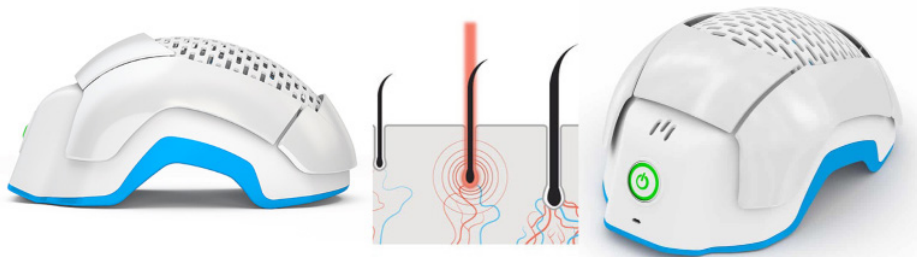


# NASA SCIENTIST Tamim Hamid HAS THE ANSWER TO HAIR GROWTH THERADOME

In the United States nearly 70 million people suffer from hair loss. An astounding 40% are women and although male pattern baldness mostly affects men over 50, the American Hair Loss Association confirms 25% of men prone to hair loss see signs by age 25. Former NASA scientist Tamim Hamid has dedicated his career to healthy hair growth, and is the inventor, founder and CEO of THERADOME, a Silicon Valley-based company whose mission is to bring the problem of hair loss to a screeching halt.

Hamid began his career at the Kennedy Space Center designing cutting-edge biomedical technology including various laser and photonic systems. With a Bachelor of Science Degree in Electrical Engineering, Master of Science in Computer Engineering, and a PhD in Biomedical Engineering, Hamid has been featured across television networks worldwide including NBC's EXTRA, FOX business and others to talk about the



success of THERADOME — a LH80 PRO Laser Helmet that leverages Laser Phototherapy (low-level laser light therapy) to stimulate weak hair follicles while providing targeted energy that improves the cellular metabolism and protein synthesis required to



**Hollywood Beauty Awards Honoree "Innovation Award" Tamim Hamid with award presenter actress Barbara Eden**

grow and maintain a healthy head of hair. Hamid says, "For a company to be successful you must have a good product. At THERADOME we believe in thoroughly testing our products before we release the final product to the public. THERADOME is a high-technology, wearable helmet people can use in their home or office. Our vision at THERADOME is to make our hair growth helmet available to everyone experiencing hair loss. In doing that we take away the stigma attached to hair loss that affects people all ages, and the way they not only see themselves, but the way that others may see them as well."

Hamid was honored with The Innovation Award at the renowned Hollywood Beauty Awards for inventing THERADOME now used by thousands of men and women around the world from entertainment VIPs, business executives, political higher-ups,

experts across the beauty industry and every day people. Anyone experiencing hair loss or hair thinning now has access to a treatment that is proven to promote hair growth.

THERADOME Pro LH80 contains 80 laser diodes, cool airflow, auto-scalp detection in a coverage helmet FDA-cleared and recommended by hair loss experts including Bosley, Hair Club and other prominent medical clinics worldwide to treat areas affected by androgenetic alopecia. The helmet is designed with a clinically proven wave length specific for hair growth lasting 6,000 operational hours; equivalent to 18,000 treatments!

- Designed for safe and comfortable home treatment, with zero side effects. The most advanced in-home solution to treat hair loss.
- Produces results with just two 20-minute treatments each week. Utilizes 80 proprietary lasers to generate over 440 joules and treats the full scalp area.
- Delivers the optimum wavelength of light for hair growth (678 nanometers). With the THERADOME PRO LH80 (80 lasers) or the THERADOME EVO LH40 (40 lasers), say goodbye to hair thinning and hair loss AND hello to hair growth!

For further information visit: [theradome.com](http://theradome.com)



## MANAGING YOUR PERSISTENT FEARS, ANXIETIES, AND STRESSES By Stanley Popovich

Author of "A Layman's Guide to Managing Fear"

Everyone deals with anxiety and depression; some have a difficult time managing it. Here are some techniques to help manage persistent fears and every day anxieties. When facing a task that overwhelms you, divide the task into a series of smaller steps. It's easy to get stressed when things happens at once. Completing smaller tasks one at a time makes stress more manageable and increases the chances of success. Take a few minutes to get your mind off of the problem. Take a walk listen to music, read the newspaper, watch TV, go on your computer, do a physical activity that relaxes your mind and gives you a new perspective on things.

Keep a small notebook of positive statements that make you feel good. Whenever you come across an affirmation write it down. Keep the book with you. When you feel depressed or frustrated, read the statements you have written. This helps to manage negative thinking. Most people worry about what could happen in the future, and the prospect of not knowing if something good or bad will happen can produce fear and anxiety. Try these suggestions on how to manage the fear of dealing with the unknown.

No one can predict the future with certainty. Even if what you fear happens there are factors you can't predict which can be used to your advantage. Maybe you missed the deadline for a project you've been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and says the deadline is extended and he forgot to tell you. This one factor changes everything. We may be ninety-nine percent correct in predicting the future, but all it takes is one percent to make a difference. Learn to take it one day at a time. Instead, of worrying how you will get through the rest of the week or coming month, focus on



today. Each day provides us with different opportunities to learn new things, and that includes learning how to deal with problems. Too often we get anxious over a task we will have to do in the future. If this happens, visualize yourself doing the task in your mind. For instance, you and your team are playing in a championship volleyball game in front of a large group of people in a few days. Before the big day comes, imagine yourself playing in front of a large audience. Self-Visualization is a great way to reduce the fear and stress of an upcoming situation and increase your self-confidence.

Managing your fears, anxieties and stresses entails you finding ways to relax your mind away from the problem you are facing. Many times, our worrying can make the problem we are facing even worse. Keep in mind that all the worrying in the world will not change things. All you can do is to do your best each day, and if something happens, take it in stride and do your best to take care of the problem.

Take advantage of help available to you. Talk to a professional who can provide you with additional advice and insight on how to deal with your fears, anxieties and the stresses bothering you. It never hurts to ask for help in learning how to better manage through difficult times. If someone you know is dealing with persistent fears, anxieties, or depression urge them to seek help from a professional. Be patient and understanding with the person, and learn as much as you can from them about how they are feeling. Depression and anxiety can be difficult for any person to manage and recover from—don't add more stress to the problem with your words and actions. Learning what helps and what doesn't is the key to managing your fears, anxieties and stresses.

Stanley Popovich is a television and radio personality. For further information where to purchase his books visit: [managingfear.com](http://managingfear.com) ■

