appear to be, if any, between the illuminated areas on your head? Does your head glow red or does it look like 30 red spots with space in between? Do you try to keep your head still under the hood or do you move around to try for even coverage? I am waiting for a set of 100 635nm 5-6mW diodes and I am trying to figure out how many to use and for how long, how far they should be spaced apart from each other and how far they should be from my head. I want to recreate the effectiveness of the Gaunitz lasers.... Thanks!!!

8/20/2009 2:58 PM

oofah
Regrowth.com Member

Registered: Oct 2006
Posts: 293

"Dark to black hair usually can only tolerate 30 diodes of 635nm (3.5-5mW) energy at 2 x per week before overstimulation. Light to blond hair can tolerate almost double that at 61 diodes of the same energy 2 x per week. Overstimulation can occur in anyone who has received too much laser treatment for their particular situation."

That's interesting about the dark hair, mine is dark and I've been lasering for over 6 months with no improvement. 140 diffused diodes, 20 min at the front and 20 min at the crown. OMG has lighter hair than I have, he seemed confident that 20x3 was optimal but maybe that applies more to those with his hair color?

i'm going to 10-15 min 2x per week and see what happens.

8/20/2009 4:04 PM

Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

I don't think that was the photos above was it? I thought that was a different website.

This signature intentionally left blank.

8/20/2009 7:53 PM

david_1986
Regrowth.com Member

Registered: Mar 2009
Posts: 3

can i just say to lazerfish. thank you. its so great to have a respected person from the laser community give a well balanced view of what LLLT means in fighting hairloss.

8/21/2009 11:53 AM

Regrowth.com Webmaster
Owner, Editor and Webmaster

Hmmmm another member who was on probation for posting an opinion that wasn't all positive for lasers... interesting how that has happened to so many previous posters.

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

8/21/2009 12:20 PM

You're free to post again David 😊

Last Edited On Aug-21-2009 at 12:21 PM.

Dr. Watt
Regrowth.com Member

Registered: Mar 2009
Posts: 55

8/23/2009 9:45 AM

TtruthSeeker said: JimmyDavis I pulled the following Will Gaunitz quote directly from Evolution Hair Center's website... Different hair types require different levels of energy to see results. Dark to black hair usually can only tolerate 30 diodes of 635nm (3.5-5mW) energy at 2 x per week before overstimulation. Light to blond hair can tolerate almost double that at 61 diodes of the same energy 2 x per week.

Can someone breakdown the differenc between the lasers and the strength of the device that JimmyDavis is referring and the traditional helmets I have seen here designed by OMG for example? For example, the above statement says, "30" diodes while I have a 300 node helmet. Any help is appreciated.

Thanks

Xandros
Regrowth.com Member

Registered: May 2009
Posts: 19

8/24/2009 10:52 AM

LLLLT "Helmet" Users:

Given the above information on duration, diodes, intensity, and spacing; what is the consensus of those using a 200 – 300 diode Laser Helmet; start over with a new design or modification to an existing helmet?

Is there an easy fix to "modulate" a 650nm helmet down to the prescribed 635nm?

This was my contention on a previous post as to how Commercial Research and Development Teams decided on only 70 – 80 diodes spaced inches above the head on Clinical Laser Hoods.

Thank you

TtruthSeeker
Regrowth.com Member

Registered: Feb 2007
Posts: 25

8/24/2009 1:03 PM

Dr Watt-the clinical devices that use 30/60 diodes use 635nm lasers and may or may not be pulsed. Apparently, 635nm transfers more energy quicker than 650nm because of the wavelength. Also, the pulsing action supposedly resonates with mitochondria making the effects of the laser occur much more quickly. That's all I know about that... personally, I think that some people are overdoing it in a lot of cases on this site. On the other hand if you are seeing great results with your 300 diodes then that's awesome!

TtruthSeeker
Regrowth.com Member

Registered: Feb 2007
Posts: 25

8/24/2009 1:04 PM

most commercial units that i've seen use 90-100 650nm 5mW diodes. it seems that the 635nm laser systems use less diodes (30-60). 635nm modules are a bit harder to find but they are not necessarily any more expensive than 650nm. i am in the process of trying to build a hood or box style unit similar to the sunetics using 635nm lasers.

does anyone know if the 5mW rating on commercial units is "point blank" or measured at a specified distance from the diode?

Dr. Watt
Regrowth.com Member

Registered: Mar 2009
Posts: 55

8/24/2009 9:45 PM

*TtruthSeeker said:
personally, I think that some people are overdoing it in a lot of cases on this site. On the other hand if you are seeing great results with your 300 diodes then that's awesome!*

Thanks TruthSeeker. One follow-up question, do you mean to say that 300 diode helmets are overdoing the number of diodes or overdoing the amount of time using the helmet (or both).

