

**What do doctors say about
eyelash growth and
enhancement techniques?**

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On week 335 we are sharing what do doctors say about eyelash growth and enhancement techniques? Thank you for your visits, likes, and shares. So many of you have been with us for so many years we very grateful for it, thank you from all of us.

An introduction to eyelash hypotrichosis and why women are trying to grow longer eyelashes.

What causes eyelash hypotrichosis?

- *Summary: Eyelash hypotrichosis is defined as having lower than average length, thickness, and/or a number of eyelashes. Causes of eyelash hypotrichosis include hereditary, aging, chemotherapy, medical treatment, eye surgery, and physical trauma.*
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861943/>
 - Causes of eyelashes hypotrichosis are many, including hereditary, aging, chemotherapy, other medical treatment and unknown causes. Physical trauma involving the face, eye surgery, and trichotillomania may also cause thin or absent lash growth
- <https://www.latisse.com/FAQs.aspx>
 - Eyelash hypotrichosis is the medical name for having inadequate or not enough lashes. Eyelash hypotrichosis is defined as having lower than average length, thickness and/or the number of eyelashes.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4828511/>
 - Physiologically, during the period of pre-menopause in women density of estrogen in the blood lowers with the natural rise of androgen concentration, which might be the cause of androgenic hair loss.

There are lots of “tips” on how to grow your eyelashes online. Some of them definitely have no scientific evidence behind it

at all and some of them are just commercial advertising, so it would be great to get some professional opinions on them.

A brief introduction to the doctor: Dr. Sandy Skotnicki
<https://g.co/kgs/8fmqtJ>

prevalent tips for growing eyelashes on the Internet



1 Coconut oil

Online sources: Not only is coconut oil nutritious, it is also a miracle product for your body, especially as a treatment for dry hair and dry skin. Its natural properties hydrate and

encourage growth in hair, and I recently found out that the same principle applies to eyelashes. So I got myself some virgin 100% organic coconut oil to find out what the fuss is about.

What does the doctor say?

“There is no scientific data to support the use of coconut for prevention of eyelash loss or to help the eyelashes grow longer. Applying vaseline around the eyes can cause inflammation/irritation for some people”

2. Castor oil

What does the doctor say?

it is really the only herbal treatment shown in limited research to potentially improve hair loss and women use it for regrowing eyelashes and eyebrows.

3. Cutting eyelashes so that it will grow stronger and longer

What does the doctor say?

“There is no data on this.”

Medical Treatments for Eyelash Growth



1. Bimatoprost (Latisse)

Approved source Hair follicles have a cyclical behavior pattern. The growth phase of the eyelash lasts approximately 30 days. Although the exact mechanism is unknown, it is believed that Latisse increases the proportion of hair follicles in the growth phase of the hair cycle.

The most common side effects include an itching sensation, eye redness, skin darkening, eye irritation, dryness of the eyes,

and redness of the eyelids. While very infrequent, increased brown iris pigmentation of the colored part of the eye has occurred, which is likely to be permanent.

<https://www.latisse.com/FAQs.aspx>

<http://www.latisse.com/SafetyAndSideEffects.aspx>, [Latisse prescribing information](#)

- The most common side effects after using LATISSE® solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients in the clinical study. LATISSE® solution may cause other less common side effects, which typically occur on the skin close to where LATISSE®
- is applied or in the eyes. These include skin darkening, eye irritation, dryness of the eyes and redness of the eyelids.
- This is one of the most common questions I get asked. LATISSE® use may cause increased brown iris pigmentation of the colored part of the eye which is likely to be permanent. While very infrequent, increased iris pigmentation has occurred when LATISSE® solution was administered. Do not apply LATISSE® in your eye or to the lower lid. Ask your doctor for complete application instructions.

What does our doctor say?

It's "clinically proven". Latisse or the drug Bimatoprost can thicken and lengthen fine hairs – eyelashes and in some cases eyebrows when used regularly. This is because the hair follicle stays in a growth cycle for a longer period of time before it is shed.

Non-medical options to boost eyelash appearance

1. Extension

Online source: A basic set (typically 70 to 80 lashes per eye) can range anywhere from \$100 to \$400 and because eyelashes grow and eventually fall out, you've got to go back every few weeks for fill-ins, which can cost anywhere from \$50 to \$165, depending on how many new lashes you need.

What does the doctor say?

Eyelash extensions can damage the natural lash. some women may be allergic to or develop an allergy to the adhesive that is used.

2. Lash-boosting mascara Mascara

Online Source: A blend of arginine, acid proteins, and Pro-Vitamin B5, etc helps eyelashes grow.

What does the doctor say?

"There is no scientific evidence to back them up."

Summary

There are too many unverified "facts" floating on the internet. It's always advised to consult a "true" doctor online or offline.

Additional Q&A to Consider

1. **In terms of diet, what can we do to naturally grow stronger, fuller lashes? What foods should we be eating, and what in those foods is helping hair growth? How does**

that process work?

What does the doctor say?

From review article on supplements and hair growth
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6380979/#>

Eyelashes are continuously lost and replaced. The growth phase is typically around 3 months and then the hair follicle sheds the hair and a new one grows. A diet with supplements that help with hair growth would be beneficial, but the science is scant.

Unfortunately, there is a lot of information on the internet about biotin in the diet (eggs are high in biotin) as well as biotin supplements for hair growth – but there is little scientific evidence that biotin improves hair growth in normal individuals.

There is some evidence that selenium may help hair growth. A study showed newly forming hairs take up selenium after receiving trace elements in the blood. Brazil nuts are rich in selenium. But too much selenium can make hair brittle.

Vitamin D can be helpful in patients who have hair shedding on the scalp. The research is unclear for eyelashes. Foods high in vitamin D include fatty fish, beef liver, cheese, and mushrooms.

At the present time, there is insufficient research to suggest zinc, riboflavin, folic acid or Vit B 12 rich foods help with hair growth.

- 1. How can makeup affect the health of our lashes? What steps can we take to prevent negative effects, and are there specific ingredients we should avoid? Are there**

any types of makeup or ingredients that are healthful for our lashes?

What does the doctor say?

Mascara can damage the eyelashes if not removed nightly and it builds up. It can lead to loss of eyelashes. Using eyelash curlers that are not cleaned can also lead to loss as the eyelashes can stick. I counsel to avoid extensions; the glue can lead to loss of natural eyelashes and at times allergic reactions. Some oils can moisturize the eyelashes like castor oil but there is no evidence they lead to increased growth.

2. Why is using an eyelash comb important? What does an eyelash comb actually do in terms of making your lashes more luscious?

What does the doctor say?

I would not say they are vital to the eyelash health, but they can impart a bit of a curl and help separate lashes for easier application of mascara.

3. What should we avoid if we want to naturally grow thicker, longer lashes? Why?

What does the doctor say?

Trauma to the eyelashes via curlers and mascara that is not removed regularly. Wearing waterproof mascara routinely which is harder to remove again can lead to trauma and loss of eyelashes.

4. How effective are the following home remedies to apply to the eyelashes for growth? Which ones might actually

help, and which ones should be avoided?

What does the doctor say?

Moisturizing your eyelashes just like your hair can make it more subtle and if it is less dry or brittle will keep it healthier. Avoid products with a multitude of ingredients that could irritate the delicate eye area. Castor oil is a good option for moisturizer.

EVEDARE Advanced Eyelash Growth Serum with Enhancing Peptides and Botanical Vitamins for Longer, Thicker, Fuller Lashes, Natural Extracts Improve Strength, Reduce



Luxury Lash Enhancing Serum – EVEDARE eyelash serum has been scientifically tested to produce stronger, thicker lashes with fuller volume in just weeks thanks to the all-natural plant extracts and essential vitamins your lashes need.

Promote Healthy, Active Growth – Packed with Ginkgo Biloba, Bergamot, and Red Onion extracts our lash growth serum works to nourish hair and enhance circulation from root to tip while creating thicker, fuller results you'll love.

LiLash Purified Eyelash Physician- Formulated Serum for Fuller & Longer Looking Eyelashes



PHYSICIAN FORMULATED SERUM – Using groundbreaking technology and a unique formula blended with the finest ingredients, LiLash conditions and nourishes follicles to boost the appearance of length, thickness and curl of your lashes so that you can be your best, authentic self

90-DAY SUPPLY (2mL) – Use for 90 DAYS for FULL RESULTS! In less time than it takes to swipe on a single coat of mascara, transform your very own lashes into LiLashes, by using LiLash Purifying Eyelash Serum. Your LiLashes will begin to wake up around 4 weeks and reach full bloom in 60-90 days

Facts, tips and authority information on Hair Health part 2

Biotin for Hair Growth



Welcome to our blog thank you for your visits, like and share so many of you have been with us for so many years we very grateful for it, thank you from all of us.

On week 334 we are sharing some suggestions on how to help your hair and we are doing other research to share. We receive

many questions and requests to share our findings and here we go

from: <http://www.med-health.net/Biotin-Hair-Loss.html>

Biotin, also referred to as vitamin H, is a type of B complex vitamin that occurs naturally in a variety of common foods. The optimum amount of biotin aids in the metabolization of fatty acids and amino acids. Research also suggests its role in the stabilization of blood sugar levels. Biotin also promotes hair health and this idea has its roots in science. Biotin deficiency is characterized by symptoms of unexplained hair breakage and hair loss along with cracked and brittle nails. Hence, there is a common belief that taking extra biotin will result in healthier hair.

How Does Biotin Work for Hair Growth?

Hair growth and biotin are related closely. Biotin not only promotes healthy hair growth but also prevents hair dryness. Moreover, biotin also increases the elasticity of the cortex of the hair, thereby, preventing and minimizing hair breakage.

Therefore, biotin helps induce the growth of both hair and new skin cells and making them healthy. For people who are suffering from hair loss, taking extra biotin may aid their hair to grow longer, healthier and thicker.

Should You Take Biotin for Hair Growth?

Deficiency of biotin is not commonly encountered, it can definitely develop in individuals who intake alcohol in excessive amounts or who eat large quantities of raw egg white the second is not something that happens on an average don't you agree?. Biotin needs are also increased in conditions such as infant seborrheic dermatitis and genetic disorders or in people whose stomach has been surgically removed.

You should always consult your doctor in case you develop any symptoms that indicate biotin deficiency which can produce the following symptoms: hair thinning, red scaly rash specifically around nose, eyes, and mouth, tiredness, tingling in arms and legs, depression and hallucinations as symptoms.

Where Can You Get Biotin for Hair Growth?

Biotin is naturally present in many foods such as halibut, eggs and dairy, products, carrots, Swiss chard, liver and kidney, nuts, some soy, vegetables, fruits, beans, and mushrooms, to mention a few.

Ideally, you should obtain your daily requirement of biotin from the diet versus man-made supplements that you may not be able to absorb ideally. However, due to poor dietary patterns,

deficiencies of various vitamins and minerals may occur these days. If you like you can take a biotin supplement to fulfill your requirements.

Moreover, all individuals are not able to absorb the biotin found in food. These include people who have an A blood type and who suffer from symptoms of GERD or severe acid reflux. Such individuals may want to consider taking biotin supplements to fulfill their dietary requirements.

How Much Biotin to Take for Hair Growth?

The daily requirement of biotin for the majority of the adults is 30 micrograms to maintain healthy hair, nails, and skin. However, when you are taking biotin to increase the growth of hair, then the dose is much higher. It is usually recommended by physicians to take between 500-700 micrograms per day initially. The amount can increase to 1000 micrograms. Results are seen after taking biotin supplements consistently for 3-6 months.

Other Essential Vitamins for Healthy Hair Growth



from <http://bembu.com/hair-growth-vitamins>

Getting the right vitamins for hair growth is important for the overall health of your hair. Running a deficiency in any

of the following vitamins and minerals creates the potential for less than optimal hair growth. Here is our list of the top 11 vitamins you need to keep your hair looking its best and growing just as fast as it possibly can.

Vitamin C

Most of us are aware of how important Vitamin C is for the immune system, and as an antioxidant in the body. But it is also used in plenty of hair care products for a good reason. It is one of the most important vitamins you can use to get the results you seek. You can use products that are infused with it, and also make sure that you're getting enough Vitamin C of it each day so your hair looks its best. Whole foods work best but you can also take a supplement if you feel like you are not maintaining the right levels.

One of vitamin C's major functions is to help produce and maintain healthy collagen, the connective tissue type found within hair follicles. Vitamin C is also a strong antioxidant and protects both the cells found within follicles and cells in nearby blood vessels. A daily dose of 100-200 mg of vitamin C is recommended for hair and skincare. Vitamin C with bioflavonoids – one to two grams daily

Vitamin C helps reduce the damage caused by free radicals and UV exposure. Over time, free radicals can damage collagen and elastin, the fibers that support skin structure.

B Vitamins

The B Vitamins are typically grouped together because there's so many of them and you'll want to be sure to cover them all. You can eat foods that are rich in these vitamins, take a B Vitamin complex, or buy shampoos and conditioners that contain

them. Signs of not getting enough of the B Vitamins include feeling weak or tired, and easy bruising, and you'll also notice it because your hair won't grow as fast as it used to. Vitamin B12 is the most important of the B Vitamins, but for best results try to include them all in your daily plan.

B5 (pantothenic acid) gives hair flexibility, strength, and shine and helps prevent hair loss and greying.

Vitamin B6 helps prevent dandruff and can be found in cereals, egg yolk, and liver.

Vitamin B12 helps prevent the loss of hair and can be found in fish, eggs, chicken, and milk.

It is also important to include B6, biotin, inositol and folic acid in the supplemental program. It has been found that certain minerals including magnesium, sulfur, silica, and zinc are also very important toward maintaining healthy hair.

Vitamins B1, B2, Niacin & Pantothenic acid

Reduced levels of thiamin (vitamin B1), riboflavin (vitamin B2), niacin, and pantothenic acid can contribute to the undernourishment of hair-follicle cells. A dosage range of 25-50 mg daily is recommended.

