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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!**

## Washing Your Hair

By Jerry Hall Leo

If you can stand it, rinse hair in cold water. This allows the hair molecules to shrink and carries away all unnecessary layers. The hair will be easier to comb.

Pour a dab of rinse into your palm and apply with strokes to the length of your hair. Then rinse once more but with lukewarm water.

When you step out of the shower, use a hand towel to get rid of excess water. Try to comb through the hair with your fingers, as long as it remains wet. Never brush when wet. Hair has a certain elasticity and can stretch from 1/8 to 1/6 of its original length. Luckily the hair normalizes itself when dry. When wet, it behaves like an over stretched rubber band and breaks. Use instead a wide-toothed tortoise shell comb to untangled and smooth out your hair.

Part the hair in small sections and begin 5cm above the ends to comb it out. When the entire lower section is untangled, go approximately 20cm up from the bottom and comb the hair in narrow strands through to the underside. Continue until you reach the scalp and all is tangle-free.

There are different washing methods for you to use at different times and for different types of hair. Wet your hair and apply a tablespoon of shampoo until a rich lather develops. Remember to wash the ends of your hair as well as your scalp. Rinse and always shampoo again. The first wash removes superficial dirt and oils; the second deep cleans. Towel dry excess water.

Apply one tablespoon of conditioner to entire head and leave on twelve minutes. Rinse well. The 12 Minute Conditioner will work well at room temperature.

Pour one teaspoon into your hand. Apply only to the ends of your hair and half way up the hair's shaft, not on the scalp. Rinse well.

One doesn't lose hair through washing, but rather through friction and tangling. Come Find out the Right Method of Hair Drying at

<http://HairDrying.smartreviewguide.com>

### **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>



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