

REVERSING THE GRAY
A Proactive Approach to Graying Hair

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Congratulations on taking the first step to slowing down and reversing that annoying part of aging, getting gray hair!

My Story:

My name is Joseph Maynard. I'm not a doctor and I don't claim to have the magical cure to reversing gray hair. I'm only a believer in the power of natural herbal remedies and what I witnessed firsthand to be true for myself and my friends.

At the age of 26, I started developing a few gray hairs around my head. Some areas were worse than others. As you might expect, I started worrying how something like this could possibly happen to someone as young as me. I did what any person my age would do, I turned to my parents for answers. They told me that their hair also started turning gray in their late 20's. Not willing to settle, I searched for answers. I went to my extended family and friends with questions about their hair color. I did extensive research on the internet, to no avail. Then, one day I was talking to a retired PhD chemist who happened to have worked for a large beauty products company. He told me that his own research led him to a substance that is all natural, found in most health food specialty stores, and reverses gray hair. That substance is called Blackstrap Molasses.

He said he became intrigued with this substance and began doing more research on it. He found out that it has been used for quite some time, for a variety of ailments including: Arthritis, Upset Stomach, Sleep Apnea, Iron deficiency, and of course reversing Gray Hair!

He said he began experimenting with this unique ingredient, and obtained moderate results. He then further researched other commonly found vitamins and minerals affecting hair color, coupled them with the Blackstrap Molasses until he found an effective combination.

This combination is what I have put together now in the “Reversing the Gray Program.” I hope you find the following information useful in your quest to reversing that stubborn, annoying, gray. If you have positive or negative comments, I would like to hear them. Remember, I’m here to help. My E-mail address is at the end of the e-book. I will promptly return your questions as soon as possible.

The results I post on the website have been verified through a personal journal as well as multiple testimonials. The formula in the Reversing the Gray regimen uses all natural ingredients. There are no harmful or synthetic substances and you can obtain the necessary items through health food stores or online. I have included some links in this manual for your convenience.

Background Information

Gray hair affects millions of people worldwide. According to a recent survey 40% of people have some form of gray hair by age 40. The naturally occurring process of hair changing color from one color to another is called achromotrichia.

Genetics and heredity is the most widely accepted theory of when our hair changes color. If your parents had some gray hair at a young age, chances are you will too. In this case, the goal here is to slow down the process of graying with our program. In many other cases, especially if graying hair occurs before

the age of 30, usually the cause is malnutrition. In particular, a deficiency in vitamin B12, iron and copper is likely to be the problem. These substances can actually reverse the gray and white hairs you have with colored hair.

Why does hair turn Gray?

Hair turns gray when melanin, the pigmentation in our hair and skin, ceases to be produced in the hair root leading to new hair growing in without pigmentation. The new hair appears dull and lifeless and usually gray or white in color. “Reversing the Gray” aims to target the roots and pigmentation components and overload them with melanin producing agents.

Stress is often an overlooked factor contributing to early graying hair. Stress often goes unnoticed, but permeates our lives at work, school, and home. It is vital for you to minimize stress along with our program for decreasing and reversing grayness. Stress can have an entire book devoted to it alone, therefore I recommend you read the “**Sit Back, Relax and Say Goodbye to Stress**” book that was included as a bonus with this ebook. It offers some great tips on recognizing and relieving stress from everyday life.

What's the big deal with Gray Hair?

Since the beginning of time, we have tried to find the proverbial “fountain of youth.” Let’s face it, nobody enjoys getting old, but unfortunately it’s a part of life. We eat well, exercise and take care of our skin. We take a proactive approach towards aging. Why shouldn’t we take the same approach towards our slowly changing hair color? Gray hair makes one look and feel old. In this looks based world in which we live, a first impression goes a long way. That being said, looking good at an older age can lead to an overall sense of confidence. Could you imagine, being 50 years old with just a few gray hairs and receiving compliments from family and friends on a regular basis. It’s a great feeling! “Reversing the Gray” aims to do just that, with a combination of a healthy diet, regular exercise, minimizing stress, and our proven program, you can empower yourself to slow down and in many cases reverse graying hair.

