



The Hair

*Adeshina Eniola
Bhate Daniel*

The Hair

HAIR GROWTH PHASE

*The hair has structure and the structure is divided into two parts which are: **the hair follicle** and **the hair shaft**.*

The hair follicle is the part beneath the scalp which cannot be seen. It is made up of the papilla and bulb. The bulb can be found at the bottom of each strand containing the active cells which makes the hair grow around the papilla. The shaft is the visible hair that grows around the follicle. It is made up of a hard protein called “keratin” and a protective layer called cuticle.

Hair growth is in three stages which are in a cycle

- 1. Anagen phase- This is the period of growth. The cells in the hair bulb divide rapidly creating new hair growth. Hair actively grows from the root for an average of 2 - 7 years before hair follicles becomes dormant. In this time, hair can grow anywhere between 18-30 inches depending on the individual's hair length, which varies in people due to genetics, age, health and other factors.*
- 2. Catagen phase- This period is short lasting only 2- 3 weeks on an average. In this phase, hair stops growing and detaches itself from blood supply*
- 3. Telogen phase-This phase begins with a resting period, where hairs rest in the roots while new hairs begin to grow beneath it. This phase last for about 3 months.*

After this period, resting hairs will fall out. This is nothing to worry about because it is a natural process. Each follicle

is independent and goes through the growth circle at different times so you don't lose patches of hair all at once and only shed 50-100 hairs each day.

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INTRODUCTION

NATURE OF MY HAIR:

For most of the world's experience, Women have always had one problem or the other with their hair. But I will say the problem is with us, we don't know the nature of our hair. It is said, when one has a problem, one has to sit with the problem and study it well to know what step is to be taken. The same goes to your hair, you have to study your hair type (the nature of your hair) and use the best remedies that suits it.

Most women use chemical leached hair products for the hair in which some don't suit the nature of their hair. Our hair is made up of a protein called keratin that is produced in the hair follicles found in the mammalian skin. As follicles produce new cells of 20 different types with their functions, the old cells are being pushed through the surface of the skin (called epidermis). Sebaceous glands near the hair follicle produces oil which is healthy for hair growth. The rest of the hair which lies below the surface of the skin is referred to as the hair root.

HOW CAN I DETERMINE THE NATURE OF MY HAIR?

Do I have Thick hair? You have a lot of hair and a lot of substance. It takes most of your time to untangle and style your hair. Furthermore, your hair is resistant to breaking. You can appreciate your thick hair by tying it up into a ponytail or a chignon.

Do I have Fine hair? Your hair gets tangled easily, it's fragile and breaks. Furthermore, hairstyles do not hold for long. Also, your hair often needs styling products to give it boost.

Do I have Oily hair? Your hair produces excess sebum (oily substance), your hair root seems shiny and your hair glisters. When you wet your hair, it seems difficult to dry. In fact, the water doesn't soak into your hair easily, it all stays on the surface and gives your hair a shiny appearance.

Do I have Dry hair? Hair moisture falls below normal levels, your hair is dull and feels rough to touch (frizzy) which you find difficult to tame, it's difficult to untangle and can break. Furthermore, it is often curly and frizzy which tends to be naturally dry.

Do I have weakened hair? You have used excessive heat straightener or blow dryers on your hair. You have colored your hair repeatedly or color tones it

which is too damaging. You expose the hair during summer to sun; your hair has therefore lost its shine and elasticity. Now the hair needs an enriched keratin treatment.

HOW CAN I DETERMINE MY HAIR TYPE?

Diameter (the width of the hair strands):

The hair's diameter has nothing to do with the amount of hair you actually have. It's all about how wide the individual strands are. To find out the width, take a single strand of your hair and lay it on a flat surface. If you barely see the hair or feel it between your finger tips, then you have Fine hair. If the hair strands looks thick and appears textured then your hair is coarse. Then if your hair is in between, you have a moderate or medium width.

Coarse hair has a lot of texture, it's prone to frizz and doesn't retain water like other hair types. Moisturizing products best suits coarse hair types.

