

GROW YOUR **BEARD** FASTER WITH THIS AMAZING BEARD MANTRA !

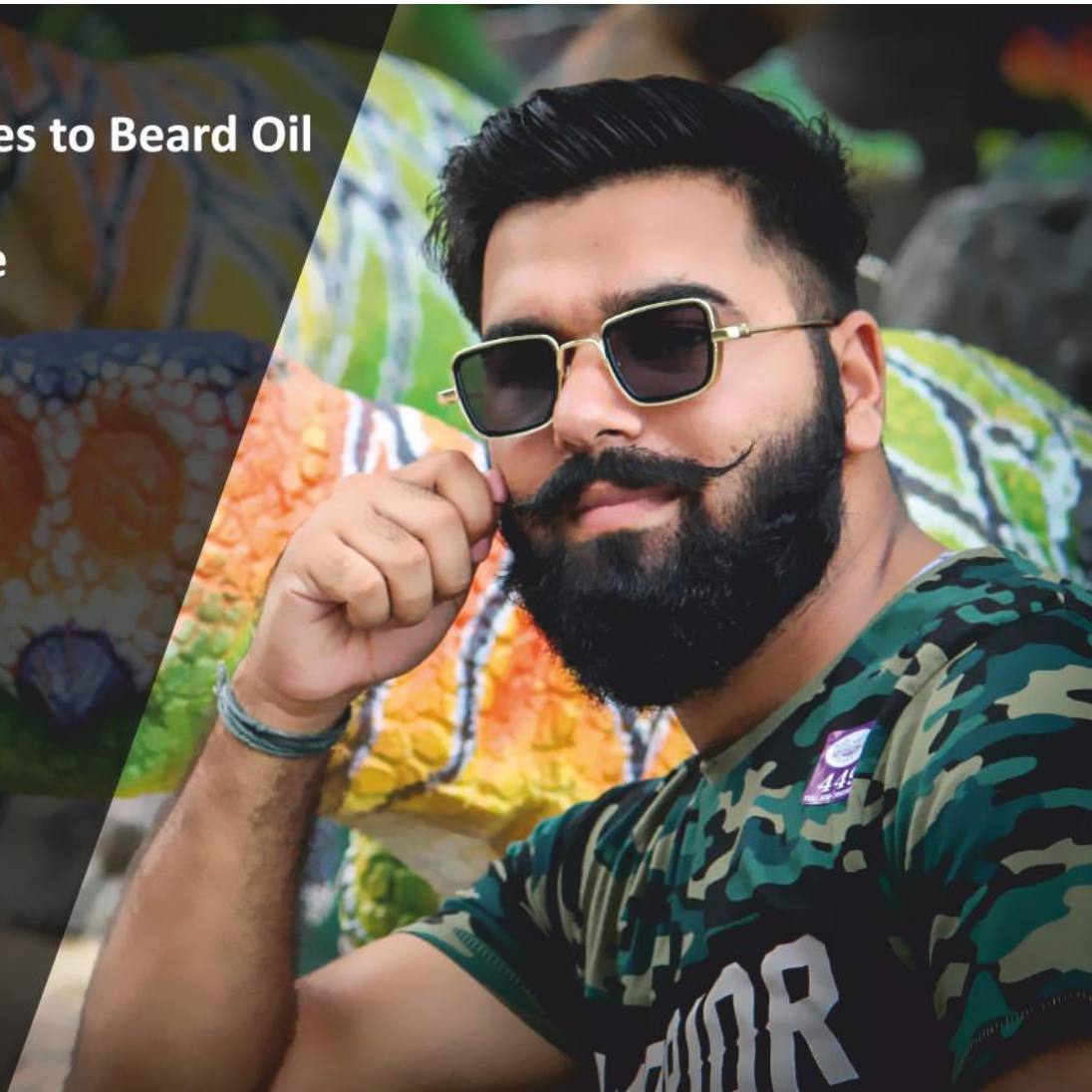
B - Bye to Shaving & Yes to Beard Oil

E - Exfoliate & Exercise

A - Age

R - Rejuvenate

D - Diet



1. **B** - BYE TO SHAVE AND YES TO BEARD OIL

Does
Shaving
Make Facial
Hair Grow
Faster?



