

# WELCOME TO M&L INFORMATION PORTAL

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Looks

Looksmax.me

@mewinglooksmax  
Mewing and

[@irrumator praetor](#)

## [BODY]

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# **HEIGHT**

**[Method]** Heightmaxing (Does not work for closedplatecels don't waste your time)

<http://archive.is/jXtM5>

Increased plasma bicarbonate and growth hormone after an oral glutamine load

<http://archive.is/M9Z6v>

organs and its expression is normally limited to mesenchymal cells. IGF-I has been found to stimulate human hair growth *in vitro* at physiologic concentrations and to prevent the premature entry of cultured hair follicles into catagen (Philpott *et al.*, 1994). Androgen up-regulates IGF-I mRNA expression in beard DPC, and this enhancement is antagonized by cyproterone acetate (Itami *et al.*, 1995b; Itami *et al.*, 1996). These results strongly suggest that IGF-I is a candidate for one of the androgen-induced growth factors produced by DPC to act upon follicular epithelial cells in a paracrine fashion. (Itami *et al.*, 1995b).

Androgen paradoxically causes genetic background dependant vellus transformation in the frontal scalp hair and DPC from bald scalp of the stumptailed macaque inhibit the proliferation of follicular epithelial cells in an androgen dependent manner (Obana *et al.*, 1997; Pan *et al.*, 1999). In

[Buy L-Phenylalanine Powder | View L-Phenylalanine Reviews and Benefits](#)

Effect of acute and repeated administration of gamma aminobutyric acid (GABA) on growth hormone and prolactin secretion in man

<http://archive.is/LEmKJ>

**[LifeFuel]** He Grew 3-inches in about four months. Genitals developed from those of a Child to those of a Man, and with it a sense of Modesty.

<http://archive.is/vQcjB>

Looksmax How to cause an artificially induced growth spurt (without hormonal supplements) [Cope]

<http://archive.is/pysMI>

This Non-Prescription Supplement Has Been Scientifically Proven To Make You Grow Taller Even With Closed Growth Plates

<http://archive.is/VSX7Q>

HeightMaxxing Final (All out)

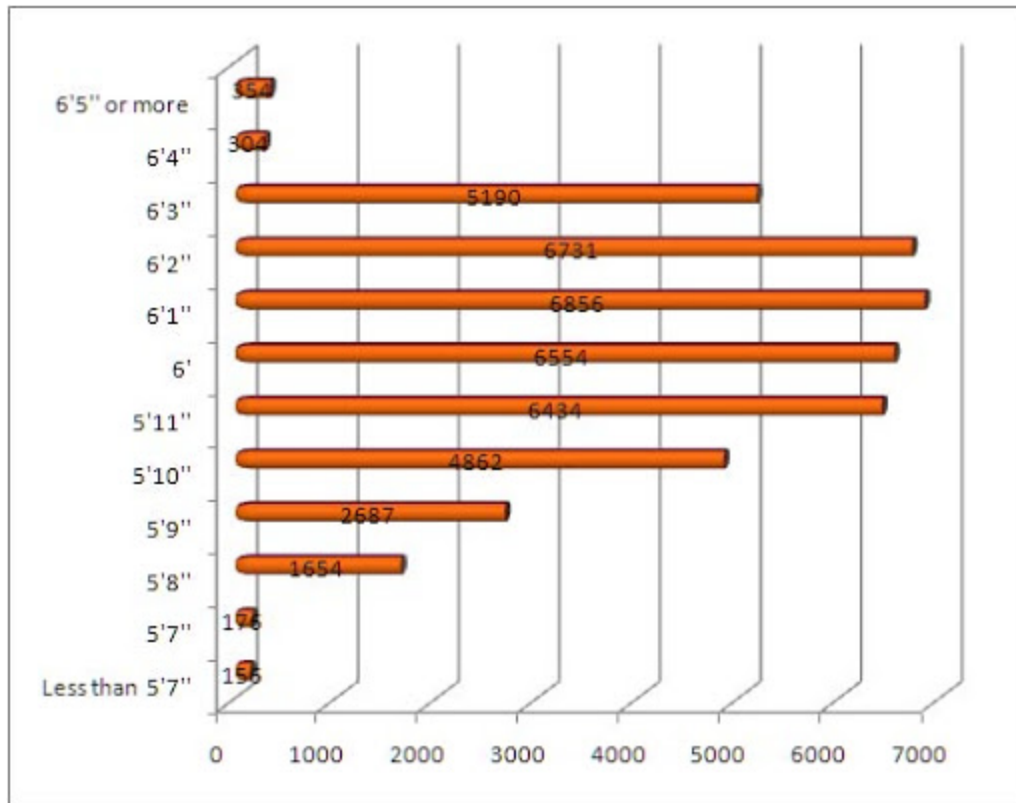
<http://archive.is/fP08E>

**L-dopa stimulates release of hypothalamic growth hormone-releasing hormone in humans**

<http://archive.is/R7LtX>

**[Serious]** Basic guide on how you grow and why MK677 is utter cope on its own

<http://archive.is/tmQOz>



## Ideal Male Height - The evidence

<http://archive.is/6ow6d>

## [News] SCHWARZENEGGER EFFECT

<http://archive.is/ftK76>

## Growth hormone, athletic performance, and aging

<http://archive.is/TpCCO>

## [Guide] GHcells get in here

<http://archive.is/fjvRn>

**[Method]** Max Price/Performance heightmaxxing stack & guide (Manlets gtfigh)

<http://archive.is/532yL>

**[Success]** Height gains from stretching [measured increase]

<http://archive.is/pSBLW>

**[Method]** The Ultimate Guide for Heightmaxxing (Corrections to Wincels Stack Included) (Closed Plate Oldcel Method Included)

<http://archive.is/vFyRQ>

**[Method]** Absolute Mongaloid of a Heightmaxxing Thread

<http://archive.is/z5C40>

# PHYSIQUE

## How To Build An Aesthetic Hollywood Actor Type Physique: Complete Guide

<http://archive.is/KSMdM>

**FoodData Central**

<https://fdc.nal.usda.gov/>

### (IMPORTANCE OF WATER)

Consuming more water is definitely needed, but even with giving your body what it needs, you can be taking that away, too.

"As you intake more water you can begin to flush water soluble vitamins and minerals," Dr. Kinney told INSIDER. "Water soluble vitamins, such as the B Vitamins (B1, B2, B3, B6 & B12) & vitamin C, are not stored long term and may be excreted with excess water intake if you're not taking in proper supplementation, too. Other key micronutrients that can be affected by a sudden increase in hydration include folic acid or — most

[Anabolic Men – We Teach Men How to Boost Testosterone Naturally - The Ultimate Natural Testosterone Boosting Resource](#)

[Water Retention: How to Reduce Bloating from Sodium-Thomas DeLauer](#)

**[Theory]** Stop using bideltoid to compare frame. Use Biachromial width VVVVVV

<http://archive.is/xl6Fo>

(good biachromial width)



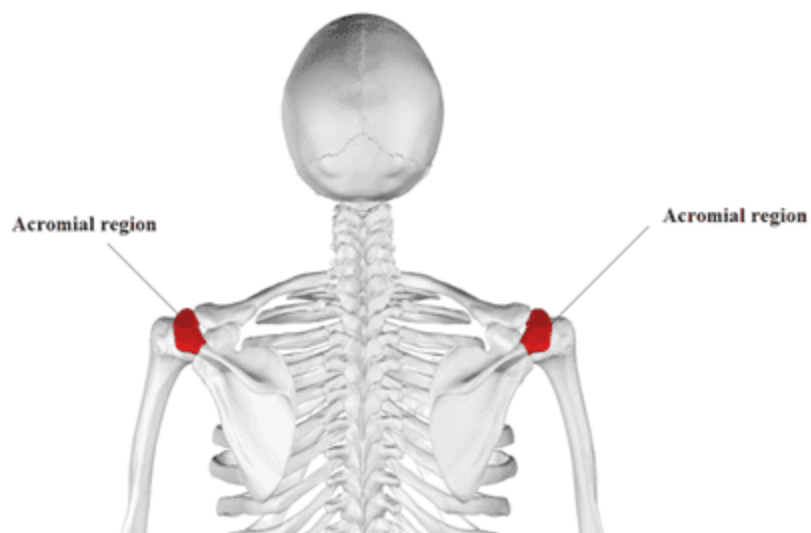
(Bad biachromial width)



This(admittedly shipped) pic shows that if you have a shit biachromial even roids can't help you.



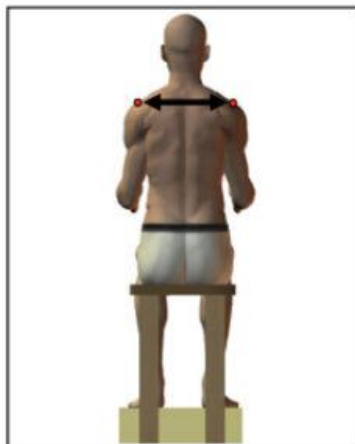
Bones



# Chart

## (8) BIACROMIAL BREADTH

The distance between the right and left acromion landmarks is measured with a beam caliper. The participant sits erect. The shoulders and upper arms are relaxed, and the forearms and hands are extended forward horizontally with the palms facing each other. The measurement is taken at the maximum point of quiet respiration.



| PERCENTILES |       |      |       |       |
|-------------|-------|------|-------|-------|
| FEMALES     |       |      | MALES |       |
| CM          | IN    |      | CM    | IN    |
| 32.20       | 12.68 | 1ST  | 37.10 | 14.61 |
| 32.90       | 12.95 | 2ND  | 37.70 | 14.84 |
| 33.20       | 13.07 | 3RD  | 38.00 | 14.96 |
| 33.50       | 13.19 | 5TH  | 38.40 | 15.12 |
| 34.20       | 13.46 | 10TH | 39.20 | 15.43 |
| 34.70       | 13.66 | 15TH | 39.60 | 15.59 |
| 35.00       | 13.78 | 20TH | 40.00 | 15.75 |
| 35.30       | 13.90 | 25TH | 40.30 | 15.87 |
| 35.60       | 14.02 | 30TH | 40.60 | 15.98 |
| 35.90       | 14.13 | 35TH | 40.80 | 16.06 |
| 36.10       | 14.21 | 40TH | 41.10 | 16.18 |
| 36.30       | 14.29 | 45TH | 41.30 | 16.26 |
| 36.50       | 14.37 | 50TH | 41.50 | 16.34 |
| 36.80       | 14.49 | 55TH | 41.70 | 16.42 |
| 37.00       | 14.57 | 60TH | 42.00 | 16.54 |
| 37.20       | 14.65 | 65TH | 42.20 | 16.61 |
| 37.50       | 14.76 | 70TH | 42.50 | 16.73 |
| 37.80       | 14.88 | 75TH | 42.80 | 16.85 |
| 38.00       | 14.96 | 80TH | 43.10 | 16.97 |
| 38.40       | 15.12 | 85TH | 43.50 | 17.13 |
| 38.90       | 15.31 | 90TH | 44.10 | 17.36 |
| 39.60       | 15.59 | 95TH | 44.70 | 17.60 |
| 40.00       | 15.75 | 97TH | 45.30 | 17.83 |
| 40.30       | 15.87 | 98TH | 45.70 | 17.99 |
| 40.60       | 15.98 | 99TH | 46.30 | 18.23 |

**[Method]** Coolsculpting (local fat loss!)

<http://archive.is/iY1ac>

**[Blackpill]** Hormonemaxxing

<http://archive.is/d2FHZ>

**[Discussion]** Steroid Anavar: Wonder Drug?

<http://archive.is/OY1Yf>

**[Serious]** Prenatal Testosterone is EVERYTHING

<http://archive.is/pyvuh>

The mystery around butea superba

<http://archive.is/RHd3A>

**Supplementing with astaxanthin turns walking into  
bodybuilding**

<http://archive.is/BWe0N>

## **Training Frequency for Muscle Growth: What the Data Say**

<http://archive.is/ojLnJ>

for natural lifters higher frequency training 3x each muscle group leads to the biggest hypertrophy while training a muscle 1x or 4x per week doesn't lead to more hypertrophy "In the third study, the low frequency group (1x) grows by 8%, while the high frequency group (3x) grows by 10%. Just averaging the size gains, you see a 5% increase with once per week  $[(2\%+8\%)/2]$ , a 7% increase with three times per week  $[(4\%+10\%)/2]$ , and a 5% increase  $[(4\%+6\%)/2]$  with four times per week. "

## **STEROID INJECTION 101**

<http://archive.is/puUb3>

[NUCLEUS OVERLOAD™ EXPLAINED & PROVEN IN 5 MINUTES || THE 1ST HUMAN STUDY || CRAZY RESULTS !!!](#)

## **Women rate the strongest men as the most attractive, study finds**

<http://archive.is/gfqTr>

<https://www.calculator.net/body-fat-calculator.html?ctype=metric&csex=m&cage=14&cweightlbs=152&cheightfeet=5&cheightinch=10.5&cneckfeet=1&cneckinch=7.5&cwaistfeet=3&cwaistinch=1.5&chipfeet=2&chipinch=10.5&cweightkgs=54&cheightmeter=180&cneckmeter=37&cwaistmeter=81&chipmeter=86&x=49&y=16>

<http://93.174.95.29/main/125C0FE2845190211E15662FD482EB2B>

LINK TO GET NATURALLY ENHANCED ALPHADESTINY PROGRAM FREE

## IIFYM (If It Fits Your Macros): A Beginner's Guide

<http://archive.is/D4oSF>

How to get wider shoulder bones.

<http://archive.is/4hpXD>

<https://www.calculator.net/bmr-calculator.html?ctype=metric&cage=15&csex=m&cheightfeet=5&cheightinch=10&cpond=160&cheightmeter=180&ckg=58&cmop=1&coutunit=c&cformula=m&cfatpct=20&x=83&y=37>

**[Blackpill]** Are Sarms worth it?- guide

<http://archive.is/sW2dJ>

"This powdery mineral supplement, containing montmorillonite clay and many other compounds, comes from an ancient seabed. It is an excellent source of silica, calcium, magnesium and the gamut of trace minerals. Clay also has detoxifying effects as the negatively charged clay particles attract positively charged pathogens and take them out of the body" - NT  
"Take a heaping teaspoon mixed with water daily as an insurance of adequate macro- and trace mineral ingestion in these days of soil depletion through intensive farming.(It's also great as a soil amendment for the garden and compost pile)" - NT

"The proper way to take in minerals is through mineral-rich water; through nutrient-dense foods and beverages; through mineral-rich bone broths in which all of the macrominerals - sodium, chloride, calcium, magnesium, phosphorus, potassium and sulfur - are available in ready-to-use ionized form as a true electrolyte solution; through the use of unrefined sea salt; and by adding small amounts of fine clay or mud as a supplement to water or food, a practice found in many traditional societies throughout the world. Analysis of clays from Africa, Sardinia and California reveals that clay can provide a variety of macro- and trace minerals including calcium, phosphorus, magnesium, iron and zinc. Clay also contains aluminum, but silicon, present in large amounts in all clays, prevents absorption of this toxic metal and actually helps the body eliminate aluminum that is bound in the tissues.

When mixed with water, clay forms a temporary colloidal system in which fine particles are dispersed throughout the water. Eventually the particles settle to the bottom of the container, but a variety of mineral ions will remain in the water. These mineral ions are available for absorption, while other minerals that form an integral part of the clay particles may, in some circumstances, be available for absorption through ionic exchange at the point of contact with the intestinal villi.

Clay particles, defined as having a size less than 1-2 microns, have a very large surface area relative to their size. They carry a negative electric charge and can attract positively charged pathogenic organisms along with their toxins and carry them out of the body. Thus, clay compounds not only provide minerals but also can be used as detoxifying agents. As such, they facilitate assimilation and can help prevent intestinal complaints, such as food poisoning and diarrhea. They also will bind with antinutrients found in plant foods, such as bitter tannins, and prevent their absorption." - NT

(for anyone who supps minerals)^

**[Blackpill]** How To Avoid Xenoestrogens In 2019

<http://archive.is/sM7OS>

**[Motivation]** It's not over for all of you, there is still hope left.

<http://archive.is/Q3iF5>

[https://youtu.be/mxCGDFIH1\\_k](https://youtu.be/mxCGDFIH1_k)

**[Method]** Theoretical anabolic substances, ways to boost testosterone. <http://archive.is/z2dXx>

Dietmaxxing : A beginners guide

<http://archive.is/Z85YX>

[Discussion] When do clavicles stop growing?

