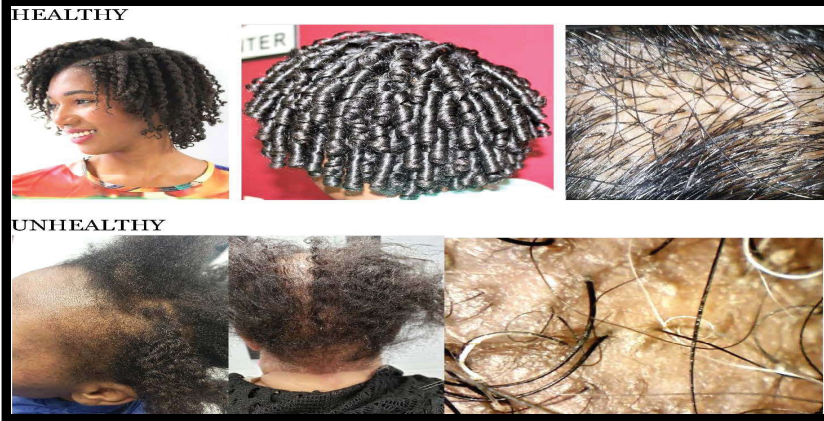
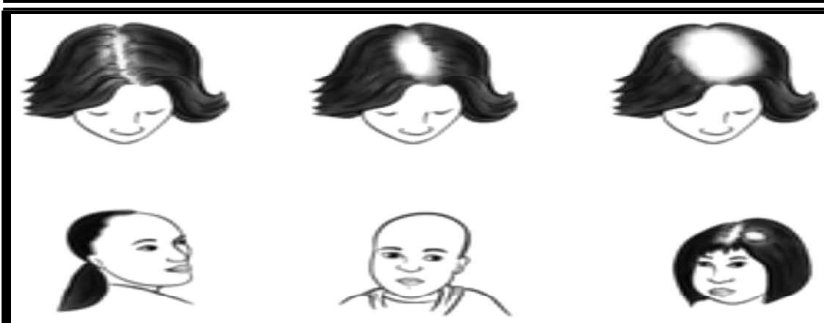


HAIRADOX: ALOPECIA (HAIR LOSS)



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

You may have heard the term "alopecia," however, alopecia is an umbrella term for hair loss. There are many types of alopecia. Each type can have its own technical name. The most common types of hair loss we see in our hair care center include:

- Traction alopecia - pulling, tension,
- Androgenic alopecia - inherited, female pattern,
- Alopecia areata - immune response,
- Central centrifugal cicatricial alopecia (CCCA) - scarring,
- Postpartum alopecia - hair loss after giving birth, and
- Acquired alopecia - induced by deficiencies or the start/stop of medication.

Hair loss can occur at any time in your life, as it is closely related to your hair regimen and your overall health. Over the course of your life,

you may experience many types of hair loss. For example, one could experience traction alopecia from wearing a tight ponytail, temporary hair loss from starting a medication, and postpartum alopecia after giving birth. Look for changes often! A person with highly textured hair can lose 25-50 percent of their hair before even noticing. "How do you know if I have hair loss?"

Look for:

- Excessive shedding
- Thinning of hair at scalp
- Baldness in distinctive patches
- Broken hair in patches
- Partial or total loss of hair from head or body
- Loss of hair on eyebrows and lashes.

If you identify signs of hair loss, don't panic and don't give up! Not all hair loss is permanent. Hair loss can be: 1) self-correcting, 2) permanent until corrected, and 3) permanent.

1) Self-correcting hair loss occurs quickly, i.e. in less than

3 months. Usually, a trigger occurs 2-3 months before the hair loss. The hair loss continues for 2-3 months and then self corrects.

There is no special treatment necessary. Triggers can include physical stress, high fever, anesthesia, starting or stopping medications, giving birth and food poisoning.

2) Permanent until corrected hair loss occurs gradually, i.e. over 6 or more months. Hair loss will cease 2-3 months after a solution is found. Causes can include nutritional deficiencies and medical imbalances.

3) Permanent hair loss does not grow back and may be addressed through surgical (hair transplantation) or non-surgical (hair units) methods.

Some forms of hair loss can be slowed down or reversed! But remember, each type of hair loss can require a different treatment protocol. Identify changes in your hair and consult with a hair loss professional to diagnose the type of alopecia (hair loss) you may have.

A hair loss professional (Trichologist or Dermatologist) should ask extensive questions regarding your diet, stress level, health, and your family history of hair loss (if applicable).

A Dermatologist may take a biopsy of the scalp or even



WE ALL MUST THANK THE HONORABLE ELIJAH MUHAMMAD

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

We must all, thank the Hon. Elijah Muhammad for his great guidance, particularly in terms of care for self. I cannot forget his insistence that we eat to live. I too believe as he did metaphorically, that you see the world through the eyes of your stomach.

Meaning that food has a great effect on the body, mind and spirit. And some food that is called food is really garbage, and it affects your ability to see clearly. He sought to keep his followers away from too much food and the wrong types of food and those of us who were his followers and obeyed his guidance returned from the sickness and spiritual death of poor eating habits.

