

## Low anabolic profile in assessing a patient's overall hair loss program and SHAPIRO chart

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In more than 2 decades of practice, I noticed an acceleration of hair loss with the use of certain lifestyle products. So as part of my H&P, I usually review with patients their history of workout and lifestyle products.

### Premise

As part of an overall hair loss program, I put them on a low anabolic profile by telling them to consider eliminating or reducing certain supplements in their diet. A review of the common supplements possibly causing hair loss includes:

- Anabolic Steroids
- Creatine (increases DHT )
- Growth Hormone
- Androstenedione or similar prohormones
- Whey protein isolate A(WPI)
- Weight gainers
- Arginine and orthonine
- DHEA
- HCG diet

### Biography

Larry J. Shapiro has been in practice in Florida for over 24 years as a dermatologist and hair restoration surgeon. He has performed thousands of hair transplant surgeries. He has encountered patients who suffer from hair loss from anabolic and workout products such as creatine, andro, fat burners, testosterone patches, growth hormone and whey protein isolate. He formulated Help Hair Shake, a special nutritional blend to promote and sustain healthy hair and nails that could be used to workout. He discovered that when a hair transplant is followed by regular consumption of his formulation and following the low anabolic profile (LAP), there is less dormancy after the procedure and hair grew back more quickly with fuller looking results or AFR, accelerated follicular restoration. Help Hair Shake is also used for thinning hair in MPB and menopausal women and shock loss from post pregnancy telogenic effluvium and general anesthesia. He developed the SHAPIRO chart (Pathways 1-7) with over 120 scientific references which explain how supplements effect growth and regrowth of hair. He also developed the anabolic index rating to quantify the effects of anabolics on hair loss. His paper on the "Low Anabolic Profile and SHAPIRO Chart (Pathways 1-3)" will be published in the Japanese's Society "Skin Journal" in the upcoming October issue.

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