

# GOOD HOUSEKEEPING

## GH JANE from Lab to Life



Welcome! I'm sure you know by now that I am always looking for ways to make life a little tastier and more enriching. Join me as I share some of my learnings and insights on the job here at *Good Housekeeping*.

HEALTH | COOL NEW INNOVATIONS

## I Had My Hair Follicles Harvested... for My Future Health



**SCI-FI SOLUTIONS:** Dr. Chin combed through my strands to find the perfect follicles that could help support my health and longevity in the future (fingers crossed!).

Let me start by saying: I had *zero* idea what I was getting into when I walked into Dr. Elaine Chin’s office. I had been invited to try a new noninvasive procedure that would collect hair follicles — yes, literally pluck them from my head — to extract stem cells that might help future-proof my health one day. Think of it as biological insurance to prepare for whatever’s ahead.

I’ll admit, it sounded a little sci-fi. Stem cells from my own head? Frozen and stored in case I might need them for anything from skin rejuvenation to healing tendon injuries? It felt like stepping into the future, so obviously I had to try it.

### **What Actually Happens?**

I sat down, they put half my hair up and the plucking began. The goal wasn’t just to remove each hair but to extract the entire follicle, where the valuable stem cells lived.



The doctor started at the back of my head but quickly ran into a problem: My hair is *too fine*. So she moved to the side and — her words, not mine — “struck gold.” Apparently those follicles were prime specimens.

I *hate* anything that involves tweezing, waxing or threading — if there’s a scale of discomfort, I am firmly in the “wimp” category. But to my surprise, with this procedure I barely felt a thing. Over fifty follicles were harvested, and I walked out feeling like I had just done something very cool and futuristic for myself.

### **Why Would Anyone Do This?**

Dr. Chin explained that these stem cells, when stored properly, could help future me in all kinds of ways — to support everything from facial rejuvenation and hair regrowth to more serious applications like muscle repair, diabetes treatment and even cancer therapies using natural “killer” cells. The science is still

evolving, but banking your own stem cells today could give you access to groundbreaking treatments later.

Dr. Chin recently opened offices in downtown Toronto, aptly named **The Bespoke Wellness Group**, where she's pioneering personalized health. The space is exactly the kind of place where you'd expect to find cutting-edge regenerative medicine happening.

This innovation was cofounded by Drew Taylor — who, before becoming a scientist, was a pro baseball pitcher for the Blue Jays and the Phillies. His experience as an athlete led him to regenerative medicine, and he earned a PhD. in biomedical engineering. What started as a search for ways to regenerate cartilage and heal sports injuries has evolved into a field that could transform how we treat everything from aging skin to chronic disease.

The whole thing was painless, quick and weirdly fun. And if nothing else, I now know which part of my head has the best follicles (a piece of info I never thought I'd need).

Want to learn more? Dr. Chin and her team at **The Bespoke** are leading the way in this space — [check them out here](#).

Would you ever do something like this? It felt a little *Westworld* to me, but I have to admit — I kind of love knowing that a little piece of me is cryogenically preserved for the future.

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*Led by [Dr. Elaine Chin](#), a globally recognized pioneer in breakthrough approaches, we combine science-backed therapies with transformative wellness solutions to help you live young, for a lifetime of health.*

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