

# The Complete Beard Care System

## How To Build, Maintain & Protect A Strong, Healthy Beard

90% of men damage their beard daily, without even realizing it.  
A great beard is not genetic. It's discipline.

A maintained beard reflects control, maturity, and self-respect.  
A neglected beard reflects carelessness.

If you want a beard that looks powerful, healthy, soft, and well-groomed, follow this complete system.

## PART 1: INTERNAL FOUNDATION (Where Real Beard Strength Begins)

Your beard grows from inside your body.  
If the foundation is weak, no product can fix it.

### 1 Nutrition – Feed Your Beard Properly

Your beard hair is made of **protein (keratin)**.  
Without proper nutrients, it becomes thin, dry, and weak.

#### ✓ What To Eat Daily

- 🍳 **Eggs** – Biotin + protein strengthen hair strands
- 🐟 **Fish** – Omega-3 improves shine & reduces dryness
- 🥩 **Lean meat** – Iron supports thickness & density
- 🌰 **Almonds & nuts** – Healthy fats + Vitamin E protect follicles
- 🥬 **Green vegetables** – Improve blood circulation
- 🍊 **Fruits** – Vitamin C boosts collagen & absorption

Your beard literally grows from what you eat.

## **What To Avoid**

-  Deep fried junk food
-  Excess oily street food
-  Too much sugar
-  Highly processed snacks

These increase inflammation in the body, leading to:

- Dandruff
- Itchiness
- Rough texture
- Increased beard fall

If you want your best beard, this is non-negotiable.

## **Exercise – Activate Beard-Friendly Hormones**

 30–45 minutes daily.

Why it matters:

- Improves blood flow to beard roots
- Supports testosterone balance
- Helps nutrient delivery
- Reduces stress hormones

You don't need to be a bodybuilder.  
Even brisk walking daily makes a visible difference over time.

## **Sleep – Where Growth Actually Happens**

 7–8 hours every night.

Your body repairs and regenerates while you sleep.  
Less sleep = weaker roots + dull beard.

If you are serious about beard quality, protect your sleep like you protect your business.

## **Stress Management – The Silent Beard Destroyer**

High stress:

- Weakens follicles

- Increases shedding
- Slows growth cycle

Control stress through:

- 10 minutes of daily meditation
- Deep breathing
- Regular exercise
- Limiting overthinking

A calm mind grows a stronger beard.

## **PART 2: EXTERNAL CARE (Proper Grooming Discipline)**

Now we move to what most men do wrong.

### **How To Wash Your Beard (The Correct Way)**

Never treat your beard like scalp hair.

Regular shampoos:

- Strip natural oils
- Cause dryness
- Create frizz & roughness

#### **Do This Instead:**

- ✓ Use a proper beard wash if possible
- ✓ Or rinse with plain water on non-wash days
- ✓ Apply natural aloe vera occasionally to calm irritation

Wash 2–3 times per week (not daily).

\*\* Over-washing is one of the biggest mistakes men make.

# How To Apply Beard Oil (The Right Way Matters)

Using oil is not enough.  
You must apply it correctly.

## Use Alpha Blend Beard Oil Daily

Formulated with:

- Sweet Almond Oil
- Jojoba Oil
- Castor Oil
- Coconut Oil
- Rosemary Essential Oil
- Sandalwood Essential Oil
- Cedarwood Essential Oil
- Lemon Essential Oil
- Vitamin E Oil

It helps:

- ✓ Deeply nourish beard & skin
- ✓ Reduce dandruff & itchiness
- ✓ Minimize beard fall
- ✓ Strengthen follicles
- ✓ Improve softness
- ✓ Increase natural shine

This is beard maintenance, not artificial growth claims.

Order Link: [gentifybd.com/bo](https://gentifybd.com/bo)

## Apply It Like A Professional

### Step 1 – Start Clean

Wash and towel dry until slightly damp (not dripping).

### Step 2 – Use The Right Amount

- 3–4 drops → Short beard
- 5–7 drops → Medium

- 8–10+ drops → Long/thick

Start small. Add more only if needed.

### **Step 3 – Warm The Oil**

Rub between palms to activate and ensure even distribution.

### **Step 4 – Massage Into Skin & Roots**

This is the secret step.

Don't just coat the beard, nourish the skin underneath.

That's how you fight itchiness, dryness & dandruff.

### **Step 5 – Comb Through**

Use a wooden comb to spread oil evenly and style.

### **Step 6 – Don't Ignore The Mustache**

Apply lightly using fingertips.

### **Step 7 – Apply Daily**

Morning → Shine & environmental protection

Night → Deep nourishment & repair

Consistency beats occasional application.



## **How To Comb Your Beard Properly**

Stop using plastic combs.

Plastic:

- Creates static electricity
- Causes breakage
- Increases split ends

Switch to a quality wooden comb like the **Alpha Blend Wooden Comb**:

- ✓ Reduces beard fall
- ✓ Distributes oil evenly
- ✓ Prevents static
- ✓ Improves control & styling

**Order Link:** [gentifybd.com/abwc1](https://gentifybd.com/abwc1)

### Correct Combing Method:

1. Comb upward first to detangle
2. Then comb downward to shape
3. Be gentle, never force knots

## Stop Pulling Or Twisting Your Beard

Many men do this unconsciously.

This weakens follicles and causes unnecessary shedding.

Control the habit.

Your beard roots are sensitive.

## DAILY BEARD DISCIPLINE CHECKLIST

If you follow this, your beard will transform:

-  Use Alpha Blend Beard Oil daily
-  Use wooden comb only
-  Avoid harsh shampoos
-  Eat protein-rich clean food
-  Exercise 30–45 minutes
-  Sleep 7–8 hours
-  Control stress
-  Stop pulling your beard

## Final Truth

A strong beard is not luck.  
It is maintained.

It reflects discipline.  
It reflects maturity.  
It reflects a man who takes care of himself.

Beard care is not vanity.  
It is a presentation.

And presentation matters.