Density:

Density depends on the number of strands you have (how much hair you have) not how thick they are. You can have fine hair that is thick or have coarse hair that is thin and any number of the combinations in between. To find out your hair's density, take a front part of your hair

and pull it to the side; if you can visibly see your scalp underneath or through your hair, then your hair is thin. If you can barely see your scalp, then your hair is thick

Porosity:

This refers to your hair's ability to absorb moisture products. To determine the porosity of your hair, place a single strand of your hair into a bowl of water. If the hair sinks, your hair has high porosity, as it's absorbs all moisture. But if the hair floats on top of the water, it has low porosity and doesn't absorb moisture easily. But listen, if it eventually somehow floats in the middle of the water, it has normal porosity that is it is well balanced.

Hair shape:

Shape of hair; we are referring to bends in hair. If your hair doesn't have any bends, then your hair is straight. If there are any bends 'S' in your hair, your hair is wavy. If there are curves, your hair is curly. Then, if your hair has ringlets, your hair is spiral curls.

These studies are what most ladies are not aware of. As you read further, you will know more about your hair.

HAIR LOSS (Balding)

Hair loss is also known as *alopecia*. It is the deficiency of the hair which may be caused by failure of the hair to grow or loss after growth. Hair loss can have a psychological impact on a person's life. It could make one upset. The pattern of hair loss may be obvious like bald patches on the head, partially bald areas.

Baldness is usually in two forms; **Scarring baldness** which includes *tinea capitis*, *tricholotilomania* and **non scarring baldness** which also includes *androgenetic alopecia*, *alopecia areata*, *teleogen effluvium*. You don't have to worry about their names, although they are discussed later in the book.

Pattern baldness is due to a combination of balding (in men and women from either parent's side of the family), aging and hormones. *Female pattern baldness* is not due to a vitamin deficiency, poor circulation of blood, dandruff or wearing hats. It is a form of hair loss due to family susceptibility. There is progressive shrinking of hair follicles until they produce a slender, flexible bundle of hair or cease functioning. The pattern of hair follicle is different in women than men; the hairline is preserved while there is a spread thinning or removal of the hair of the crown and frontal scalp. Total hair loss is not usually common, it is very rare.

Female pattern baldness is commonly noticed after menopause, although it may begin earlier because there is genetic basis to female pattern baldness. Different racial are affected at different rates. The early stages of hair loss usually begins at either 20- 30 or 40-50years of age.

Forms of Hair loss

Hair loss includes scarring and non scarring alopecia, but we would only discuss about non scarring alopecia. Scarring alopecia is a severe form of balding, patients with this form of baldness should see a doctor.

Non scarring alopecia:

1. Androgenetic alopecia.
 2. Alopecia areata.
 3. Telogen effluvium.
- ❖ *Androgenetic alopecia*- is the most common form of hair loss in men and women, it is mostly prevalent in men and less in women. Many patients with androgenetic alopecia have a family history of this condition.

Hair thinning occurs in a specific pattern. Men experience thinning in the frontal and vertex scalp while women typically experience diffuse hair thinning of the vertex and frontal hair line. Common conditions that mimic androgenetic alopecia include iron deficiency anemia, thyroid disease and malnutrition.

- ❖ *Alopecia areata*- It is an autoimmune skin disease that causes patchy hair loss on the head and possibly other places on the body. It occurs in different patterns; oval shaped and flesh colored patches on any part of the body. Evaluation of scalp may reveal short hairs, yellow or black dots and broken hair shafts.
- ❖ *Telogen effluvium*- It occurs when large number of hairs enter the telogen phase and fall out. The list of inciting factors includes high fever, pregnancy, surgery, malnutrition, severe infections etc.

Patients with telogen effluvium may notice symptoms like clumps of hair coming out in the shower or in their hair brush. Scalp of patients with telogen effluvium typically shows scaling, inflammation, uniform hair thinning and uneven hair distribution.

Telogen effluvium is usually self limited and resolves within 2-6 months. Treatment involves eliminating the fundamental cause, causative medications should be discontinued. It may last for years if the underlying stress continues.

Symptoms of hair loss in females

1. Sudden loosening of hair.
2. Patches of scaling that spread over the scalp.
3. Circular or patchy bald spots.

4. Gradual thinning on top of the head; this is the most common type of hair loss affecting people as they age.
5. Seeing more hair fall out daily either on your brush, on the floor, in showers, on your pillows or on the sink.
6. Having smaller ponytails.