Most of his followers when they found him were sick from pork, white sugar, table salt, milk, white bread, white flour products, alcohol and drugs. I can never forget, and I will never let my children forget the Hon. Elijah Muhammad and his program gave life to so many people in and outside of the Nation of Islam.

I never met the man personally. When I met the Hon. Elijah Muhammad's program, I knew nothing about wellness or preventive health care. However, I was intrigued with the discipline that his followers had, much of which I realized later came from the habits of discipline related to their dietary habits.

One reason why the world didn't control his followers was that they had control of their stomachs. I say to the world, if this is a lie, then prove me different. Our attitudes were under better control because our personal spirit was better, and it was better because the temple (body) it was cleaner and stronger.

The Hon. Elijah Muhammad kept us away from as much acid-building food and foods inherently laced with cyanide, such as white rice, as he possibly could. Pork, white sugar, table salt, cow's milk, white bread, white rice, white flour products, alcohol and drugs

were not a part of his food regimen.

If we would be honest with ourselves, we must admit, that these foods are just as poisonous today as they were during his time.

As the world outside the Nation of Islam during his time was experiencing more and more sickness because of the lifestyle change in America relative to fast foods, fillers, dyes, steroids and hormones to name some, his followers were enjoying vibrant health.

Even our seniors were youthful in their appearance. After the passing of the Hon. Elijah Muhammad, no one told the followers of Imam W. Deen Mohammed to change their diets, they had the freedom, and so many did it of their own volition.

It was Imam W. Deen Mohammed that emphasized and encourage additional education that stimulated me and many others to specialize in various fields of endeavor for the sake of community growth.

We have acquired this knowledge in wellness and preventive healthcare for our entire community, and we have too much for just our immediate families. Allah wants us to live and live abundantly.

Why should his followers throw away all the good that his father gave us and expect to progress in this and the future generations? We must salvage the good. It is only the foolish that cast aside the good of the preceding generation and starts all over again.

Dear people, if we don't get control of our stomachs, history will show many African Americans to be a foolish people after what they have been taught by the Hon. Elijah Muhammad.

Was there more we needed to know beyond what he has taught us about health care? Yes, and others along with myself in this community today have been and are in the process of teaching it.

No one will or can force you as a community to use your good common sense relative to your health. And yet, your ene-

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Muslim Family Life “DRESS FOR THE PLEASURE OF ALLAH (SWT) ”

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upon them AS) is always seen in the dress of righteousness.

“And Mary, the daughter of Imran, who guarded her chastity, so We blew into it through Our Spirit, and she believed the Word of her Lord and His Books and was of the devoutly obedient. (The Qur’an 66:12)

Scriptures reveal that Mary AS had of the best conduct and she accompanied the righteous people, so that she learned righteousness and religious knowledge.

“Say to believing men lower their gaze and guard their chastity. That is purer for them. Indeed, Allah is All Aware of what they do. ... And say, believing women lower gaze and guard their chastity, and do not display their adornment acceptable what is apparent of it.

“And let draw their head cover over their bosoms. And not reveal their charms except to their husbands, their fathers, their husbands’ fathers, their sons, their husbands’ sons, their brothers, their brothers’ sons, their sisters’ sons, their womenfolk, their attendants who have no sexual desire, or children who are not yet aware of private aspects of women.

“And they should not stamp their feet to draw to make known their hidden charms. And turn to Allah altogether, O you the believers, that you may succeed.” (The Glorious Qur’an 24:30-31)

Revering Allah SwT is the most important guideline for men and women when they choose their dress. The righteous worshipers will be conscience that Allah SwT

is All Watchful All Aware and requires decency and morality in the selection of dress.

When any woman selects dress she knows full well what clothes are considered decent and what clothes are revealing. Therefore, the rule to keep in focus in heart and mind for selecting one’s dress and in making all choices is to have Taqwa which is consciousness of Allah SwT.

Taqwa encompasses piety, reverence of Allah the Almighty, worship of Allah the Glorious, and self-restraint. In the above verse 24:31 rules for women’s dress are outlined. And our guidance is that which came to the Prophet saws for his family:

“O Prophet, say to your wives and your daughters and the women of the believers draw over themselves of their outer garments. This is more suitable that they may be known and not harmed. And Allah is Oft-Forgiver, Entirety Merciful.” (The Quran 33:59)

“... Believing men lower their gaze and guard their chastity...” from the above opening verse 24:30 is the guidance for men also. Let’s consider some rules of the dress for men from the Prophet (saws). “A man must be covered’ from the navel to the knee.’ The garments of the disbelievers, do not wear them.” (Hadith recorded by Muslim)

“These wearing gold and silk are forbidden for the males of my Ummah and permissible for the females. ... It is not permissible to wear the skin of a dead animal unless it has been tanned.” With regard to wearing clothes made of wool, goat hair and camel hair, these are pure and permissible.