Vitamin E

Vitamin E is one of the most overlooked vitamins but it is essential in keeping your hair growing healthy. You can get enough Vitamin E by eating foods that are full of it, or by taking a whole food multivitamin that contains it. If you've been running low on it, you should see an improvement in how your hair looks, feels, and grows. Vitamin E, when combined with the other vitamins on this list provides a healthy scalp that encourages rather than discourages hair growth. You can also find this in many hair care items, but if you haven't seen any results through those, trying taking the strategy of getting enough on the inside.

Vitamin A

Vitamin A is a powerful antioxidant in the body and has many health properties that make it a vitamin worth keeping a mindful eye on. You can go to the doctor and have all of your vitamin levels checked to see where you rank and see which ones you need more of. It is possible to get too much Vitamin A which is going to be counterproductive to your hair growth efforts, so it's best to eat foods containing Vitamin A rather than taking supplements with larger-than-needed amounts. Some symptoms of not getting enough Vitamin A include vision problems and skin problems.

Vitamin D

Vitamin D promotes healthy follicle growth so you don't want to run a shortage on it. In order to top up on it you'll want to schedule regular and brief outings outdoors so you can get some exposure to the sun. You don't need much in order to keep

your body synthesizing its own Vitamin D, but hermitting yourself indoors during the winter months can lead to a deficiency. There are also Vitamin D supplements and hair products that contain it, but they don't compare to having your body generate its own supply.

Iron

While not a vitamin, Iron is an important mineral that your body needs adequate supplies of in order to function at its best in several areas, including growing hair. You may realize that beef is rich in iron, but there are plenty of other foods that are high in iron that you can eat without having to rely on red meat. Once you're making sure that you're getting enough iron and the other vitamins and minerals, you can seek out hair products that contain iron in order to see greater improvement.

Magnesium

Another mineral that your body needs is Magnesium. It's best to look at your hair as a cumulative problem that involves your entire lifestyle, from the foods you eat to how much sleep you're getting. Eating a diet rich in foods with Magnesium in them is one way to make sure that you're giving your scalp what it needs to grow strong and healthy hair. It's one of those minerals that you won't really notice you're not getting enough of until it becomes a chronic condition, and then you'll benefit greatly from righting the imbalance.

Protein

Protein may not be a vitamin, but if you want stronger hair that grows thick you'll want to make sure that you're consuming enough protein, or using protein treatments to help your hair. You'll see products out there that are focused primarily on protein, but you'll also benefit by eating enough of it in your diet. Vegans and vegetarians need not fret, there are plenty of plant-based sources of protein, like quinoa, spinach, broccoli, and more. Protein helps the hair grow strong, and also helps the speed at which it grows. If you've noticed sluggish growth, first check your protein intake.

Niacin

Niacin is in the B Vitamin family but deserves its own recognition for its role in helping to nourish the scalp, promoting healthy hair growth. Without adequate amounts of niacin, your hair stands the chance of becoming brittle, lifeless, and may even fall out. Not getting enough Niacin is a real condition, and the scientific name is pellagra. Most times it doesn't become this serious, but correcting a Niacin shortage often yields several results. Be sure not to stop there, as you'll want to make sure that you're getting enough of each of the items on this page for your best hair possible.

Zinc

They say to cover your vitamins from A to Zinc and this is one instance where they're right. You might not have given much thought to your Zinc levels before, but they could be playing a part in lackluster hair growth if you don't have enough. The

good news is that it's not too hard to keep up with your zinc requirements, and most standard diets keep it covered. But you may have trouble absorbing the Zinc you are getting, at which point you may need additional supplements or hair products that contain added Zinc.

Zinc is essential for DNA and RNA production, which, in turn, leads to normal follicle-cell division. Zinc is also responsible for helping to stabilize cell-membrane structures and assists in the breakdown and removal of superoxide radicals. Zinc intake is generally low. Topical applications of zinc have been shown to reduce the hair loss activity of 5-AR type II. The recommended dosage is 15 mg of zinc (in the form of zinc amino acid chelate) per day.

Zinc deficiencies, and any associated hair health, may associate with low-calorie diets, especially young women. Zinc is found in meat, eggs, and seafood.

Folic acid

A decrease in folic acid may contribute to decreased hair-follicle cell division and growth. Folic acid is also essential for the maintenance of healthy methionine levels in the body. Signs of folic-acid deficiency include anemia, apathy, fatigue, and graying hair. A therapeutic dose of 400-800 mcg daily is suggested.

Biotin

Biotin, part of the vitamin B complex, is another nutrient associated with hair loss. Biotin is required for a number of

enzymatic reactions within the body and is necessary for the proper metabolism of protein, fat, and carbohydrates. Over time, poor metabolism of nutrients can contribute to undernourished hair follicle cells. Although rare, a biotin deficiency results in skin rashes and hair loss. A study conducted at Harvard University suggests that biotin is one of the most important nutrients for preserving hair strength, texture, and function.

People who are eating an adequate amount of protein should not have a problem with biotin deficiency, though vegans may be at risk. Good food sources of biotin are eggs, liver, and soy.

It's not known if biotin supplements, which are marketed to help with male- and female-pattern baldness, can help with hair loss, and there is not any research indicating that the biotin in biotin hair products, such as shampoos, can be absorbed through the hair or scalp. The recommended dosage of d-biotin is 500-1000 mcg per day.

Vitamin E helps to maintain the integrity of cell membranes of hair follicles. The vitamin provides physical stability to cell membranes and acts as an antioxidant while promoting healthy skin and hair. A daily dose of vitamin E should be within the therapeutic range of 50–400 IU. Vitamin E and selenium work together to prevent attacks on cell membranes by free radicals by reducing peroxide concentration in the cell. Vitamin E – 400 to 800 IU daily

Beta-carotene

Beta-carotene is also important to hair growth. This is so because beta-carotene is converted to **vitamin A** as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Dosage for Beta-carotene is

10,000 to 15,000 IU daily.

Antioxidants

Vitamins A, C, and E are antioxidants that enhance skin cell turnover and collagen synthesis. When applied topically these vitamins protect against premature skin aging from the damaging effects of ultraviolet light and environmental pollutants.

Vitamin E

Vitamin E also helps reduce the skin effects of free radicals and UV exposure.

Selenium

Selenium is necessary for iodine metabolism. Case studies have indicated that selenium deficiency can lead to cancer, heart disease, and poor hair growth. Supplementation of 25-50 mcg of selenium per day is the recommended dosage.

Trace elements

Calcium

A fraction of the body's calcium stimulates cell mediators that act on cell-membrane phospholipids in hair-follicle cells. Most Americans fail to meet the recommended daily intake for calcium. Patients have to be advised to take

magnesium with supplemental calcium to maintain healthy calcium levels in the body. Without extra magnesium to balance it, large doses of calcium may be harmful. The recommended dosage is 100-200 mg of calcium per day.

Iron

Deficiency causes microcytic and hypochromic anemia. Moreover, most other organs including the skin and pilo sebaceous follicles are affected.

Iodine

Suboptimal thyroid functioning can lead to abnormal hair growth. Because iodine supports proper thyroid functioning, 112-225 mcg of iodine (in the form of kelp) per day is the recommended dosage.

Amino-acids

L-Methionine, one of four sulfur-containing amino acids, supports hair strength by providing adequate amounts of sulfur to hair cells. Sulfur is required for healthy connective tissue formation. Hair requires sulfur for normal growth and appearance.

L-Cystein – supports hair strength by the provision of sulfur. Skin, nails, and

hair are high in L-Cysteine. There is evidence that deficiency may be a factor in hair loss. Supplementing the diet accordingly may be helpful.

L-Lysine – It is interesting to note that male pattern baldness is less common in Asians than Americans. Is this in part due to the Asian diet being rich in L-Lysine -an enzyme inhibiting amino acid in vegetables and herbs affecting 5-alpha-reductase in some way.

Polyunsaturated fatty acids (PUFAs)

Play an important role in cell structure, barrier function, lipid synthesis, inflammation, and immunity. PUFAs help reduce dry, scaly skin. Most popular sources are walnuts, fish oil, flaxseed oil, etc.

People on low-fat and non-fat diets are at risk for nutrition-related hair loss because hair needs essential fatty acids. Essential fatty acid deficiency causes a drying-up of the scalp and skin. These are vital nutrients that support follicular health. When the follicle is not healthy, hair loss or thinning occurs.

Aging effects

There is no solution across the board I currently found for this there are so many types of people and most of all their habits and styles of life that are nearly impossible to assert

every individual. Even with outstanding nutrition, the genetic blueprint is eventually going to take control and hair may change in colour, structure, and densities so many variants at taking on this subject.

Control of biological aging may be influenced by superfoods, super green mixes, chlorella, spirulina, micro-algae extracts such as astaxanthin, broccoli sprouts fresh vegetables blueberries, raspberries, strawberries, blackberries, etc also garlic, ginger, and other culinary and medicinal herbs and nowadays we can include laser treatments, photon lights, Rife machines and so much more.

Water

It is important in overall bodily health and potentially good hair health. Water quenches thirst, aids food digestion, eases stress, flushes toxins and many other functions and let's not forget the water we use to shampoo our hair is an important factor for hair health.

Bioavailability

Many common vitamins and all amino acids exist as multiple isomers; however, it is rare that these are equally available to human metabolism. The chirality of amino acids is well established, as is the dramatic difference between left and right enantiomers in the human body. On the whole, humans can only metabolize left or L enantiomers, such as L-Cysteine. R-Cysteine is not taken up or commonly metabolized, therefore commonly used racemic mixtures of the two forms are only half comprised of useful amino acids.

Vitamins, such as vitamin B6 also have several forms, pyridoxine is the form of vitamin B6 most commonly used in nutritional supplements, however, it is not the bio-active form. Instead, it must be phosphorylated to become pyridoxal-5-phosphate, which is active as an enzyme cofactor

for many reactions and is important for uptake of other nutrients as well. The phosphorylation reaction to activate pyridoxine takes energy and a certain set of conditions, and therefore not all the pyridoxine that is taken in a supplement is used. A more efficient alternative is to use pyridoxal-5-phosphate in the supplement, so the bio-active form is immediately available, requiring no energy, and minimal wastage.

Bioavailability is not just controlled by isomeric forms. Nutrient uptake is complex, and there are many surprising instances where one nutrient is dramatically affected – either negatively or positively, by a completely different nutrient in the formula.


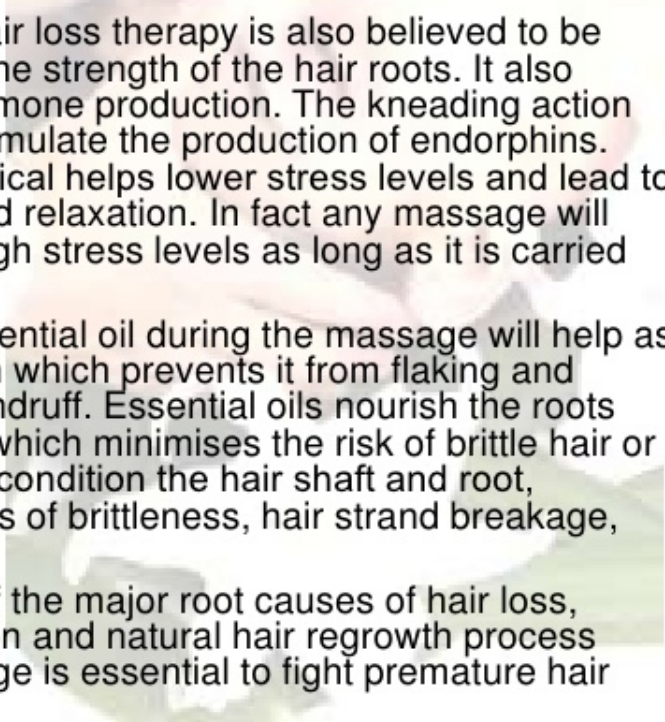
Circulation



Head Massage Prevent Hair Loss

A final and often overlooked factor is the circulation of oxygen and nutrients to the hair. Even a perfectly balanced supplement would be ineffective without adequate blood flow to the hair. Hair loss may conceivably be caused or exacerbated by a deficient blood supply,. therefore it may be beneficial to increases circulation. This can be achieved through topical treatments that stimulate nitric oxide production or angiogenesis.

Let's remember the fact that where there is healthy blood flow that part of our body thrives with wellness that is a fact, and hair is no exception.

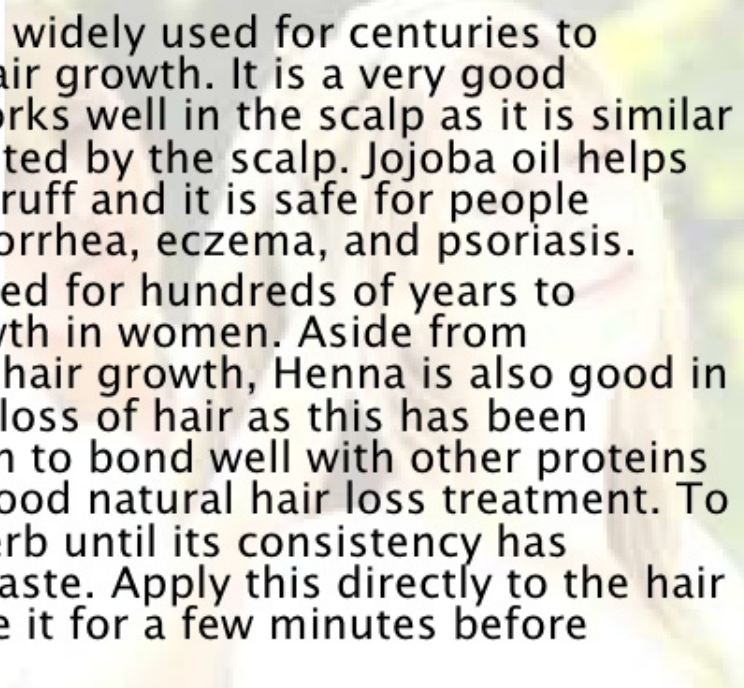
- 
- 
- Scalp massage as hair loss therapy is also believed to be capable of boosting the strength of the hair roots. It also lowers the stress hormone production. The kneading action on the scalp helps stimulate the production of endorphins. This 'feel good' chemical helps lower stress levels and lead to a feeling of peace and relaxation. In fact any massage will help to bring down high stress levels as long as it is carried out properly.
 - In addition, using essential oil during the massage will help as it moisturises dry skin which prevents it from flaking and shedding itself as dandruff. Essential oils nourish the roots and shaft of the hair which minimises the risk of brittle hair or 'split ends'. Oils also condition the hair shaft and root, lessening the chances of brittleness, hair strand breakage, and split ends.
 - Since stress is one of the major root causes of hair loss, boosting the relaxation and natural hair regrowth process through scalp massage is essential to fight premature hair loss.