NO WAY! In short a big NOOOOOOO!!!

One of the most pervasive shaving myths of the beard-growing field is that using a razor everyday would stimulate beard to grow back thicker, darker, and faster.

Shaving your facial hair (i.e. beard) or any part of your body for that matter will not make it grow back faster.

There is nothing proven scientifically or otherwise that has claimed that when a razor meets your skin does your hair automatically sprout up at a quicker rate.

Now there are a few reasons why people might think that this is the case to begin with:

When you do grow body hair, it will naturally shed a few hairs while in the growth phase.

In fact your hair goes through four very distinct phases:

1. Anagen (growing phase)
2. Catagen (regression phase)
3. Telogen (resting phase)
4. Exogen (shedding phase)



When you are a teenager, your beard is heavily in the anagen phase when it starts to come in. Therefore with regular shaving, you may notice more and more hairs are sprouting up.

It's not actually the shaving that is causing the growth, its just now that your body has started to enter the prime growth phase due upstick of testosterone in your body and with your androgenic hair (i.e. body hair) starting finally grow.

Therefore in a relatively short time frame, your beard will seem like it grows in rather rapidly, but in actuality it's just that body hair is starting to take form.

If you think about it logically, if men who shaved daily had beards that grew in quicker, would have substantial beard growth by midday. While of course that would be pretty sweet, it just physically doesn't happen that way.

In addition, we would never have bald men...ever.

Secondly, hair follicles themselves can be in any one of the four stages that we outlined above.

When you shave your beard, you are effectively normalizing all the hair follicles to just one length and when looking at your beard that is only a couple of days old it may appear thicker.

With the natural shedding and thinning of your beard that occurs during the exogen phase, when looking at a fresh shaved face, your beard will look more concentrated together.

CONCLUSION



■ Does shaving make facial hair grow thicker?

No. There's no known mechanism as to how that would happen. Shaving against the grain, or just shaving, in general, will do nothing for beard growth.

The only thing that happens is that the ends of your beard hairs will have a rougher edge, now that you've cut them.

■ Does shaving stimulate facial hair growth?

No. It doesn't stimulate circulation or do anything to activate any growth factors. Shaving to stimulate the growth appears to be an old wives tale to make young boys shave their faces. Hence,

Shaving a beard does not cause it to grow back thicker or faster. The only way to grow a majestic beard is by actually making the commitment to let it grow and put off your razor.

You'll get there!

YES TO BEARD OIL



Beard oil is a cosmetic product for a man that is used to nourish the skin under the beard, as well as the beard itself in order to keep it "soft, shiny, and smooth". Beard oil mimics the natural oils produced by skin, such as sebum, and is composed mainly of carrier oils and essential oils. But let me cover it up with a fact that beard oils do not help grow beards, in fact they only fastens the pace of beard growth.

Let's understand first: Consider your want to travel from Point A to Point B and there are 2 alternative routes with same distance to reach the desired destination (Point B). One is a normal highway and another is an express highway. Normal highway takes 4 hrs to cover the distance and Express highway takes only 3 hrs or may be even lesser to cover the same distance *(of course time depending on some other influencing factors too like testosterone levels, age, routine care, etc.)*.

Now correlate the same with Beard: Normally without beard oil it may take longer for many to grow a complete beard. But, with quality genuine beard oil it will fasten taking lesser time to grow that great beard you always wanted!



In case you are wondering why to use beard oil, here are some reasons you must know about:

1) Provides nourishment and hydration which aids in better and faster growth :

Nourishment and hydration are two important things that a beard requires to grow well. Beard oil provides the required nourishment to your beard and helps soften the facial hair to make it more manageable. It also hydrates the beard and the skin beneath it.

2)Prevents Itching and beardruff:

Beard dandruff is something that most bearded people face at least once. Dry, dead skin leads to scratching, which can lead to dandruff. Beard oils provide the required moisture to the skin beneath and prevent dandruff and itchiness. This is one of the beard oil benefits, which helps in keeping the itching away.