<http://archive.is/h9XDm>

take MAGNESIUM to DOUBLE your TESTOSTERON lvl

[STUDY] <http://archive.is/sl3xV>

[Bulletproof - The State of High Performance](#)

[Foods Spreadsheet](#)

[Relentless Improvement Vitamin K2 Mk4 Vegan  
Naturally-Derived No-Fillers Science-Based Dosing](#)

(k2 and other bone sups, in high quality)

[ULTRA K2 \(MENATETRENONE\)](#)

Menaquinone-4 enhances testosterone production in rats and  
testis-derived tumor cells <http://archive.is/awP03>

[Method] Dihydrotestosterone (DHT) Guide

<http://archive.is/8zZNi>

<https://www.dropbox.com/s/7z5gsbzqrge5292/Product%20W-S-B%20whole%20%28Ms%2BMac%29.pdf?dl=0>

THE £90 SOLD CLAVICLE WIDENING PROGRAM HERE (FREE)

**[Method]** Natural Testosteronemaxxing

<http://archive.is/HCj6W>

**[Method]** (Collaborative&Research&Guide) Framemaxxing;  
Clavicles,Ribcage,Shoulders

<http://archive.is/HmlR0>

## Ribcage Expansion: Fact or Fiction?

<http://archive.is/ml1Bn>

[How to deepen your rib box \(Not a myth at all, see here\)](#)

<http://archive.is/4A0Wu>

[Anyone know how to widen clavicles?](#)

<http://archive.is/JzxrT>

[Wider shoulder bones results](#)

**[Method]** FULL WATER FAST GUIDE

<http://archive.is/6TLCW>

**[High IQ incels only]** I need a mk677 guide.

<http://archive.is/8nDvC>

## [Discussion] VIAGRA: GROW YOUR MUSCLES, DICK, AND HAIR (GTFIH)

<http://archive.is/ISMTT>

Weight training itself increases both the number and sensitivity of androgen receptors, but I'll assume you're already doing the best you can through that route. Electrical shock does the job, too, but no one's tried that on anything but rats, and besides, it seems a tad impractical.

Intermittent fasting works well, having been shown to almost double androgen sensitivity. Likewise, studies have shown that dietary whey (and possibly casein) along with supplements like forskolin, tribulus terrestris and caffeine work well, too.

You could combine all of these dietary interventions together in the following way:

1. Have a cup or two of coffee upon awakening with 1-2 capsules of Alpha Male® (contains both forskolin and tribulus terrestris).
2. Then, 6 to 8 hours later, have another 1-2 capsules of Alpha Male® with 8 ounces of water, again on an empty stomach.
3. Have 1 to 2 daily servings of whey or a whey and casein protein blend as convenient.

Still, the best results might be obtained by choosing new parents and starting over.

## [Guide] 11-KDHT - the Jock of all male hormones

<http://archive.is/PXnXS>

## [Guide] Advice on SARMS from coach with 5+ years of experience

<http://archive.is/xy9Hb>

<https://looksmax.me/threads/the-ultimate-pubertymaxxing-guide-an-introduction-into-androgens-and-growth-factors-and-how-to-apply-them.97140/>

[Guide] (dicklets & androdeficentcels GTFIH) How to make your own DHT gel with sources. <http://archive.is/y83k7>

**[Rage]** Why does my face look so fat while being so skinny on body? <http://archive.is/4TosZ>

**[Discussion]** PUBERTYMAXXING GUIDE FOR TEENCELS.  
<http://archive.is/f3Wwg>

**[LifeFuel]** How NOT to be Feminized by society in 2020  
<http://archive.is/R2XNd>

Truth about leanmaxxing  
<http://archive.is/LVtwG>

**[Method]** ULTIMATE Steroid Guide.  
<http://archive.is/mqCUX>

**[Serious]** Very good example on why you should never get off roids !  
<http://archive.is/R1cj7>

**[Discussion]** Possible way to speed your weight loss by up to 4 times  
<http://archive.is/Wliyn>

**[Theory]** Training the intercostal muscles using steroids to increase ribcage size

<http://archive.is/zrfLF>

Factors influencing (prenatal) testosterone and 2D:4D ratio

<http://archive.is/RhiB8>

# **BODY PROPORTIONS**

## **AND RATIOS**

How to measure your FRAME

<http://archive.is/0ZEVG>

**[Redpill]** Good VS Bad Gymcel Frame Proportions

<http://archive.is/TXZr5>

**[Theory]** How Big Should Your Jaw, Neck and Shoulders Be

<http://archive.is/CWUJx>

**[Looksmax]** Geometrically perfect Male body proportions

<http://archive.is/CjG7J>

**[Theory]** Stop using bideltoid to compare frame. Use Biachromial width

<http://archive.is/yGYht>

**[Theory]** Ideal Shoulder Width for Slaying

<http://archive.is/jrV7m>

## **SMV**

**[Blackpill]** SMV Calculator

<http://archive.is/zviGE>

**[Theory]** Few people realize that a backward-grown neck is more important than a forward-grown face (foramen magnum location theory)

<http://archive.is/VjTvV>

**[Reminder]** Neck is the most important and easiest looksmax you can do. It is the most important piece of your SMV.

<http://archive.is/zfK0D>

**[Looksmax]** Smv/looksmaxx for highaesthetically feminine/prettyboyish looking dudes

<http://archive.is/lFoow>

[https://www.youtube.com/watch?time\\_continue=204&v=gimeRpdqWQw&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=204&v=gimeRpdqWQw&feature=emb_logo)

**[Looksmax]** Melanotan 2 IS AMAZING! **[MELANOTAN 2 GUIDE]**

<http://archive.is/bnf5d>

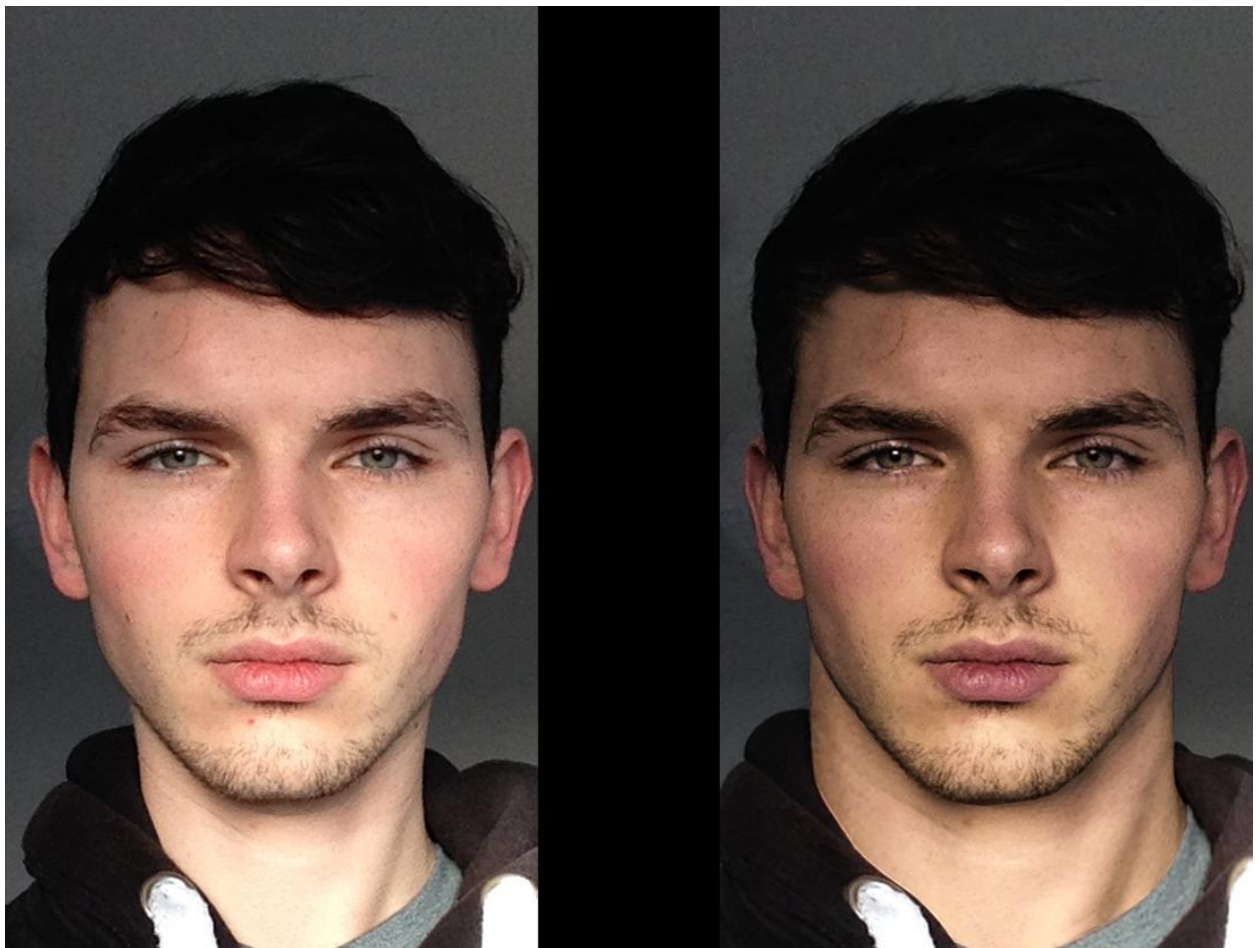
## **NECK THREAD**

**Neck Brah said:**

**Its the most important feature of a physique, especially for facial asthetics. The rest of your physique is just icing on the cake**

**Photochopped to have a bigger neck, look at how much better these gay faced twink's look with a bigger neck.**





This one has been made to look smaller, look how twinkish he looks with a smaller neck



Real life transformation:



Do all the 3 different movements, progressive overload and it should grow fast (extension, Flexion, lateral)



### Flexion-Extension

The sternocleidomastoid (SCM) has the largest moment arm (best leverage) for neck flexion, while the superior and middle trapezius fibers have the largest moment arms for neck extension. The splenius capitis and semispinalis capitis also display good leverages for neck extension.

## Lateral Bending

The muscles with the best leverages for neck lateral flexion are the anterior scalenes and SCM. The middle scalenes and levator scapulae also possess significant lateral bending capacity.

4th movement, you can only really do this if you have access to a cable machine or bands

## Rotation

The superior and middle trapezius, sternocleidomastoid and semispinalis capitis sub-regions were the greatest contributors to contralateral (opposite side) axial rotation, while the rectus capitis posterior major, obliquus capitis inferior and splenius capitis were the greatest contributors to ipsilateral (same side) axial rotation.

When doing neck work in general (harness or bridges) you will probably need to wear a beanie or a hoodie as it will feel like the hairs on your head are being pulled out if you're not wearing one.

He does all 3 movements in this vid

To do the lateral (sides) movements you can also lay sideways on a bench like in the video below or a couch if training at home. Or attached to a cable machine

If you feel the harness is going to slip off your head when doing the lateral motion, use the hand you're not laying on to lightly hold the harness.

1-3 WORKING sets. Do a few light warmup sets beforehand.

Extension 1-3 sets 8-12 reps

Flexion 1-3 sets 15-25 reps

Lateral 1-3 sets 15-25 reps

Rotation 1-3 sets 15-25 reps

Best ones on the market:

[Headstrap Fit for Hercules neck harness for neck strength-www.ironmind-store.com](http://www.ironmind-store.com)

[elitefts™ Head/Neck Harness](#)

Highly Recommend Senshi Japan equipment, really cheap but amazing quality.

### Neck Bridges

If you dont have a neck harness you can do neck bridges. For extra resistance you can hold a weight plate on your chest when you find doing it with your bodyweight too easy. You will probably need to wear a beanie or have some padding on the floor when doing these.

### Isometrics

These can also be done against a wall, put some padding on the wall like a pillow or towel if it hurts your head. Do these combined with neck bridges, so do your neck bridges first then do isometrics last.

[.youtube.com/watch?v=5TxB\\_CwzRIE](https://www.youtube.com/watch?v=5TxB_CwzRIE)

But remember, neck harness work is superior, it may take longer to build a large neck doing bridges and iso's due to it being very akward to progressive overload. With that being said its better than nothing

Movements for forward head posture

Movements that will strengthen the smaller neck muscles that help prevent forward head posture

There are the different ways of doing this movement. Pick one you find best

4 options

-Can be done with resistance bands

-With a neck harness attached to a cable machine

-Neck harness with a freeweight and slightly bending over

-with a neck harness & freeweight laying face first on a bench

**The neck thread above**

<http://archive.is/OIZ1H> ^^^

**[Looksmax]** HANDS MAXING & AESTHETICS: Overlooked but Important... Weightlifting, HGH/DHT, Finger Lengthening... etc.

<http://archive.is/XqDsy>

**[Guide]** Get a DEEP voice in 2 hours part 1

<http://archive.is/DteTT>

**[Discussion]** STERIODS/TESTOSTERONE FOR MASCULINE FACE (HIGH IQ THREAD)

<http://archive.is/IO1KZ>

**Neck Training Thread**

<https://archive.is/IV39P>

**(thread is in the physique section too)**

**RTT (roid, tat, tan)**

# **HAIR**

**[Success]** I reversed hairthinning by scalp massages.

<https://archive.is/XIXYo>

**[Success]** The Prostaglandin Protocol - Updated Hair Regrowth Guide

<https://archive.is/AFJ6a>

good alternative for minoxidil?

<https://archive.is/LC9aK>

**[LifeFuel]** My 9 Month Finasteride Hairline Transformation

<https://archive.is/OMx74>

**[Guide]** How to take Finasteride without the side effects

<https://archive.is/a7EeC>

The research on facial hair: moustache, beard, stubles.

<https://archive.is/jT9b9>

**[Method]** Complete Guide to Hair

<https://archive.is/10EJD>

### **Copy of Ultimate CG Guide**

**[Guide]** for those with Curly Hair

<https://archive.is/oXcYT>

**[Rage]** I think I'm thinning at the crown

<https://archive.is/cg1zQ>

**[Rage]** Norwooding(nw3) at 14, baldcels gtfih

<https://archive.is/jiPKy>

6 week biotin maxxng transformation

<https://archive.is/crpxG>

[Rage] Noorwood is such a bastard bitch

<https://archive.is/l4DXx>

[Serious] Darolutamide

<https://archive.is/91AYQ>

[News] Balding-cels. GTFIH microblading

<https://archive.is/p6l1e>

<https://lookstheory.org/threads/ru58841-guide-the-popular-alternative-to-finasteride.1612/> (lost)

<https://lookstheory.org/threads/my-current-stack-for-balding.6596/> (lost)

<https://web.archive.org/web/20200722150212/https://looksmax.me/threads/best-affordable-lamp-for-red-light-therapy.27346/>

Make your own topical DHT blocker with these ingredients

<https://archive.is/zabz1>

The biological effects of a pulsed electrostatic field with specific reference to hair (baldcel GTFIH)

<https://archive.is/hqG7v>

<https://lookstheory.org/threads/ru58841-guide-the-popular-alternative-to-finasteride.1612/> (lost)

## **The 5 Best Vitamins for Hair Growth (+3 Other Nutrients)**

<https://archive.is/wBTdy>

## **More on Hair Loss: Part I**

<https://archive.is/MwAX0>

## **Antihistamines for Pattern Hair Loss?**

<https://archive.is/iAjJs>

## **Male Pattern Baldness: Hypothyroidism in Disguise?**

[Guide] Hair Growth cycle and Hair loss (Everything you need to know)

<https://archive.is/P5XTh>

[Ultimate CG Guide](#)

Peppermint Oil Promotes Hair Growth without Toxic Signs

<https://archive.is/zivRU>

[Guide] EVERYTHING YOU NEED TO KNOW ABOUT HAIRLOSS IS IN THIS THREAD

<https://archive.is/fRL6g>

[Serious] Why tf yall balding niggas using Minox even tho theres Lipogaine out there

<http://archive.is/NgTP5>

## **FACE SKIN**

[Study Shows Stomach And Side Sleeping Positions Cause Facial Distortion And Wrinkles Over Time](#)

<https://web.archive.org/web/20200722151000/https://looksmax.me/threads/is-lip-asymmetry-caused-by-an-uneven-maxilla.29733/>

[Method] Complete guide to reverse aging (courtesy of @x30001) <http://archive.is/wXO9Q>

[Blackpill] Reverse Agepill <http://archive.is/lkiLu>

[Discussion] GLUTATHIONE

<http://archive.is/q6u4c>

Sunday at 10:06 AM

Too many niggas here wasting bux on random ass collagen "supplements" that are bunk. Having smooth, tight, glowing skin is simple.

**Protocol:** Choose one of these peptides below, follow the guidelines and inject (JFL if youre scared of needles)

**Peptides list:**  
CJC1295DAC(expensive but long lasting, 1-2 injections per week) **Dosage:** Work your way up from 200mcg a week **Usage:** Take total amount per week, split into two and inject twice a week, 3-4 days apart  
Hexarelin(cheap but you desensitize quickly) **Dosage:** Work your way up from 100mcg **Usage:** Take for 5 days then 2 days off to avoid desensitization  
Ipamorelin **Dosage:** 100mcg every injection work your way up, maximum is 1200mcg TOTAL FOR ENTIRE DAY **Usage:** 3 times a day  
GHRP-6 **Dosage:** 100mcg **Usage:** 3 times a day (300mcg total)  
GHRP-2 **Dosage:** 100mcg **Usage:** 3 times a day (300mcg total)

**Injections:**  
Use insulin syringe(1cc/1mL)  
Inject subQ(subcutaneously) - You inject into your fat. Easiest way to do this is pinch some fat on your stomach more than 1 inch from belly button and pin. Glutes work too)  
Remember to use alcohol wipes to disinfect

**Reconstitution(IMPORTANT):**  
When you receive your peptide, it will be freeze dried. It will be solid. You will have to reconstitute it. You will need bacteriostatic water aka BAC water or sterile water. Using your insulin syringe, stick it in the vial(water), flip it upside down and draw. I usually use 1mL of water to reconstitute, but you can play around with this. Next, stick the syringe into the peptide vial and inject the water. When youre done, roll the vial around gently to mix it. This is the final mixture that you will inject.  
Depending on how much of the peptide is in each vial(such as 1mg, 2mg, 5mg, etc) and the amount of water you use(0.5mL, 1mL, etc), Your solution will have different ratios. The formula is mg/mL(This should be common sense). Just use the right amount of solution to match the daily dosage.