<http://www.1300hairloss.com.au>

The stimulatory effects of caffeine and taurine on nutrient uptake and metabolism may also be beneficial. An added consideration is the possible effect of caffeine upon dihydrotestosterone and hair loss. Caffeine has been shown by

several studies to reduce hair loss caused by dihydrotestosterone, the *in vivo* studies were successful topically, but the effects of oral caffeine have not been tested at this time. Taurine has also been shown by *in vitro* testing to protect the hair from TGF β -1 induced apoptosis.

Hair and scalp treatments that work

- 
- A person is shown from the back, applying a substance to their hair. The person's hand is visible, and they are wearing a light-colored top. The background is blurred, suggesting an outdoor setting.
- ▶ Jojoba oil has been widely used for centuries to promote healthy hair growth. It is a very good moisturizer and works well in the scalp as it is similar to the sebum secreted by the scalp. Jojoba oil helps in controlling dandruff and it is safe for people suffering from seborrhea, eczema, and psoriasis.
 - ▶ Henna has been used for hundreds of years to stimulate hair growth in women. Aside from promoting healthy hair growth, Henna is also good in preventing further loss of hair as this has been scientifically proven to bond well with other proteins which makes it a good natural hair loss treatment. To use it, crush the herb until its consistency has become that of a paste. Apply this directly to the hair and scalp and leave it for a few minutes before rinsing.

In spite of the paucity of clinical data in the area, it is possible through careful formulation to develop a potent, bioavailable, and balanced formula with combinations of ingredients that are likely to have good clinical outcomes.

This is particularly true if supplements are used to support wider treatment regimes – even surgery.

Top 5 Essential Oils For Healthy Hair And Scalp



from:

<http://www.hairbuddha.net/essential-oils-for-healthy-hair/>

Lavender Essential Oil

100% Pure Lavender Essential Oil

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Lavender oil is very versatile and has a well-established tradition as a folk remedy. It helps balance natural scalp oils, which makes it valuable for all hair types. With its anti-inflammatory, antiseptic, and analgesic properties, lavender oil is a good treatment for a dry, flaky scalp. It soothes and nourishes the scalp, providing relief from inflammatory scalp conditions. Regular massage with lavender oil is said to reduce hair loss and make the hair soft and shiny.

Lavender oil has a mild sedative and antidepressant action which makes it useful to ease down nervous tension and stress-related conditions.

Scent: It has a sweet, floral scent and herbaceous-woody undertone.

Blends well with Most citrus and floral oils; also cedarwood, vetiver, and patchouli.

Vetiver (Khus) Essential Oil



Khus oil reminds me of summer months in India – mats made by khus roots are used in evaporative air coolers; they are also hung in a doorway or on the windows to keep the house cool.

And it makes the whole house smell amazingly fresh.

Khus oil, derived from the roots of khus grass, is known as the oil of tranquility because of its ability to calm, cool, and soothe the mind and body. This cooling property makes it highly beneficial in hair loss (as in against hair loss) that occurs due to high body heat (pitta body constitution). It is also a useful remedy for acne and oily skin.

Deeply relaxing, this essential oil is an ideal addition in massage oil and bath.

Scent: It is a dark brown or amber color oil with an earthy-woody odor and a sweet persistent undertone.

Blends well with sandalwood, lavender, ylang-ylang, jasmine, and patchouli.

Rosemary Essential Oil



Rosemary oil is one of the premier hair growth-enhancing essential oils. It is packed with antioxidants which help scavenge free radicals – that are responsible for greying as well as hair thinning. This wonderful oil stimulates blood flow to the scalp and promotes strong and healthy hair growth. Rosemary oil is also effective for treating dandruff,

itchiness, scalp irritation and oily skin.

Plus, this oil is said to improve memory and increase alertness (I just sniffed this oil).

Scent: It has a strong, minty-herbaceous scent and a woody undertone.

Blends well with: lavender, peppermint, basil, thyme, and cinnamon.

Chamomile (Roman/German) Essential Oil



A flower in the daisy family, chamomile is recognized as a healing skin treatment with anti-inflammatory, antiseptic, anti-itching and anti-allergenic qualities. It helps treat the dry scaly scalp, dandruff, eczema, and scalp acne. This wonderful oil adds beautiful golden highlights to blonde hair and a sheen to dark hair. It also conditions the hair and greatly improves its softness and luster.

Scent: It has a sweet, fruity-herbaceous scent.

Blends well with jasmine, rose, geranium and lavender.

Ylang Ylang Essential Oil



This fragrant oil is my personal favorite. Native to tropical Asia, it has been traditionally used to promote healthy hair growth as well as smooth skin. It balances oily scalp by helping to normalize sebum production. The natural antiseptic and tonic properties of this oil aid in healthy scalp maintenance. In addition, ylang-ylang oil stimulates blood flow to the scalp which nourishes hair follicles and encourages growth.

It is said to relax facial muscles, and a massage with ylang ylang helps to ease tension headaches. It is also useful in treating anxiety, anger, and insomnia.

Scent: It has an intensely sweet, soft, floral, and slightly spicy scent.

Blends well with: It's a very intriguing perfume in its own right, it also blends well with rosewood, jasmine, rose, and vetiver.



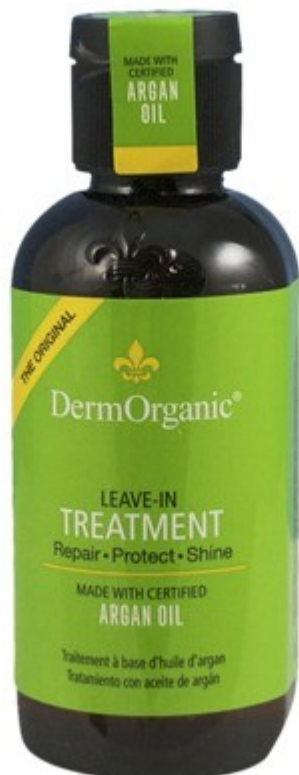
Nutraluxe MD Nutrastim Pro Hair Laser Comb

NutraStim Professional Hair Growth Laser Comb is a handheld, cordless and easy to use Hair Laser Comb intended to promote hair growth. It features a sleek design with rechargeable batteries to give you the freedom of movement.



Theradome Hair Growth Helmet – Premium Technology That Grows New Hair and Prevents Further Loss

World's Most Technologically Advanced Laser Hair Therapy Device for Home Use.



DermOrganic Argan Oil Leave-In Treatment

DermOrganic® Leave-In Treatment, based on Moroccan Argan Fruit Oil, has the unique quality of instant absorption into hair. It restores shine and softness while strengthening brittle hair. Replenishes nourishment to dry, damaged, colored hair. Protects hair from styling heat and UV damage.



Alòn Scalp Calming Formula

The Alón Scalp Calming Formula represents the latest science in fighting the main culprits of scalp aging – chronic inflammation and sun-induced genetic damage. Our serum is the culmination of 18 months of research and testing that uses targeted ingredients in a synergistic approach to address the underlying mechanism of scalp itchiness, redness, and to promote hair health.

Facts, tips and authority information on Hair Health part 1

Facts of Hair



Hello everyone here we are on week 331 Wow!!!! a long journey and a really fun one, we love what we do and strive for the best authority information we can find. We are very selective for one and like to stay with subjects that empower wellness all the way around. Our name is of beauty and yes that starts from the inside out for us so consequently, we provide wellness tips, history, and videos that follow that thought. We are deeply grateful for all the likes and the thousands of visits and incredible support once again thank you, thank you

from all of us at Isabel's beauty blog.

Okay, let us go into the subject of this week, here we are sharing research on HAIR, the do's and don'ts. Many facts and products to enjoy, we are going to have a whole channel dedicated to hair. Many people ask us for hair posts and here we go. We will have contributors that are experts on the subject, we are very excited and we are sure you are also, enjoy and don't forget to Like and share, it is important in the world of social media, it makes a huge difference for our ratings, thank you.

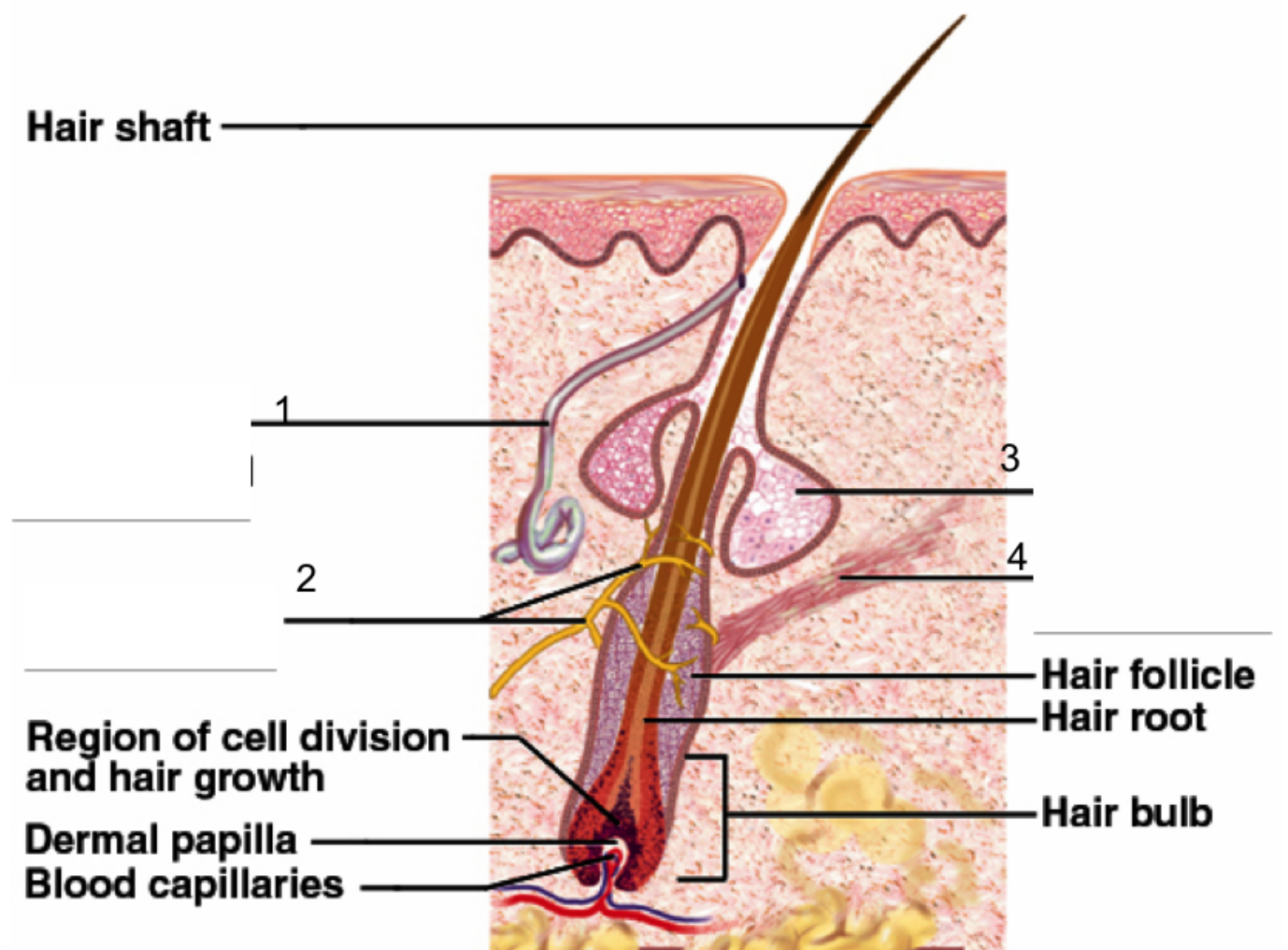
This post is inspired by my sister in law Sue Watson and Brian Watson I got the itch to do a post about it in their honor.

According **to:**
<http://www.hairscientists.org/human-hair/nutrition-and-hair-health>

When we talk about healthy-looking hair, it is a general sign of good health, a good nervous system, a balanced lifestyle, and good hair-care practices. For most healthy individuals that have adequate nutrients in their diet, enough exercise and take very good care of themselves; however some people do not have access to good nutrition for whatever reasons, others have medical illnesses that predispose them to nutritional deficiency which influence scalp and body hair.

The living part of the hair is under the scalp skin where its root is housed within its follicle. It derives its nutrients from the blood. Health concerns like stress, trauma, medications, medical conditions, heavy metals, smoking, etc. can deeply affect the hair.

<https://youtu.be/cQlKdHk0lmY>



Hair is the fastest growing natural tissue in the human body: the average rate of growth is 1 cm per month. It is different

from person to person as we are all different. For the most part, optimal growth occurs from age 15 – 30 and reduces from age 40 – 50. Hair products (shampoos or vitamin supplements) have not been shown to have a noticeable change in this rate. The cycles of growth of each follicle consist of creation followed by self-destruction, by that we mean that we shed the eyelashes as we do with our hair. During each new cycle, the follicle is built anew from raw materials.

The speed of hair growth varies based upon genetics, gender, age, hormones and many other factors that we will share in this post. It may be reduced by nutrient deficiency, anorexia, anemia, zinc deficiency, hormonal fluctuations, menopause, polycystic ovaries, thyroid disease, trauma, shock, stress and more.

It is of most importance to mention that many of the metabolic requirements of follicle cells (minerals and vitamins) must be satisfied for optimal hair growth and not always derived from fast foods and punishing work schedules, and the selective Go Go Go!.