Causes of hair loss in females

❖ Family history

This type of hair loss is female pattern type of hair loss, it causes diffuse thinning of hair along the top of the head, it is also called androgenetic alopecia. This type of hair loss gets worse when estrogen is lost during menopause. We will discuss how menopause affects hair loss.

❖ Extreme stress or shock to the body

This can cause temporary hair loss, this category includes events like losing a lot of weight, surgeries, illness, severe infection and having a baby. Hair loss can develop after a female goes through any of these events.

❖ Hair style

This causes hair loss when hair is styled in ways that pull on hairs from their root continuously like tight ponytails, braids or cornrows. This type of hair loss is called traction alopecia. If hair

follicles are damaged, hair loss can be permanent.

❖ Toxic substance, including chemotherapy, radiation therapy and some medications

Patients typically present with diffuse hair loss. This type of hair loss is called *anagen effluvium*, it happens in the hair growth stage

Anagen effluvium is usually reversible with re-growth 1-3 months after cessation of the offending agents. But sometimes, this type of hair loss can be permanent if hair follicles are damaged.

Solutions to hair loss in females

The hair loss associated with female pattern baldness, although permanent requires no treatment if you're comfortable with your appearance. For mild to moderate hair thinning, creative hair styling, hair weaving or hair pieces may be adequate to improve appearance. The scalp can also be protected from sun burn with a hat.

The treatment for female pattern baldness can help prevent future hair loss and may result in re-growth of some hair. In most cases, long term treatment is needed to prevent hair loss from recurring. I outlined solutions that will help in treating hair loss.

❖ Minodoxil (rogaine)

This is a topical medication that is used in treating hair loss in both men and women. It works best on the crown and less on the frontal region of the head. The treatment is applied to the scalp everyday or twice daily to stimulate growth as well as prevent further hair thinning. It takes about 4-6 months and the regular application to produce visible result. Unintentional application of minodoxil spray to the face or neck could yield unwanted hair growth in those areas. Side effects of using minodoxil spray or cream may include dryness, redness and itching while side effects of using minodoxil tablets may include dizziness, drowsiness, rapid weight gain and scalp irritation. Note that hair loss may return after a person stops using the product. Minodoxil is available commercially and no prescription is required. You can get it from online stores like Jumia.

❖ Use of hair pieces and wigs

Hair pieces have been the honored way to add hair temporarily amongst other choices. They are often used to disguise hair loss and they have the following benefits:

- Provides an instantaneous result whereas other treatment may take months or years for visible improvements.
- Can be used by patients with any hair loss condition.
- Safe to use.

They usually come in many different forms and can be added to existing hair or directly to the scalp to give the appearance of a fuller head of hair. Other names for hair pieces and wigs are hair weaves, hair extensions, toupes, and non surgical replacements. These external hair devices are made from human hair, synthetic fibers such as acrylic or a combination of both. Their quality varies considerably with price. Also, hair pieces may stretch or loosen

❖ Use of hair fiber powders

Hair fiber powders are colored powdery sprinkles which are commercially available. They can be used to camouflage bald areas. These colored sprinkles have special properties that can help them attach to hair and give a fuller appearance. The hair fibers are made of the protein as real hair (keratin). Using hair fibers will immediately improve the look of the thinning hair. Toppik is one manufacturer of this product and can be found online. This cosmetic is available without

prescription and they are quite safe with minimal risk. They can be used in addition to other treatments like minodoxil and they are great temporary measure to consider for special occasions.

Natural remedies to treat and prevent hair loss

Coconut milk

Coconut is known for its potent moisturizing abilities. There is a reason so many shampoos and conditioners are coconut based. One of the leading reasons for hair loss is having a damaged scalp due to dryness. To naturally reverse hair fall out caused by dryness and bring back your hair follicles to good health, use coconut milk.

To prepare the milk;

- i. Grate a medium sized coconut and heat it slowly for 5minutes.
- ii. Filter it and allow it to cool

To use this, you will need a shower cap. Massage your hair and scalp slowly with the milk for about 15minutes. Cover you're your hair with the shower cap to avoid a mess. Leave it for about 30-60 minutes. Then proceed to wash with a shampoo.

