I found this information sent to me from Nancy Sanderson who is Gary Young's  
sister.  
  
Hope this is helpful for you!  
  
ALOPECIA AREATA (HAIR LOSS): Taken for the EODR Page 5.21  
  
Alopecia is an inflammation hair loss disease that is the second-leading  
cause of baldness in the U.S.A..  A double blind study that was conducted at  
the Aberdeen Royal Infirmary in Scotland found that certain essential oils  
were extremely effective in combating this disease.  
  
PAGE 5.73 Hair loss is caused by hormonal imbalances such as increase in  
testosterone or by inflammatory conditions as in the case of alopecia  
areata.  Essential oils are excellent for cleansing, nourishing, and  
strengthening the hair follicle and shaft.  Rosemary (cineol chemotype)  
encourages hair growth.  
  
RECOMMENDATIONS:  
  
SINGLES:  Lavender, frankincense, thyme, cedarwood, rosemary  
  
BLENDS: Mister, Juva Cleanse  
  
RECIPE FOR ALOPECIA ARETA:  
  
\*        4 drops rosemary   
\*        4 drops thyme   
\*        4 drops lavender   
\*        4 drops cedarwood   
\*        2 drops frankincense  
  
TOPICAL:  
  
Dilute 5 drops of your essential oil in 20 drops of V-6 Vegetable Oil  
Complex, or grapeseed, or coconut oil and massage into scalp before going to  
bed.  
  
   
  
Here are a couple of supplements that supports the body in cleansing the  
blood and balancing it and supporting the adrenals.  If you feel that is  
what you need.  
  
   
  
HAIR LOSS PREVENTION RECIPE #1  
  
\*        10 drops cedarwood   
\*        8 drops rosemary   
\*        10 drops sandalwood   
\*        10 drops lavender   
\*        1 drops juniper  
  
HAIR LOSS PREVENTION RECIPE #2  
  
\*        3 drops rosemary   
\*        5 drops lavender   
\*        4 drops cypress   
\*        2 drops clary sage   
\*        2 drops Palo Santo  
  
HAIR LOSE PREVENTION RECIPE #3  
  
\*        5 drops lavender  
\*        5 drops frankincense  
\*        5 drops eucalyptus blue  
\*        1 drop peppermint  
\*        2 drops clary sage.  
  
Add 10 drops of any of the above blends to 1 tsp. of coconut oil and massage  
into the scalp where it is balding; then rub gently into the remainder of  
the scalp.  This works best when done at night.  It may also help to  
alternate the blends.  
  
   
  
Dilute 50/50,  blend/shampoo, massage 1 tsp. into the scalp vigorously and  
thoroughly for 2-3 minutes , then leave the shampoo on the scalp for 15  
minutes.  This is an excellent time to do your exercise routine.  
  
   
  
Mix 2-4 drops of essential oils with 1-2 tsp. of shampoo to wash hair  
afterwards.  
  
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