Nutritionists have confirmed that people with certain nutritional deficiencies tend to have dry, stringy and dull hair, and sometimes experience hair loss. Fortunately, the latter can be restored once the deficiency is addressed.

Crash diets are proven to cause temporary hair loss due to incumbent nutritional factors, anorexia, bulimia, and other stressful dietary medical conditions.

Diets should contain a balance of protein, fruits, vegetables, grains, and an appropriate balanced amount of fat. The deficiency of these nutrients will typically show in the hair. A mild case of anemia can cause shedding of hair. B group vitamins are incredibly important for healthy hair, especially Biotin.

When the body is under threat it reprioritizes its processes –

the vital organs will be attended first – hair follicles may not be considered a priority. While not all hair growth issues originate from malnutrition, it is a very valuable symptom in diagnosis.

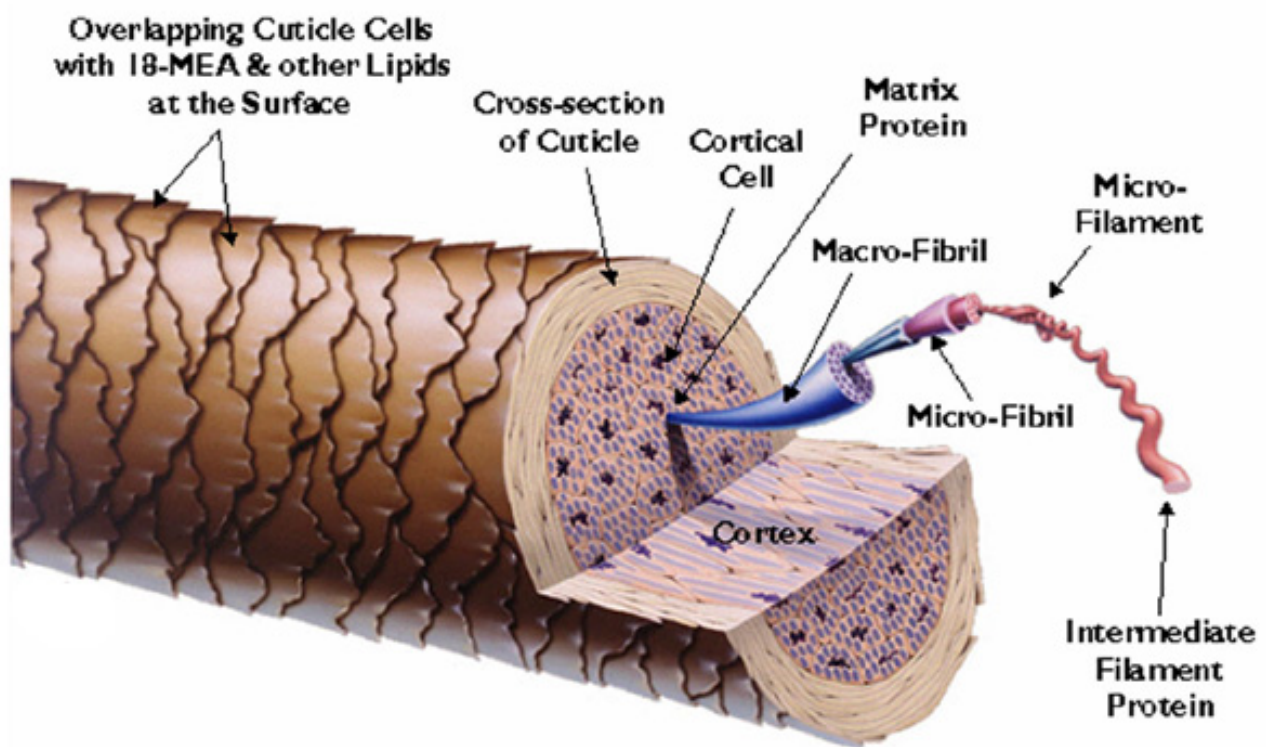
The essential omega-3 fatty acids, protein, vitamin B12, and iron, found in fish sources, prevent a dry scalp and dull hair color for one. Dark green vegetables contain high amounts of vitamins A and C, which help with the production of sebum and provide a natural hair conditioner. Legumes provide protein to promote hair growth and also contain iron, zinc, and biotin. Biotin functions to activate certain enzymes that aids in the metabolism of carbon dioxide as well as protein, fats, and carbohydrates. A deficiency in biotin intake can cause brittle hair and can lead to hair loss. In order to avoid a deficiency, individuals can find sources of biotin in cereal-grain products, liver, egg yolk, soy flour, and yeast. Nuts contain high sources of selenium and therefore are important for a healthy scalp. Alpha-linoleic acid and zinc are also found in some nuts and help condition the hair and prevent hair shedding that can be caused by a lack of zinc.

For the most part, protein deficiencies or low-quality protein can produce weak and brittle hair, and can eventually result in loss of hair color. Good quality dairy products a great source of calcium, a key component for hair growth.

Healthy hair growth requires a complexity of nutrients and a ready supply of oxygen but comparatively few authoritative studies have trialed ingredients to maintain or promote hair growth. However, a balanced, bioavailable formula to protect and maintain hair growth is vital. Dietary supplements marketed to thicken hair or make it grow faster may prove of a small value.

Inverto-Structure of hair

Inverto-Structure of hair



Hair structure Diagram



What is Hair?

According to Wikipedia: <https://en.wikipedia.org/wiki/Hair>

Hair is a [protein filament](#), that is an accurate description, that grows from [follicles](#) found in the [dermis](#), or skin. When you consider that hair is one of the defining characteristics of [mammals](#). The human body, apart from areas of glabrous skin (In varying degrees most mammals have some skin areas without natural hair. On the human body, glabrous skin is external skin that is naturally hairless. It is found on the ventral portion of the fingers, palms, soles of feet, lips, labia minora, and glans penis. Glabrousness is one trait that is associated with neon, it is covered in follicles which produce thick terminal and fine vellus hair. The most common interest in hair is focused on hair growth, hair types and hair care, but hair is also an important biomaterial primarily composed of protein,

notably keratin. Attitudes towards hair, such as hairstyles and hair removal, vary widely across different cultures and historical periods, but it is often used to indicate a person's personal beliefs or social position, such as their age, gender, or religion, to mention a few.

The Origins of Hair

By week 22, a developing fetus has all of its hair follicles formed. At this stage of life, there are about 5 million hair follicles on the body. There are a total of one million on the head, with one hundred thousand of those follicles residing on the scalp. This is the largest number of hair follicles a human will ever have since we do not generate new hair follicles anytime during the course of our lives.

Hair Follicles

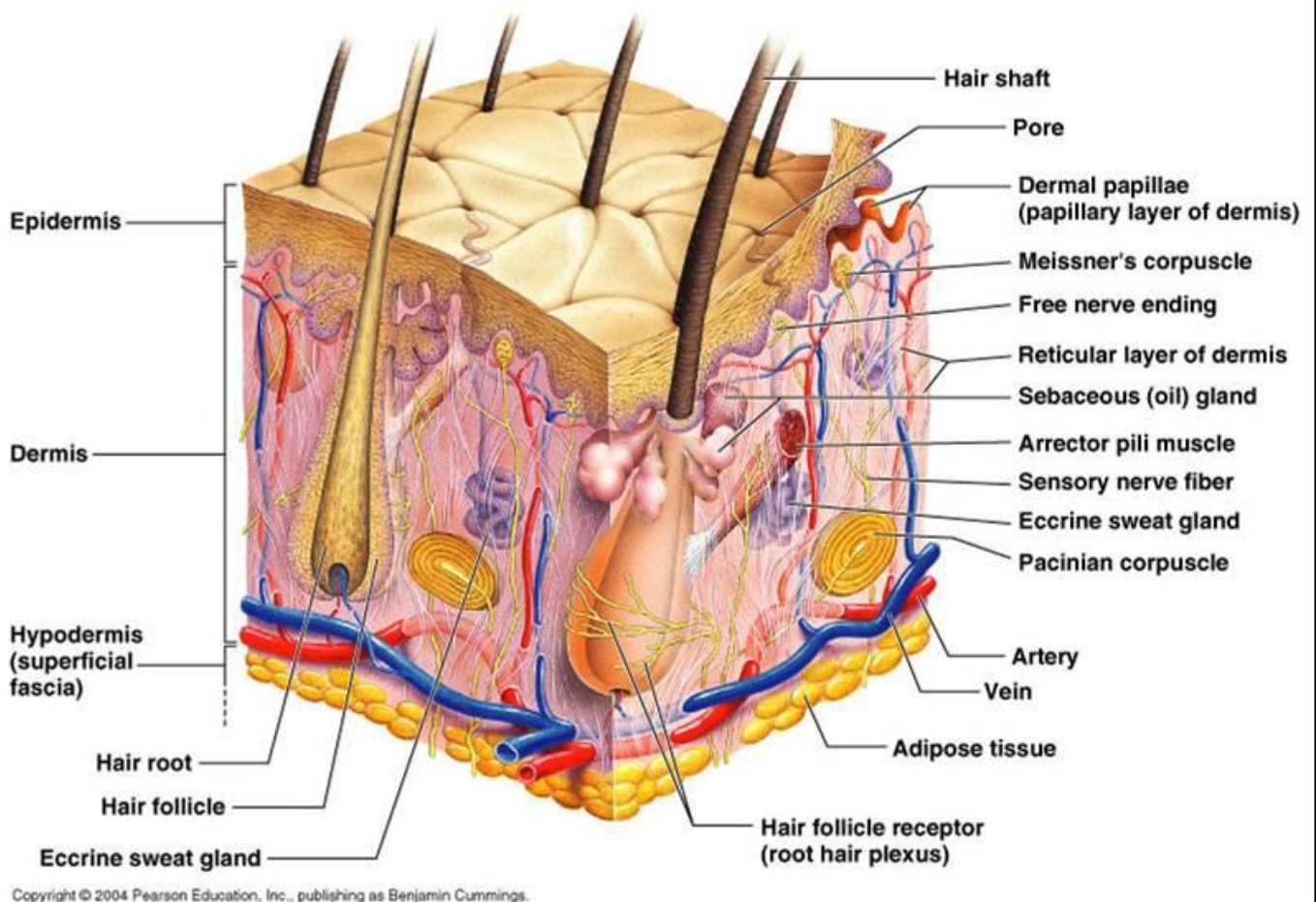
Hair has two distinct structures – first, the follicle itself, which resides in the [skin](#), and second, the shaft, which is what is visible above the scalp.

The hair follicle is a tunnel-like segment of the epidermis that extends down into the dermis. The structure contains several layers that all have separate functions. At the base of the follicle is the papilla, which contains capillaries, or tiny blood vessels that nourish the cells. The living part of the hair is the very bottom part surrounding the papilla, called the bulb. The cells of the bulb divide every 23 to 72 hours, remarkably faster than any other cell in the body.

Two sheaths, an inner and outer sheath, surround the follicle.

These structures protect and form the growing hair shaft. The inner sheath follows the hair shaft and ends below the opening of a sebaceous (oil) gland, and sometimes an apocrine (scent) gland. The outer sheath continues all the way up to the gland. A muscle called an erector pili muscle attaches below the gland to a fibrous layer around the outer sheath. When this muscle contracts, it causes the hair to stand up which also causes the sebaceous gland to secrete oil.

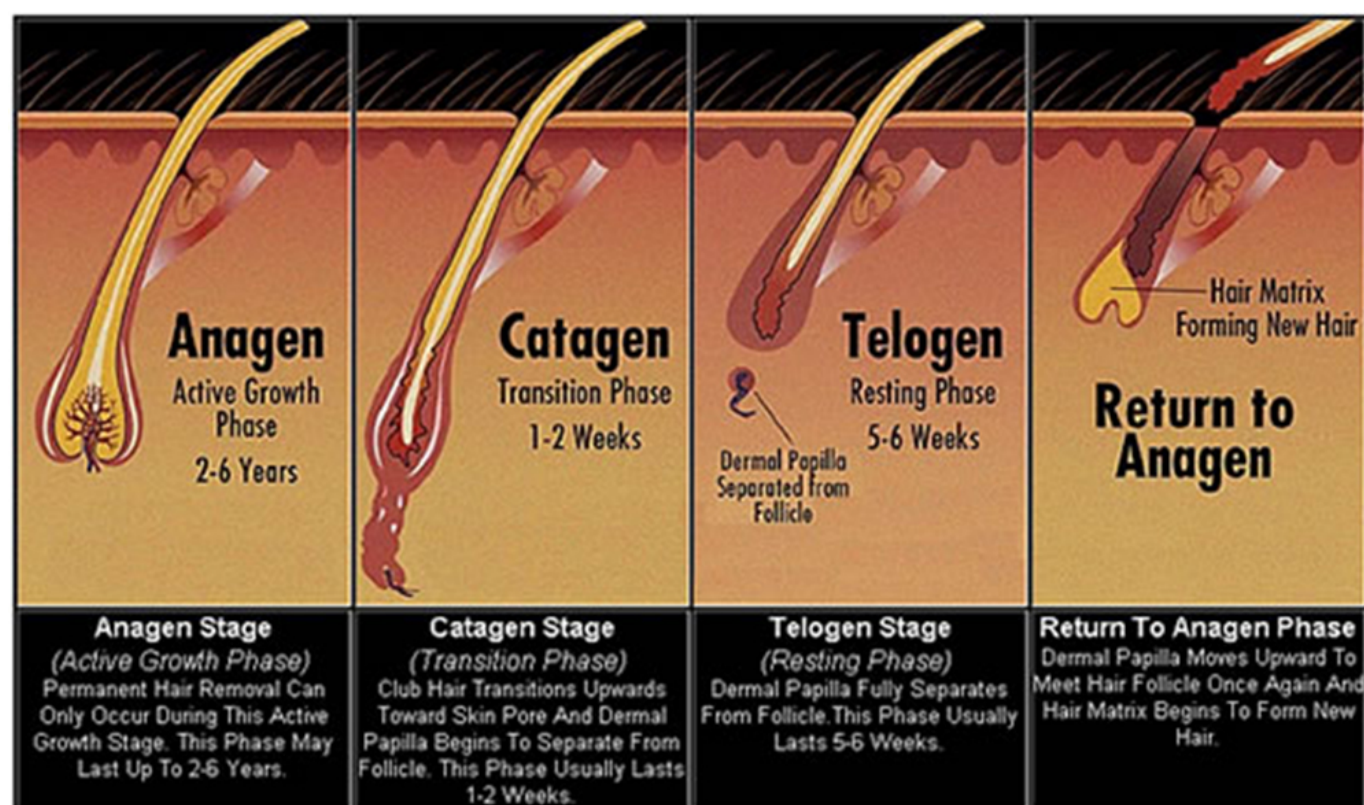
The sebaceous gland is vital because it produces sebum, which conditions the hair and skin. After puberty, our body produces more sebum but as we age we begin to make less sebum. Women have far less sebum production than men do as they age.