Egg mask

An egg hair mask is a natural hair loss remedy. Eggs promote hair re-growth because of their high level of protein.

To prepare;

- i. Separate 2-3 egg whites in a bowl and add a tea spoon each of olive oil and honey. Mix thoroughly to make a paste

Apply this on a damp hair and leave for about 45minutes. Rinse the mixture off with water, and then shampoo hair as normal.

Aloe vera

Aloe vera is a great home remedy for treating hair loss. It works to soothe and calm a damaged scalp creating a healthy environment for cells to replenish and flourish.

To use this, take stalks of aloe vera, extract the pulp and apply to your hair and scalp. Leave it for about 4-5minutes and rinse with normal water. You can about 3-4 times a week to see better results. I would also advice that you get an aloe vera based shampoo.

Food sources that can help reduce hair loss

Protein

Protein is the most important component of each hair strand. If you are not consuming enough protein, you can face hair problems like hair loss, thinning of hair, etc. for healthy and lustrous hair, go for good sources of protein like egg, fish, chicken, milk, legumes and nuts.

Omega-3 fatty acids

These are essential fats which you need to get from external sources. Omega-3s are found in the cells that line the scalp and also provide the oils that keep your scalp and hair hydrated. Eat fish, nuts and avocado.

Zinc

Zinc deficiency leads to the changes in the protein structure of hair of hair follicles leading to weakening of their structure. This means that hair will fall off much more quickly than their normal pace. Take food like eggs, nuts and soy products.

Vitamin C

It helps to aid the absorption of iron. So, food items with high vitamin C are good to eat. Examples are orange, strawberries, sweet potatoes, tomatoes and tomato juice, spinach and cabbage.

Iron

It is one of the most important mineral for hair. Too little iron in your diet is a major cause for hair loss. When iron level fall below a certain point, you may experience anemia. Vegetarians can raise their iron from spinach, lentils and salad greens. While non vegetarians can rinse theirs from chicken, fish and egg.

Relationship between menopause and hair loss

Many women suffer from hair loss when going through menopause. Every person naturally losses between 50 to 100 strands of hair a day. If you lose more than this, you may notice areas of baldness on your scalp, clumps of hair coming out when you wash or brush your hair and thinning of hair around the front and sides of your scalp

During menopause you might start growing hair where you did not have it before. You might also see the hair you have starts to thin. One cause may be changing in levels of hormones during menopause. During and after menopause your hair might become thinner because hair follicles shrink. Hair grows more slowly and falls out more easily in these cases. Other factors such as stress and heredity may contribute to hair loss. For solution, minodoxil lotion or shampoo is one approach. You might also go for things that do not actually repair hair loss but do allow you to hide it.

HAIR DAMAGE

Chemical or heat styling causes hair damage; the hair will be dull looking. Use of curling iron or flat iron too much on your hair will cause damage. Extremely damaged hair is more than split ends, as the hair develops cracks in the outside layer (cuticle). If the cuticle opens, your hair is at a risk of further damage and breakage. The hair will then be frizzy; this occurs when the hair moisture level falls below normal level.

Hair damage occurs when aggressors (heat and harsh chemical treatments) attack the protective outer layer of your hair leaving cracks in its exterior which causes the hair to look dull, dry and frizzy or brittle.

Hair products and styling that people use for coloring and relaxing the hair contain chemicals that weakens and can easily break the hair. Some hairs are used to heat which usually leads to hair breakage. Blow dryers, strengtheners, curling tongs; it's not that these are not beautiful for styling of the hair but the hair doesn't require frequent use of heat which removes the moisture of the hair and leads to hair damage.

Diet has a lot to do in the improvement or growth of the hair, severe nutrient deficiencies may lead to hair loss. Eggs and fish contain biotin which is essential for healthy hair growth. Once people resolve any nutritional

deficiency, their hair will likely become stronger and healthier again. Reducing or avoiding cases of hair damage and caring for the hair correctly can help to keep the hair strong and healthy.

