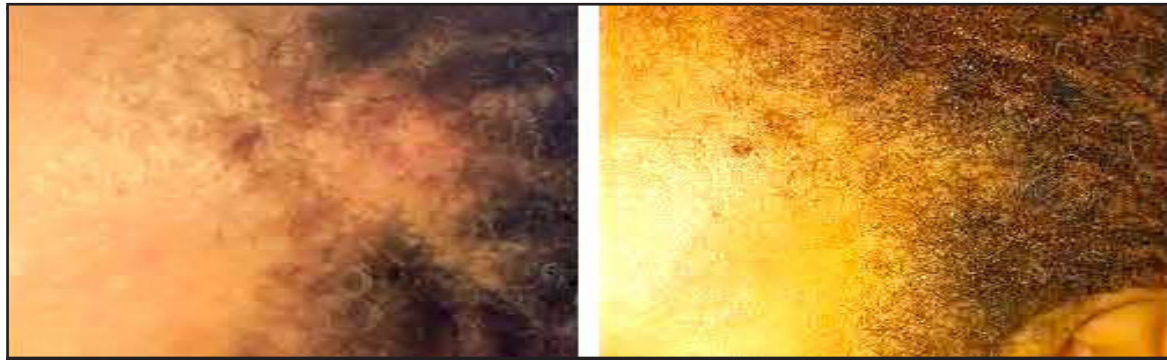


## TO THINE OWN EDGE BE TRUE: TRACTION ALOPECIA CRISIS LINE



Left "BEFORE" – Right "AFTER": Client pictured had dreadlock that was snatched out. A three-month treatment plan included avoiding all loc styles, using Hairadox's herbal edge food daily and performing micro-needling once per week.



Left "BEFORE" – Right "AFTER": Client pictured wore braid extensions and weaves, received weekly scalp exfoliation, clay masks, daily scalp drops and avoided tight styling for 12-weeks.

**By Aishah Bilal-Ali  
Ed.S., I.A.T.  
Trichologist/Owner  
Hairadox LLC**

PEORIA, Ill. – The loss of hair from the front edge of the hairline can be caused by a variety of issues. The most common cause is Traction alopecia which is caused by tension (pulling) on the hair from wearing tight hair styles, wigs, caps, bands, scarves, and hair extensions.

Other types of edge loss can occur due to the use of harsh products, chemical hair treatments, changes in hormone levels, mineral and nutrient deficiencies and auto-immunity.

These types of hair loss must be addressed internally as well as externally through changes in diet, exercise, nutrition, topical products, hair care and styling.

Traction alopecia is mostly avoidable. And if it occurs, it can be reduced and/or eliminated if it is identified early on and an effective treatment plan is implemented. Identifying hair loss starts with YOU!

Look at your hair and scalp on a regular basis and identify any visible changes such as patches missing or thinning. You may think it is okay to ignore these signs because your hair may have grown back in that area in the past.

Unfortunately, many people wait for severe hair loss to occur before even seeking help. Help can come in many forms such as: 1) a hair stylist with proper knowledge of hair care and hair loss; 2) a Trichologist – hair loss and scalp disorder specialist;

and 3) Dermatologist – medical doctor specializing in conditions involving the hair, skin, nails and scalp.

So, what can you do if you have traction alopecia along the hairline?

1. Identify any changes in the hairline: thinning, breakage, and baldness. Your hair stylist or barber should also alert you to changes.

2. Identify the "cause" of the hair loss. Did you get braid extensions and see less hair when you removed them?

Do you consistently wear your hair in a ponytail and are gradually seeing your hairline thin or recede? Are you using a stiff edge control product every day to lay down the edge hair?

3. Refrain from doing the poor hair habits, products and styles that caused the edge loss. Remember what works for one person may not work for you and do not allow stylists to mistreat your hair.

Avoid tight braids and ponytails. Remove wigs, headbands and tight scarves at the end of the day. Ensure bands and caps do not leave a "ring" around the hairline, cutting off critical oxygen and blood circulation to that area.

Reduce the use of products that harden the hair such as edge control, hair sprays and gels.

4. Identify a hair care plan and use topical treatments that heal, nourish and stimulate growth. For best results, stick to the plan for the assigned period (most plans are 90 days).