According
to: <http://www.webmd.com/skin-problems-and-treatments/hair-loss/science-hair?page=2>

Hair Shaft

The hair shaft is made of a hard protein called keratin and is made in three layers. Actually, this protein is dead, so the hair that you see is actually not a living structure. The inner layer is the medulla. The second layer is the cortex and the outer layer is the cuticle. The cortex makes up the majority of the hair shaft. The cuticle is a tightly formed structure made of shingle-like overlapping scales. It is both the cortex and the medulla that holds the hair's pigment, giving it its color.



Hair Growth Cycle

The hair on the scalp grows about .3 to .4 mm/day or about 6 inches per year. Unlike other mammals, human hair growth and shedding are random and not seasonal or cyclical. At any given time, a random number of hairs will be in one of three stages of growth and shedding: anagen, catagen, and telogen.

Anagen

Anagen is the active phase of the hair. The cells in the root of the hair are dividing rapidly. A new hair is formed and pushes the club hair (a hair that has stopped growing or is no longer in the anagen phase) up the follicle and eventually out.

During this phase, the hair grows about 1 cm every 28 days. Scalp hair stays in this active phase of growth for two to six years.

Some people have difficulty growing their hair beyond a certain length because they have a short active phase of growth. On the other hand, people with very long hair have a long active phase of growth. The hair on the arms, legs, eyelashes, and eyebrows have a very short active growth phase of about 30 to 45 days, explaining why they are so much shorter than scalp hair.

Catagen

The catagen phase is a transitional stage and about 3% of all hairs are in this phase at any time. This phase lasts for about two to three weeks. Growth stops and the outer root sheath shrinks and attaches to the root of the hair. This is the formation of what is known as a club hair.

Telogen

Telogen is the resting phase and usually accounts for 6% to 8% of all hairs. This phase lasts for about 100 days for hairs on the scalp and longer for hairs on the eyebrow, eyelash, arm, and leg. During this phase, the hair follicle is completely at rest and the club hair is completely formed. Pulling out hair in this phase will reveal a solid, hard, dry, white material at the root. About 25 to 100 telogen hairs are shed normally each day.

Best Foods for Healthy Hair

Some of the best foods you can add to your diet to keep your hair healthy and beautiful include citrus fruits, brown rice, oysters, green leafy vegetables, certain kinds of nuts, salmon, lentils, yogurt, eggs, and many more.

Along with our skin, hair is the most exposed and visible part of our body, which also means that it is almost constantly susceptible to damage and external forces. People pride themselves on their hair, going to salons for special styles and spending hours making sure each piece is set just right. However, the health of your hair is just as important to its appearance. It is essential to protect your hair from both the outside and the inside to make sure it stays looking full, silky, and beautiful. Some of the most common problems when it comes to our hair are hair loss, drying out, split ends, slow growth, and changing colors. While some of these issues are inevitable with age, the majority of them are preventable if you structure your diet to specifically include what your hair needs.

To counter the effects of those hair conditions, and protect your follicles and hair from weather conditions, stress, low circulation, free radicals, nutrient deficiency, dehydration, and other underlying causes, you need to be proactive! Some of the most effective nutrients and minerals that can positively affect the health of your hair include zinc, selenium, iron biotin, vitamin C, vitamin D, vitamin E, and omega-3 fatty acids. While there are hundreds of foods that contain some combination or percentage of these nutritional elements, if you want the most effective and efficient improvement in the health of your hair, the following 10 foods will deliver the best results!



Eggs: Although many people might not associate a few eggs over easy with improving the health of their hair, eggs contain an impressive amount of protein,

which is a major component of human hair. Beyond that, eggs are also serious sources of sulfur, iron, selenium, and zinc. Iron increases circulation to the scalp and zinc strengthens the hair you already have. Chicken is another protein-rich option that gives much the same results, in addition to a solid base of B-vitamins.



Oysters: When you are looking for a big boost of zinc in your diet, oysters are about as good as it gets. They deliver nearly 500% of your daily requirements, which will ensure that you don't start

losing your hair anytime soon. Zinc is vital for avoiding hair loss and strengthening the hair you have so it continues receiving nutrients from the scalp and staying smooth.



Blueberries: A lot of people talk about superfoods and the various amazing benefits they have for the body. These

pop culture trends come and go; however, blueberries are here to stay, and between their impressive level of antioxidants, which protect the scalp from free radicals, and the huge levels of vitamin C, which boosts collagen production and stimulates the circulation of the scalp, these delicious little fruits should definitely be added to your healthy hair diet.



Lentils: Much like eggs, lentils are one of the best dietary sources for protein, and hair is made up of hardened keratin, a protein, so without a significant amount of protein in the diet, your hair won't be growing quickly. Secondly, lentils are a major source of iron, which, when combined with vitamin C, can increase your metabolism, circulation, and oxygenation of cells, which are essential for the health of your hair follicles



Salmon: Omega-3 fatty acids play a big part in hair health, as your body can't

create these fatty acids, but they make up between 2-3% of your hair. Also, these oils keep your skin and hair properly hydrated and are essential parts of cell membranes found on the scalp. Salmon and similar fish are the top sources for omega-3 fatty acids in a diet.



Walnuts: Walnuts are a surprising source of biotin, which is a water-soluble B-vitamin that is needed for scalp and hair

health. Walnuts are also the only type of nut that provides omega-3 fatty acids. Various types of nuts are praised for their impact on hair, particularly those that contain copper, as that mineral helps to maintain hair color and shine.



Green Leafy Vegetables: Adding spinach, kale, Swiss chard, and similar vegetables to your diet will give your body iron, folate, vitamin C, and beta carotene, a potent blend of hair health nutrients that will stimulate growth, promote hydration, increase circulation, and maintain color and shine. These types of vegetables also contain methylsulfonylmethane, which helps in the production of keratin, the main protein of which hair is made.



Iodine-Rich Foods: Many hair problems can be attributed to a dysfunctional thyroid

gland, which controls many of our hormonal actions. Thinning hair, slow growth, discoloration, and dryness can all be signs of a hormonal issue. Iodine is the most important nutrient to regulate our thyroid gland, so eating foods like sea vegetables (kelp, wakame) can significantly boost your iodine levels.



Yogurt: If you want to increase your vitamin B intake (particularly pantothenic acid, which is directly

linked to hair health) then add some yogurt to your daily diet. Vitamin D is also found in yogurt, which improves hair follicle health.

Benefits of Coconut Oil for Hair



from: <http://draxe.com/coconut-oil-for-hair/>

Coconut oil is rich in antioxidants and has antiviral, antifungal, and antibacterial properties. When used on hair, it improves scalp health, fights infections and fungus,

supports hair growth, all while adding volume and shine without the common harmful chemicals.

If you look at the ingredient labels of many of your favorite cosmetics and hair products, you will find coconut oil listed. However, most cosmetics and hair products also contain other ingredients that can be harmful to your health, while actually damaging your hair and skin.

The harsh chemicals in commercial hair care products can leave your hair flat, dry, and damaged. Adding coconut oil in small amounts simply isn't enough. So avoid traditional products and add coconut oil to your regimen along with your favorite natural organic shampoos and products.

While some of these healthier hair products may cost a little more, the good news is that food-grade coconut oil is safe, affordable, and can effectively replace many hair care products in your cabinets.

5 Ways to Use Coconut Oil for Hair

1. Conditioner



Coconut oil is free of the scary chemicals that lurk in commercial hair products, and is an excellent conditioner, for all types of hair. According to a study published in the Journal of Cosmetic Science, coconut oil out performs sunflower oil and mineral oil and is the only oil that *reduces* protein loss. Avoid all [beauty products](#) that contain mineral oil, especially for children.

It is the protein loss in hair that leads to dryness and breakage. The lauric acid has a low molecular weight and is able to actually penetrate the hair shaft, nourishing the hair with vitamins, minerals, and the medium-chain fatty acids.

Coconut oil helps to prevent damage from combing and brushing, and it is safe to use on children. It can be used as a leave-in conditioner, or used as an intensive conditioner for a couple of hours, or overnight. The key to using all-natural coconut oil as a leave-in hair conditioner is finding the right amount for your hair. A little goes a long way.

TO CONDITION:

For short hair, start with just a $\frac{1}{4}$ teaspoon, warmed in your palms. For longer, thicker hair, you may need up to a $\frac{1}{2}$ tablespoon. You want to use sparingly on thinner hair, as it can weigh hair down if too much is used. Pay particular attention to ends and the shaft of the hair. Smooth through hair, and proceed to style as normal.

As an intensive conditioner to restore hair, after washing with a gentle natural shampoo, apply 1 teaspoon (for short hair), 2 teaspoons (for shoulder length hair) and 1 tablespoon (for long hair) after warming in the palm of your hands. Apply to the hair shaft and ends, and then rub into scalp. Cover with a shower cap, and leave on for 1-2 hours, or overnight. Wash with a gentle shampoo, and style as normal.

For dry or damaged hair, add a couple of drops of [sandalwood essential oil](#) and/or geranium essential oil for both leave-in and intensive coconut oil for hair conditioning treatments. These essential oils support moisture retention and work to increase the moisturizing and conditioning effects of the coconut oil for hair.

2. Hair Growth



Coconut oil is a safe, effective, and reasonably priced solution if you have thinning hair. It can actually help grow hair, longer and thicker. The essential nutrients including the lauric acid, penetrates the hair shaft improving the overall health of the hair.

The health of hair is often a result of internal issues, and incorporating natural [hair loss remedies](#) will help. Foods high in Omega-3 fats, pumpkin, chia, and flax seeds, and green tea, and all help support healthy hair growth, from the inside out. Before trying prescription hair growth preparations that only work for 50% of individuals and only works with continued use, modify your diet, and use coconut oil for hair conditioning and styling. The harsh chemicals can cause scalp irritation and even hair growth where the hair is not desired.

HAIR GROWTH TREATMENT:

When massaged into the scalp, coconut oil helps to improve blood circulation, supporting hair growth. It is important to massage the coconut oil into the scalp with gentle pressure for 10 minutes, 3 or 4 times per week. If you want to just focus on scalp conditioning and hair growth, you will only need 1 teaspoon.

However, if you want the benefits of deep conditioning, follow the steps above. Instead of using sandalwood essential oil, add 4 drops of [rosemary essential oil](#), which is known to increase new hair growth over 20%. Rosemary oil also helps to increase circulation in the scalp, and when used with coconut oil can produce fantastic results.

After massaging the oils into the scalp for 10 minutes, place a shower cap on, and allow the heat of your body to work with the oils to improve scalp health. Follow with a gentle cleanser like my [Homemade Rosemary Mint Shampoo](#). It smells great and is gentle on all hair types.

Rich with vitamin K and [vitamin E](#), coconut oil helps to reduce dandruff, and make hair follicles healthy. These treatments are not just for thinning hair; if you are experiencing hair fall while washing, brushing, or style, these treatments with essential oils can help.

3. Dandruff



People have used coconut oil for their skin for hundreds of years to fight dandruff. This unsightly, and often itchy, the condition can be caused by dry skin conditions, sensitivity to the harsh chemicals in hair care products, and commonly yeast-like fungal (*Malassezia*) infections.

Coconut oil's medium-chain fatty acids including lauric acid and capric acid, have strong antiviral, antimicrobial and antifungal properties that target the fungus and help to kill it as well as viruses and bacteria that may be lurking on your

scalp.

Many prescription and over-the-counter dandruff shampoos can actually make dandruff worse, and don't fix the root cause of the flakiness. If the problem is fungal, or if the problem is dry skin, topical applications of coconut oil will make a difference.

Many commercial shampoos contain chemicals that are harmful. These include parabens, propylene glycol, polyethylene glycol, sodium lauryl sulfate, and many others. Dandruff shampoos are even worse, and contain ammonium laureth sulfate, magnesium aluminum silicate, and selenium sulfide.

And the majority of the time, these preparations simply do not work. The goal is to make the scalp healthier, free from fungus, and moisturized, to put an end to dandruff. Treating with coconut oil will not make dandruff go away overnight, but many can see results in just a week or so.

TO TREAT DANDRUFF:

Essential oils including lavender, wintergreen, thyme, and tea tree, all help to fight fungus and yeast. For an intensive dandruff treatment, after washing hair, mix 2 teaspoons of coconut oil with 5 drops of one of the oils mentioned above, or a combination, and massage into the scalp.

Be sure to really work the mixture into the scalp, from neck to forehead, and behind the ears. Cover with a shower cap, and if possible sit in the sun for 20-30 minutes to increase the heat, or simply use a hairdryer on a low setting to heat the cap.

Remove cap, and wash with a gentle natural shampoo. Repeat this 2 to 3 times per week, or even more often, as desired. Like with the conditioning or hair growth treatment, you can leave it on overnight. Just be sure to wear the shower cap to

avoid staining bed linens.

4. Styling



Yes, coconut oil is a great styling agent, and free from the dangerous chemicals in conventional hair care products! This is one of the most overlooked coconut oil for hair uses. Hairdryers, flat irons, hot rollers, and curling irons zap the

moisture out of the hair shaft causing it to be brittle and prone to tangling.

Coconut oil helps to prevent this type of thermal damage, and when used in the proper amount for your hair length and texture, tames flyaways, frizz, and more. People with thick curly hair often fight frizz in humid climates. Coconut oil helps to tame the frizz, by penetrating into the curls. It can be applied throughout the day for touch-ups, just be sure to use it sparingly.