Other Medical Conditions affecting Gray Hair:

- **Albinism:** is a genetic abnormality in which little pigment is found in human hair, eyes or skin. The hair is white or pale blond.
- **Vitiligo:** is a patchy loss of hair and skin color that may occur as the result of an auto-immune disease.
- **Malnutrition:** is also known to cause hair to become lighter, thinner, and more brittle. Dark hair may turn reddish or blondish due to the decreased production of melanin. The condition is reversible with proper nutrition.

Other Non-Medical Conditions affecting Hair Color:

A 1996 British Medical Journal study conducted by J.G. Mosley, MD found that tobacco smoking may cause premature graying. Smokers were found to be four times more likely to begin graying prematurely, compared to nonsmokers ¹.

Chemical Hair Coloring:

Hair color can be chemically altered. This can be done in the comfort of your own home or you can choose to have a professional do it for you at a salon. The cost of hair coloring varies from a few dollars to a few hundred dollars. The Cosmetic, Toiletry, and Fragrance Association estimates that close to two out of every five American women dye their hair. The two main types of Chemical Coloring are permanent and semi-permanent.

- Permanent Hair Coloring - This type of dye is designed to last indefinitely or until new hair grows from the roots. Many companies market permanent hair dye including: L'Oreal [®], Nice & Easy [®], Just for Men [®] and Garnier [®].
- Semi-Permanent Hair Coloring – Involves dying the hair with a temporary coloring agent that lasts between one and three weeks. This type of dye is designed to be washed out of the hair. Henna is considered a temporary dyeing agent.

Long Term Effects of Hair Dye

The decision to change hair color has recently become more complicated because some recent studies have linked hair coloring with an increased risk of contracting certain cancers. Most hair dyes also don't have to go through pre-market testing for safety that other cosmetic color additives do before hitting

<http://bmj.bmjournals.com/cgi/content/full/313/7072/1616> ¹ [Premature grey hair and hair loss among smokers: a new opportunity for health education? - Mosley and Gibbs 313 \(7072\): 1616 - BMJ](#)

store shelves. Consumers are often on their own consequently, when deciding whether hair dyes are safe.

The FDA is responsible for overseeing the safety of cosmetics sold in this country and can prohibit the sale of any cosmetics found harmful--except most hair dyes. Although the adulteration provision of the Food, Drug, and Cosmetic Act enables FDA to seek removal of a cosmetic from the market if it is shown to be harmful under conditions of use, hair coloring made from coal-tar were given special exemption from bans when the act was passed in 1938.

The main ingredient in the coal-tar hair dyes manufactured at the time prompted an allergic reaction in some susceptible individuals. Fearing FDA would ban the sale of hair dyes because some users might develop a rash or have other allergic reactions, the industry successfully lobbied before the act passed to get coal-tar hair dyes exempted from the adulteration provision. Manufacturers were required, however, to include a warning in the labels that the products can cause skin irritation in certain allergic individuals. Most hair dyes in use today derive their ingredients from petroleum sources, but have been considered coal-tar dyes by FDA because they contain some of the same compounds found in these older dyes.

Several studies have tried to pinpoint the risk of various cancers to hair dye users by calculating the difference in frequency of cancer in people who color their hair and those who don't.

Some of these studies found an increased risk of cancer associated with hair dye use, but failed to consider the effects of other cancer-causing agents, such as cigarette smoke when comparing the two groups. In other studies the numbers of people included were too small to lend much statistical credence to the findings.

Onto the Good Stuff.....

Now that you have some background information about gray hair it's time to learn about the key ingredients in "Reversing the Gray". This formulation has been passed down from generation to generation. I have witnessed its effectiveness firsthand. My friends and family have also had great success using this program. The results have been documented in my journal as well as through many testimonials from people all over the world.