Thanks

TtruthSeeker
Regrowth.com Member

Registered: Feb 2007
Posts: 25

8/25/2009 9:29 AM

Dr Watt- it is becoming clearer to me over time that there are a lot of factors in how different people respond to lasers. unfortunately, i am my own guinea pig... based on the spacing, wavelength, and power output of the helmets, the number of diodes shouldn't cause overstim i think, so long as they are spaced properly and delivering the right amount of energy per site. from there it is a question of how long to use it each session and how often. the other factor is diffuse vs collimated. from what i've read, most people respond best to diffuse as a rule of thumb. however, if you are not getting stimulation from a diffuse laser setup, and you have blonde hair, you probably want to try increasing your treatment time or switching to collimated lasers. i have used both and collimated lasers cook my hair and cause shedding and headaches but for some others they work great... Questions- how long have you been using your laser? what is your treatment regimen? What results have you had if any? And I mean anything...

Dr. Watt
Regrowth.com Member

Registered: Mar 2009
Posts: 55

TruthSeeker said:
Questions- how long have you been using your laser? what is your treatment regimen? What results have you had if any? And I mean anything...

Hello TruthSeeker. I have been using my 300 diode 650mW laser helmet for 5 months. I am a white male with dirty blond hair. My treatment for the first 5 months has been: 20 mins x 3 days a week after showering. I also use Dr. Lee 5%Xandrox and 2.5mg Proscar daily.

Initial results was a noticeable loss at the temples at 3 months with a general shed around the same time. I have not seen any regrowth. Over the last couple of weeks I _may_ be noticing a general lengthening of my hair (something I have been hoping for). But I can't tell for sure.

I have also changed my regime slightly over the last couple of weeks. I am changing my use to 20mins every 3rd day. I am also not doing this after showering any longer. My concern is that I was overstimulating my hair and potentially hurting rather than helping. I will give this a couple of months and see what happens before playing with the regime again.

8/27/2009 9:22 PM



diodesensei
Regrowth.com Member

Registered: Aug 2009
Posts: 10

LAZERFISH,

Hi, most pictures i see out there are of course of "good responders" to LLLT, so it is a skewed subset of patients at best, It would be nice to see how results vary if you use stronger lasers, wider frequency spread or pulsed laser light.

8/28/2009 7:44 AM



Rye
Regrowth.com Member

Registered: Jul 2009
Posts: 47

Some Comments: 1. those pictures are highly doctored --- not one of the photos is in the same light and some of them look like different people...all of the 'thicker' pictures are in darker conditions. 2. I have no faith in lasers --- I got scammed from 'the International Laser Clinic' for \$4000 --- i went for over a year and used the hooded laser helmet 3x a week and nothing --- they wouldn't give my money back because according to their microscope there were a couple new hairs or they were thicker a little bit but nothing noticeable. 3. Your results were from Propecia, and maybe spectral --- it takes 2 years for propecia to have its full effects --- people who try it for 6 months to a year and notice very little give up too soon (if you can stand the side effects that is!!!)

8/28/2009 3:56 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

Rye, you can't discount something just because it didn't work for you. Some of those pics are marginal, but some of them, if they are the same person, are pretty undeniable results. Unless they are baldfaced lying, those people in those photos were not on any other treatment. Also the people from that picture didn't go to the same company you did. Who's to say that your company just wasn't using the best lasers? Lasers have been shown to be AT LEAST as effective as minoxidil in clinical studies -- and those were older studies not even using the lasers that are currently being used. You are now selling a product for hair loss -- it is HIGHLY unlikely it is going to work for 100% of every customer -- what are you going to do when the people it doesn't work for say you scammed them? No hair loss product works for everyone -- if it did it would be a cure. If you don't respond to one treatment and other people do, it just makes you unlucky and doesn't mean it was a scam. Same goes for propecia, minoxidil, natural treatments, etc. Some people respond, others don't. The people who don't respond usually call the product that didn't work for them worthless or a scam. It is true the treatment was worthless for them, but that doesn't mean it's worthless for the many other people it worked for. It sucks when you are in the group of non-responders, but that's no reason to tear down something that has demonstrably shown it works for some people. Lasers have -- not only are there the photos, but there are also clinical studies.

Blame it on the m-m-m-minoxidill

8/28/2009 4:05 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

I'm still not sure those are even the same photos Lazer -- those photos are of sunetics patients -- dr. maricle is with aizix, not sunetics isn't he?