TO TAME FRIZZ:

Start with a tiny amount (1/4 teaspoon – 1 teaspoon) depending on hair, warming in palms. Smooth from root to tips, and blow-dry and style as desired. It will take just a bit longer to dry your hair, but it will be soft, shiny, and manageable.

Disguise split ends, and nourish them at the same time by using just a tiny bit of coconut oil on just the ends.

TO PROTECT FROM THE SUN:

Hair, like skin, is prone to sun damage. Coconut oil is a natural sunscreen, with an SPF of 8. If you are planning a day out in the sun, use it as a leave-in conditioner for all-day protection. And, while you are at it, use it on exposed skin as well. Coconut oil is a safe and effective sunscreen for children and adults alike.

TO DETANGLE:

Detangling hair is a chore, and can often cause breakage. Coconut oil improves hair break stress by penetrating the hair

shaft. It also surrounds the hair and makes it easier to remove knots after washing, or in the evenings. Smooth a small amount through hair, paying particular attention to tangled areas and damaged ends. Use a wide-tooth comb, starting from the bottom, and slowly work your way up.

Using coconut oil for hair regularly will improve the overall health of the hair, and help to prevent tangles. If tangled hair is a continuing problem, trimming the damaged ends will help.

NOTE: If you have thin or fine hair, apply coconut oil sparingly to hair for styling. Also, do not apply it to the scalp as this can weigh down the hair.

5. Lice Prevention & Lice Treatment



One of the best uses of coconut oil for hair is in the treatment and prevention of lice! According to a study published in the European Journal of Pediatrics, a combination of coconut oil and anise spray is more effective, than the commonly used prescription lice treatment permethrin.

In fact, in the controlled study, the coconut oil-based spray was 82% successful and the permethrin was only 42% successful, and 33 of the 50 participants reported scalp irritation when

following the conventional treatment.

Another study published in the Israel Medical Association Journal found greater success, although they added ylang ylang oil to the coconut oil and anise oil combination. The treatment was successful in 92.3% of children and caused no serious side effects.

Because coconut oil penetrates the hair shaft, and the scalp, it helps to repel lice and can keep their eggs from attaching to the hair. With the addition of essential oils including ylang-ylang, tea tree, and anise, lice don't have a chance.

LICE TREATMENT:

To keep lice at bay, use coconut oil as mentioned above as a leave-in hair conditioner, or to detangle and style hair. If there is an infestation of lice, mix 3 tablespoons of coconut oil with 1 teaspoon of each ylang ylang, anise, and tea tree oils. Double the recipe for longer hair; this should be enough for shoulder-length hair.

Apply the solution all over the scalp, massage in, and pulling through the ends. Comb through the hair with a fine toothcomb. Cover in a shower cap, and allow to sit for 2 hours. If possible, sit in the sun or use a hairdryer to periodically warm up the cap. Carefully remove shower cap, and seal in zip lock bag for disposal.

At the end of 2 hours, comb hair once again, prior to washing and rinsing thoroughly, twice. While hair is still wet, combine 2 cups of apple cider vinegar and 1 cup water in a small spray bottle. Saturate the hair, spraying $\frac{1}{2}$ the bottle on the scalp and hair. Lean over the sink and pour the remaining mixture over the hair, massaging lightly.

Rinse thoroughly and comb hair once again with a fine

toothcomb. Follow with a light application of coconut oil, cover with a shower cap, or style as desired, and allow to remain on the hair until next washing.

As with most lice treatments, the process needs to be repeated every 5-10 days for a couple of weeks. This helps to ensure that all lice and their eggs are eradicated. Between treatments, comb hair morning and night with a fine toothcomb, and use coconut oil as a leave-in conditioner.

As coconut oil both repels and kills lice, at the first notification of a lice outbreak, start using coconut oil as a leave-in conditioner.

If you are subscribed we are sending part 2 and you will get notified if you are not subscribed you have two choices either to do so or just check-in a couple of weeks when the next post comes out. we usually post every two weeks and don't wish to over email our viewers, we definitely don't share your email also with no one, thank you so much for your loyalty and all the likes and shares, much love, health, prosperity, and great HAIR!!!!



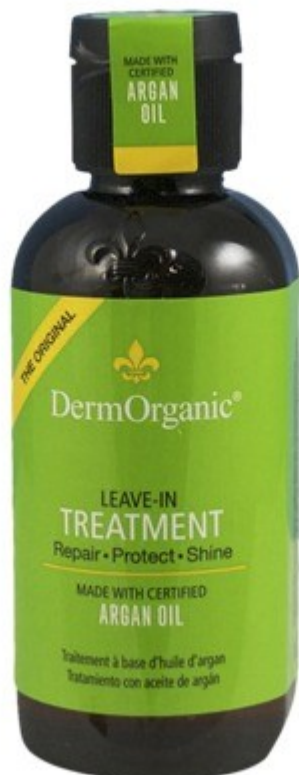
Nutraluxe MD Nutrastim Pro Hair Laser Comb

NutraStim Professional Hair Growth Laser Comb is a handheld, cordless and easy to use Hair Laser Comb intended to promote hair growth. It features a sleek design with rechargeable batteries to give you the freedom of movement.



Theradome Hair Growth Helmet – Premium Technology That Grows New Hair and Prevents Further Loss

World's Most Technologically Advanced Laser Hair Therapy Device for Home Use.



DermOrganic Argan Oil Leave-In Treatment

DermOrganic® Leave-In Treatment, based on Moroccan Argan Fruit Oil, has the unique quality of instant absorption into hair. It restores shine and softness while strengthening brittle hair. Replenishes nourishment to dry, damaged, colored hair. Protects hair from styling heat and UV damage.



Alón Scalp Calming Formula

The Alón Scalp Calming Formula represents the latest science in fighting the main culprits of scalp aging – chronic inflammation and sun-induced genetic damage. Our serum is the culmination of 18 months of research and testing that uses targeted ingredients in a synergistic approach to address the underlying mechanism of scalp itchiness, redness, and to promote hair health.

**Christmas traditions from
around the world**

**Christmas traditions from
around the world**



In week 330 our intention is to share holiday traditions of the different nations and their holiday celebrations, with you and to take this opportunity to wish all of them loving wishes this is a great opportunity to focus on PEACE.

We did extensive research and I must say it was a challenge

to try honoring them all, so please forgive us if we miss a nation of your interest and if we did let us know through an email and we will add it. We found that it was so much information we needed a few Posts for that intention so we did our best to edit an amount that is realistic for people to take the time to read, so just enjoy and choose what resonates with you. It is so interesting to learn different traditions, it reminds me once again that the planet is a lot bigger than just my day to day perception.

Thank you again for the generous support from you all, it is overwhelming the thousands of views and connections we receive, we work many hours, sometimes seven days a week to offer you our extensive research.

We wish you Health, Peace and Ideal abundance for you, your family, and friends, and to the whole world may all your wishes come true, from all of us at Isabel's Beauty Blog.

Christmas in the United States of America



from <http://www.whychristmas.com>

The United States of America has many different traditions and

ways that people celebrate Christmas, because of its multi-cultural nature, many customs are similar to ones in the UK, France, Italy, Holland, Poland, and Mexico.

The traditional meal for Western European families is turkey or ham with cranberry sauce. Families from Eastern European origins favor turkey with trimmings, keilbasi (a Polish sausage), cabbage dishes, and soups; and some Italian families prefer lasagne!

Some Americans use popcorn threaded on a string to help decorate their Christmas Tree!

In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire, and Maine), there are shops called 'Christmas Shops' that only sell Christmas decorations and toys all the year-round!

People in America like to decorate the outside of their house with lights and sometimes even statues of Santa Claus, Snowmen, and Reindeer elf.

Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it over Christmas and the New Year.

In Hawaii, Santa is called Kanakaloka!

In the Southwest USA, there are some special customs that have some similarities to those in parts of Mexico. These include 'luminarias' or 'farolitos' which are paper sacks partly filled with sand and then have a candle put in them. They are lit on Christmas Eve and are put the edges of paths. They represent 'lighting the way' for somewhere for Mary and Joseph to stay.

A popular food at Christmas in the Southwest USA is tamales.

You can find out more about Christmas traditions in the Southwest USA on www.lonestarwesterndecor.com/vibrant-Christmas-traditions-of-the-southwest.html

Christmas in Mexico



In Mexico, Christmas is celebrated from December 12th to January 6th.

From December 16th to Christmas Eve, children often perform the 'Posada' processions or Posadas. Posada is Spanish for Inn or Lodging. There are nine Posadas. These celebrate the part

of the Christmas story where Joseph and Mary looked for somewhere to stay. For the Posadas, the outside of houses is decorated with evergreens, moss and paper lanterns.

In each Posada, children are given candles and aboard, with painted clay figures of Mary riding on a donkey and Joseph, to process round the streets with. They call at the houses of friends and neighbors and sing a song at each home. The song they sing is about Joseph and Mary asking for a room in the house. But the children are told that there is no room in the house and that they must go away. Eventually, they are told there is room and are welcomed in! When the children go into the house they say prayers of thanks and then they have a party with food, games, and fireworks.

Each night a different house hold's the Posada party. At the final Posada, on Christmas Eve, a manger and figures of shepherds are put on the board. When the Posada house has been found, a baby Jesus is put into the manger and then families go to a midnight Church service. After the Church service, there are more fireworks to celebrate the start of Christmas.

One game that is often played at Posada parties is piñata. A piñata is a decorated clay or paper-mâché jar filled with sweets and hung from the ceiling or tree branch. The piñata is often decorated with something like a ball with seven peaks around it. The peaks or spikes represent the 'seven deadly sins'. Piñatas' can also be in the form of an animal or bird (such as a donkey). To play the game, children are blindfolded and take it in turns to hit the piñata with a stick until it splits open and the sweets pour out. Then the children rush to pick up as many sweets as they can!

As well as the posada's, another type of Christmas play known as Pastorelas (The Shepherds). These tell the story of the shepherds going to find the baby Jesus and are often very funny. The devil tries to stop them by tempting them along the way. But the shepherds always get there in the end, often with

the help of the Archangel Michael, who comes and beats the devil!

Nativity scenes, known as the 'Nacimiento', are very popular in Mexico. They are often very large, with the figures being life-size! Sometimes a whole room in a house is used for the Nacimiento, although this is less common now. The figures are often made of clay and are traditionally passed down through families. As well as the normal figures of Mary, Joseph, Jesus, the Shepherds, and Three Kings, there are often lots of other figures of different people, including women making tortillas, people selling food and different animals and birds, like flamingos! The figures can be bought from markets in cities all over Mexico. The baby Jesus is normally added to the scene during the evening of Christmas Eve. The Three Kings are added at Epiphany.

Christmas Trees are becoming more popular in Mexico, but the main/most important decoration is still the Nacimiento.

Christmas Eve is known as 'Noche Buena' and is a family day. People often take part in the final Posada and then in the evening have the main Christmas meal. At midnight, many people go to a Midnight Mass service, known as the 'Misa de Gallo' (Mass of the Rooster). There are lots of fireworks to celebrate Christmas Day.

Poinsettia flowers are known as 'Noche Buena' (Christmas Eve) flowers in Mexico.

People in Mexico also celebrate 'Los Santos Inocentes' or 'Day of the Innocent Saints' on December 28th and it's very like April Fools Day in the UK and USA. 28th December is when people remember the babies that were killed on the orders of King Herod when he was trying to kill the baby Jesus.

In some states in Mexico, children expect Santa Claus to come on December 24th. In the south of Mexico, children expect presents on January 6th at Epiphany, which is known as 'El Dia

de Los Reyes'.

On El Dia de Los Reyes the presents are left by the Three Kings (or Magi). If you've had a visit from Santa on Christmas Eve, you might also get some candy on el Dia de Los Reyes!

It's traditional to eat a special cake called 'Rosca de Reyes' (Three Kings Cake) on Epiphany. A figure of Baby Jesus is hidden inside the cake. Whoever has the baby Jesus in their piece of cake is the 'Godparent' of Jesus for that year.

Another important day in Candelaria (also known as Candlemas) on the 2nd February and it marks the end of the Mexican Christmas celebrations. Lots of Mexicans have a party for Candelaria.

In Mexico, presents might also be brought by 'El Niñito Dios' (baby Jesus) & Santo Clós (Santa Claus)

In Mexico people speak Spanish (Español), so Happy/Merry Christmas is 'Feliz Navidad'. Happy/Merry Christmas in lots more languages.

The largest ever Angel Ornament was made in Mexico. It was made in January 2001 by Sergio Rodriguez in the town of Nuevo León. The angel was 18' 3" high and had a wingspan of 11' 9"! Perhaps the most amazing thing about the angel was that it was completely made out of old beer bottles, 2946 of them!

Christmas in Denmark



Some people in Denmark give and receive extra [Advent](#) presents on the four Sundays of Advent.

Different types of Advent candles and calendars are popular in Denmark. A Kalenderlys (calendar-candle) is an Advent candle and most people have one of these types of candles. A Pakkekalender (gift calendar) is also a fun way to countdown to Christmas Eve. There are 24 small gifts for the children in the calendar, one for each day until Christmas Eve.

Julekalender (Christmas calendar) is a television series with 24 episodes. One episode is shown each day in December with the last one being aired on Christmas Eve. The first Julekalender was shown on TV in Denmark in 1962. The two main Danish TV channels DR and TV2 both show different versions of Julekalender each year. The theme of the stories in the Julekalender normally follows a similar storyline, with someone trying to ruin Christmas and the main characters saving Christmas!

As well as the TV series, both DR and TV2 produce paper advent calendars to go along with the stories! DR is the oldest TV channel in Denmark and its' paper calendar is called **Børnenes U-landskalender (Children's U-Country Calendar)**. It's been making the calendars for over 50 years and profits from the sale of the calendar go to help poor children in a developing country. The calendar made by TV2 is called julekalender and profits from that calendar go to help Julemærkefonden, a children's charity in Denmark.