Best solutions to avoiding hair damages; improve your hair brushing skills, get good hair ties, don't heat style dirty hair, know how often to wash your hair, beware over processing, protect your hair against salt water, change diet to a nutritious balanced diet, etc.

HAIR BREAKAGE

This is when your hair shafts break resulting in split ends and shorter hair strands. It usually occurs due to dry scalp and damaged hair. In most cases, hair breakage is temporary and people can repair their hair and restore its strength by using products and home remedies.

Products that people use for coloring, perming or relaxing the hair contains chemicals that can weaken the hair and make it more likely to break. Even some shampoos can cause the hair to break, become fragile or turn frizzy.

Cause of hair breakage

❖ Lack of moisture and exposure to heat-

Hair is most likely to break without proper hydration. Frequently exposing your hair to heat can remove moisture from the hair. You also need to take into consideration the use of hard water on your hair.

❖ Chemical exposure-

Hair coloring and hair bleaching agents can cause severe hair damage by making the hair strands weak. Also, using relaxers and perms changes the structure of your hair from within. These things can cause hair fall, split ends, hair breakage and hair thinning. Chemicals often change the pH of the hair.

❖ Not having regular haircuts-

When you don't cut your split ends, your hair might eventually end up breaking up higher. Cutting your hair occasionally even as your hair is growing can help keep the hair strong and healthy.

❖ Tight hair styles-

Tight hair styles can pull out your hair from its root. Most ladies like to make tight hairstyles, when you tie your hair back frequently in tight hair styles it will lead to hair breakage. Tight hair styles stretch and break hair from the roots. If people regularly wear tight styles, it may lead to a type of hair loss called *traction alopecia*; even though this is a temporary hair loss that can recover quickly, it can become permanent if it keeps happening.

❖ Unbalanced diet-

The hair requires protein, iron and omega-3 fatty acids to stay healthy and strong.

Treating and preventing hair breakage

- I. Change your hair care routine
- II. Use a conditioner after washing your hair with shampoo.
- III. Limit the use of coloring and hair bleaching products.
- IV. Eat a balanced diet to ensure the hair gets the nutrients it needs.
- V. Limit the use of hot tools on your hair.

- VI. Avoid combing a wet hair; combing your hair when it is wet can cause hair breakage
- VII. Wearing a silky hair cap and sleeping on a silky pillow will prevent hair breakage and improve hair growth.

Natural Treatments

- i. Coconut oil.
- ii. Argon oil.
- iii. Castor oil.
- iv. Grape seed oil.
- v. Carrot oil.
- vi. Shea butter.

These oils contain essential substances that can help protect the hair from

- Lose of protein.
- Fungal infections like dandruff
- Damage and breakage.

They provide anti-inflammatory properties, helps to moisturize the hair and keep it healthy. You should go for any of these to protect your hair from breaking. They are commercially available. Other natural treatments include:

- Aloe vera.
- Coconut milk.
- Egg masks.
- Onion juice.

I discussed about how you can prepare them earlier when talking about hair loss.

DANDRUFF

Dandruff is a scalp condition that causes flaky skin to appear, it can be itchy. They are scaly particles that stick to the roots of the hair. Dandruff is harmless; it is a chronic condition that occurs when the scalp becomes dry and produces white flakes of dead skin. It usually starts between the ages of 10&20 and affects up to 40% of people over the age of 30. It is a condition that can be self diagnosed from the symptoms.

Mild dandruff can be caused by dry skin and bad reactions to hair products. While I was in secondary school, when I scratch my hair I would notice white flakes (dandruff) fall off from my scalp on my book. I didn't really know what causes dandruff. On the more severe end, dandruff may eventually be caused by seborrheic dermatitis, the mayo clinic explains, a chronic inflammatory skin condition that may be partially driven by yeast and hormone changes. Some people are sensitive to that yeast called *malassezia furfur* that naturally exists on the scalp. For most people this type of fungus is a harmless part of your scalp and skin flora and feeds on the oil on your skin. It is said by some experts that if it is allowed to over grow, it can cause an inflammatory response that leads to a buildup of skin cells that then flake off

It has been known that dandruff gets worse in summer, although some people deal with dandruff all year round. Some experts think that dandruff may interfere with normal shedding cycle and constant itching of scalp could disrupt your already fragile hair and lead to hair loss. If you are already dealing with hair loss, it is better to manage your dandruff to prevent further hair issues.