3)Taming the facial hair :

You could grow a beard that looks perfectly fine, but if you do not keep the neckline clean and your facial hair shaved properly, the beard might look unkempt. Hence, we recommend that you pick the RUBAB MEN SAFETY RAZOR to keep up with your perfect beard regime. The precision razor at the back makes sure that you get the best experience, and the beard oil can also act as shave oil for the perfect neckline. On the other hand, beard oil will help you in taming your facial hair carefully, making it more manageable.

Rubab Men Beard Growth Oil Activator Kit:

So I would like to conclude that buy only those oils which are perfect blend of carrier and essential oils.

Our oil will also nourish the skin under the beard, making it itch free and good hygiene. Your beard will be felt softer, shiny and smooth like never before!

Collagen is one of the components of hair and the most abundant protein in our bodies. The simplest and best to regenerate the collagen level is Derma Roller aka Beard Growth Roller...

You can also make your own beard oil sitting back at home at a minimal cost.



2. E - EXFOLIATE & EXERCISE

Exfoliate : Many people ask, "Does exfoliating help beard growth?" In a word YES! Exfoliate or scrub your beard area once a week to remove the dead cells on the face will help stimulate the growth of new hair. Don't exfoliate more than twice a week or you could irritate your skin. Try to make it a point each day to keep the face as clean as possible, rinsing with warm water and mild soap at least each morning and evening. The clean facial skin encourages tiny hairs to grow.



Exercise: Yes, right! It helps your beard through several different factors: how it affects your skin, how it affects your hair, how it affects your body, and how it affects your hormones. Exercise increases circulation throughout your body, including your face. Encouraging circulation throughout your whole body helps your physiology absorb nutrients and oxygen more effectively. Ramping up your circulation helps stimulate hair growth, too. Exercising increases your testosterone production. Increased testosterone levels are directly correlated with stronger facial hair growth which can encourage beard hair growth. Choose 1 hour out of each day to devote to exercising and try to stick with it.

If you're new to exercising, start out with 30 minutes of exercise every other day. After you're used to the routine, switch to exercising every day. Then, extend your exercising sessions to 1 hour.

Even YOGA is best way to increase TESTOSTERONE Levels.



3. A – AGE & GENES (FACT FILE)

Age is another factor that has a lot to do with your beard growth. Usually, the first signs of facial hair will be visible when you hit puberty, which means somewhere between 12 and 16 years. When you get to this age, your testosterone levels will increase. With testosterone levels boosted, your vellus hairs will transform into terminal androgenic hairs. This does not apply to every man, and late bloomers will probably have to wait a few more years to enjoy in their facial forest.

Before you rush to think that, now as a teenager, you will be able to grow longer and thicker beard than ever before, bear in mind that you must be patient for a few more years to have the beard you desire

The best thing most men can expect when in puberty is the growth of mustache and maybe some patchy cheek or goatee areas.

To better understand how long it takes to grow a beard as a teenager, you should understand that hair growth pace varies depending on your age.

After puberty, somewhere between 18 and 25 years, you will notice that your beard grows quicker, fuller and thicker. This is also the age when most men have the highest testosterone levels.

Even Genetics plays a crucial role. You must have observed that very few of your friends do spot beards as early as school time. This is because of the Genetics Factor. Although you can't alter your genes but you can surely wait for some time for a fuller and thicker beard.

Well boys I must have told you the fact in here but don't worry as you read further you will get an idea how to make your beard grow faster and fuller.



4. **R** – REGENERATE COLLAGEN BY USE OF BEARD ROLLER

Collagen is one of the components of hair and the most abundant protein in our bodies. It makes up the major component of connective tissues in our bodies. We did some digging to find out whether boosting your levels of collagen can help with facial hair growth. Here is what I found.

So, does collagen help with beard growth? Yes, collagen can help with beard growth. While the growth of facial hair is attributed to genes and beard hormones (testosterone and DHT). Collagen can cause beard growth by promoting the production of keratin, prevent facial hair follicle damage, prevent beard thinning and slow beard graying.