You can also support Julemærkefonden when you send Christmas Cards in Denmark. Every year a set of Christmas stamps/stickers/seals called julemærket are sold in December to help raise money for the charity. You use a normal postage stamp as well, the julemærket stickers just make the post look more Christmassy!

Christmas Parties are held from 1st November to 24th December where everyone has a good time! Making cakes and biscuits is popular in the time before Christmas. Gingerbread cookies and vanilla ones are often favorites.

In Denmark, most people go to a Church Service on Christmas Eve at about 4.00pm to hear the Christmas Story. It's also traditional to give animals a treat on Christmas Eve, so some people go for a walk in the park or woods and take some food to give the animals and birds.

When they get home the main Christmas meal is eaten between 6.00pm and 8.00pm. It's served on a beautifully decorated table. Popular Christmas foods include roast duck, goose or pork. They are served with boiled and sweet potatoes, red cabbage, beetroot and cranberry jam/sauce.

Most families have a 'ris á la mande' (a special kind of rice pudding, made of milk, rice, vanilla, almonds, and whipped cream) for dessert. All but one of the almonds are chopped into pieces. The person who finds the whole almond gets a present called a Mandelgave (almond present) and it's often a marzipan pig!

After the meal the lights on the [Christmas Tree](#) are lit, people might dance around the tree and sing carols. Then it's time for people to open their presents. The Christmas tree normally has a gold or silver star on the top and often has silver 'fairy hair' on it to make it glitter.

On Christmas day people meet with their family and have a big lunch together with Danish open-faced sandwiches on rye bread.

In Denmark, children believe that their presents are brought by the 'Julemanden' (which means 'Christmas Man'). He looks very similar to [Santa Claus](#) and also travels with a sleigh and reindeer. He lives in Greenland, likes rice pudding and is helped by 'nisser' which are like elves.

St. Lucia's Day (or St. Lucy's Day) is also celebrated on December 13th, although it's more famous for being celebrated in Denmark's neighbor, [Sweden](#).

In Danish, Happy/Merry Christmas is 'Glædelig Jul'

Christmas in Ethiopia



In Ethiopia (and especially the Ethiopian Orthodox Church)

they still use the old Julian calendar, so they celebrate Christmas on January 7th, not December 25th! The Christmas celebration in the Ethiopian Orthodox Church is called Ganna. Most of the people go to church on Christmas day.

Many people fast they chose not to eat anything on Christmas Eve (January 6th). At dawn on the morning of Ganna, people get dressed in white. Most people wear a traditional garment called a Shamma. It's a thin white cotton piece of cloth with brightly colored stripes across the ends. It's worn like a toga. If you live in a big town or city you might wear 'western' clothes. The early Ganna mass starts at 4.00am! Ouch, that shows Faith right there.

The Ethiopian capital city is Addis Ababa. It's a modern city. Most people who live outside big cities live in roundhouse made of mud-plastered walls that have thatched cone-shaped roofs. Sometimes houses in the country are rectangular and made of stone.

The design of the Ethiopian Church is similar to the houses. In the country, for the most part, they are very old and have been carved out of rocks. In cities, modern churches are built in three circles, each within the others.

The choir sings from the outer circle. Everyone who goes to church for the Ganna celebrations is given a candle. The people walk around the church three times in a solemn procession, holding the candles. They then go to the second circle to stand during the service. The men and boys are separated from the women and girls. The center circle is the most important and holy place in the church and is where the priest serves the Holy Communion or mass.

In the tradition is being said that one of the Wise Men who visited Jesus came from Ethiopia.

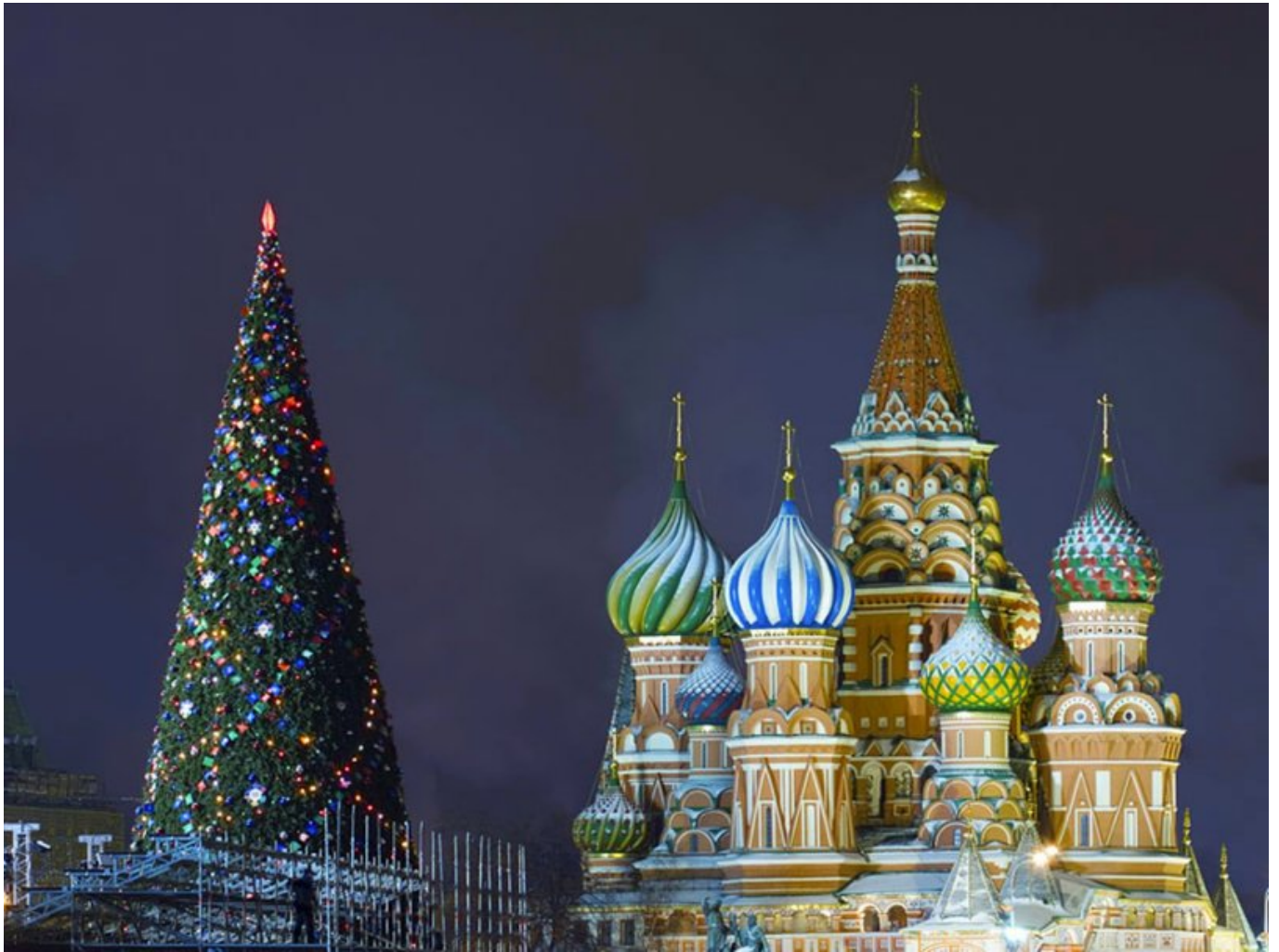
Around the time of Ganna (Christmas celebration time), the men and boys play a game that is also called ganna. It's played

with a curved stick and a round wooden ball, a bit like hockey.

Traditional Christmas foods in Ethiopia include 'wat' which is a thick and spicy stew that contains meat, vegetables and sometimes eggs. What is eaten on a 'plate of injera' – a flatbread, Pieces of the injera are used as an edible spoon to scoop up what?

Twelve days after Ganna, on 19th January, Ethiopians start the three-day celebration of Timkat. It celebrated the baptism of Jesus. Children walk to church services in a procession. They wear the crowns and robes of the church youth groups that they belong to. Adults wear the Shamma. The priests wear red and white robes and carry embroidered fringed umbrellas.

Christmas in Russia



The official Christmas and New holidays in Russia last from December 31st to January 10th.

In Russian Happy/Merry Christmas is 's rah-zh-dee-st-VOHM' (C

рождеством!) or 's-schah-st-lee-vah-vah rah-zh dee-st-vah' (Счастливого рождества!). [Happy/Merry Christmas in lots more languages](#).

Some people fast (don't eat anything) on Christmas Eve until the first star has appeared in the sky. People then eat 'sochivo' or 'kutia' a porridge made from wheat or rice served with honey, poppy seeds, fruit (especially berries and dried fruit like raisins), chopped walnuts or sometimes even fruit jellies!

Kutia is sometimes eaten from one common bowl, this symbolizes unity. In the past, some families like to throw a spoonful of sochivo up on the ceiling. If it stuck to the ceiling, some people thought it meant they would have good luck and would have a good harvest!

The Russian word for Christmas Eve 'sochelnik', comes from the word 'sochivo'.

Some Orthodox Christian Russian also don't eat any meat or fish during the Christmas Eve meal/feast.

Other popular Christmas Eve foods include beetroot soup (borsch) or vegan potluck (solyanka) served with individual vegetable pies (often made with cabbage, potato, or mushroom); salads often made from vegetables like gherkins, mushrooms or tomatoes, and also potato or other root vegetable salads.

Sauerkraut is the main dish in the Christmas Eve meal. It can be served with cranberries, cumin, shredded carrot, and onion rings. It might be followed by more pies or porridge dishes such as buckwheat with fried onions and fried mushrooms.

Dessert is often things like fruit pies, gingerbread and honey bread cookies, and fresh and dried fruit and more nuts.

'Vzvar' (meaning 'boil-up') is often served at the end of the meal. It's a sweet drink made from dried fruit and honey

boiled in water. Vzvar is traditionally at the birth of a child, so at Christmas, it symbolizes the birth of the baby Jesus.

Following the meal, prayers might be said and people then go to the midnight Church services. They often don't wash the dishes until they get home from Church – sometimes not until 4.00am or 5.00am!

The New Year celebrations are still very important to Russians (sometimes more than Christmas).

This is when – when 'Father Frost' (known in Russian as 'Ded Moroz' or Дед Мороз) brings presents to children. He is always accompanied by his Granddaughter (Snegurochka). On New Year's eve children hold hands, make a circle around the Christmas tree and call for Snegurochka or Ded Moroz. When they appear the star and other lights on the Christmas tree light up! Ded Moroz carries a big magic staff. The traditional greeting for Happy New Year is 'S Novym Godom'.

One of the most famous things about Christmas in Russia, to people in western Europe and the USA, is the story of Babushka. Babushka means Grand Mother in Russian. It tells the story of an old woman who met the [Wise men](#) on their way to see Jesus.

However, most people in Russia have never heard of the story and I've had many emails from Russian visitors to the site who have never heard the story before! It seems that [it was probably created by an American poet and writer called Edith Matilda Thomas in 1907.](#)

Christmas in Ukraine

Christmas in Ukraine is a time of joy, family, and tradition. It is celebrated on January 7th, which is the day after Christmas in most other countries.

The Christmas Eve dinner is a special occasion, featuring a variety of traditional dishes. The most popular dish is borscht, a hearty soup made with beets, cabbage, and meat. Other popular dishes include carp, a traditional Christmas Eve dish, and a variety of meats and vegetables.

After the dinner, families gather around the Christmas tree, which is decorated with lights and ornaments. Children are given gifts, and the family enjoys a night of singing and dancing. The Christmas Eve dinner is a time of joy and family, and it is a tradition that has been passed down for generations.

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Christmas in Ukraine is celebrated on the 7th of January is because, like many countries where the main Church is the Orthodox Church, they use the old 'Julian' calendar for their church festivals.

In Ukrainian Happy/Merry Christmas is 'Веселого Різдва і з Новим Роком' (Veselohe Rizdva i z Novym Rokom). [Happy/Merry Christmas in lots more languages.](#)

The main Christmas meal, called 'Sviata Vecheria' (or Holy Supper) is eaten on Christmas Eve (6th January). Traditionally people fast (don't eat anything) all day but you might start the day drinking some holy water that has been blessed at church.

You can't start eating the meal until the first star is seen in the sky. So people (especially the hungry ones!) go outside as soon as it starts getting dark in the afternoon to try and spot the first star. The star represents [the journey of the Wise Men to find Jesus](#) and that Jesus has been born, so Christmas can start!

The meal normally has 12 dishes that represent Jesus's 12 disciples. The main dish is often 'kutia' a type of a kind of sweet porridge made of wheat. Other dishes can include mushrooms, sauerkraut, red 'borsch', dumplings known as 'varenyky' (Pierogi), whitefish, 'bigos' (a meat and cabbage stew), cheesecake and bread.



The room where Sviata Vecheria is eaten normally has a Didukh decoration placed in it. The Didukh is a made from a sheaf of wheat and symbolizes the large wheat field in Ukraine. It literally means 'grandfather spirit' and can represent people's ancestors being with them in their memories. Sometimes people use some heads of wheat in a vase rather than

a whole sheaf of wheat.

After the meal, people love to sing carols or 'Koliadky'. They can be sung around the table or you might go out caroling in the streets. People sometimes carry brightly colored stars on poles when they go caroling singing.

The Ukrainian carol 'Shchedryk' is where the popular 'Carol of the Bells' came from [St Nicholas](#) (known as Svyatyi Mykolai) visits children in Ukraine on December 24th.

**Ukrainian Christmas tree with
Spider webs**



Hindu: Pancha Ganapati



21–25 December – Modern five-day festival in honor of Lord Ganesha, celebrated by Hindus in the USA.

Think of this as the Hindu Christmas, a modern winter holiday full of family-centered happenings, but with five days of gifts for the kids, not one. From December 21 to 25 Hindus worship Lord Ganesha, the elephant-headed Lord of culture and

new beginnings. Family members work to mend past mistakes and bring His blessings of joy and harmony into five realms of their life, a wider circle each day: family, friends, associates, culture and religion.