If your flakes are caused by a dry scalp, you will want to calm and moisturize your scalp. That might mean changing to a gentle, fragrant and sulfate-free shampoo and using deeply moisturizing conditioner or hair mask. Some causes of dandruff are; irritated and oily skin, infections, less shampooing, sluggish metabolism, dry skin, brushing your hair irregularly, sensitivity to hair care products, etc. The symptoms to know you have dandruff include itchy scalp, dry scalp, white flakes, etc.

During summer it is advisable not to shampoo hair too often which causes dry hair. Although complete cleaning of the hair is good but some people over wash the hair which will eventually swipe away the hair's natural oil.

Dandruff is one of the common problems of the hair but can easily be treated with the best treatments that suits the nature of your hair

TREATMENTS/INGREDIENTS FOR A PROPER HAIR GROWTH

- *Aloe vera*
- *Coconut milk or oil*
- *Fish oil(cod liver oil)*
- *Onion juice/potato juice*
- *Castor oil.*
- *Carrot oil*
- *Lemon juice*
- *Vitamin E*
- *Crushed Ginger(for front of hair)*
- *Egg*
- *Olive oil*
- *Honey*
- *Avocado*
- *Baking soda*
- *Butter*
- *Yoghurt*
- *Per-boiled rice water*
- *Sugar water*
- *Vinegar*
- *Banana*
- *Milk*
- *Jojoba oil*
- *Spinach.*

How to prepare some of these home remedies

Banana hair mask

Ingredient- Banana, honey, milk, olive oil and egg.

Method- Take a piece of banana, 3 table spoon of honey, 3 table spoon of olive oil and egg. Mix all of these ingredients well and make a paste. Apply the paste on your hair and leave it for 15-30 minutes, then wash it off.

Banana is one of the best hair conditioners that is beneficial for hair damage and works well for people with rough and frizzled hair.

Apple cider vinegar conditioner

Ingredient- Apple cider vinegar, honey and water

Method- Take two table spoons of apple cider vinegar along with one table spoon of honey and two cups of water mix the ingredients well in a bowl.

Yoghurt hair conditioner

Ingredient- Egg and yoghurt

Method – Take a bowl and put egg in it. Add about 6 table spoons of yoghurt and mix well. Massage the mixture on your hair and keep it covered

with a shower cap. Leave it for about 15-30 minutes before you wash it off with normal water

Conclusion- yoghurt is an easy solution. Its protein and lactic acid contents help to cleanse your scalp

Aloe vera hair conditioner

Ingredients- lemon juice and aloe vera gel

Method- take one table spoon of lemon juice and 4 table spoon of aloe vera gel and mix them well in a bowl. Apply it on a shampooed hair and wait for 5 minute rinse it well with warm water

Conclusion- aloe vera is said to stimulate hair growth and brings shine to them. It helps restore the pH balance of the hair.

Raw honey

Ingredient: Raw honey, water

Method- Mix 4 table spoons of raw honey with 1 table spoon of water and apply to your hair and scalp. Wear a shower cap and leave it for an hour. Rinse the mixture on your hair and shampoo, condition and style as usual.

Conclusion- Honey has been used for years to lighten your hair and give a soft, sun-kissed glow.

Sugar water

Ingredients: granulated sugar, water.

Method: Mix about a teaspoon or more of granulated sugar with a cup of water. Pour a bit into your palms then run your hands over your dry hair. Your hair will get a bit “crunch” because you just made a homemade hair spray.

Conclusion- This hair spray is suitable for a frizzy hair.

Parboiled rice water(-salt)

Ingredient: Rice and water.

Method: After you have parboiled your rice filter out the water. Store the water in a fridge for 3-4days when you take a shower, pour the rice water over your hair and leave for 10-15 minutes before rinsing off.

Conclusion- Rice water has been a very good homemade hair treatment for centuries. The left over starchy nutrient after rice is parboiled (or some cases cooked) is made up of vitamins, mineral and starch, which helps to strengthen the hair.