**Notes:**  
Peptides are used for a variety of purposes, but these are GHRHs and GHRPs which stimulate growth hormone(GH) production. GH is a big anti-aging agent, which is why so many hollywood actors go to clinics and inject it. These peptides are a substitution for prescribed GH which is hell a expensive

Report

+1 Reply

TubOfLard, stuckneworleans and MogsMe

<https://web.archive.org/web/20200101160806/https://looksmax.me/threads/collagen-maxing-guide-gtfih.28058/>

<https://web.archive.org/web/20200722151200/https://looksmax.me/threads/how-to-shorten-your-philtrum-without-surgery.26317/>

<https://web.archive.org/web/20200722151314/https://looksmax.me/threads/skincare-routine-for-dry-skin.63875/>

<https://web.archive.org/web/20200722151649/https://looksmax.me/threads/why-does-my-nasolabial-fold-not-going-away.62376/>

<https://web.archive.org/web/20200721232131/https://looksmax.me/threads/lips-mouth-megathread.28145/>

## **“Introduction**

Okay so after I started doing hot/cold showers and being more exposed to cold, my skin has improved. I originally did this to reduce bloat, but it has more benefits for skin. And I wondered why so I did some research. Most of the places I've read about cold shower benefits states that it has benefits for skin. However, they say the reason is because you don't shower with hot water, which would be bad for skin. I, however, think this is not the case so I looked up some things to see the relation. First off all, collagen is what makes your skin look good. Therefore, to get better skin and hair, we need to produce more collagen. Also, elastin makes your skin tight. It enables your skin to stretch and bounce back. If cold showers lead to better skin, then there must be a relation between exposure to cold temperature and collagen production.

## **Skin blood flow and its relation to heat**

Blood flow to skin can heavily fluctuate. And a lifestyle that includes things which lead to low skin blood flow can lead to a bad skin. "One of the most striking features of the human cutaneous circulation is the wide range of blood flow this circulation is capable of attaining. Human skin blood flow can range from almost zero (in conditions of whole body and/or local cooling) to up to 8 l/min (or ~60% of cardiac output) in conditions of severe heat stress" (Charkoudian, 2010). When the body is cooling itself, skin blood flow is low. When the body needs heat, skin blood flow increases. Further, Charkoudian (2010) says that "Under optimal conditions, the skin is cooled by evaporation of sweat, and the thermal gradient at the skin allows heat to dissipate from the blood to the skin and to the environment. The cooler blood is then transferred back to the body core, where it minimizes increases in core temperature that occur during exercise and/or environmental heat exposure.(edited)

### **. Skin blood flow and its relation to collagen and elastin**

'So how does skin blood flow relate to collagen and elastin? Well first of all, collagen and elastin are two vital components of the blood vessels. In a study of blood flows interplay with collagen and elastin, Basu et. al. concludes that "Blood flow was highest in the aorta and lowest in the femoral artery and femoral vein, which indicated a proportional relationship between blood flow and medial thickness of the vessel wall. An increase in blood flow was observed with an increase in medial thickness of blood vessels. Further, they stated that "A small increase in blood flow from vein to femoral artery causes a small increase in the elastin:collagen ratio". A higher blood flow means more elastin (Basu et. al. 2010).

### **Conclusion**

Since temperature plays a vital role in skin blood flow, and blood flow correlates with an increase in elastin and collagen, cold temperatures should increase collagen and elastin.

I would only suggest against dermarolling if you have a dry and flaky scalp.

Along with this I'd suggest you to try dermarolling and red light therapy but I haven't tried anything these things yet but other members and forums report for these things to work well."

<https://web.archive.org/web/20200721232351/https://looksmax.me/threads/youthmaxxing.54460/>

<https://web.archive.org/web/20200721232550/https://looksmax.me/threads/how-to-slow-down-and-reverse-the-aging-process.58095/>

<https://web.archive.org/web/20200722151813/https://looksmax.me/threads/skincare-routine.62832/>

<https://web.archive.org/web/20200722151914/https://looksmax.me/threads/how-can-i-remove-blackhead-nose-forever.61089/>

<https://web.archive.org/web/20200723195209/https://looksmax.me/threads/anabolic-steroids-and-collagen.156049/>

[LifeFuel] Ultimate Whitemaxxing guide (includes skinmaxxing)

<http://archive.is/NLwGY>

<https://web.archive.org/web/20200725112734/https://looksmax.me/threads/the-8-dollar-whitemaxxing-stack.166670/>

**Proper Development of the Skull and Posture after Birth**

<http://archive.is/GBnpK>

<https://looksmax.me/threads/collagen-maxxing-guide-gtfih.28058/>

(real science) Skin ageing

<http://archive.is/fTX4s#selection-503.0-503.26>

<https://web.archive.org/web/20200722152023/https://looksmax.me/threads/redlight-therapy-is-legit-everyone-gtfih.24622/>

[Method] The Looksmaxxers Guide to Retin-A/Tretinoin  
(Skinmaxxers/Acnecels GTFIH)

<http://archive.is/fivVK>

<https://looksmax.me/threads/mouth-widening-guide-version-3-0.36182/>

<https://web.archive.org/web/20200723180129/https://looksmax.me/threads/how-to-lose-tan.56223/>

<https://web.archive.org/web/20200721234432/https://looksmax.me/threads/the-randle-cycle-possible-answer-to-hormonal-issues-skin-issues-mood-issues.70765/>

**Reccomendation :**

**poorcel**

vitamin c 500mg/ day

tretinoin (work up to 0.05% ED)

dermarolling 1mm (These derma roller size needles are more effective in inducing the **production of collagen**

<http://dermarollerqmd.com/demarolling-therapy/what-size-derma-roller-should-i-use/>) 1 time weekly

sunscreen: spf 15 blocks 93% so in terms of ROI this is best

**Richcel:**

vitamin C 2grams /day (drink enough water so you dont get kidney stone

tretinoin (work up to 0.05% ED)

dermarolling 1mm 1 time weekly

sunscreen: spf 50

Bovine: 200mg / kg of body weight

Red light therapy: 15-30minutes daily

Aloe vera (topically or oral, although topical seems to have almost no irritation)

<https://web.archive.org/web/20200721234548/https://looksmax.me/threads/my-science-based-longevity-stack-to-extend-your-prime.60789/>

<https://web.archive.org/web/20200721235133/https://looksmax.me/threads/archived-facial-exercises.49192/>

[The 10 Step Korean Skin Care Routine](#)

[Your Skin Reflects Your Liver](#)

[7 Surprising Causes Of Acne](#)

[Beta-Carotene Supplements for Eyes and Skin | Buy Beta Carotene](#)

<https://web.archive.org/web/20200722152626/https://looksmx.me/threads/permalip-to-get-manly-fuller-lips.139768/>

<https://looksmx.me/threads/retin-a-causes-loss-of-subcutaneous-fat.135795/>

<https://web.archive.org/web/20200721235518/https://looksmx.me/threads/my-results-after-4-days-of-mouth-widening-before-after.167477/>

<https://web.archive.org/web/20200725114150/https://looksmx.me/threads/archived-facial-exercises.49192/>

<https://web.archive.org/web/20200722000112/https://looksmx.me/threads/ive-seen-a-few-new-people-asking-about-skin-stuff-recently-so-here-we-go.110608/>

[Method] The Looksmaxxers Guide to Retin-A/Tretinoin (Skinmaxxers/Acnecels GTFIH)

<http://archive.is/fivVK>

[Copy of Skincare Guide](#)

<https://web.archive.org/web/20200721235928/https://looksmx.me/threads/skincare-routine.62832/>

<https://web.archive.org/web/20200722000401/https://looksmax.me/threads/mouth-widening-appliances.133623/>

## **FACE PROPORTIONS AND RATIOS**

**[Serious]** LOOKSMAXXING GUIDE FOR LOW IPD CELS  
[HIGH IQ]

<https://archive.is/T3AtV>

**[Method]** 3 ways to fraud your IPD and make it look wider

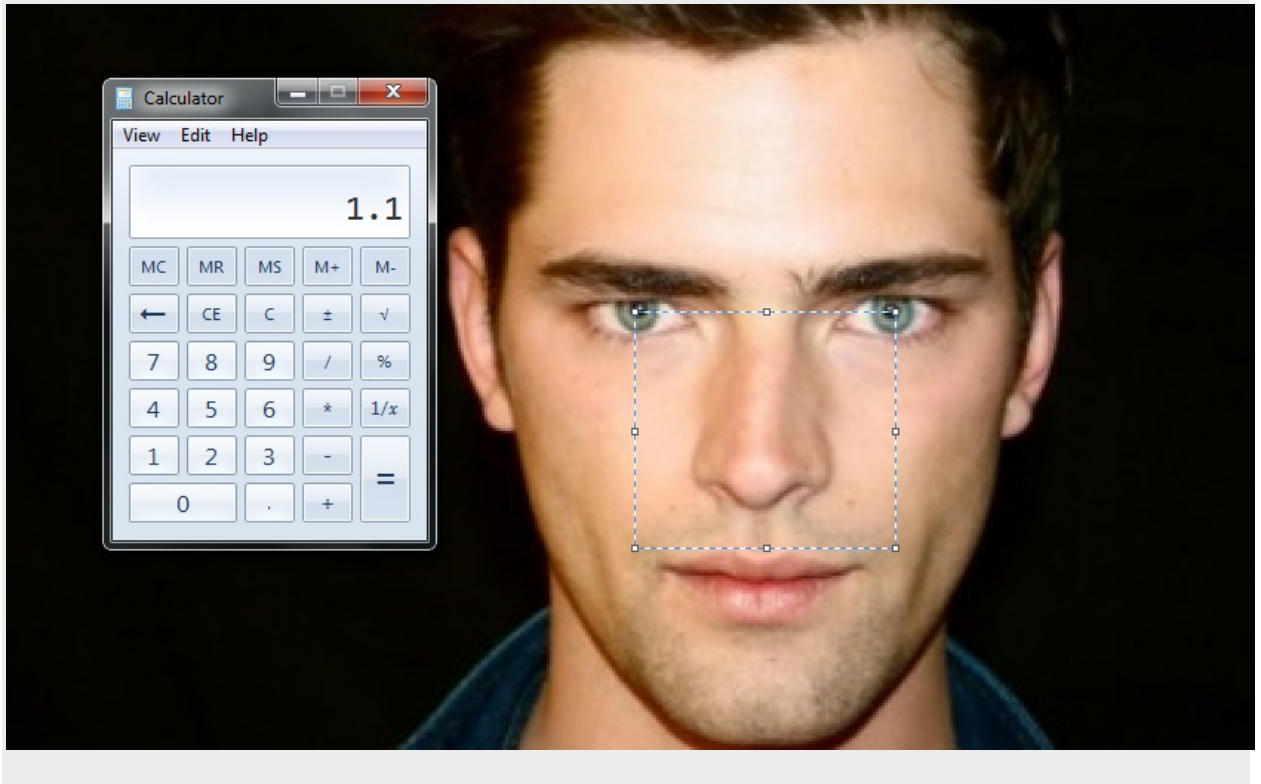
<https://archive.is/8P6CF>

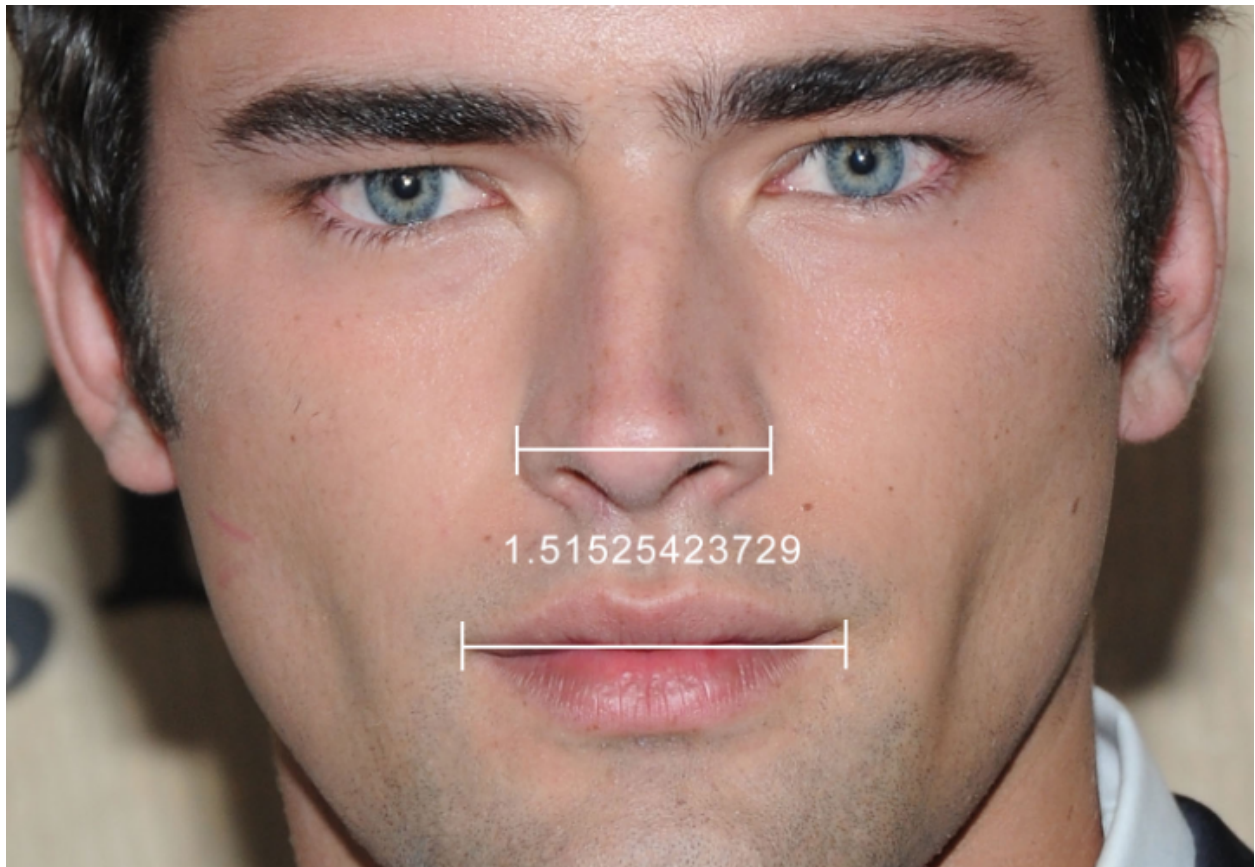
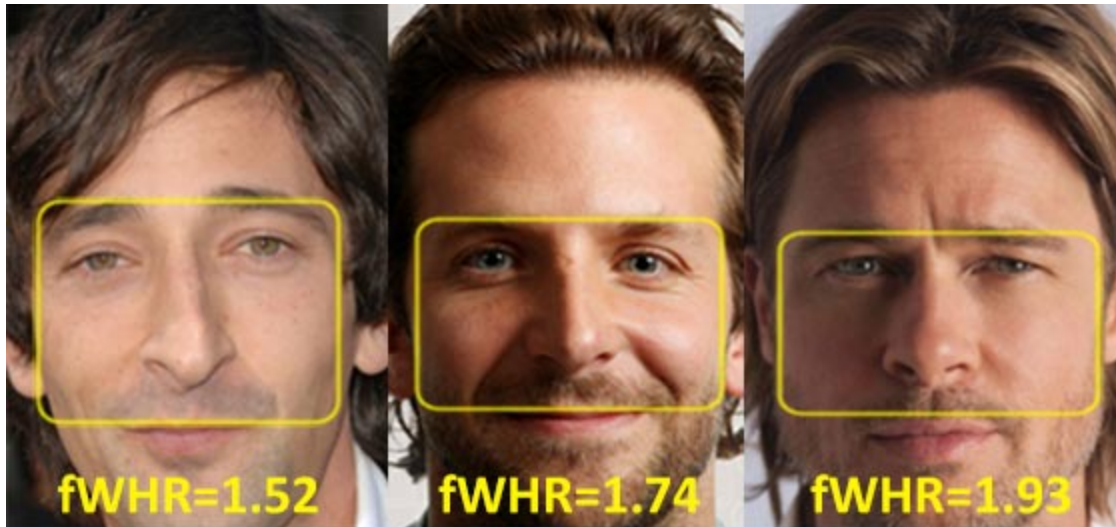
**[Method]** Ultimate guide to facial flaws and surgeries  
needed to fix them