Before we jump into learning about the ingredients and regimen, I will start with the following disclaimer: ***Reversing the Gray Hair Regimen has worked, to varying degrees, for many people; however, the information found in this E-book might not work for everyone.*** We all have different body types that react differently to stimuli. If you adhere to the program for an extended period of time, you WILL see results. How effective your results will be compared to others varies. Your body might handle the substances differently, or you might skip out on supplementing a few days here and there. This all makes an impact. Nonetheless, following the program will give results.

"Reversing The Gray" Ingredients:

- **Blackstrap Molasses** – To make molasses, the sugar cane is harvested and stripped of its leaves. The juice is then extracted from the cane and boiled in order to concentrate it. This promotes crystallization of the sugars. The remaining liquid is called molasses. Boiling it two more times results in Blackstrap Molasses. Unlike refined sugars, Blackstrap Molasses, contains calcium, magnesium, potassium, and iron; one tablespoon provides up to 20% of the daily value of each of those nutrients^{2, 3}. Blackstrap Molasses also contains high amounts of copper and that is what is thought to reverse the graying hair. This is the active ingredient in the "Reversing the Gray Regimen."

² [Nutrition Facts and Analysis for Blackstrap Molasses](#)

³ ["Blackstrap Molasses"](#)

- **Vitamin B12** – This water soluble vitamin plays a key role in the normal functioning of the brain and nervous system and for the formation of blood.

It is only one of the eight B vitamins. It is usually found in the metabolism of every cell of the body, especially affecting DNA synthesis and regulation. A vitamin B12 deficiency can cause serious and irreversible damage to the brain and nervous system. At levels slightly lower than normal, one can experience a range of symptoms such as fatigue, depression, and poor Memory.⁴ There are many things that can inhibit Vitamin B12's absorption into the body. These include: Alcohol, Antibiotics, Hormonal Contraception, Nicotine, Folic Acid, and Potassium.

- **Apple Cider Vinegar** – An age old remedy said to clear ailments such as gout, poor complexion, and acne, arthritis, high cholesterol, warts, allergies, burns, and varicose veins. We will only be using ACD once a week.
- **AMLA Fruit** – Also called Indian Gooseberry, this fruit has been used for hundreds of years in India as a multi-purpose herbal supplement. It is said to have healing properties ranging from anti-arthritis and osteoporosis. We will be using an Amla based hair treatment as part of “Reversing the Gray.”

Starting on the next page we will delve into the details of the program, the amounts of the ingredients, the frequency and more. After each month, there is a monthly chart for a quick reference.

<http://ods.od.nih.gov/factsheets/vitaminb12.asp>⁴ [Dietary Supplement Fact Sheet: Vitamin B12](#)

“Reversing the Gray” 3 month program

For this specific program, similar to any effective muscle building workout plan, or diet program, we are going to cycle the ingredients to confuse the body so it doesn't get used to the active compounds. This will force action in the form of reactivating melanocytes not producing pigment in the root. To summarize, in month one, we will load up on Blackstrap Molasses twice a day once in the morning and once at night right before bed. For month two, we cut down to once a day, in the morning. Finally in the third month, we cut down to once every other day and maintain that for the remainder of the time.

Detailed Plan

Month One:

Starting in the first month, every morning, I wake up and shower with my [Pura d'or Gray Hair Prevention Shampoo](#). Other shampoos will do, but this is the best in my opinion. Accompanying my breakfast, I'll have a full tablespoon of [Plantation Unsulfured Blackstrap Molasses](#). Unsulfured molasses isn't treated with preservatives, so it's better for you, especially if you suffer from headaches. I use the Plantation organic variety found in most health food stores, if there aren't any health food stores around your area, feel free to click on the link above.

Plantation has been making Blackstrap molasses for many generations, so they are a trusted brand. There are many other Blackstrap Molasses companies like: Wholesome Sweeteners[®], GreenSense[®], and Berry Farm[®]. Blackstrap Molasses has a slightly bittersweet taste. Personally, I can stomach swallowing a quick tablespoon in the morning followed by a sip of Orange Juice. However, some people mix the tablespoon in their coffee. This acts as a natural sweetener. I follow that up with a raw B complex from Garden of Life. This can be purchased at most major health food stores or by following [this link](#). You can find B complex everywhere. Just make sure it's from a trusted source.