And I think transplant patients should be included as long as there's been a long enough time between the hair transplant and the study -- but it should still be noted that that patient had had a transplant as a treatment may affect a transplanted terminal hair differently than a normal balding hair - it may thicken up more, etc... but if it's been more than 2-3 years since your transplant you're not going to grow new transplant hairs from a new treatment. And it is useful in a study to know how a treatment will affect transplanted hairs as well as many men do have them.

Blame it on the m-m-m-minoxidill

8/28/2009 6:04 PM



NeverQuit
Regrowth.com Member

Registered: Feb 2009
Posts: 70

You guys might be on to something with us "non responders" user times. Tonight when I got a haircut I shed tears and they weren't from joy. I have gone down a COMPLETE norwood in just 4 weeks. You can now completely see my scalp and this was never the case. I also lost about an inch on each temple in 3 weeks. I have never in my LIFE had such quick loss.

I am worried now that LLLT may be the culprit. I do believe in this technology, however perhaps the unit or times are too strong for me personally.

8/28/2009 9:30 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v



Registered: Jan 2001
Posts: 1,011

Neverquit can you describe what type of laser system you're using and how you use it? Maybe someone will have some recommendations. Have you only been lasering 4 weeks or have just noticed that change in the last 4 weeks?

You didn't stop other treatments when you started lasering? Some people recommend that and I think it is a HUGE mistake.

Lazer, I would guess if you are like me and even your normal terminal hairs are fine hairs, LLLT might cause some extra thickening and faster growth even so. Longer hairs typically provide a look of more density, and so will thicker hairs.

Blame it on the m-m-m-minoxidill

8/29/2009 11:23 AM



SBandini
Regrowth.com Member

Registered: Oct 2008
Posts: 10

NeverQuit-- I'm in the same boat. I'm coming up on 4 months of lasering with 300 diodes, 3 X 20 mins/wk. The first 2 months were great, no real regrowth but immediate thickening and it seemed to stop my loss. But because I never got any soreness or pump at all, I decided to up my treatment time. So maybe a month ago I started lasering fairly consistently every other day.

Very suddenly, literally In the last 5 days, I've lost more ground then ever before. Odd thing is no great shed that I've noticed, but all of a sudden my hair is thin and flat and lifeless, and my scalp is far more visible then it was a week ago. I even have a faint bald spot on my crown that i didn't have before.

Nothing else in my regimen has changed, and I just have a strong gut feeling that I've overcooked it. It sure doesn't feel like a positive, like weak hair getting ready to be replaced by stronger, thicker hair. To be honest, it has felt like the beginning of the end. I've been in full panic mode, terrorizing myself by reading online about permanent hair removal with lasers, and i'm worried that's the territory I ventured into.

And that's the big question for me-- if overstimulation is indeed the cause, how permanent is this? Have I killed follicles?

I haven't lasered for 6 days to let my scalp heal. I feel a bit better now because i think I may have recovered a little bit already. I still believe in lasers at the right level, and I'll probably start up again soon (anyone have thoughts on repair time?) but I won't do more than 15 mins. twice a week. (BTW I have fair skin and brown hair.)

I don't want to bum people out but I did want to sound a big warning about the possible dangers of overstimulation. Be careful! (I see Dobika has a similar story on another thread-- "Lllt Duration?"

I'd welcome anyone's thoughts or insight, and especially comfort!

Thanks for listening, guys.

8/29/2009 6:48 PM



Ijc08
Regrowth.com Member

Registered: Dec 2008
Posts: 213

I have come to the conclusion that lasering times are very personal. 3 x 20 minutes is a great place to start but I think you need to monitor it really closely from there to see if it is correct for you. For me I think it is way too much. I have often over the last 6 months had a sunburned feeling to my scalp. I know my diodes are not running hot. I think I have simply been too often over stimulating my scalp and getting into the bio-inhibition zone. The thing is a lot of us were probably pushing it trying to feel the "soreness" and "head pump" that everyone was talking about last winter. I know that led me to make the mistake of trying more time rather than less.

Like you I have fair skin and light brown hair. And, after an initial period of success my hair also felt weak, flat and lifeless as a result of over stimulation. At it's worst it was just raining off my head. However, my hair seems to be getting much better again and I still have decent coverage (my hair is pretty long at the moment) and haven't lasered in a while. I am actually pretty psyched up to start again as I am guessing maybe I will be a very good responder to the correct stimulation time since I was getting over stimulated too easily. I am going to start with 8 minutes 2x/week and see where that gets me and slowly build up minute by minute but keep it a 2x/week. I am patient. I'll see what that does.

I wouldn't worry about permanent damage from over stimulation as our lasers are less powerful than those used in laser removal. However it may take a while to get those follicles to heal we can assume they were already weakened by MPB to start with. I think that the right amount of energy delivered to the follicles for each individual should in time repair any damage the over stimulation may have done.