DEDICATION

This book is dedicated to God Almighty, thanks be to him for the idea and wisdom to bring this out. Many things will cease to be meaningful without him, even life itself.

It is my greatest desire that as you have received this book, you also come into fellowship with him. This is not just a book; it has created a doorway for you to know God. If you love Jesus, I want to encourage you seek him like never before—enter into fellowship with him and don't stop.

If you are sick in any part of your body, probably you have pains, growth, cancer; your hair is breaking or any sickness whatsoever. I want you to believe now, lord Jesus wants to heal you now. I want you to place the sickness or problem in your heart now and say this prayer aloud from your heart.

*“Surely he has born our grieves (sicknesses and weaknesses), the punishment of our peace was upon him. He was wounded for our transgressions, he was bruised for our iniquities and with his stripes I am healed. Therefore, I command every sickness to leave my body now, I am made whole, I refuse to be sick again! I am healed in Jesus name! **AMEN.***

Go ahead and thank the lord right now, thank him for healing you. Bless his name.

If you have not received Jesus into your life, now is the best time for you to do so. He died so that you can have life, John 3:16 say “for God so love the world that he gave his only begotten son, that whosoever believeth in him should not perish, but have everlasting life”. The proof that you have life is having the son (Jesus), you need Jesus. He is there with you now, close your eyes and tell him how well you want him in your life. Tell Jesus you want to know him. Then, say this prayer with me and believe in your heart.

Lord Jesus I surrender my life to you now. I believe that you died and rose from the dead to save me from sin. I receive eternal life now and I promise to serve you and do your will for the rest of my life in Jesus name. AMEN.

That was awesome, God bless you my friend. I welcome you into God’s family. Please feel free to share your testimonies.

You can contact me on,

08120744712

GLOSSARY

Here are the definitions of some terms and words that were used in this book.

Autoimmune- it is a condition where one's immune system attracts the tissues.

Chemical- not relating to anything in nature

Coarse- rough or not fine

Camouflage- covering up or a disguise

Crown- the top part of the head

Curly –a curved shaped

Cuticle –an outer skin

Chemotherapy – Chemical treatments to kill the spread of cancer cells.

Clumps- a thick group of hair

Chronic- a problem that continues over a long time

Crunch- a noisy cracking sound

Chignon-a roll or twist of hair worn at the back of the neck

Deficiency- not enough

Damp- to wet

Disguise- to change the appearance

Deficiency anemia- when the capacity of the blood to transport oxygen to the tissues is reduced.

Elasticity- having the quality to stretch.

Excessive- too great an amount or extra

Estrogen- Any group of steroids that are secreted by the ovaries

Flaky- consisting of thin layers
Follicle- A small cavity (hole)
Frontal scalp- front parts of the head
Fragile- easily broken
Fibers- an elongated piece of the hair
Fragrant- sweet smell
Glisten- to shine brightly
Genetic- relating to origin
Hard water- water with dissolved minerals especially calcium
Hormones- Any substance produced by one tissue
Hairline- The line along the forehead
Hair extension- a length of hair that is attached to one's hair
Hair thinning-the hair becoming less thick or when you lose hair
Inflammation- a swelling with heat, pain and redness
Layer- a covering
Mammalian- pertaining to mammals e.g. humans
Menopause- the ending of menstruation in women
Metabolism- complete set of chemical reactions
Psychological- relating to human behavior
Pattern- a particular sequence
Prone- likely to happen
Patches- a small piece
Pony tail- a hair style that is usually drawn to the back and tied
Remedies- a way of curing

Radiation therapy- the use of ionizing radiation to treat disease

Sebaceous gland- a gland of skin which secretes an oily substance

Sebum- a thick oily substance

Severe- strict or serious

Shedding- to separate or cast off

Strand- an individual length

Synthetic- artificial, not natural

Tone- quality of a color

Traction- the act of pulling something

Toupes- a hair piece to cover partial baldness

Visible- To be seen

Width- distance from side to side

Data Sources

The contents in this book was gotten from a text book from American Physician Website (www.aafp.org/afp) and we searched websites like; cancerhaircare.co.uk, avogel.co.uk, m.femina.in, hgspecialist.com, e.t.c

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