Pancha Ganapati includes outings, picnics, feasts, and exchange of cards and gifts with relatives, friends, and business associates. A shrine is created in the main living room of the home and decorated in the spirit of this festive occasion. At the center is placed a large wooden or bronze statue of Lord Panchamukha ("five-faced") Ganapati, a form of Ganesha. Any large picture or statue of Ganesha will also do. Each morning the children decorate and dress Him in the color of that day, representing one of His five rays of energy, or Shaktis.

Hindu: Makar Sankrat/Pongal



From <http://www.cookinglight.com>

This January 14 Hindu holiday celebrates the new solar year, considered to be the beginning of the new day for the gods and the end of their six-month night. It is observed and named

differently in each region—Pongal in the south of India and Makar Sankrat in the north. But most festivities include a common theme of ceremonial cleansing, offerings, and celebrations of the harvest. Pongal, which means “to boil over,” refers both to the concept of bounty and to the traditional dish of rice boiled in milk, which is given to the gods as an offering. Sesame seeds, or til, are looked upon as a symbol of health and friendship. Sweets made from sesame and jaggery—a special kind of sugar—are exchanged on the holiday along with the saying, “accept these sweets and speak sweet words.” The tradition reminds people to resolve past quarrels so that friendship can thrive.

Muslim: Eid ul-Fitr/Hari Raya Puasa



Ramadan is the month-long Muslim holiday celebrating the revelation of the Koran to the prophet Muhammad. Devout Muslims fast each day from sunup to sundown for the full month and then break the fasting period with a three-day festival. Because the Muslim world spans many countries and cultures, the celebrations, foods, and even the name of the festival change from place to place—in Arab countries, it's called Eid ul-Fitr, and in Malaysia, it's called Hari Raya Puasa. The dates

change from year to year (falling sometime between October and December), depending on the Islamic calendar. Although the festival reaches a broad group of people who celebrate it in diverse ways, there are general things that all Muslims do during Eid," says Rabiah Ahmed, spokesperson for the Council on American-Islamic Relations, such as preparing the house, getting dressed up, and gathering with family and friends for a feast. After 30 days of fasting, food is shared in abundance, and children exchange gifts and receive money from their elders.

Iranian: Shab-e Yalda



In Iran, the winter solstice, which falls on December 21, is hailed with Shab-e Yalda—the birthday of the sun. It's a celebration of the triumph of light over dark, good over evil. It is thought that on the longest night with evil at its zenith, light needs help to overcome darkness. On this day, families build a bonfire outside and gather until sunrise for

a night of storytelling, dancing, and food. In Iranian culture, certain nutritional properties of foods are considered hot and others are considered cold (regardless of temperature or level of spice), much like Chinese yin or yang. A balance between the two is important. Summer foods are preserved throughout the year for the Shab-e Yalda feast, where they mingle with the foods of winter to symbolize the balance of seasons. Saffron and carrots, for example, are warm foods served during Shab-e Yalda to counter the cold of winter.

Jewish: Hanukkah



More than 2,000 years ago in Palestine, Judas Maccabee and his followers triumphed over the tyrant Antiochus and his army, despite overwhelming odds. But when they returned to Jerusalem, they found their temple desecrated with pagan idols. In order to purge the temple of its defilement, the

Maccabees rebuilt the altar and cleansed the temple, rededicating it during eight days of ceremonies. Tradition holds that there was only enough sanctified olive oil to light the temple for one day, but it burned miraculously for all eight days of the celebration. Today, those of the Jewish faith celebrate this victory during an eight-day holiday that begins on the 25th of Kislev (in late November or December). Each night of Hanukkah, people light one candle on the menorah in memory of the miracle of the oil. Since antiquity, the festival has also honored the significance of olive oil to the ancient Jewish culture as fuel, food, and even medicine, and it shows in the foods of the feast. Dishes cooked in olive oil, and latkes (potato pancakes) in particular, are celebratory symbols of this gift of sustenance.

Christmas in the Philippines



The people in the Philippines like to celebrate Christmas for as long as possible! who doesn't? I love Christmas. The playing of Christmas carols in shops can start in September! how about that for business!

The formal Christmas celebrations start on 16th December when many people go to the first of nine pre-dawn or early morning masses. The last mass is on Christmas day. The Christmas celebrations continue to the First Sunday in January when [Epiphany](#) or the Feast of the Three Kings is celebrated.

In the Philippines, the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

Most Filipinos people are Christians with about 80% of people being Catholics. It's the only Asian country with so many Christians. For this reason, Christmas is the most important holiday in the Philippines. December is actually one of the 'cooler' months of the year in the Philippines. The Philippines only has two real seasons, wet (June to October) and dry (April and May). December is one of the months in between the wet and dry seasons a great time for their celebrations.

In the Philippines, the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

The Christmas customs in the Philippines are a mixture of the Western USA and the UK and native Filipino traditions. So people in the Philippines have Santa Claus or 'Santa Klaus', Christmas trees, Christmas cards, and Christmas carols traditions that came from western countries.

They also have their own Christmas traditions such as the 'parol' which is a bamboo pole or frame with a lighted star lantern on it. It's traditionally made from bamboo strips and colored Japanese paper or cellophane paper and represents the star that guided the Wise Men. It is the most popular Christmas decoration in the Philippines.

Philippines Christmas Parol



Chronicle / John Storey



Christmas Eve is very important in the Philippines. Many people stay awake all night through to Christmas day, WOW Party! During Christmas Eve evening, Christians go to church to hear the last 'simbang gabi' or the Christmas Eve mass. This is followed by a midnight feast, called Noche Buena.

The Noche Buena is a big, open house, a celebration with family, friends, and neighbors dropping in to wish everyone a Merry Christmas! Most households would have several dishes

laid out and would normally include: Lechon (roasted pig), ham, fruit salad, rice cakes (bibingka and puto bumbong are traditional Christmas foods) and other sweets, steamed rice, and many different types of drinks.



The Philippines culture has eight major languages, here's how to say Merry Christmas in some of the languages!

- In Tagalog, Happy/Merry Christmas is 'Maligayang Pasko'
- in Ilonggo it's 'Malipayon nga Pascua';
- in Sugbuhanon or Cebuano it's 'Maayong Pasko'

- in Bicolano they say 'Maugmang Pasko'
- in Pangalatok or Pangasinense they say 'Maabig ya pasko' or 'Magayagan inkianac'.

African: Kwanzaa



First celebrated in the United States in 1966, Kwanzaa was created for those of African descent around the world to reconnect with their common heritage. The name is derived from traditional harvest celebrations in Africa called *matunda ya kwanza*, literally “first fruits,” which were seven days of gathering, reverence, commemoration, recommitment, and celebration. Beginning on December 26 and lasting for seven days, modern Kwanzaa celebrations esteem one of the seven core

principles of African American unity, the *Nguzo Saba*, on each night. Karamu, a lavish feast of traditional foods from African cultures around the world, takes place near the end of the holiday.

Different Ethnicity Santa Claus



Hoteiosho, Japan

Japan's holiday gift-giver is a fat Buddhist monk with eyes in the back of his head. Some say he travels with a red-nosed reindeer and some say he works alone, but he doesn't arrive on Christmas in either hybrid Christian-Buddhist tale. Christmas in Japan is spent with family doing charity work. But on New Year's Eve, the real action begins: the house is cleaned and decorated, then family members throw beans for good luck and await their gifts from the benevolent monk.

**Native American – Hopi
(Soyal, Soyala, Sol-ya-lang-eu)**



From <http://www.brownielocks.com/nativeamerican.html>

The date of this observation is on December 22. It is celebrated by the Hopi Indians. Although a black Plumed Snake is the basic symbol of this ceremony. But it is not based on snake worship. (Just like their Snake Dance Ceremony isn't either.) It is a ceremony related to the sun as it relates to the winter solstice. It is one of the Hopi's most sacred ceremonies and is also called the "Prayer-Offering Ceremony" because it is a time for saying prayers for the New Year and for wishing each other prosperity and health.

CHRISTMAS FACTS

1 Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

2 Today, in the Greek and Russian Orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

3 In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

4 From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

5 Christmas was declared a federal holiday in the United States on June 26, 1870.

6 The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

7 Poinsettia plants are named after Joel R. Poinsett, an

American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

8 The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

9 Rudolph, “the most famous reindeer of all,” was the product of Robert L. May’s imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store. 10 Construction workers started the Rockefeller Center

Christmas tree tradition in 1931.

Here we are sharing some of the sites we support are great ideas for gifts that can make a global and personal difference.

Stand for Hope

This year, shop for an alternative holiday gift from UNICEF Inspired Gifts. [Shop for the holidays »](#)



Click the link below to go to the site

https://inspiredgifts.unicefusa.org/?utm_campaign=2016_eoy&utm_medium=cpc&utm_source=20161122_cpc&utm_content=Inspired_Gift&ms=cpc_dig_2016_eoy_20161122_cpc_Inspired_Gift&initialms=cpc_dig_2016_eoy_20161122_cpc_Inspired_Gift



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<https://gifts.worldwildlife.org/gift-center/gifts/Species-Adoptions.aspx?sc=AWY1200WCGA1&gclid=Cj0KEQiasrnCBRCTs7nqwrn6pcYBEiQAcQSznIoL9L0HD-Y1byTImveSYgskIqfdwZRcWty5Amy76lMaAjcT8P8HAQ>

Holiday Recipes

Lentil and Mushroom Shepherd's Pie



Ingredients

- 8 large or 10 medium potatoes (Yukon gold works well)
- 2 tablespoons Earth Balance or other vegan buttery spread
- 1/2 cup unsweetened rice milk or other nondairy milk

- Salt to taste
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 6 ounces cremini or baby Bella mushrooms, sliced
- Two 15-ounce cans lentils lightly drained
- 2 tablespoons dry red wine, optional
- 1 to 2 tablespoon reduced-sodium soy sauce or Bragg's liquid aminos
- 2 to 3 teaspoons all-purpose seasoning blend (such as Spike or Mrs. Dash)
- 1/2 teaspoon dried thyme
- 3 tablespoons cornstarch or arrowroot
- 8 to 10 ounces baby spinach or arugula leaves
- Freshly ground pepper to taste
- 1 cup fresh bread crumbs

Directions

Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.

Stir the Earth Balance into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed.

Preheat the oven to 400° F.

While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.

Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.

Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste to adjust seasonings to your liking.

Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.

Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.

8 or more servings

Read [more](http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd%e2%80%99s-pie/#KfpLlFEREyltxKZj.99) at <http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd%e2%80%99s-pie/#KfpLlFEREyltxKZj.99>

Organic farmer, Beverley Thurber shares her snappy-tasting ginger cookies.



Ingredients

1. 4 1⁄2 cups flour
2. 4 teaspoons ground ginger
3. 2 teaspoons baking soda
4. 1 1⁄2 teaspoons ground cinnamon

5. 1 teaspoon ground cloves
6. 1¼ teaspoon salt
7. 1 1½ cups shortening, at room temperature
8. 2 cups sugar or the sweetener of your choice
9. 2 Organic Valley Large Brown Eggs
10. 1½ cup molasses
11. large, decorative sugar crystals or additional regular sugar

Directions

1. Heat oven to 350 degrees. Line two heavy baking sheets with parchment paper.
2. Use a whisk to combine flour, ginger, baking soda, cinnamon, cloves and salt in a medium bowl.
3. Place shortening in a large bowl. Cream the shortening with electric beaters at medium speed for 1-2 minutes. Continue beating as you slowly and gradually add the sugar, scraping down the sides of the bowl occasionally. After all the sugar is added, keep beating for other minutes or two.
4. Add eggs and molasses; beat well.
5. Reduce speed to low and beat in the flour mixture until just combined. Use a spatula to stir and “smooth out” the cookie dough.
6. Use a 2-inch-wide ice-cream scoop to make scoops of dough. You can scoop them directly onto the baking pans or roll the scoops into smooth balls first. Place them two inches apart on the baking pans. Sprinkle each mound with sugar crystals or regular sugar.
7. Bake until lightly brown and puffed, about 15-17 minutes.
8. Cool cookies in the pan on wire racks.

<http://www.organicvalley.coop/recipes/show/ginger-molasses-coo>

[kies/](#)

GLAZED VEGAN POPPY SEED GRAPEFRUIT CAKE



Ingredients

1 tablespoon apple cider vinegar

1 cup of soy milk

1 cup vegan margarine

2 cups f organic sugar or a sweetener of your choice

3 egg replacer for 3 eggs

3 cups whole wheat flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 tablespoons grapefruit zest

2 tablespoons poppy seeds

1/4 cup fresh grapefruit juice

1 1/2 cups of organic confectioner's sugar if you choose to

Directions

Preheat oven to 325 degrees. Oil a 10-inch bundt pan.

Add apple cider vinegar to soy milk. Set aside.

In a large bowl, beat the margarine and sugar or sweetener of your choice until fluffy. Beat in egg replacer.

In another bowl, combine the flour, baking soda, and salt. Gradually add the flour mixture to the margarine mixture, alternating with the soy milk mixture. Stir until smooth. Fold in the grapefruit zest, poppy seeds, and grapefruit juice. Do not over mix.

Pour the batter into the prepared pan. Bake 60 to 70 minutes, or until a toothpick inserted into the cake comes out clean.

Cool cake in pan 10 minutes then (carefully!) remove to a wire rack and cool completely.

Combine confectioner's sugar and grapefruit juice and mix

until smooth. When cake has completely cooled, drizzle with glaze.

Egg Nog Puffed Crepes



Kissed with nutmeg and cream, these delicious German Pancakes are delightfully easy to prepare.

Serves 6.

1/2 stick butter

6 eggs

1 cup flour

1 cup eggnog

1/2 teaspoons salt

1/2 cup pure maple syrup

1/2 teaspoon ground nutmeg

1/2 cup fresh raspberries or berry jam


Preheat oven to 350 degrees. Place butter in a 9×13 baking dish and put the dish in the preheating oven.

In a blender, combine eggs, flour, eggnog, and salt. Blend for 2-3 minutes, until light and frothy. Open the oven door, quickly remove the pan with butter (so long as the butter is completely melted and starting to sizzle). Pour egg batter into

Great Gift Ideas



Capresso Electric Water Kettle

 Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.



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