Once a week, I supplement with a tablespoon of [Apple Cider Vinegar](#) only. ACV is loaded with vitamins and antioxidants and also has been used for ages, to treat a variety of ailments. You can find ACV at any health food store for pennies on the dollar. On Sunday, I don't take anything else but the ACV.

Twice a month I use the [Global Goddess Beauty Coconut Amla Revitalizing Hair Treatment](#). This all natural treatment strengthens my hair and gives it unbelievable shine. It also has a healthy dose of Indian Gooseberry (AMLA) to help promote lasting color. Just follow the instructions on the label for best results. Since, this treatment is a bit pricey, feel free to shop around for any AMLA based either shampoo or hair treatment. I just trust the Global Goddess brand and I know that they produce quality products. Here is a chart for the first month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Global Goddess T Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Apple Cider Vinegar
Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Apple Cider Vinegar
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Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Global Goddess T Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Plantation BSM B-Complex Pura Shampoo Plantation BSM	Apple Cider Vinegar

Month Two:

In the second month, we are going to only supplement with the Blackstrap Molasses once in the morning except for Sunday, and the B-Complex every other day. The apple cider vinegar will also be cut down to once every other week. We will continue to use the AMLA hair treatment twice a month and the herbal shampoo daily. Please refer to the chart below for month two:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plantation BSM B-Complex Pura Shampoo	Plantation BSM Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Plantation BSM Global Goddess Hair Treatment Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Plantation BSM Pura Shampoo	B-Complex
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Apple Vinegar B-Complex
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Global Goddess Hair Treatment Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	B-Complex
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Apple Vinegar

Month 3:

Finally, in the final month we will be cutting down the Blackstrap Molasses to once every other day and keeping everything else the same as month 2. This final tweak will work wonders and will definitely pay dividends. Here is a chart for month 3. At the end of the month the program doesn't end. At this point it just depends on results and how you feel whether you want to increase or decrease the Blackstrap Molasses even further.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Global Goddess Hair Treatment Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Apple Cider Vinegar
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Global Goddess Hair Treatment Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Apple Cider Vinegar
Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	Plantation BSM B-Complex Pura Shampoo	Pura Shampoo	

Onto the final and equally important part of the “Reversing the Gray” program.....

The last part of the “Reversing the Gray” program, has to do with the power of the human mind. When one believes in something with all their heart and soul, the mind usually follows and acts. The final part of our program is the real “X” factor. We are going to force our brain to believe that our melanocytes (the melanin producing sites on our head) are still producing massive amounts of melanin. This can be accomplished in two different ways. The first method is by creating a script that includes positive reinforcement and reciting this script out loud twice a day, first thing in the morning and right before bed. Here is a sample script that I used in the beginning:

“My hair is healthy. My hair is getting back to its natural color. My hair cells are creating new melanin. I am constantly creating new melanin. I love my hair and the fact that I have large amounts of naturally occurring melanin. ”

This is just a sample you can use for yourself or you can feel free to create a script incorporating some positive reinforcement elements for yourself. If you feel like this is too much work and you just want an easier method, I encourage you to try RealSubliminal.com. This is a link to a great Subliminal Message website. They sell a CD or you can download an MP3 that has positive reinforcement built into the music. You just simply listen to the CD or MP3 whenever you’d like; at home, at work, in the car or on your iPod. Subliminal messages are a powerful way to reinforce positive behaviors needed to induce changes from the inside out.

That’s it in a nutshell. As you can see, the “Reversing the Gray” program is quite easy to follow. It doesn’t require any outlandish products for you to purchase, doesn’t require you to think, and best of all, it works. Good luck again and I hope to hear your success stories soon

My Daily Journal:

I wanted to share my journal with you so that you can see how long it took for me to see results using the “Reversing the Gray Program”. This is two months of entries.