<https://archive.is/skbio>



[Theory] ideal facial ratios & proportions <https://archive.is/E4uRM>

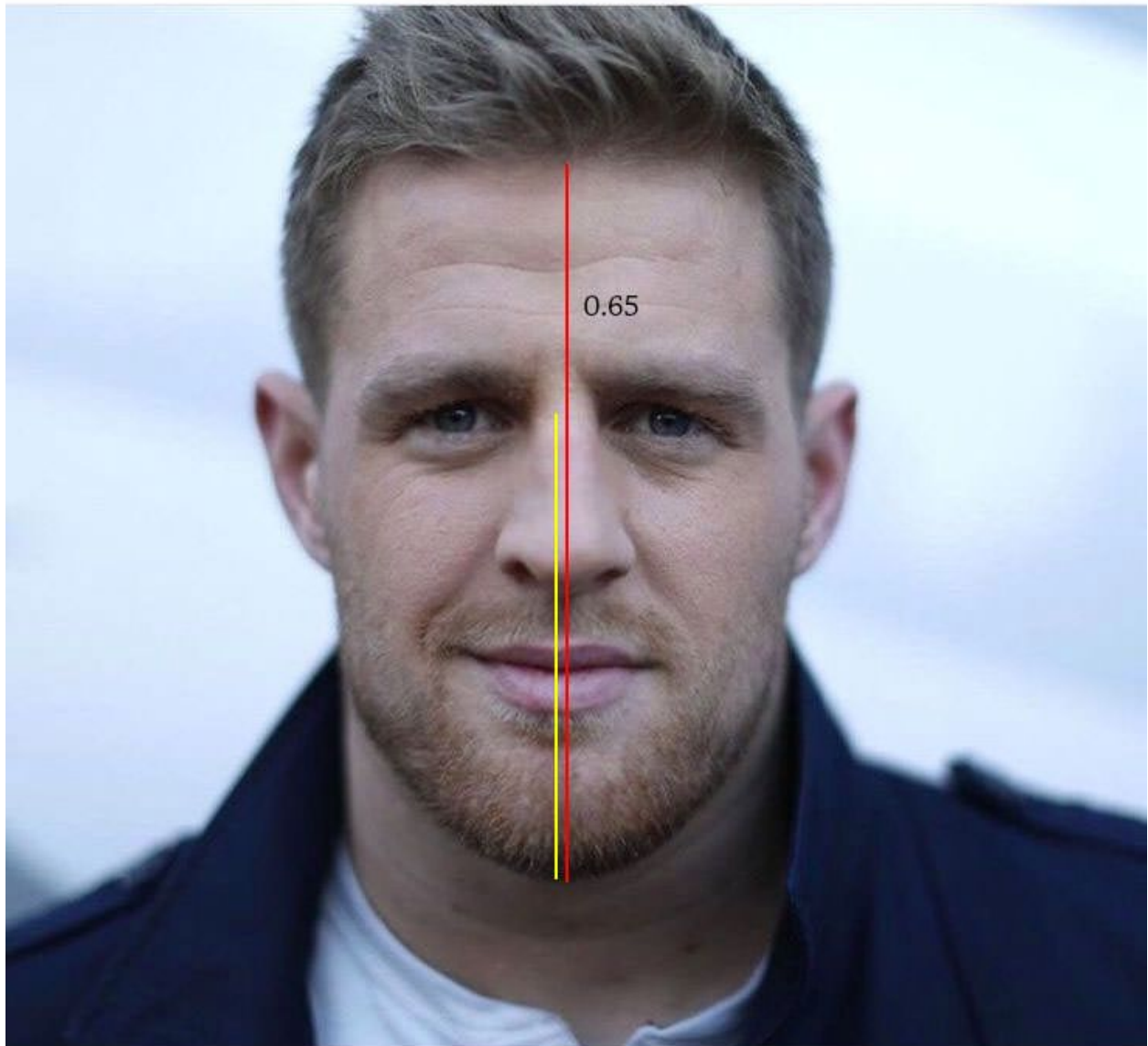
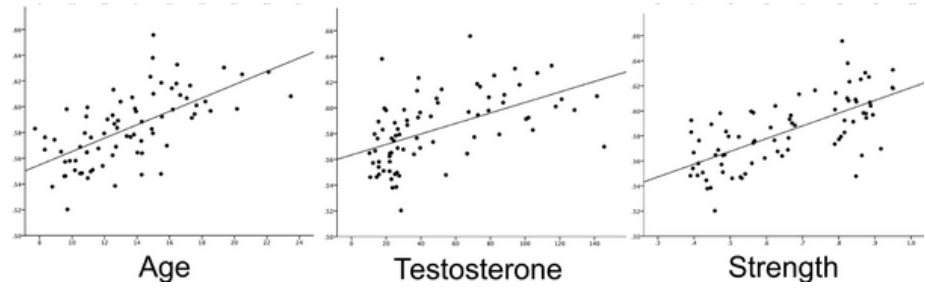
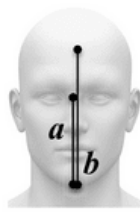


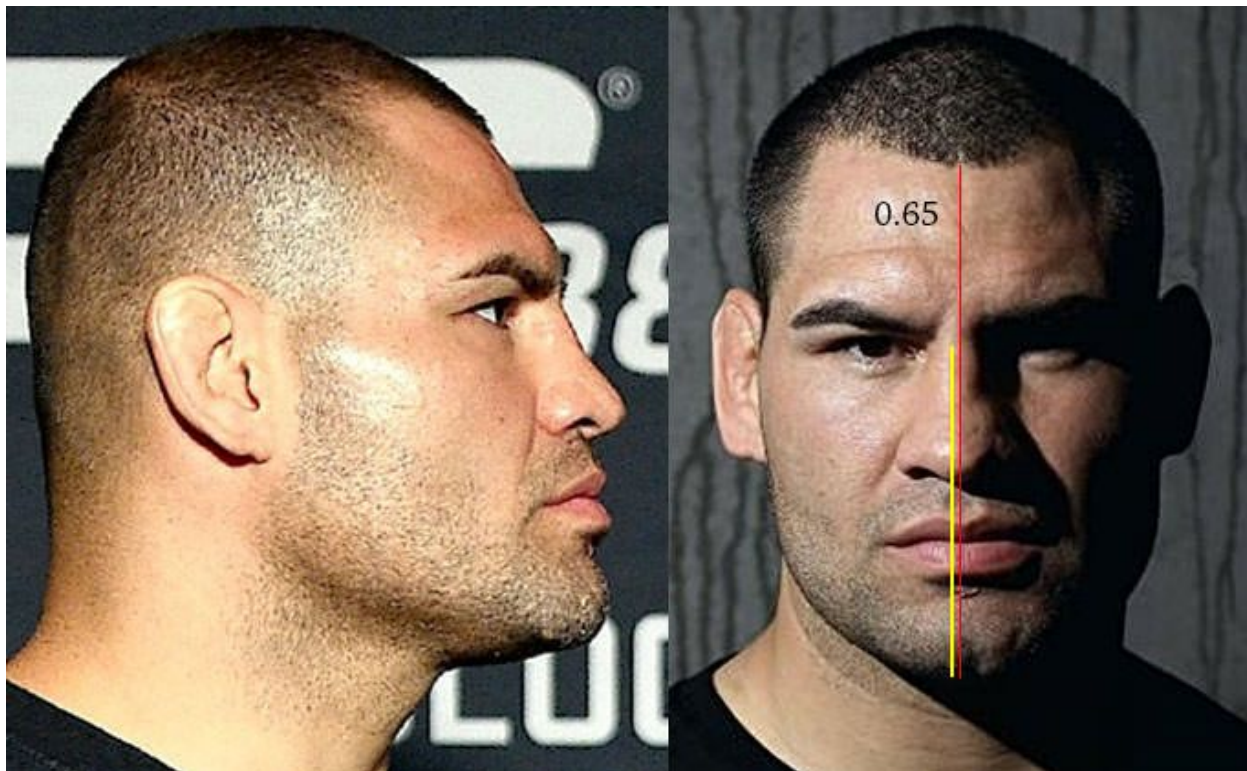


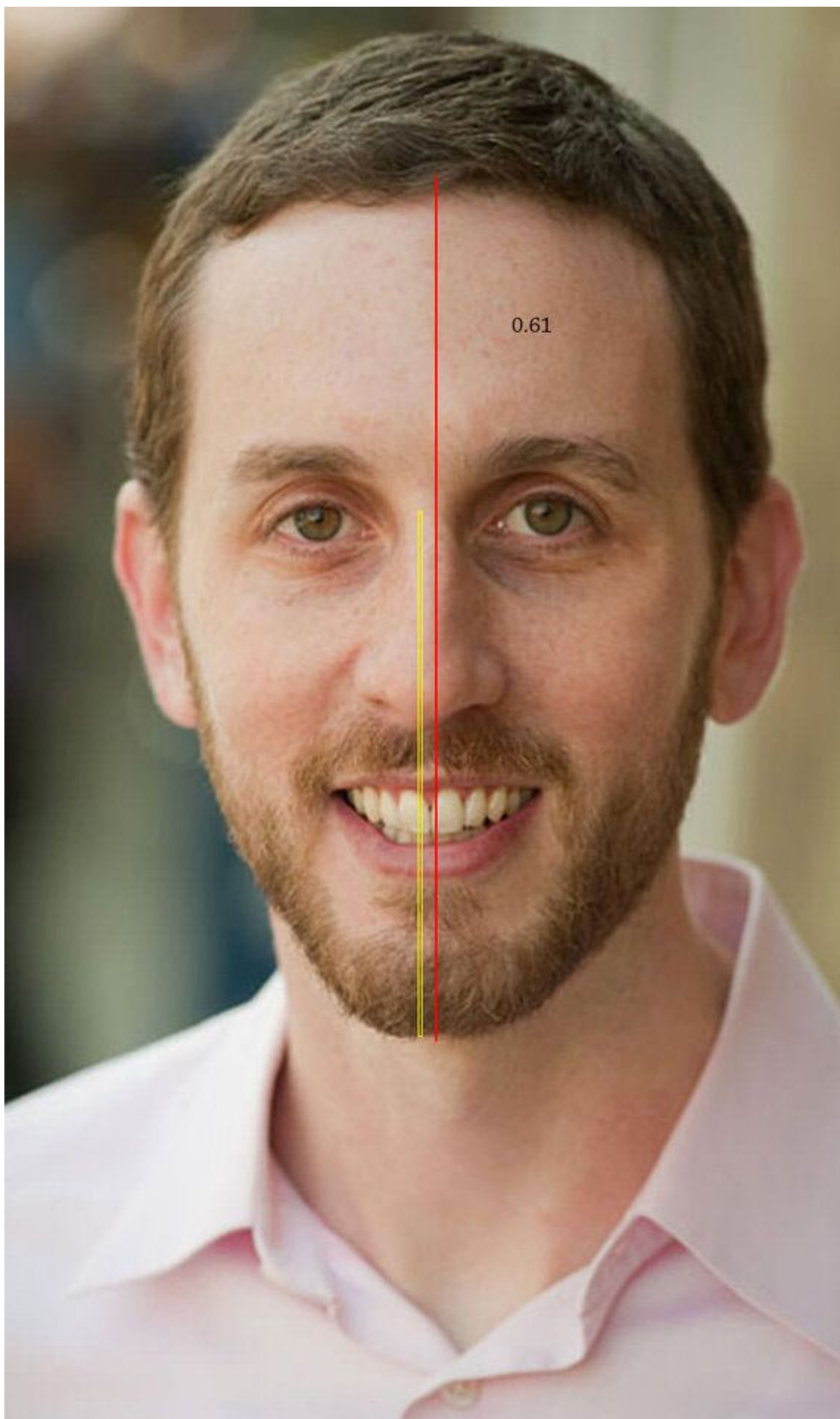
**[Theory]** ideal facial ratios & proportions v2

<https://archive.is/OoEWI>

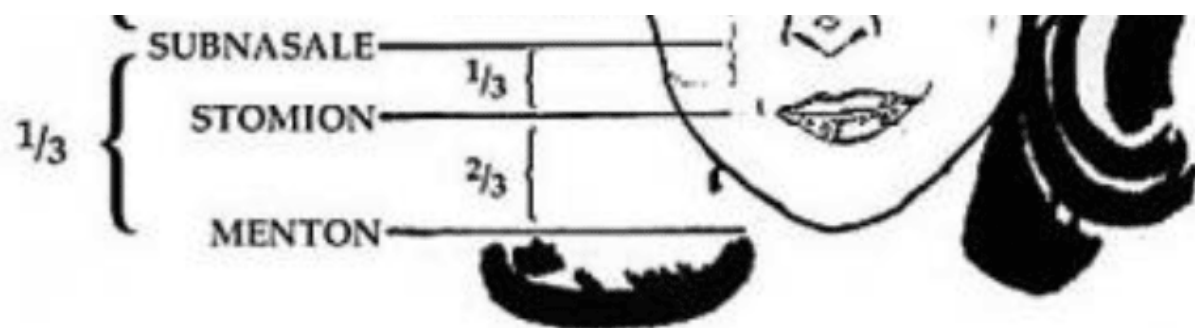
Lower/full  
face ratio







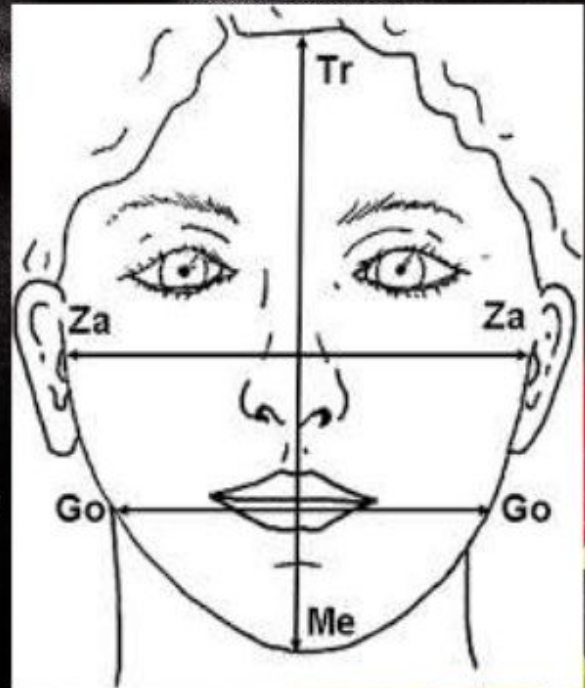
0.61

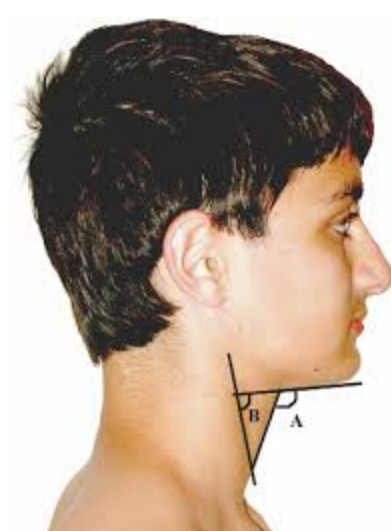
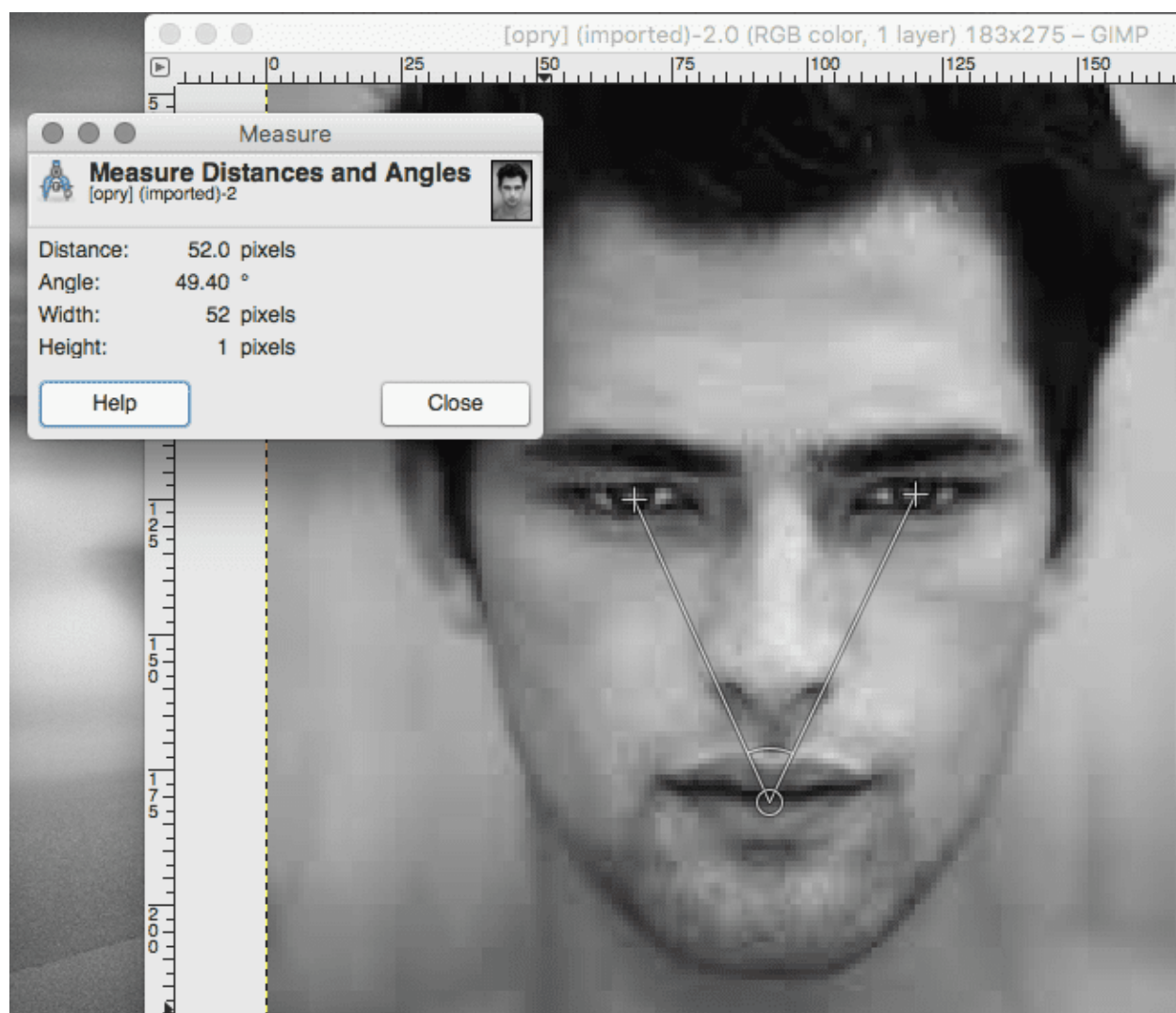


