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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Fuss About Hair Washing**

**By Darry J.Oswald**

Children are especially difficult when it comes to bathing, what more when you have to wash their

hair! Once your child is more comfortable in the bath, then you can start to introduce hair washing. I have left off washing my daughter's hair for a while, until necessary, but she still goes mad. Cleansing involves washing and rinsing the hair.

Avoid vigorous drying with a towel after washing your hair, as this will remove essential moisture. About 50 to 100 hairs fall out each day, while you're washing your hair, brushing or combing it, or just sitting still. If any more than 100 hairs fall out a day, you may want to look into your diet, and reorganize the nutrients you take in. Black Soap helps oily skin, blemishes & more and has been used for centuries. Ghanaians have also used black soap for bathing and washing their hair.

Doctor Denis, the demon designer, is always ready to prescribe the Comfywash system to solve that portable hair washing problem! I have read that washing hair with warm/hot water can rob it of its nutrients. I have never read anything negative about washing hair with cold water. I've stopped washing my hair altogether. The rest of you I feel are simply intellectually curious enough to wonder what might happen when a man simply stops washing his hair. First I have to brush out my hair, tangled from three days of not washing. But do not attempt this unless you are used to dry cleaning your hair!

When you wash your hair with detergent or soap, the grease sticks to the detergent or soap and washes away with the water. If you do choose to wash your hair daily, make sure that you are using a pH-balanced shampoo and only wash it once. Also, the more frequently you can wash your hair in the first few weeks, the more quickly you'll finish your "detox". Standing upright reduces back strain while washing hair for the caregiver or hairdresser. Let your hair hang naturally while you wash it, either standing in the shower or with your head leaning over the bath. Preferably, the hair washing aid also includes a liquid supply container and a pump for delivery of liquid from the container to the nozzle. Magnesium content of hair was most affected by washing, containing less than half of the magnesium of the unwashed hair.

Here are some tips to manage your Crowning Glory. Find Out More about Hair Washing at

<http://Washinghair.smartreviewguide.com>

## **A Rough Battle To Smoothen Your Dry Hair**

**By Sharon Hopkins**

Dry hair occurs mainly due to heat, the use of excessive chemicals applied on your hair and also by not taking good care of your hair. Every person's hair has a certain amount of moisture which preserves your hair and does not let it dry. When certain level of moisture goes down due to many of the common reasons then you have to take special efforts to maintain that moisture. One should keep in mind that excess experiments with your hair can cause problems and lead to dry hair.

Some of the common reason why many face this problem is the excessive washing of your hair. Your hair need not be washed daily as this washes out the nutrients from your hair leaving you 'high and dry'. So washing is not an appropriate solution for your hair on a daily basis. Use of hot dryers, hot curlers or any of the things you use for stylizing your hair also leads to drying. Swimming in chlorinated water without a head cap makes your hair parched and even drier. By using some of the home based recipes you can make your last longer with a better look.

The use of mild shampoo is one of the initial steps to be taken when you are treating dry hair. Look for shampoos mentioned as 'dry and damaged' which would work in your favor. The use of conditioner is a must as this helps in preserving the lost nutrients and oil in your hair. This would give a beautiful look to your hair with the extra shine and bounce. Snipping off the end of your hair would help in preventing further damage to your hair. Exposure to sun can also cause dryness. You can use hair sunscreen to protect your hair.

Use of some of the home made ingredients if properly blended can be very helpful. Beer seems to work wonders on your hair. You can spray your hair with beer once you have shampooed your hair. Mayonnaise is also a wonderful ingredient which brings life back to your hair as it is termed as an excellent conditioner.

Sharon Hopkins manages sites which give information on hair and skin care, such as

<http://www.hair-n-skin-care.com>

. From pigmentation of your skin to suntan you can find everything

here. Dry hair problem is one of the commonest problems faced which can be treated easily too.



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