8/29/2009 7:26 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v

Every day definitely sounds like overkill.

Hey SBandini, wanna wrestle? 😊

Blame it on the m-m-m-minoxidill



Registered: Jan 2001
Posts: 1,011

8/29/2009 7:45 PM



SBandini
Regrowth.com Member

ljc08: Thanks for your input and perspective. I feel a lot more hopeful than i did just yesterday. Maybe I'll try 10-12 minutes 2X a week. If you don't mind my asking, how long of a break have you taken from lasering?

Registered: Oct 2008
Posts: 10

Webmaster: lol.

8/29/2009 8:41 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

That is one of my favorite movies of all time (Ready to Rumble) 😊 Is that where you got your handle from or is it just a coincidence?

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v

Last Edited On Aug-30-2009 at 12:11 PM.



Registered: Jan 2001
Posts: 1,011

8/30/2009 12:10 PM



SBandini
Regrowth.com Member

Coincidence. it's actually a modified reference from one of my favorite novels-- Ask the Dust by John Fante. The character's name is Arturo Bandini, and his father's name is Svevo Bandini. An ex-girlfriend of mine loved the book too and used to call me Stevo Bandini (Stephen is my real name.) And I live in Santa Barbara (SB) so I guess it's some amalgam of all that.

Registered: Oct 2008
Posts: 10

Now that I've bored the s*** out of anyone still reading-- I get your question a lot. Sal Bandini, right? People effin' love that movie! And I'm ashamed to say I haven't seen it but I feel like I have to now, because so many people dig it.

Off topic, or back on topic, did we hijack this thread from JimmyDavis? I'm worried that people won't find the important info/warnings about overstimulation that are buried toward the end of this long thread...

8/30/2009 12:55 PM



Regrowth.com Webmaster
Owner, Editor and Webmaster

Yeah. "Sal Bandini! Wanna wrestle?!" is like his tagline 😊 It's a silly movie but funny 😊

Hair Loss Type:
Androgenetic Alopecia
(Pattern Hair Loss, Male or Female)
Hair Transplant? No
Norwood 3v

Back to the discussion of this thread!!

Blame it on the m-m-m-minoxidilll



Registered: Jan 2001
Posts: 1,011

8/30/2009 1:22 PM



zimmy
Regrowth.com Member

Ive just started LLLT 2 weeks ago with a 415 diode helmet from OMG, I have dark brown hair / light skin. Ive started using it 3x week at 20 minutes, im now a bit concerned this is way too much for me?

Registered: Jun 2009
Posts: 3

Dr. Watt said:
<div style="border: 1px solid black; background-color: lightgrey; margin: 5px; padding: 3px; font-style: italic; color: black;">TtruthSeeker said:
 personally, I think that some people are overdoing it in a lot of cases on this site. On the other hand if you are seeing great results with your 300 diodes then that's awesome! </div>

Thanks TruthSeeker. One follow-up question, do you mean to say that 300 diode helmets are overdoing the number of diodes or overdoing the amount of time using the helmet (or both).

Thanks

9/1/2009 2:56 AM



TtruthSeeker
Regrowth.com Member

Zimmy- i suggest 2x/week for 12-15 min for 3 months and just try to be patient. overdoing laser treatment is going to make your hair loss worse, that is a fact. it is very difficult to predict what is the optimal treatment time but all the research i've read suggests that lasers have a cumulative effect so even if you are on the low side of dosage it will eventually start having an impact just might take a year instead of 9 months... people respond differently to different lasers. some respond well to high output lers like LASERFISH's products or Aculas while for some of us they are too concentrated. then again, if you can get just the right distance from the scalp with one

Registered: Feb 2007
Posts: 25

of those you could theoretically only be giving 3-5 mw of power. i have an Aculus 850 100mw version and it was too much for me. i thought it was not enough so i spent a sh\$*\$ load of cash on a clinical laser with 90 5mw diodes. it made me shed at 15 min 2x/week then seemed to stabilize and i decided to increase treatment times to 20 and sometimes 30 minutes and it all went to hell. lost 70% of my hair in mpb area (entire top of head, mainly front) very quickly and ended up with migraines and burning scalp that have now persisted for about 2 months. i never had a burning scalp or even a headache before. i swear i used to always say how lucky i was for never having gotten a headache...I Agree with Laserfish that laser has its limitations. however, it can be very effective and powerful if used just right. the challenge is know what "just right" is...combining it with other treatments is the best approach but overdoing it is the worst thing you can do... remember most clinical lusers are 90-105 5mW 650nm lasers and the gaunitz guys are doing it with 30-61 5mW 635nm lasers.

Last Edited On Sep-1-2009 at 2:59 PM.

9/1/2009 2:58 PM



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