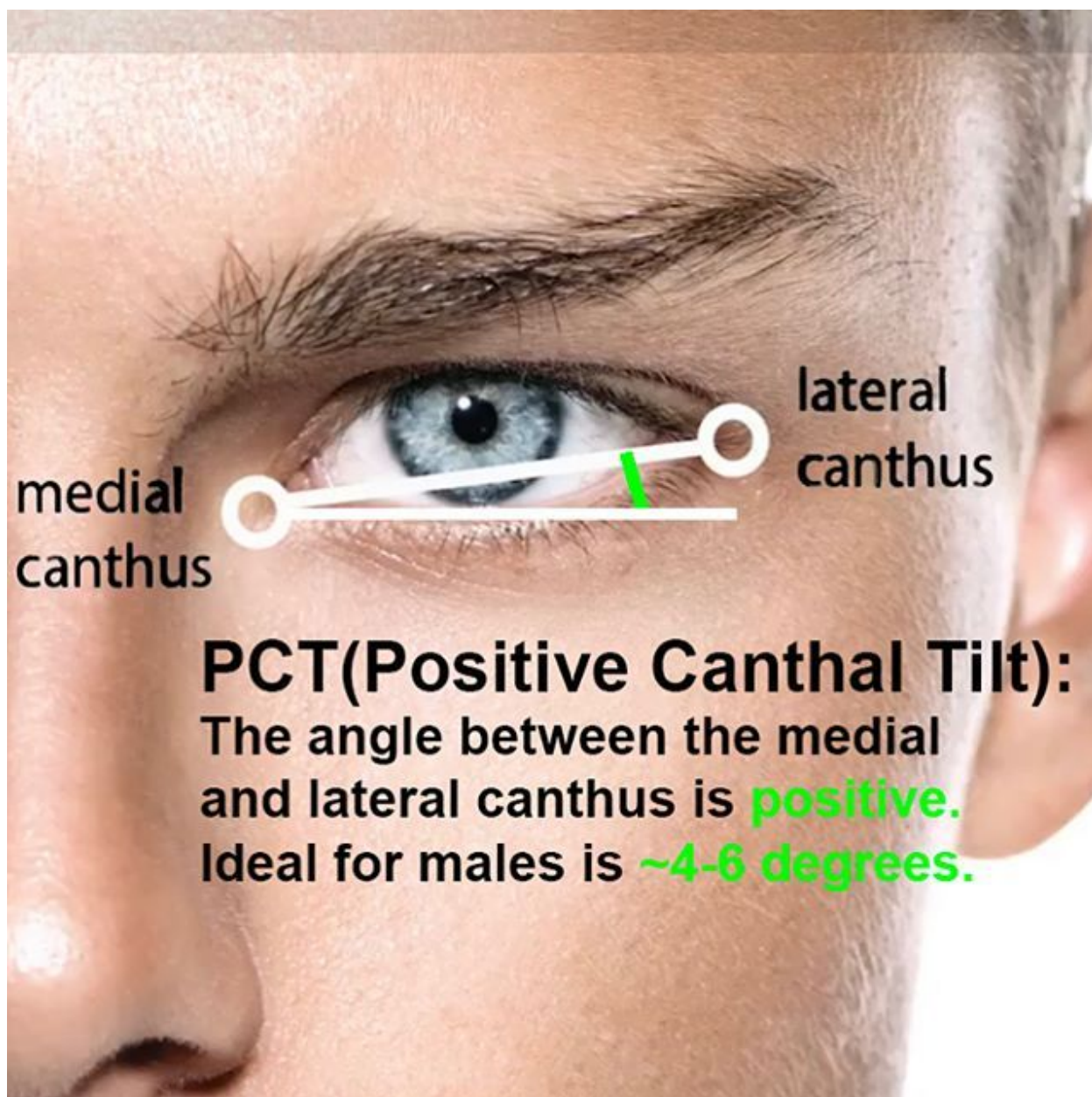
# vertical evaluation

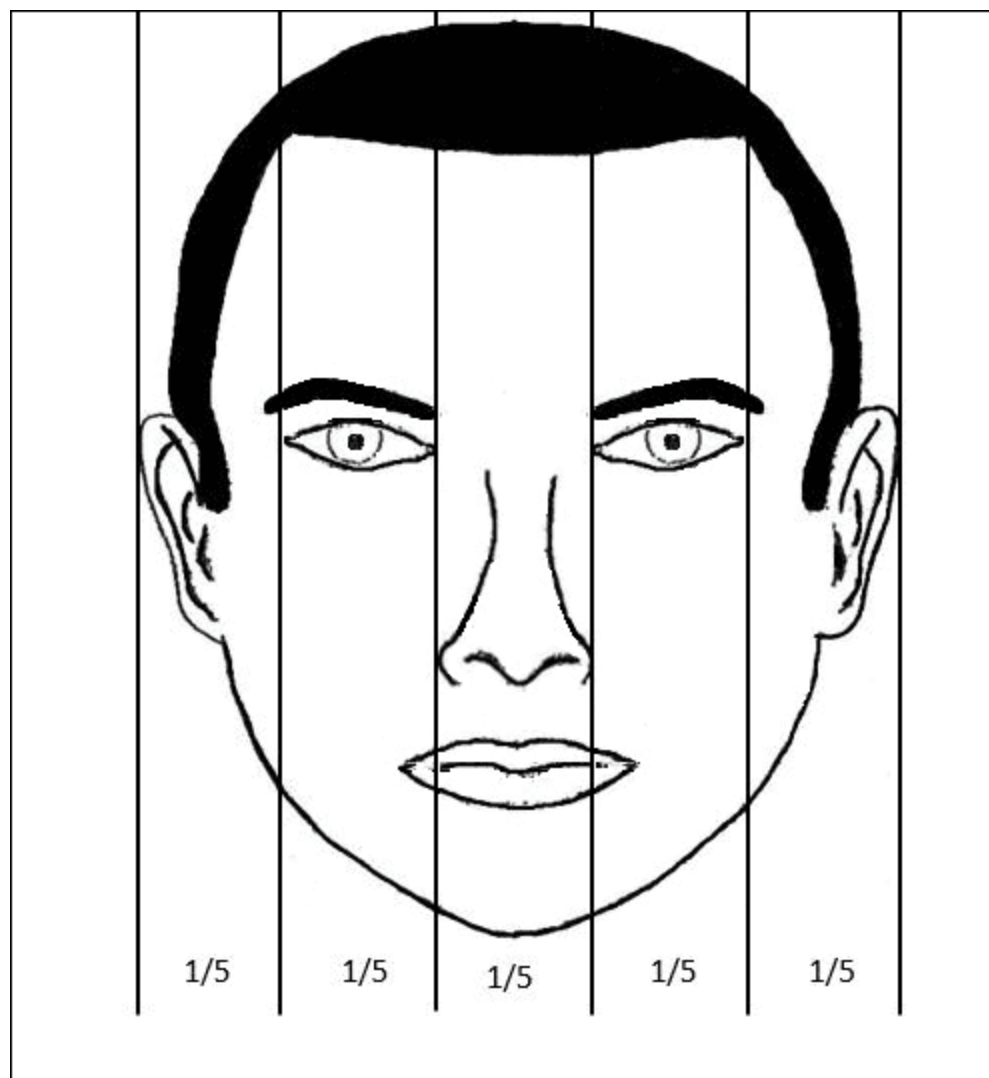
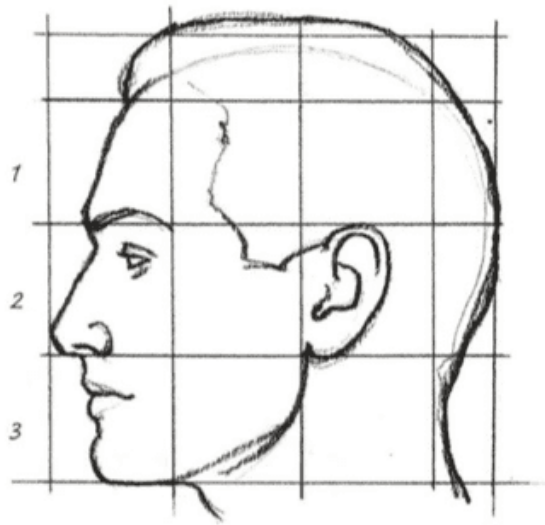
- Symmetry :

1. **Bizygomatic:** between zygion points the most lateral point of the zygomatic arch.
  2. **Bigonial** : width of lower third
- High to width proportion are 1,3 : 1 for female and 1,35 : 1 for males
  - Bigonial width should be 30% less than bizygomatic width









**[Method]** Found a way to get model measurement

<https://archive.is/6ewJ5>

**High Trust and Low Trust Face - DATING ADVICE FOR MEN**

<https://archive.is/TGzIA>

Our brains judge a face's trustworthiness, even when we can't see it

<https://archive.is/Ea8lO>

<https://looksmax.me/threads/breaking-theory-on-facial-development.61570/> (lost but claims chewing enables forward growth and mewing simply upholds)

[QOVES Studio](#)

## **FACE BONES**

<https://web.archive.org/web/20200722154336/https://looksmax.me/threads/bullshitting-to-get-free-braces.41292/>

<https://web.archive.org/web/20191219152918/https://lookism.net/showthread.php?tid=342789>

<https://web.archive.org/web/20200722154802/https://looksmax.me/threads/best-way-to-chew.51474/>

<https://www.focussfinder.com/ganzheitliche-zahnmedizin/cmd/copa-konzept/>

<https://web.archive.org/web/20200722160702/https://looksmax.me/threads/how-to-move-your-entire-face-forward-with-osteodistractor.61460/>

<https://looksmax.me/threads/breaking-theory-on-facial-development.61570/>

[https://www.researchgate.net/publication/274894605\\_Dental\\_Arch\\_Size\\_Biting\\_Force\\_Bizygomatic\\_Width\\_and\\_Face\\_Height\\_in\\_Three\\_Colombian\\_Ethnic\\_Groups](https://www.researchgate.net/publication/274894605_Dental_Arch_Size_Biting_Force_Bizygomatic_Width_and_Face_Height_in_Three_Colombian_Ethnic_Groups)

<https://www.angle.org/doi/pdf/10.2319/011905-17>

<https://web.archive.org/web/20200723132135/https://looksmax.me/threads/ideal-braces-to-fix-my-lower-1-3rd.41310/>

[http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S2176-94512012000400028](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S2176-94512012000400028)

<https://www.ncbi.nlm.nih.gov/pubmed/2708533>

**[Discussion]** Ways to push maxilla forward other than mewing?

<http://archive.is/F12hZ>

<https://web.archive.org/web/20191219153327/https://lookism.net/showthread.php?tid=362744>

<http://jawpain-tmjtreatment.com/>

**[Progress]** Face pulling Experiment

<http://archive.is/yPSW6>

**The Mewing Appliance <sup>TM</sup>**

**A mewing device that improves your facial appearance so you can reach your full potential**

<http://archive.is/ni4Th>

isolated Gaelics had been attacked with dental caries.

#### Nutrient Analysis of an Average Diet for Modernized Gaelics

| Calories    | Food                 | Fat-Soluble Activators | Calcium     | Phosphorus  | Iron        |
|-------------|----------------------|------------------------|-------------|-------------|-------------|
| 1000        | White Bread          | Low                    | 0.11        | 0.35        | 0.04        |
| 400         | Jam, Sugar, Syrup    | Low                    | 0.05        | 0.08        | 0.02        |
| 100         | Chocolate and Coffee | Low                    | 0.01        | 0.07        | 0.00        |
| 300         | Fish Without Livers  | High                   | 0.57        | 0.60        | 0.02        |
| 100         | Canned Vegetables    | Low                    | 0.06        | 0.08        | 0.00        |
| 100         | Eggs                 | Medium                 | 0.04        | 0.12        | 0.00        |
| <b>2000</b> |                      | <b>Low</b>             | <b>0.84</b> | <b>1.30</b> | <b>0.07</b> |

Price, W. A.

#### Diet Comparison Primitive vs. Modern Gaelics

| Gaelics                | Calories | Fat-Soluble Activators | Calcium     | Phosphorus  | Iron        |
|------------------------|----------|------------------------|-------------|-------------|-------------|
| Isolated               | 2000     | Very High              | 1.76        | 3.04        | 0.07        |
| Modern                 | 2000     | Low                    | 0.84        | 1.30        | 0.07        |
| <b>The Differences</b> |          | <b>10x or more</b>     | <b>2.1x</b> | <b>2.3x</b> | <b>1.0x</b> |

#### Nutrient Analysis of an Average Diet for Indigenous People in the Swiss Alps

| Calories    | Food       | Fat-Soluble Activators | Calcium (grams) | Phosphorus (grams) | Iron (grams) |
|-------------|------------|------------------------|-----------------|--------------------|--------------|
| 800         | Rye Bread  | Low                    | 0.07            | 0.46               | 0.00         |
| 400         | Milk       | High                   | 0.68            | 0.53               | 0.00         |
| 400         | Cheese     | Very High              | 0.84            | 0.62               | 0.00         |
| 100         | Butter     | Very High              | 0.00            | 0.00               | 0.00         |
| 100         | Barely     | Low                    | 0.00            | 0.03               | 0.00         |
| 100         | Vegetables | Low                    | 0.06            | 0.08               | 0.00         |
| 100         | Meat       | Medium                 | 0.00            | 0.12               | 0.00         |
| <b>2000</b> |            | <b>Very High</b>       | <b>1.76</b>     | <b>3.04</b>        | <b>0.01</b>  |

Price, W. A., (Some figures have been rounded up for simplicity)

#### Health & Nutrition Analysis of the Isolated, Indigenous Swiss

##### The nutrition of the people of the Loetschental Valley

Carefully processed sourdough Rye Bread, Summer Cheese (about as large as the slice of bread), which is eaten with fresh milk of goats or cows. Meat is eaten once a week.

##### Immunity to Tooth Decay

In a study of 4,280 teeth of the children of these high valleys, only 3.4% were found to have been attacked by tooth decay. In the Loetschental Valley 0.3% of all teeth were affected with tooth decay.

**Above: Normal Development**

"An examination of the growing boys and girls disclosed the fact that only one tooth out of every hundred examined had ever been attacked by tooth decay. The general physical development of these children was excellent, as may be seen in the upper half of [this figure]. Note their broad faces."

Price, W. A. Nutrition and Physical Degeneration, 6th Ed.,

**Below: Checked Development**

"This is in striking contrast with the children of the hamlet of Tarbert which is the only shipping port on the Isle of Harris.. These Tarbert children had an incidence of 32.4 carious teeth out of every hundred teeth examined. The distance between these two points is not over ten miles.. [They have] access to modern foods, since it supports a white bread bakery store with modern jams, marmalades, and other kinds of canned foods."

