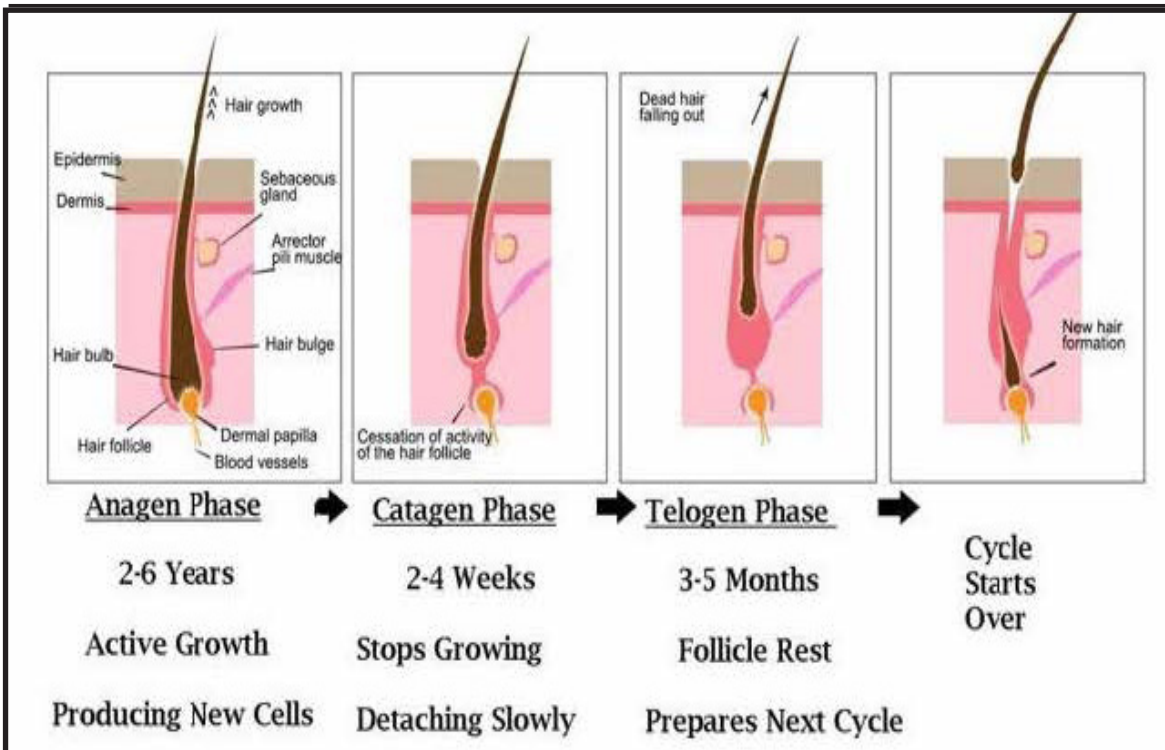


MY HAIR DOESN'T SEEM TO BE GROWING



By **Aishah Bilal-Ali EdS, I.A.T. Certified**

The Holy Qur'an 30:11 says: "Allah is He Who originates creation and then repeats it." The hair on our heads grows in three (3) calculated phases that repeat.

These phases include an active growing phase (anagen), a transition phase (catagen), and a resting phase (telogen). The resting hair is then pushed out (shed) by the newly grown hair and the phases repeat.

Approximately 85 percent of the hair is in the anagen (growing) phase at all times and only 1 percent of hair is in the catagen phase (stops growing). Average hair growth is ½ inch per month, 6 inches per year.

From birth, each hair follicle has its own internal "clock" that controls the growth phases.

If 85 percent of our hair is growing at all times, how is it that some people feel their hair is not growing? That's because there are many factors that influence hair growth. Here are just a few of those factors:

HEALTH: In order for hair to generate and regenerate, the body systems must be working efficiently. During the anagen phase, hair is connected to our blood supply.

Therefore, anything that affects our blood can affect our hair including sugar and high fat foods, toxins, circulation problems, parasites, pharmaceuticals, lack of rest, and leaky gut.

Healthy living habits, a good diet, periodic fasting, drinking sufficient water, regular health check-ups, proper rest and a

positive attitude are important in effectively maintaining our body systems.

GENETICS: The growing phase can last from 2 to 6 years, which is why some people can grow their hair extremely long and others cannot. You may find that your hair only grows to shoulder length, no matter how healthy you are or how well you treat your hair.

HORMONES: Pregnancy and other hormonal changes can disrupt the hair growth cycle. For example, many women experience maximum hair growth during pregnancy and then experience sudden shedding a few months after giving birth. This disruption usually corrects itself.