And for men the Prophet (saws) said, “Whatever of the garment is lowered beneath the ankles is in the Fire.” (Hadith recorded by al-Bukhaari) “... Indeed, the disbelievers will not succeed. (The Qur’an 23:17)

Remembrance of Allah, the All Knowing, All Aware is the key for making whatever all choices come to us. Guidance regarding dress from the Messenger of Allah (saws) also include: “When you get dressed and when you do wudoo’, start on the right.” (Hadith recorded by Abu Dawood)

“It is haram for women to imitate men and men to imitate women in the way they dress.” (Hadith recorded by al-Bukhaari) When the Messenger of Allah saws put on a new garment, he would call it by its name, whether it was a turban, a shirt or a cloak.

Then he would say, “O Allah, to You be all praise. You have clothed me with it. I ask You for the good of it and the good for which it was made, and I seek refuge with You from the evil of it and the evil for which it was made.”

It is haram to wear garments for fame and vanity. The Prophet (saws) said: “Whoever wears a garment of fame and vanity, Allah will dress him in a garment like it on the Day of Resurrection.” Hadith recorded by Abu Dawood)

And he said, “No one will enter Paradise in whose heart is a mustard-seed of arrogance.” A man said: “What if a man likes his clothes to look nice and his shoes to look nice?” He said:

“Allah is Beautiful and loves beauty; arrogance means rejecting the truth and looking down on people.” (Hadith recorded by Muslim)

A Muslim is of “those who follow the Messenger, the unlettered Prophet, whom they find him written with them in the Torah and in the Gospel..., those are they the successful.” (The Glorious Qur’an 7:1)

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(Alhamdulillah, this column was established by Imam W.D. Muhammed for

sharing questions, comments and concerns on personal, family, or community issues to receive answers from Prophet Muhammad (saws). Please send your questions, comments and/or concerns to: quranandsunnahanswers@gmail.com)

HAIRDOX: ALOPECIA

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request blood work to reveal areas of deficiency or identify other areas of concern.

Treatment protocols for hair loss can range from simple to complex. They include hairstyle changes, topical products, oral supplementation, injections, laser therapy, massage or surgical transplantation.

There is no miracle oil or magic potion that will grow your hair back. Although you may have some growth or relief, it is often temporary. The use of topical products alone is rarely enough for long

term results.

Since many types of hair loss are triggered by internal body systems, they should be addressed through internal and external remedies. Finding and correcting the root cause of hair loss improves hair health for the long term.

A hair loss professional can help!

(Aishah Bilal-Ali, Ed.S., I.A.T., a Certified Trichologist, is owner of Hairdox Hair Care Salon and Naturalhairclass.com. Visit her website: Hairdox.com Reach her via email: Hairdox1@gmail.com)

FEARING A RECESSION, MANY EXPRESS

MISGIVINGS ABOUT LOOMING DOWNTURN

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relations specialist.

Zejna offered some findings from research regarding bankruptcy in the United States, noting that one in three Americans struggle to pay medical bills and 750,000 files for bankruptcy each year.

“Medical debt is the number one cause of bankruptcies,” Zejna offered. “And 58 percent of Americans live paycheck to paycheck.”

Home sales and building have dropped substantially over the past year, and consumer confidence has fallen to its lowest point since the pandemic’s beginning. Still, President Joe Biden remains optimistic.

“Coming off last year’s historic economic growth and regaining all the private sector jobs lost during the pandemic, it’s no surprise that the economy is slowing down as the Federal Reserve acts to bring down inflation,” Biden

said in a statement.

“But even as we face historic global challenges, we are on the right path, and we will come through this transition stronger and more secure,” the President continued.

He insisted that the job market remains historically strong, with unemployment at 3.6 percent and more than 1 million jobs created alone in the second quarter.

“My economic plan is focused on bringing inflation down without giving up all the economic gains we have made,” Biden asserted. “Congress has a historic chance to do that by passing the CHIPS and Science Act and Inflation Reduction Act without delay.”

Still, corporations have experienced a decline in sales and earnings during recessions and continue to fear what may come.

According to reports, the average U.S. corporation’s after-tax profit margin is around 16 percent. In traditional recessions,

the rate drops down to single digits.

Meanwhile, those corporations are collectively sitting on a record level of over \$4 trillion in cash.

“Companies may have raised these funds during the era of easy money and low-interest rates over the past decade,” Vishesh Raisinghani wrote for Yahoo Finance.

“Now, this cash is acting as a buffer and could allow companies to retain staff despite the economic slowdown.”



INTERACTIVE WORD ACTIVITY ANSWER KEY AUGUST 13 - AUGUST 19, 2022

1	6	4	7	9	3	8	2	5
8	2	9	4	1	5	7	3	6
5	3	7	8	6	2	9	1	4
2	4	1	6	8	7	3	5	9
6	7	3	5	2	9	4	8	1
9	8	5	3	4	1	2	6	7
3	9	2	1	7	6	5	4	8
4	5	6	9	3	8	1	7	2
7	1	8	2	5	4	6	9	3