Price, W. A. Nutrition and Physical Degeneration, 6th Ed.,



Above: Normal Development

Below, Checked Development



©Price-Pottenger Nutrition Foundation PPNF.ORG

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3976443/>

<https://www.thorne.com/products/dp/vitamin-d-liquid>

<https://web.archive.org/web/20200723132426/https://looksmax.me/threads/the-importance-of-the-hyoid-bone.60247/>

[Vitamin K2 is HUGELY legit \[GTFIH CELS\]](#)

<https://www.intechopen.com/books/cell-signalling-thermodynamics-and-molecular-control/vitamin-k2-a-vitamin-that-works-like-a-hormone-impinging-on-gene-expression>

<https://web.archive.org/web/20200722001616/https://looksmx.me/threads/ultimate-facial-bone-growth-guide.37938/>

[Possible to increase FWHR while in puberty?](#)

<https://web.archive.org/web/20200723153735/https://looksmx.me/threads/facial-bones-growth-at-18.43150/>

<https://web.archive.org/web/20200723154053/https://looksmx.me/threads/list-of-appliances-to-buy.44810/>

<https://web.archive.org/web/20200723154826/https://looksmx.me/threads/palate-expander-transformation-from-incel-to-chad.46474/>

<https://web.archive.org/web/20200722002125/https://looksmx.me/threads/teeth-whitening-guide-fuck-whitening-strips.12650/>

<https://web.archive.org/web/20200722001840/https://looksmax.me/threads/how-to-get-a-more-protruding-supra-orbital-ridge-w-o-surgery.46937/>

[Pituitary gland and Maxilla development \(Weston Price\) – Main Forum – Correction Methods](#)

<https://web.archive.org/web/20200722002414/https://looksmax.me/threads/designing-a-new-orthodontic-appliance.54974/>

<https://the-great-work.org/adult-palate-expansion/#more-611>

[Belt facepulling / Dons Johns – Main Forum – Correction Methods](#)

[Common Tongue Posture Problems and Solutions](#)

[Guide to Proper Tongue Posture / Mewing](#)

[Proper Development of the Skull and Posture after Birth](#)

[Facepulling Before and After Photos of Patient Zero](#)

<https://web.archive.org/web/20200723161738/https://looks theory.org/threads/how-to-improve-jaw-and-fwahr.6336/>

**[Discussion]** Neurocranial Restructoring

<http://archive.is/7IARH>

**[Guide]** Full Fraudward growth guide

<http://archive.is/XbWl1>

how orthodontist are ruining your face #24: herbst appliance and rubber bands are stunning your maxilla growth!<http://archive.is/r0OIK>

Maxilla question

<http://archive.is/xu40t>

**[JFL]** [Distraction Osteogenesis] Forget LeFort, you need the Arnaud Cranio-orbital Distractor 2.0

<http://archive.is/5ApPU>

**[LifeFuel]** MSDO (Mandibular symphyseal distraction osteogenesis) the MSE for the lower

jaw<http://archive.is/8SD8l#selection-507.0-513.79>

**[Serious]** 3 OPTIONS TO EXPAND THE MANDIBLE [By Ronald Ead]

<http://archive.is/acgKF#selection-505.0-511.48>

Bigonial width - often neglected but one of the MOST IMPORTANT factors for facial attractiveness and harmony

<http://archive.is/x1eJT>

<https://web.archive.org/web/20200723155930/https://lookstheory.org/threads/bone-hypertrophy.8636/>

[Vitamin K2: A Vitamin that Works like a Hormone, Impinging on Gene Expression](#)

<https://web.archive.org/web/20200722002832/https://looksmx.me/threads/affordable-god-tier-face-puller.66191/>

<https://web.archive.org/web/20200722002707/https://looksmx.me/threads/how-to-pull-your-maxilla-forward-definitive-guide.45691/>

<https://web.archive.org/web/20200723163632/https://looksmx.me/threads/a-potentially-effective-new-technique-for-adjusting-the-skull-by-hand.70904/>

<https://web.archive.org/web/20200723164508/https://looksm.max.me/threads/kawamoto-distractor-midface-sagittal-expander.70422/>

[850nm Light For Bone Remodeling / Orthodontics](#)

<https://web.archive.org/web/20200723164712/https://looksm.max.me/threads/if-you-want-to-bonesmash-your-zygos.83297/>

<https://web.archive.org/web/20200722002959/https://looksm.max.me/threads/occipital-reduction.93183/>

<https://web.archive.org/web/20200722003321/https://looksm.max.me/threads/jaw-building-guide-part-2.95084/>

<https://web.archive.org/web/20170521010520/http://lookism.net/Thread-Masseter-Temporalis-training-Free-Weight-method>

## Is your vitamin K2 the MK-4 form or the MK-7 form?

Thorne offers both forms of vitamin K2 in different products. The end result of vitamin K2 synthesis is two vitamin K2 subtypes known as menaquinones, either MK-4 or MK-7. Both subtypes are nearly completely absorbed in the body, with peak serum concentration for MK-4 occurring at two hours after ingestion, and for MK-7 at four hours after ingestion. However, whereas MK-4 disappears from the bloodstream in about 8 hours, MK-7 can remain in the bloodstream for as long as 72 hours. Thorne uses both subtypes of Vitamin K2. Thorne's 3-K Complete contains significantly more MK-4 than most other multiple-K products on the market, in addition to MK-7 as MenaQ7®, the form used in the majority of MK-7 research. Both are soy free unlike many others on the market.

- MK4 stops and reverse bone loss, grows stronger bones and reduces fractures more than 80%.
- MK7 has never been shown to reduce fractures.
- The use of MK4 is supported by more than 28 clinical trials with over 7000 volunteers.

## Summary of Nutrients

| Number | Nutrient  | Role                                                                       | FDA Recommended Daily Intake | What I recommend      | Amount                        | Remarks                                               |
|--------|-----------|----------------------------------------------------------------------------|------------------------------|-----------------------|-------------------------------|-------------------------------------------------------|
| 1      | Calcium   | Building block of bone                                                     | 1300mg                       | Milk                  | 1 cup of milk daily           | Don't overdo                                          |
| 2      | Magnesium | Limits PTH (ensures calcium remains in bone and not deposited into joints) | 420mg                        | Supplement            | 1 500mg pill (alternate days) | Take bioavailable form (glycinate/chelate, not oxide) |
| 3      | Vitamin D | Accelerates bone remodeling                                                | 20mcg                        | Supplement            | 1 5000 IU pill (daily)        | Sunlight preferable                                   |
| 4      | Vitamin K | Accelerates bone remodeling                                                | 120mcg                       | Supplement (or Natto) | 1 100mcg pill (daily)         | Natto Preferable                                      |

Feedbacking

Maximizing Tongue Posture/Bone Remodeling Effectiveness with Nutrients

**\*\*Traditional diets may have been estimated to give dosages of Vitamin K2 MK-4 in up to 400-500mcg per day.**

## [Bruxism Or Tooth Grinding and the Shape of your Face](#)

[Interaction of Anabolic Androgenic Steroids and Induced Tooth Movement in Rats](#)

<https://www.ncbi.nlm.nih.gov/pubmed/29160404>

<https://pdfs.semanticscholar.org/0355/5248146528ae37eb3d7a7e24a71f17297423.pdf>

USE OF ANABOLIC ANDROGENIC STEROIDS SIGNIFICANTLY INCREASES BONE MOVEMENT A study evaluated the interaction of anabolic androgenic steroids on orthodontic tooth movement in rats. The rats were grouped, testosterone injections and Control (Nothing). Orthodontic devices were placed on all. The rats with testosterone injections compared to Nothing were found to have a significantly faster bone movement, You guys might ask why Does steroids but not K2 speed up mewing Well they both increase bone mineral density but The difference is the steroids with androgenic activity acted as a Growth Hormone, with a biphasic effect to accelerate resorption and delay in bone deposition, Allowing for more efficient movement without interruption. Steroids also increase collagen synthesis. The use of steroids with androgenic activity accelerates the chronology of alveolar repair. increase collagen synthesis, even without considerable increase in collagen fibers. There was an increase and advance in bone resorption and reorganization of the periodontal ligament collagen fibers in cases where AAS were administered. If you cant get testosterone... theres a much better alternative Look into SARMS, like LGD-4033 with a Anabolic to Androgenic ratio of 10:1 compared to Testosterone 1:1 Meaning its 10 times more potent than testosterone Oh yea and also The LGD-4033 is highly selective towards muscle and bone which is excellent The testosterone may affect other organs which may not be a good thing

## [\(PDF\) Dental Arch Size, Biting Force, Bizygomatic Width and Face Height in Three Colombian Ethnic Groups](#)

<https://web.archive.org/web/20200723165221/https://looksmax.me/threads/maxilla-expansion-if-ur-under-18-gtfih-insane-looksmax-opportunity.166007/>

<https://web.archive.org/web/20200722003544/https://looksmax.me/threads/few-people-realize-that-a-backward-grown-neck-is-more-important-than-a-forward-grown-face-for-a-men-magnum-location-theory.156373/>

<https://web.archive.org/web/20200722003752/https://looksmax.me/threads/why-masseter-matters-for-males.155942/>

[Hard food, strong jaw: Jawbone structure responds to forceful chewing](#)

<https://web.archive.org/web/20200722003905/https://looksmax.me/threads/how-to-make-a-face-puller-appliance-for-copeandropes-face-puller-or-for-face-bow.91372/>

[How To Make An Orthodontic Face Pulling Appliance \(USE NEW VERSION - ON CHANNEL\)](#)

[Open Mouth Chewing?! – Main Forum – Correction Methods](#)

**[Info]** Chewing for a more defined and broad jaw only works if...

<http://archive.is/24Vz6>

## FULL CHEWING GUM GUIDE

### Technique

1. Chew on both sides
2. Go straight up and down without circular motions
3. Squeeze the gum until molars teeth touch each other

### Basic rules

1. Keep intensity high it should be struggling through the whole time of chewing. If 10/10 is barely chewable keep it around 6/10, borderline masseters burn intensity
2. Sip cold water while chewing to maintain intensity

Avoid tmd as much as possible.  
If you are recessed you need to progress at slower rate and lower intensity.  
If you have tmd chewing is barely beneficial bc the load is spread incorrectly into the skull damaging your joints

### Basic routine

1. Start from 30m-1h chewing everyday
2. Add 30m every 1 or 2 weeks
3. Progress until peak at 3-4h
4. Keep the volume at 3-4h chewing everyday

### Chewing gum

1. Fallm. Use cold water to maintain intensity
2. Mastic. Chew more drops to maintain intensity

(has shit spelling, I didn't make it jfl)

## [Skeletal Effects of Growth Hormone and Insulin-like Growth Factor-I Therapy](#)

## [Metabolic effects of growth hormone in the child and adolescent](#)

## [Supraorbital ridge and masticatory apparatus I: Primates](#)

<https://web.archive.org/web/20200722004035/https://looksmax.me/threads/mastication-was-found-to-increase-bone-deposition-in-the-supra-orbital-ridge-to-disperse-tension.112333/>

<https://web.archive.org/web/20200722004322/https://looksmx.me/threads/i-mightve-found-the-solution-for-occiputceIs.133967/>

<https://web.archive.org/web/20200722004512/https://looksmx.me/threads/masculine-pct-vs-feminine-pct-info.134062/>

“First off, for mewing purposes. The best thing to do is speed up bone remodeling, which is the process of osteoclast breaking away old bone tissue and osteoblast forms new bone tissue in its place. And osteocytes-responds to stress on the bone, and a good example of this is mewing, osteocytes recognize the pressure from mewing and communicate to the osteoclast and osteoblast cells. So to speed it up, its best to have good amounts of osteoclast, and osteoblast. Too much osteoclast and not

enough osteoblast results in net bone loss, as well as the bone movement you are trying to achieve from mewing is tougher and slower rather than pliable and easier. Some have proposed that vitamin k2 megadoses would speed up bone remodeling, however, K2 kills osteoclasts and results in reduced breaking away of old bone tissue, fucking up mewing progress. You need both. The people on k2 basically just got increased FWHR but they won't be able to compress their midface and pull the maxilla forward when the bones are now slower to change. Best and most reasonable thing I found that speeds up bone remodeling is Growth Hormone, except that shit is expensive. However MK-677 an oral growth hormone secretagogue increases markers of bone formation and bone resorption <https://www.ncbi.nlm.nih.gov/pubmed/9661080>. Its relatively easy to get your hands on, just find a good source. As for Vitamin K2 megadoses, i suppose if you are maxed out in mewing gains, but you wish to increase the size of certain areas like zygos and your chin, you could bonesmash while taking k2+calcium+D3+magnesium.- Via Lookism Discord, Godfather.”

### <https://www.atlasobscura.com/articles/how-chewing-gave-humans-flat-faces-little-teeth-and-wimpy-jaws>

“Natural selection probably favored these adaptations to allow australopithecines to process tough or hard foods, says Strait, but just over two million years ago, that trend reversed itself. The earliest members of the genus *Homo*, the group to which we belong to, evolved to have an much smaller chewing apparatus, leading to humans’ very weak chewing muscles, flat delicate faces, and small teeth.”

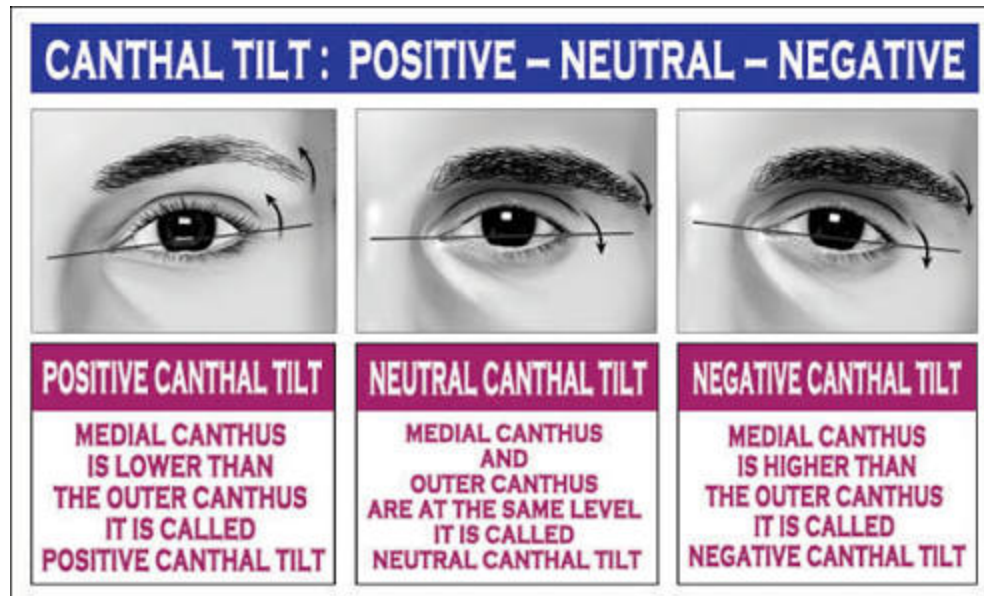
| Foods (100g or about 3.5 oz) | Vitamin K2 (micrograms) |
|------------------------------|-------------------------|
| Natto (fermented soybean)    | 939                     |
| Goose liver pate             | 370                     |
| Beef liver                   | 263                     |
| Chicken heart                | 142                     |
| Duck fat                     | 117                     |
| Ribs with bone               | 104                     |
| Butter oil                   | 81                      |
| Brie cheese (French)         | 80                      |
| Pork chop with bone          | 75                      |
| Jarlsberg cheese             | 73                      |
| Tenderloin                   | 72                      |
| Pork chop boneless           | 68                      |
| Camembert cheese (French)    | 68                      |
| Gouda cheese (Dutch)         | 65                      |
| Edam cheese (Dutch)          | 65                      |
| Egg yolk (Japan)             | 64                      |
| Chicken dark meat            | 60                      |
| Garnostol cheese (Norwegian) | 54                      |

## EYE AREA

<https://looksmax.me/threads/mega-thread-aegyo-sal-easiest-way-to-looksmax-must-watch.56327/>

<https://web.archive.org/web/20190704233051/https://looksmax.me/threads/the-eyebrowmaxxing-guide.6406/>

[Eyebrow Guide for Men - 4 Steps to perfect, powerful, masculine Eyebrows](#)



<https://web.archive.org/web/20200722005456/https://looksmax.me/threads/eye-area-aesthetics.138020/>

<https://web.archive.org/web/20200725113648/https://looksmax.me/threads/how-to-make-eye-area-less-tall.41914/>

<https://web.archive.org/web/20200725115148/https://looksmax.me/threads/stroma-released-more-results.51944/>

<https://web.archive.org/web/20200725115319/https://lookstheory.org/threads/lighten-your-eyes-permanently.263/>



The obvious: Clear eyes droppers make your eyes unrealistically white in like 5 min.