Topicals may include herbal infused drops/creams, base oils with specific essential oils, and

minoxidil-based foam. Specialized scalp treatments may include exfoliants, clays, therapeutic shampoos, high-frequency tool, light therapies, scalp massage, oxygen and steam treatments.

5. If you and your stylist/barber cannot determine the cause(s) of the hair loss or identify an effective treatment plan, seek professional help from a Trichologist or Dermatologist. Don't wait for severe loss to occur.

A Trichologist may ask extensive questions to help determine the root cause of loss and use a dermoscope (digital magnifier) to look closely at the hair follicles to identify damage before giving you an individualized treatment plan.

A Dermatologist may go even further by ordering blood work or performing a scalp biopsy before planning treatments such as Kenalog injections, platelet-rich plasma (PRP) injections or prescribing a topical shampoo or medication.

Remember, the early identification of hair loss caused by traction, combined with an effective treatment plan that includes avoiding the habits and products that caused the hair loss in the first place are your best solution for recovering your hair.

(Aishah Bilal-Ali, Ed.S., I.A.T., a Certified Trichologist, is owner of Hairadox Hair Care Salon and Naturalhairclass.com. Visit her website: Hairadox.com Reach her via email: Hairadox1@gmail.com)

## "Exodus To Genesis"

In the Application Alone The Value Exists



## CELIAC DISEASE

By Abdel J. Nuriddin, N.D., Ph.D.

**Celiac disease** is a digestive disorder triggered by the ingestion of gluten, of protein found in grains (carbohydrates) such as wheat, barley, and rye.

Although clinical characteristics include several multi system autoimmune features, the primary site of injury is the small intestine.

Incompletely digested gluten peptides are identified as antigens (toxins) by the immune cells of the small intestine, inducing an inflammatory response in the mucosal lining resulting in the destruction of the villi and ultimately malnutrition.

Research indicates that the prevalence of Celiac Disease in the United States is rising. We believe this is a result of the overuse of gluten as a food additive in processed foods as well as the "corruption" of wheat through the use of genetically modified technologies.

### HELPFUL INFORMATION:

- A gentle herbal formula before and following meals that focus on the health and repair of the mucosal lining in Villa.
- A Probiotic supplement further supports digestion and the immune system while maintaining a healthy balance of Friendly flora in the G.I. tract.
- A digestive enzyme formula with meals will aid in the proper digestion and absorption of all nutrients, especially the carbohydrates and proteins specific to Celiac Disease.
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation and promote tissue repair.

### More Help:

- Carbo Digest with every meal or snack;
  - ProteaseZyme morning and bedtime;
  - FloraZyme Plus 42.5 at bedtime; and
- Additional Support: SuperbZyme daily and LypoZyme daily.  
Use Genesis's phenomenal enzyme nutrition. Visit our website at [www.drnuriddin.com](http://www.drnuriddin.com) or call (336) 852-3040

Watch Dr. Nuriddin each Wednesday evening at 7 p.m. EST streaming on [www.gctv.viebit.com](http://www.gctv.viebit.com)

## CHAVIS HONORED WITH PRESIDENT JOE BIDEN "LIFETIME ACHIEVEMENT AWARD"

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recipients were Dr. Otis Moss Jr., Rev. Dr. Lawrence E. Carter Sr., Dr. Anne Winbush Watts, Dr. Clarissa Myrick-Harris and Thurgood Marshall Center Trust Inc. President Thomasina W. Yearwood.

The enthusiasm build, as a final ceremony was scheduled for Sept. 10 at the Thurgood Marshall Center Trust in Washington, D.C.

"We are eternally grateful to all venues for hosting the awards program this year," said Dr. Beverly Kee, Executive Director of Premiere Coalition Partners Association, LLC., a Maryland-based certifying organization for the Presidential Volunteer Service Award

Program.

"We have a very impressive list of honorees who are making a meaningful difference in their communities, and this venue is so fitting for such a prestigious event," Kee stated.

Ahead of the 2022 midterms, Dr. Chavis said it's important to register new voters. The NNPA and the Transformative Justice Coalition are in the middle of a campaign to register 10 million more Black voters.

"We've got work to do," Dr. Chavis declared.

"I thank President Biden for the Lifetime Achievement Award for Community Service and Civil Rights. Equality, equity, and justice are on the ballot."