How can you regenerate the level of Collagen..??

The simplest and best way is BEARD ROLLER (Derma Roller)



How do Beard Roller Work:

Beard Roller is a cost-effective, safe and easy method to stimulate beard growth. It works by boosting circulation, keratin, and collagen production.

Beard Roller is a small roller that has micro needles on the rolling part. You roll that small roller over the skin of your face to create small micro punctures. It will not wound your skin, but it makes your body think like it did.

Why is that?

In other words collagen forms the structure of the skin and helps the puncture heal. So when there are small puncture or micro wounds in your skin, your body naturally starts producing more collagen, keratin and activate stem cell growth factors for that part of your body. For instance, in the skin of your face this in turn helps beard growth in one or other way.



To Know more about Derma Roller Therapy Click here
Please check another PDF attached alongside this one

5. D - DIET



If you've ever heard the saying “you are what you eat”, then you probably already know that your diet can have significant impacts on your body. However, those impacts may be more far-reaching than you'd think.

Since beard growth is primarily regulated by the production of the male hormones testosterone and DHT, our diets can actually boost facial hair growth when we ingest foods that promote the synthesis of these two androgens and make it easier for our bodies to utilize them.

In addition to hormone production, multiple other factors, including vitamins and minerals, can cause chemical changes in our bodies that can make it easier to grow a thicker beard. While eating your way to a fuller beard may seem too good to be true, there's science to back up the strategy. If you are searching for an easy and natural way speed up beard growth, try incorporating these foods into your diet.

Vitamin A and Beta A Carotene

How they better your beard: “Vitamin A maintains and repairs skin tissue,” says White. “And keeping your skin healthy allows for better hair growth.” Beta carotene is a nutrient that your body converts to vitamin A. Since it's found in foods that are lower in saturated fats than those that are rich in vitamin A, you're better off eating foods that are high in beta carotene.

Where to find them: Vitamin A is present in milk, cheese, butter and egg yolks. Beta carotene is found in yellow and orange produce (e.g., carrots, pumpkin, sweet potatoes and papayas) and leafy green veggies (e.g., spinach and kale).

Vitamins C and E

How they better your beard: Vitamins C and E promote the production of sebum, natural oil that is produced by our bodies and lubricates and moisturizes hair, making it look thicker and lusher. Additionally, vitamin C assists in the growth of bodily tissues, including those that comprise our skin and hair follicles.

Where to find them: Citrus fruits, green peppers and broccoli are good sources of vitamin C. Wheat germ oil, almonds, sunflower seeds, safflower oil, peanut butter, corn oil, spinach, broccoli, mangoes and spinach all contain high amounts of vitamin E.

Protein

How it betters your beard: Our skin and hair are composed primarily of keratin, a structural protein made up of amino acids. We don't produce amino acids on our own; instead, we need to eat protein, which the body then converts to amino acids.

Where to find it: Fill up on fish, lean meats, poultry, eggs, rice, beans and milk.

Vitamins B6, B12 and Biotin

How they better your beard: B vitamins help your body synthesize the protein you eat so it can be used to build new skin cells and hair. Getting enough B vitamins, says White, also helps reduce stress and prevent hair loss.

Where to find them: Fish, poultry, lean meats, eggs, nuts, and whole grains such as brown rice and oatmeal are chock-full of B vitamins. Foods that are rich in B12 include milk, cheese and wheat germ.

Omega-3 fatty acids

How they better your beard : Essential fatty acids are just that essential to normal growth, including that of facial hair. They also protect cell membranes, helping to prevent your whiskers from getting dry and brittle.

Where to find them: Make sure flax seed oil, walnuts and fatty fish (e.g., salmon) find their way into your diet.

Just don't overdo it: Your body will excrete any extra water-soluble vitamins (e.g., vitamin C or B12), but it'll hold on to extra fat-soluble vitamins (e.g., vitamin A). Excessive doses of vitamin A could actually lead to hair loss. Ask your doctor to recommend a proper dosage, and you'll soon be on your way to winning whiskers.

TO MEN WHO CARE