<https://web.archive.org/web/20200722005635/https://looksmax.me/threads/hoodingmaxxing-ctmaxxing-101.119574/>

<https://web.archive.org/web/20200723173126/https://forum.looksmaxxing.com/threads/importance-of-eyelashes-and-how-to-improve-eyelashes.1533/>

<https://link.springer.com/article/10.1007/BF02447216>

^ chewing gives you a better browridge

<https://web.archive.org/web/20200722005949/https://looksmax.me/threads/if-you-have-uneven-upper-eyelids-gtfih-possible-at-home-easy-solution.56246/>

<https://web.archive.org/web/20200723173445/https://looksmax.me/threads/experimental-method-to-browridgemax.56209/>

<https://web.archive.org/web/20200722011739/https://looksmax.me/threads/steroids-testosterone-for-masculine-face-high-iq-thread.171569/>

<https://web.archive.org/web/20200725124832/https://lookstheory.org/threads/lighten-your-eyes-permanently.263/>

<https://forum.looksmaxxing.com/threads/better-brows.711/>

## **OTHER ARCHIVES**

<https://web.archive.org/web/20200724134929/https://looksmax.me/threads/its-finished-tbh-every-useful-looksmax-thread-i-have-found-damn-took-like-7-hours-parsing-through-bullshit.44863/>

(will be archived fully in the future)

<https://web.archive.org/web/20200724135039/https://looksmx.me/threads/all-the-lookism-archives-i-could-scourage-before-that-shit-got-fucking-error-502.60674/>

X(archivers archived threads were unfortunately lost)X

<https://web.archive.org/web/20200724135150/https://looksmx.me/threads/more-lookism-threads-i-looked-up-before-i-got-error-502-the-only-ones-i-find-useful-part2.62267/>

X(archivers archived threads were unfortunately lost)X

<https://web.archive.org/web/20200724135254/https://looksmx.me/threads/every-single-bit-of-looksmxing-so-far-to-date-the-high-iq-stuff-uploaded-into-1-thread.45373/>

(in the process of being archived fully)

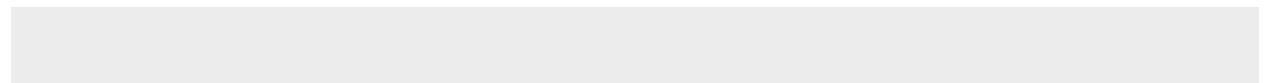
<https://web.archive.org/web/20200724153443/https://looksmx.me/threads/hypothesis-on-how-to-increase-facial-dimorphism.71480/>

(fully finished archive, on its own, in screenshot form tho)

[https://web.archive.org/web/\\*/https://lookism.net/showthread.php\\*](https://web.archive.org/web/*/https://lookism.net/showthread.php*)

(2300 archived lookism links, unsorted)

<https://web.archive.org/web/20200725123451/https://looksmx.me/threads/a-guide-to-ascend.70329/>



A guide to ascend

<http://archive.is/repQB>

(every link apart from information in plain text and image form has been implemented into this archive)

Useful looksmaxing threads

<http://archive.is/JoRUn>

(every link has been implemented into this archive)

Lookism guides i find useful personal preference.

<http://archive.is/TZuHt>

(fully finished smaller archive)

## **DICKMAXXING**

<https://www.ncbi.nlm.nih.gov/pubmed/20102448>

<https://web.archive.org/web/20200724155207/https://looksmax.me/threads/ncbi-1-month-of-penis-extender-incredible-results.63438/>

<https://mattersofsize.com/topic/dlds-first-routine-i-gained-2-inches-with-this-routine-full-tutorial.1717/>

<https://free-penis-enlargement-videos.thundersplace.org/en/dry-jelq.html>

<https://web.archive.org/web/20200722011542/https://looksmax.me/threads/the-ultimate-guide-to-a-healthy-and-hard-penis-gtfih.171393/>

<https://www.youtube.com/playlist?list=PLKAy-TmxwV7qQAQd9CXegFoaKNlii59KO>

**[NSFW]** PE Dick Transformation Pics (From 6' to 8'!!!)

<http://archive.is/T1Blq>

**[Method]** Chemical dickmaxxing (DICKCELS BELOW 25 yo GTFIH)<http://archive.is/Ev1Ex>

# OTHER

If you have nothing to do, these are some fields of study you should just learn about as much as you can, because it's fun. Build a solid knowledge base with preferably all of these.

- Physics, quantum physics, astronomy
- Aesthetics, craniofacial structure
- Chemistry, pharmacology
- Biology, zoology, paleontology, botany
- Advanced maths, statistics, **mental math/Vedic maths**
- History
- Anthropology
- Economics, business, investing
- Politics
- Psychology
- Other general knowledge

Some hobbies which can improve logical thinking and arguably make you smarter or perceived so along with some must have skills which can be lucrative.

- Chess, on a competitive level, aiming for a 2000 ELO: <http://chess.com> <http://lichess.org>
- Learning Rubik's cubing and speedcubing: <https://www.cubeskills.com/>
- Playing puzzle games every so often, download Luminosity it's a pretty good app but no evidence it'll make you smarter
- Coding, programming and web development: must know and very lucrative. Try to master HTML, CSS, C#, PHP, JavaScript, Java, Python, Swift, Ruby, C, C++: you can find several resources and apps like SoloLearn, Codecademy
- Knowledge of computers and hardware – learn to build devices and you better damn sure know what all the specs mean when you use a device
- Data science, data mining, ethical hacking: <https://www.udemy.com/course/learn-ethical-hacking-from-scratch/>
- Photoshop and professional graphic designing: <https://www.youtube.com/user/PhlearnLLC>
- Memory training: <https://www.youtube.com/user/rwhite73>
- Attempt to have a 25k+ words vocabulary. Estimate current: <http://vocabulary.ugent.be/wordtest/start>
- Read 500+ novels: don't buy, just download this app called AnyBooks, it even has Elliot Rodger's manifesto jfl
- Writing, content writing, technical writing:  
[https://en.m.wikiversity.org/wiki/Technical\\_writing/Courses#An\\_Introduction\\_to\\_Technical\\_Writing](https://en.m.wikiversity.org/wiki/Technical_writing/Courses#An_Introduction_to_Technical_Writing)
- Learn languages: French, Spanish, German, Greek, Mandarin, Japanese, Greek, Arabic, Hindi, Portuguese

## [Ron White Memory Expert - Memory Training & Brain Training](#)

[https://drive.google.com/drive/folders/1RDGY0Q3WBO\\_OE1gyImUn1W2ybFuFo6AQ](https://drive.google.com/drive/folders/1RDGY0Q3WBO_OE1gyImUn1W2ybFuFo6AQ)

(some hacking shit lol)

[https://drive.google.com/drive/folders/1hxe7Des-ooQpamAtiyR7CX-k\\_hyqlQ7Q](https://drive.google.com/drive/folders/1hxe7Des-ooQpamAtiyR7CX-k_hyqlQ7Q)

[https://drive.google.com/drive/folders/0Bwci1XJP8s\\_VZGN6OUdfTEozSmM](https://drive.google.com/drive/folders/0Bwci1XJP8s_VZGN6OUdfTEozSmM)

<https://mega.nz/folder/VglFHYDJ#JpCT9Jp4G2LMg2xqx-2C-A>

(some free books Im guessing)

[https://mega.nz/folder/rrJyDQla#-QJeJqVThi\\_uC9DTLX4EIA/folder/WuBhiSgS](https://mega.nz/folder/rrJyDQla#-QJeJqVThi_uC9DTLX4EIA/folder/WuBhiSgS)

(some personality shit Imfao)

<https://www.youtube.com/watch?v=k2Wcu6aGyz8&t=333s>

<https://web.archive.org/web/20200725112854/https://looksmax.me/threads/how-to-pray-to-gandy-ultimate-power.166705/>

<https://chrome.google.com/webstore/detail/video-speed-controller/nffaoalbilbmmfgebngppjihopabppdk?hl=en>

(It allows you to speed up/slow down any and every video playing through Chrome, including Netflix and even live feeds.

Remember, 1.4x times the speed means for every hour 20 minutes of your time is saved.)

<https://web.archive.org/web/20200725115725/https://looksmax.me/threads/incline-bed-sleeping-sleeping-on-an-angled-surface-for-better-sleep.83451/>

## Sci-Hub: устраняя преграды на пути распространения знаний

(In post secondary education? Need to access a research paper? This Russian site lets you access + download any paper published in any journal without a paywall)

## LibGen

Same goes for college/university textbooks.

## 10 Minute Mail - Free Anonymous Temporary email - 10 Minute Mail - Free Anonymous Temporary email

<https://web.archive.org/web/20200725115420/https://looks theory.org/threads/himalayan-salt.6301/>

<https://web.archive.org/web/20200725115615/https://looks max.me/threads/iq-maxxing-drugs.23941/>

[https://web.archive.org/web/20200725115924/https://looks max.me/threads/pubertymaxxing-guide-for-teencels.82916 /](https://web.archive.org/web/20200725115924/https://looks max.me/threads/pubertymaxxing-guide-for-teencels.82916/)

<https://web.archive.org/web/20200725120014/https://looks max.me/threads/voice-maxxing-guide.32886/>

<https://web.archive.org/web/20200725120125/https://looksmax.me/threads/overlooked-in-development-running-throwing.85190/>

<https://web.archive.org/web/20200725120216/https://looksmax.me/threads/how-not-to-be-feminized-by-society-in-2020.93203/>

<https://web.archive.org/web/20200725120307/https://looksmax.me/threads/low-inhib-no-serious-side-effects-gtflh.47895/>

<https://web.archive.org/web/20200725120411/https://looksmax.me/threads/kidmaxxing-the-project.51070/>

<https://web.archive.org/web/20200725120638/https://looksmax.me/threads/champion-mentality-what-it-is-and-how-to-get-it.117016/>

(Collaborative) Ultimate Natural Looksmxing guide

<http://archive.is/Nt94d>

**[Guide]** How to slow down (and reverse) the aging process

<http://archive.is/MXqOx>

[Author Topic: Nutrition and Physical Degeneration \(Read 754 times\)](#)

fast looksmaxing guide for immediate and temporary PSL gain <http://archive.is/9y28R>

**[Method]** Low Inhib Max Guide (very long list)  
<http://archive.is/jbQPp>

**[Serious]** (mods sticky this) GTFIH The COMPLETE LOOKS MAXING guide for the 4-7 guy, Alot of looksmax info

<http://archive.is/cfoRE>

Single-dose propranolol tied to 'selective erasure' of anxiety disorders

<http://archive.is/FZ2ek>

**[News]** Cure for Autism found [NSFW] [citations provided]  
[End of Autism]

<http://archive.is/xODRE>

**[Method]** Breathmaxxing  
<http://archive.is/xsnQ6>

academic research on Estrogen in milk

<http://archive.is/cnnqj>

UNSORTED (REST OF THE SHIT I HAVE HAD)

COMPLETE TESTOSTERONE GUIDE

ANDROGEN RECEPTORS(1)

ANDROGENS(2)

BLOCKING:

ANTIANDROGENS (3A)

ESTROGENS(3B)

BENEFITS (4)

[1] & [2]

-METHOD-

-WHY-

Intermittent Fasting INCREASES AMOUNT OF  
ANDROGEN RECEPTORS AND THEIR SENSITIVITY

## VITAMIN D

"Vitamin D has been reclassified as a steroid hormone and a vitamin because it works directly with the endocrine system. It has its own receptors throughout the body and they are often in close proximity to androgen receptors – a hint that they may be linked! A deficiency in vitamin D is associated with a stunting of testosterone's effects on androgen receptors, and a decline in testosterone levels [4]. It's possible that short bouts of UVB radiation from sun exposure could help boost androgen receptors for 24 hours – it's still unknown whether this is because of the radiation itself, or an increase in vitamin D production [3]."

## GYM

## GYMCEL BRAH

## L-Carnitine

"Carnitine is an amino acid that is essential for burning fat into cellular energy. Without carnitine, fatty acids are unable to cross the membrane of the mitochondria where they are used for ATP synthesis. Recent research has shown it has a host of roles outside of the mitochondria, including boosting androgen receptors and their sensitivity. Studies have shown that taking 2g of an L-carnitine supplement can boost androgen receptors within 3 weeks, and may promote recovery from exercise [4]." NOTE: Be sure to supplement with a fat-soluble antioxidant like alpha-lipoic acid (ALA) when taking a carnitine supplement. The increase of energy production caused by L-carnitine will also cause an

increase of free radicals being released from the mitochondria — a natural result of ATP production. ALA can quench the free radicals so they don't go on to cause oxidative stress in the body.

Zinc                      "Results: Zn alone leads to an increase in serum testosterone concentrations, while the protein expression of AR in both parts of the prostate increases. Combined administration of Zn and Se eliminates the effect of Zn, which may suggest that these two elements act antagonistically. Se supplementation alone results in the same level of AR protein expression in administration and 90 days after administration periods. Conclusion: This paper presents the first report of the influence of Zn and/or Se supplementation on the protein expression of AR in the prostate. Our findings seem to indicate that simultaneous supplementation of both elements may be ineffective." - zinc gluconate in conversion to Zn: 5 mg Zn/kg body weight (b.w.)/day (n = 21);

Winning(no joke)        winner effect, heres the study  
:https://royalsocietypublishing.org/doi/10.1098/rspb.2014.1532

k2mk4                      GH and sorta shown to increase T  
alongside D3  
magnesium  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3958794/>

<https://raypeatforum.com/community/threads/vitamin-e-tocopherol-is-a-potent-aromatase-inhibitor.3106/>

<http://www.thenaturalman.net/2016/06/10/estrogen-blocking-herbsfoods/>

<https://healthfully.com/what-supplements-block-estrogen-6657868.html>

## YOUTUBE CONTENT CHANNELS:::

[https://www.youtube.com/channel/UCV3oX6B8Uq8VMh\\_L5zStVfg/videos](https://www.youtube.com/channel/UCV3oX6B8Uq8VMh_L5zStVfg/videos)

<https://www.youtube.com/c/RVDominatorIsTheBest/videos>

<https://www.youtube.com/channel/UCaoAg3tnDEEXpsTM8cbeV0w/videos>

<https://www.youtube.com/channel/UCkLDx-Zxs9kPvkN-8ay356w/videos>

<https://www.youtube.com/channel/UC7KU6rZRTjS2iXNC8-jQdhg/videos>

[https://www.youtube.com/channel/UCB8dhDF\\_\\_vO2RLJxaAzVeGA/videos](https://www.youtube.com/channel/UCB8dhDF__vO2RLJxaAzVeGA/videos)

[https://www.youtube.com/channel/UCR\\_fjACYOsLMMTGJnB-haYQ/videos](https://www.youtube.com/channel/UCR_fjACYOsLMMTGJnB-haYQ/videos)

[https://www.youtube.com/channel/UCtUkYT\\_O9aEuBMBZ3Gkr-9w/videos](https://www.youtube.com/channel/UCtUkYT_O9aEuBMBZ3Gkr-9w/videos)

<https://www.youtube.com/channel/UCa3DmNrFcBTQbtNPkF0iprA/videos>

<https://www.youtube.com/c/BlackPilled/videos>

[https://www.youtube.com/channel/UCt3B1y7g4Ky9punXaF\\_6bJw](https://www.youtube.com/channel/UCt3B1y7g4Ky9punXaF_6bJw)

THREADS/ARTICLES/STUDIES:::

[https://incels.wiki/w/Scientific\\_Blackpill](https://incels.wiki/w/Scientific_Blackpill)

Idk much about kegels tbqh

-How to get a deeper voice 101: scream,  
smoke(cancermaking), increase T, damage the voice  
cords so they rebuild thicker, giving you a deeper voice

Bebs04/22/2020

There has been a shit ton of astroturfing and the masses  
have taken the bait so easily.

Imagine if HIV became airborne. As expected with HIV, not  
everyone got symptoms at first, but some got flu-like  
symptoms upon initial infection. Around 1% of all infected  
would die from this phase of the disease.

In the first few months, millions were infected and tens of  
thousands had died. The remainder would go on to

develop something like AIDS in the coming months or years.

Now imagine at this stage, the masses start aping out over being asked to avoid catching and spreading this airborne HIV virus to everyone.

Imagine what a clown world that would be.

Now realize that may be exactly what has happened.

<https://www.biorxiv.org/content/10.1101/2020.01.30.927871v1>

<https://www.thailandmedical.news/news/covid-19-alert-new-study-shows-sars-cov-2-coronavirus-targets-and-destroys-t-cells,-similarly-as-what-hiv-does>

<https://www.news-medical.net/amp/news/20200413/Novel-coronavirus-attacks-and-destroys-T-cells-just-like-HIV.aspx>

<https://www.inkstonenews.com/science/coronavirus-can-attack-human-immune-cells-scientists-warn/article/3079592>

<https://www.scmp.com/news/china/society/article/3079443/coronavirus-could-target-immune-system-targeting-protective>

<https://www.todayonline.com/world/coronavirus-could-attack-immune-system-hiv-targeting-protective-cells-warn-scientists>

Uncanny similarity of unique inserts in the 2019-nCoV spike protein...

We are currently witnessing a major epidemic caused by the 2019 novel coronavirus (2019-nCoV). The evolution of 2019-nCoV remains elusive. We found 4 insertions in the spike glycoprotein (S) which are unique to the 2019-nCoV and are not present in other coronaviruses. Importan...

COVID-19 Alert! New Study Shows SARS-CoV-2 Coronavirus Targets And Destroys T Cells, Similarly As What HIV Does - Thailand Medical News  
COVID-19 Alert! New Study Shows SARS-CoV-2 Coronavirus Targets And ...

News-Medical.net

Novel coronavirus attacks and destroys T cells, just like HIV

The immune system has many components that work together in protecting the body from foreign invaders. One

of the most important types of immune cells is T lymphocytes or T cells, a type of white blood cell that acts as the core of adaptive immunity, the system that modifies t...

Inkstone

Coronavirus can attack the immune system, scientists warn

New research indicates that the coronavirus that causes Covid-19 can attack human immune cells in a similar way to HIV.

South China Morning Post

Covid-19 may attack immune system like HIV, doctors fear  
Researchers in China and the US find that the virus that causes Covid-19 can destroy the T cells that are supposed to protect the body from harmful invaders.