DIET: A poor diet, fad dieting and digestive issues can affect hair growth. Nutrient rich foods, exercise and sufficient water intake are crucial to maintaining hair growth. Proper digestion helps absorb nutrients from the foods we eat.

Nutrients are carried through the blood to the hair follicles. Any vitamin and mineral deficiencies you may have can be identified through blood work ordered by your Physician.

STRESS: Acute physical or psychological stressors can create a sudden disruption of hair growth. In fact, a sudden loss of hair may occur. This occurrence is usually self-correcting once the stress level is reduced. Managing stress and strengthening the immune system are a very important part of keeping your hair.

STYLING CHOICES: The way we wear our hair can affect the length of the hair that we retain (length retention). Styles that split or break off the ends of the hair considerably cause the hair

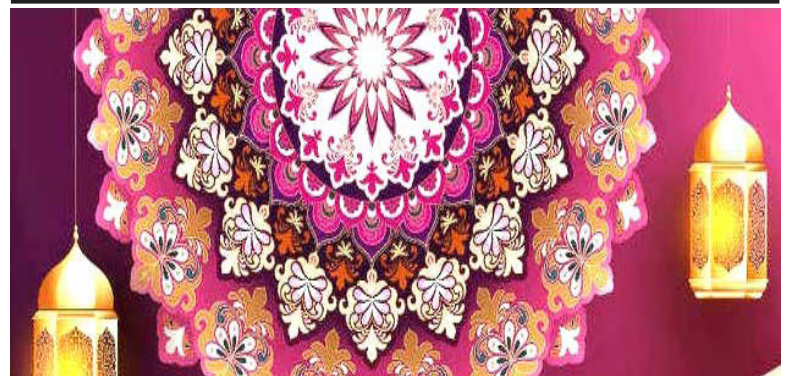
to look shorter, appear as if it has not grown.

A protective hair style should protect the hair shaft and ends. A protective style should render the hair equally or healthier than it was before the style was put in. If the hair is broken or damaged by the style, it is not a protective style!

Additionally, wearing tight caps or tight wigs can reduce oxygen and blood to the scalp area, particularly around the hairline.

(Aishah Bilal-Ali, EdS, I.A.T., Certified Trichologist, is owner of Hairadox Hair Care Center and naturalhairclass.com. See her website: Hairadox.com. Email: Hairadox1@gmail.com.)

AL-ISLAMIC APPROACH TO HEALTH CARE?



By **Amatullah Um'rani, MSW, Contributing Writer**

Regarding why take medication known to damage the liver, a nurse recently responded: "All medicines have side effects!" The wisdom of injuring vital organs in exchange for relief from an ailment was questioned. This, in turn, led to an examination of what would and would not be the Islamic approach to medication.

It was concluded that it could not include anything that:

Knowingly causes death

Damages or destroys vital cells or the organs that are necessary for a healthy life

Causes the person to commit suicide, homicide, or have thoughts of such

Causes behavior that the person does not remember later

Interferes with impulse control

Is highly addictive

Is designed to maintain, rather than cure

The Islamic approach to

health care:

Has as its foundation that Allah has cures for all diseases, even if we are not currently aware of them.

Attempts to have treatments lead to a cure

Brings about, or leads the person toward balance, equilibrium, and well being

Makes use of what is the most pure and the closest to the nature of creation

Values every life. If product testing or use proves that related deaths occur, product should not be accepted, even if deaths are in "statistically insignificant" numbers.

What do you think? Why? Have you had experiences or engaged in study of related subjects? Do you have something to add to this topic?

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EARTHTALK®: TOPSOIL EROSION: OUR AGRICULTURAL EPIDEMIC

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the knowledge that every one percent increase in carbon means 40,000 gallons of water retained on an acre of land. Healthier soil means less water and less fertilizer needed.

The need for transition from monoculture to more perennial crops is essential for the future of food. Annual crops produce one harvest, while perennials provide a harvest year after year. Much like soil building, a perennial harvest can take time.

But the long root systems build soil, require less input and water and are more resilient once they reach maturity. Indeed, agricultural researchers are hard at work hybridizing certain perennial crops to give farmers alternatives to planting wheat, corn and other monocultural annuals that degrade instead of building back our precious and fast-fading reserve of topsoil.

CONTACTS:

NRDC's Soil Erosion 101: <https://www.nrdc.org/stories/soil-erosion-101>

URI Reduce Soil Erosion: <https://web.uri.edu/safewater/protecting-water-quality-at-home/sustainable-landscaping/reduce-soil-erosion/>

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