July 1st 2011

- Today is the first day on my mission to reverse this gray hair I started seeing on the sides of my head. This morning I took my first Tablespoon of Plantation Blackstrap Molasses. The taste was interesting. A hint of sugar with nutty undertones. I was able to stomach the sludgy liquid with nothing more than orange juice as a chaser. I followed it up with a Vitamin B complex pill.

July 15th 2011

- After two weeks of supplementing with Blackstrap Molasses, vitamins and the Amla hair treatment, I feel more energized in the morning. My skin and hair feel softer yet stronger. I haven't noticed any more grays coming in and none are gone just yet. I will continue on the program and hopefully soon, I will see results.

July 31st 2011

- One month has passed since I started my quest to reverse my graying hair. I'm pretty excited at the results so far. My skin and hair continue to look radiant, I feel more energized throughout the day and I've noticed my hair darkening. I see more color around the gray zones that I didn't notice before. It looks like the a few grays have been overpowered by colored hair. I still can't believe my eyes but I will continue on the program for a few more months and describe the outcome.

August 15th 2011

- I've noticed my entire complexion getting darker. I feel like I tan easier now with just a bit of sun. I don't know if it's just my imagination, but my mom told me I got darker and I was only in the sun briefly that week. A few more grays appear diminished with consistent dosing of Blackstrap molasses and vitamin B.

August 30th 2011

- Two months down! It's been a easy journey with pleasing results. More gray hair gone, replaced by my natural black hair. I will continue to be on the regimen for as long as I continue to see results. At this point, even the gray that I have now can easily be plucked out or cut at the base. I don't mind the few grays I have now since they are barely visible in the sea of colored hair. If it stays the way it is, I will be a happy man.

September 31st 2011

- At the three month mark, I have some interesting news to report. About 65% of my gray hairs are gone replaced by my existing black color. My knees and ankles which usually hurt from years of playing basketball feel better. I'm also going to the bathroom quite regularly. I do drink lots of water every day so maybe the combination of the two is the trick. Once again, I will stick with the program until I see no more results.

Testimonials:

....."I was extremely skeptical to try any magical hair potion for my gray hairs. Nonetheless, after spending hundreds of dollars on coloring treatments at a salon, I was desperate for anything. Three months into the Reversing the Gray Hair Regimen, most of my grays are gone and I no longer need to resort to coloring. I highly recommend it for anyone suffering from premature gray hair. It's worth a try and it costs less than one treatment at the salon".....

Nadia P.
Ft. Worth, TX

....."Thank you for giving me hope when I felt hopeless. I'm only 23 years old and already 25% of my hairs are gray. Coloring was messy and time consuming. I utilized the Reversing the Gray Hair Program for two and a half months and slowly my gray hairs started disappearing. They were being replaced by my own colored hair. The excitement is overwhelming and I relish telling friends and family about it, since it's so easy to do".....

Todd H.
Pensacola, FL.

....." I think that had I not discovered the Reversing the Gray Hair Program while surfing the net one day, I would have just settled and accepted my hair turning gray at 27. At least now I know I wasn't cursed. Thank You!!"

Tracy G.
White Plains, NY

....." I still don't believe how a simple program, that didn't cause me any pain, was relatively cheap and showed me results in about 3 months isn't all over the news! This program has made me a true believer in the power of holistic medicines. You owe it to yourself to at least try something that may have lasting effects on your way of life".....

Shelly W.
Los Angeles, CA

E-mail Address:

I want to hear all of your questions, comments, concerns, or opinions on anything listed in this manual. You can contact me at Joseph@ReversingTheGray.com. I will try answering everyone in a timely manner. Thanks again for your support and most importantly best of luck in this journey. I know you will be as happy as I was after you complete it.

Finally, here is a convenient link where you can purchase all the products that I have recommended in this eBook. We have set up a special Amazon store for just these products:

<http://astore.amazon.com/reversingthegray-20>

In addition, I highly recommend that you consider using the subliminal audio CD. I think you will be amazed how much of a difference the power of your mind can have on your physical outcome. You can get the subliminal audio CD here:

<http://www.realsubliminal.com>

Joseph M.