Notice how the western media has had a total blackout on this, despite it being public information since January/early February. These articles and studies come from Asia.

Bebs04/22/2020

People seem to have developed a superficially polarized perspective on this, primarily in the USA, like usual. Half of the masses think the virus is exactly what the media reports it as, and that the closing of small

businesses and other power grabs are measures taken purely for the good of beloved citizens.

The other half think that the pandemic is either fake or overblown as a conspiracy to implement martial law.

Stop viewing things in black & white. The world has color.  
(courtesy of BEBS)

COMPILATION OF KNOWLEDGE AND THREADS  
COMBINED, UNCERTAIN OF SOME SHIT BUT ENJOY  
NONETHELESS

HORMONE-MAXXING STACK (AND THINGS TO MAKE  
THE MOST OUT OF IT)

SHIT TO USE:

K2 MK4

MK677 (PROPERLY)

IGF-1 (SMALLER DOSAGES)

GH (USE IGF-1 INSTEAD BUT IF YOU USE THIS THEN  
LMAO @ U BUT TAKE SMALLER DOSAGES ANYWAY)

AROMASIN (TO BLOCK PESKY E)  
ASHWAGANDHA (INCREASE T)  
VIAGRA (INCREASE T)  
MAGNESIUM (60% OF INTAKE GOES TO BONES,  
IMPROVES SLEEP, INCREASES T SUPPOSEDLY)  
NATURAL MELATONIN MAXXING FOR SLEEP, TAKING  
SUPS WOULD DECREASE T USE  
GYMCELING (JUST LIFT BRAH)  
MAINLY SHIT THAT NATURALLY INCREASES GROWTH  
HORMONE AND T  
D3 AND CALCIUM (SO YOUR BONES CAN PROPERLY  
GROW DURING YOUR ARTIFICIAL GROWTH SPURT)  
CREATINE (WHY NOT JUST LIFT THEORY)  
PROTEIN AND NORMAL MACRO INTAKE (CAUSE  
GYMCELING)  
CJC no dac  
Huperzine A  
L-Dopa  
GABA  
Glucosamine  
Chondroitin  
Flurbiprofen  
Multivitamins  
DHT gel  
PALATE EXPANDER  
BACK BRACE

BRACES WHICH PUSH FORWARD(DON'T GET  
CUCKED LMFAO)

STRETCHING AND HANGING

LAT PULLDOWNS AND PULLUPS, REALLY WIDE  
VERSIONS OF BOTH, PULLOVERS OF ANY KIND

SWIMMING 2H A DAY MINIMUM

BASKETBALL 2H A DAY MINIMUM

SOURCES FOR LESS OBVIOUS AND KNOWN SHIT:

<https://www.intechopen.com/books/cell-signalling-thermodynamics-and-molecular-control/vitamin-k2-a-vitamin-that-works-like-a-hormone-impinging-on-gene-expression>

FOR THE REST OF THE SHIT ASK ME CAUSE I THINK  
ITS OBVIOUS LMFAO

<https://looksmax.me/threads/artificially-creating-a-second-growth-spurt.40021/>

<https://looksmax.me/threads/heightmaxxing-cjc-is-king-hands-down.39964/>

<https://looksmax.me/threads/how-to-build-facial-bone-guide-to-forward-craniofacial-growth-and-bone-remodelling-my-hypothesis.103372/>

<https://looksmax.me/threads/ultimate-facial-bone-growth-guide.37938/>

<https://looksmax.me/threads/best-unknown-supplement-for-bone-growth-palate-expansion.111517/>

```
<!DOCTYPE html>
<html>
<head>
<title>Useful Skin Info</title>
<meta charset="UTF-8">
</head>
<body>
<h1>Introduction</h1>
<p>Okay so after I started doing hot/cold showers and
being more exposed to cold, my skin has improved.</p>
<p>I originally did this to reduce bloat, but it has more
benefits for skin. And I wondered why so I did some
research.</p>
<p>Most of the places I've read about cold shower
benefits states that it has benefits for skin. However,</p>
<p>they say the reason is because you don't shower with
hot water, which would be bad for skin. I, however,</p>
<p>think this is not the case so I looked up some things to
see the relation.</p>

<p>First off all, collagen is what makes your skin look
good. Therefore, to get better skin</p>
<p>and hair, we need to produce more collagen. Also,
elastin makes your skin tight. It enables</p>
```

<p>your skin to stretch and bounce back. If cold showers lead to better skin, then there must be a relation between</p>

<p>exposure to cold temperature and collagen production.</p>

<p>Skin blood flow and its relation to heat</p>

<p>Blood flow to skin can heavily fluctuate. And a lifestyle that includes thing which lead</p>

<p>to low skin blood flow can lead to a bad skin."One of the most striking features of the human cutaneous</p>

<p>circulation is the wide range of blood flow this circulation is capable of attaining. Human skin blood flow</p>

<p>can range from almost zero (in conditions of whole body and/or local cooling) to up to 8 l/min (or ~60% of cardiac output)</p>

<p>in conditions of severe heat stress'" (Charkoudian, 2010). When the body is cooling itself, skin blood flow is low.</p>

<p>When the body needs heat, skin blood flow increases. Further, Charkoudian (2010) says that "Under optimal conditions,</p>

<p>the skin is cooled by evaporation of sweat, and the thermal gradient at the skin allows heat to dissipate from the blood</p>

<p>to the skin and to the environment. The cooler blood is then transferred back to the body core, where it minimizes increases</p>

<p>in core temperature that occur during exercise and/or environmental heat exposure.</p>

<p>Skin blood flow and its relation to collagen and elastin</p>

<p>‘So how does skin blood flow relate to collagen and elastin? Well first of all, collagen</p>

<p>and elastin are two vital components of the blood vessels. In a study of blood flows interplay</p>

<p>with collagen and elastin, Basu et. al. concludes that "Blood flow was highest in the aorta and lowest in the</p>

<p>femoral artery and femoral vein, which indicated a proportional relationship between blood flow and medial thickness</p>

<p>of the vessel wall. An increase in blood flow was observed with an increase in medial</p>

<p>thickness of blood vessels. Further, they stated that “A small increase in blood flow from vein to femoral artery</p>

<p>causes a small increase in the elastin:collagen ratio”.

A higher blood flow means more elastin (Basu et. al. 2010).</p>

</body>

<body>

<h1>Conclusion</h1>

<p>Since temperature play a vital role in skin blood flow, and blood flow correlates with an increase</p>

<p>in elastin and collagen, cold temperatures should increase collagen and elastin.</p>

<p>I would only suggest against dermarolling if you have a dry and flaky scalp.</p>

<p>Along with this I'd suggest you to try dermarolling and red light therapy but I haven't tried anything these</p>

<p>things yet but other members and forums report for these things to work well.</p>

</body>

</html>

<https://epjdatascience.springeropen.com/articles/10.1140/epjds/s13688-019-0192-x>-----height

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0217152>-----attractive=no condoms

DO LOOKS MATTER AND WHY?

post 1

Looks do matter, since love at first sight doesn't happen based on your personality.

<https://www.livescience.com/58607-mens-looks-may-matter-more-than-personality.html>

Every successful love story starts with a crush solely based off of one's physical attraction.

Which we will explain why.

Have you ever noticed girls react to same compliments differently when given by two different guys? They smile and appreciate it when given by an attractive guy while they get offended when a physically less attractive guy gives the same compliment (if not in all, in most cases this is true).

In the dating department, women, no matter how they look, will always chase the most attractive guy, while men are able to settle down with a woman they believe are in the same 'league' as them. For women, that doesn't apply. (you can easily find examples of this on social media or real life)

Looks are also proven to have an effect on the mental state of the bearer, such as your ego and insecurities.

Looks matter and people are indeed conscious about it because otherwise the beauty industry wouldn't be the fastest growing industry in the world.

post 2

The saying 'Don't judge the book by its covers' doesn't work on humans, it hasn't and it never has, because we were biologically instructed to not follow it. It also isn't such a bad trait, either.

What makes a person good-looking?

-----eye area

not only do you hear this mentioned everywhere, it also has some science and logic from an evolutionary standpoint behind it.

---the factors that go into the eye area are:

-the color of the eye (blue, green, gray)(shows genetic worth)

-the angle of the eye (mainly favoured positive canthal tilt, negative attributes are negative canthal tilt)(shows genetic worth, usually associated with a well developed maxilla, wide palate, high set and well developed cheekbones)

-shape of the eye (little to none upper eyelid exposure, wider, short eyes)(associated with good brow ridge development, good fat deposits, hormonal profile and bone structure)

-under eye support(high set well developed cheekbones, clear skin)(shows good bone structure, and good health as well as a good diet depending on the visibility of eyebags and circles)

-eyebrows, eyelashes(normal t levels and just basic traits that are a must and considered)

-----lower third

shows good and dense bone structure, aids in chewing, shows good craniofacial development

---the factors that go into the lower third:

-big chin (connected to higher T levels, dominance, lower inhibition)

-close to 90 degrees ramus (ACTUAL HEALTH BENEFIT- NO TMJ ISSUES, well developed cranial base, lower third and maxilla)

-mandible length(forwarded maxilla, good bone structure)

-masseters size(a muscle that's used for chewing- ect Brad Pitt, means you chew a lot so you're more healthy)

- chin height(bone structure and T levels)
- lips(symmetry, width)(means plain out good/decent genes)

-----ratios

the ratios on your face represent how well you have developed, your hormonal profile, and genes

---FWHR

---Midface ratio

---IPD

---chin to philtrum ratio

now that you know, you might be wondering on if you're attractive or not and how to improve yourself if it's possible?

It's indeed possible, it's doable, not extremely hard, and if you wonder where you are in the attraction scale, have our trusted members analyze your facial traits, and give you an honest rating, what to improve. Your privacy is protected by our server rules, and if you suspect it's in danger, report to one of the server OWNERS.

here are some basic ones:

- MEWING (proper oral posture)
- CHEWING
- GYM
- DIET

-SUPPLEMENTS

-SKINCARE

and many more, if you're looking for a place to master these practices, our server has been designed from the ground up for that exact purpose!

<https://discord.gg/JNz2MYT>

### POST 3 MEWING

Mewing consists of: proper oral posture, combined with proper posture of the back, neck, and head.

-proper oral posture

it's keeping the tongue on the roof of the mouth.

More specifically, the tip of the tongue, the middle of the tongue, and the root of the tongue.

the root of the tongue is where the tongue emerges from the throat and into the mouth area.

All of the mentioned parts of the tongue should be held up 24/7 and for the rest of your life for the desired effect.

-proper posture of the spine/back

should be slightly bended inwards, exposing the chest, pulling the shoulders back, while the shoulders are relaxed.

-proper neck posture

should be pulled back as much as it is possible, and as straight as possible.

-proper head posture

you should be looking straight, the back of the head should be pulled back as much as possible and chin slightly up.

For this, it's recommended you do chintucks, a common exercise for the posture of the head.

-some things I thought should be added:

-PROPER BREATHING

pushes the diaphragm down, giving you a deeper voice, also you might wanna do it because of the current pandemic

it's breathing with your belly, not your lungs

-PROPER WALKING

many people probably wouldn't notice this if they did it incorrectly, but basically you walk using your glutes and your spine is 90 degrees in relation to the ground, no more no less.

----NOT BALDING----

HAIR QUALITY

if you have shorter to medium length hair (5-10 inches on top) then stop using shampoo. I get a lot of questions or even doubtful hate coming my way when I mention this

around here. So shut up and hear me out: I am a firm believer that our hair is not meant to be subjected to harsh shampoos and conditioners and should only be “washed” with water daily. What I like to do is wear a cap to the gym and sweat my ass off. Then I go to shower and brush my hair as I rinse it with lukewarm water. Do not use hot water as it is damaging to the hair. Yes, it will feel greasy or weighed down for a week or so, but just push through it. Soon you will have glossy, beautiful hair. If you want to go above and beyond, buy a water softener that you can attach to your shower-head or directly to your water heater to prevent mineral build up in hair. Personally I don't use this because regular water is sufficient for own needs. Supplement bovine collagen powder (2.5 g a day). Dissolve it in warm water and drink it before bed. This will help hair growth and quality along with other benefits such as increased strength and better sleep.

## CHOOSING A STYLE

A very important factor and one of the things you want to plan for from the get go. The best styles are the ones that fit your personal face shape the best. There are 6 of face shapes: Oval, round, square, heart, rectangle (aka oblong), and diamond.

### 1. Oval

Face is longer than it is wide, with the jaw being a bit more narrow than the forehead. The jaw is slightly narrower than the forehead and tapers down towards the chin. Lines are fairly soft.

## 2. Round

Baby face basically. Like oval but with vertical and horizontal ratios being almost identical

## 3. Square

Like a round face but with hard edges. Prominent jawline and compact mid face

## 4. Heart

Prominent forehead tapering down into narrow or pointed chin

## 5. Rectangle

like oval but with sharper lines. leads to typical horseface appearance

## 6. Diamond

like oval but cheekbones are widest part. narrow forehead and chin area with angular bone structure. usually somewhat large gonial angle and high hyoid bone

so now for the important part: what cut should you get for each?

### OVAL:

very versatile. one of the most “flexible” face shapes

feel free to experiment

tend to look better with short styles

caution: stay away from too much height/volume on top

### ROUND:

keep hair short on sides and back, long on top

volume/height products are your best friend

grow facial hair

### SQUARE

hair should aim to soften harsh lines of upper face

messy, medium length hair is the best bet

best type of shape to pull off a buzzcut

use facial hair to soften harsh jaw angle

### HEART

stay the fuck away from short hair

use long or medium length up top swept over to mask

large forehead

use facial hair to fill out jaw

### RECTANGLE

stay away from short sides or cuts that give volume up top

don't grow a beard

can pull off slicked back hair

## DIAMOND

go with a fringe

long on top coverings some of the forehead

can grow facial hair or not, up to you

If you're still not sure, instagram models, tumblr fashion blogs, and pinterest have so many hair styles that you can take inspiration from, so don't limit yourself to the above.

- Women judged faces with heavy stubble as most attractive
- heavy beards, light stubble and clean-shaven faces rated as pretty similarly
- full beards highest for parenting ability and healthiness

Masculinity ratings increased linearly as facial hair increased, and this effect was more pronounced in women in the fertile phase of the menstrual cycle, although attractiveness ratings did not differ according to fertility. Our findings confirm that beardedness affects judgments of male socio-sexual attributes and suggest that an intermediate level of beardedness is most attractive while full-bearded men may be perceived as better fathers who could protect and invest in offspring.

## -----BALDING-----

If you are balding (receding hairline), buy a derma roller (mentioned in my skin guide) along with minoxidil as your first line of defense. <https://moreplatesmoredates.com> has

some great articles on this method, in addition to other great hair care / anitbalding regimens in general for that matter. If minoxidil and derma rollers aren't working and your hair is thinning all over, etc., go with finasteride. Take 1-5 mg daily and you will see a difference over a 3-6 month span. This can be ordered from any online pharmacy for quite cheap. Of course the next line of defense is dutasteride, which is stronger. As for both of these, less than 2% of men have any testosterone related problems (ex ED, loss of strength, trouble ejaculating, etc). If you're worried consult your doctor. If none of this works, start saving for a hair graft / transplant (very expensive) which you can also talk to your doc about. I should also mention that it's especially important to monitor changes in your hair weekly, because if it gets worse and you don't notice, you'll be playing catch up with the norwood reaper and no one wants that

protein deficiency decreases hair growth, may lead to hair loss

Vitamins that contribute to slowing down/reversing hairloss:

Zinc

Iron

Vitamin E

Vitamin D

Vitamin C

B-Vitamins

Vitamin A

products that contribute to reversing/slowing down hairloss:

methods used to slow down/reverse hairloss:

-EGCG 400 mg / day

Pumpkin Seed Oil 1000mg/day

Saw Palmetto 320mg/day

Grape seed oil 400mg/day

DHT blocking shampoo and conditioner + 100% pomegranate hair mask every day

The conditioner contains capsaicin.

-The best DHT blocker shampoos are those that contain proven ingredients such as saw palmetto, biotin, Beta-sitosterol, ketoconazole, pumpkin seed oil, rosemary oil, iron, and vitamins B12 & B6.

-Saw palmetto is an alternative remedy used to treat hair loss. It's a plant with small berries that has been used by Native Americans as medicine and food for hundreds of

years. There's evidence that this herbal remedy may treat an enlarged prostate. It also has been used to treat:  
hair loss

Research on whether saw palmetto works to treat hair loss is limited but promising. An extract of saw palmetto berries may block 5-alpha-reductase, an enzyme that converts testosterone to DHT. DHT is the molecule responsible for hair loss and also is involved in the enlargement of the prostate.

Saw palmetto generally is considered to be safe, but it's not recommended for children, or pregnant and breastfeeding women. Rare side effects include mild headaches and stomach pains. Stomach irritation can be avoided by taking the extract with food.

Saw palmetto may thin your blood and can cause excessive bleeding during surgery. Always tell your doctor all of the supplements you're taking before beginning any new type of treatment and before surgery.

-the prostaglandin protocol

-scalp massages



