

Hair, Hair, Everywhere

By Ta'meka Breland

Is your hair looking like the grateful dead? Tired of your hair being mistaken as a bird's nest! Does your hair keeps saying snap, crackle, pop? Look no further! We have some solutions that may help your bad hair dilemma.

The fall season proves the most hectic and the most stressful for ladies and their hair health. The summer months cause people to forget or neglect most of their responsibilities, including their hair maintenance. When they return to their stylist, such as a licensed cosmetologist like myself, they are quickly disappointed when they are unable to receive the service of their choice due to the stress they have put on their hair.

The products and accessories used on hair are not for maintenance and they will not make hair grow! One should think of their hair as grass; trimming the edges and pulling out weeds make the hair more appealing to look at, and stops future damage, but it will not make the grass grow, it all depends on the soil. Pertaining to hair, your roots and scalp must be in optimum condition.

It is time to take a stand and regain your hair health! Professionally speaking, healthy hair is beautiful hair! No matter what ethnicity, texture, length, or your preference in style, here are a few tips that will help revert damaged hair back to its healthiest state. Remember that repairing damaged hair won't happen over night, but over time developing these habits will guide you down the road to recovery.

And, baby... does it need a drink !!!!!



Tip 1 Hydrate your body & hair. Drinking plenty of water will ensure that your hair is properly moisturized from the inside out. About eight glasses a day is ideal, so keep a bottle by your side and sip from it often! Exercise increases circulation, which is good for your hair as well as your skin and nails. Working up a good sweat can get out toxins and give you an all-over healthy glow. It also release beta-endorphins, which are natural mood elevators. Almond oil is a great leave in conditioner and can be left over night for maximum penetration.

Tip 2 Eat nutritiously . Get your daily-recommended allowances of vitamins A and E for shiny, healthy hair. Also, be sure you're eating plenty of protein, which promotes hair growth. Eggs and nuts are excellent sources of protein. Cut out high-sugared foods, carbohydrates, trans fats and saturated fats. These foods stress the body and can lead to dry skin and hair.

Tip 3. Wash with cool water. Beware of hot water! It can dry out your hair and leave it dull. Instead, after shampooing and conditioning, rinse with cool water. It closes the cuticle and allows light to reflect off the hair, producing lots of shine."

Tip 4 Cut split ends. The longer your hair, the older the hair is at the ends. There is no way to repair it once it is damaged, so you need to begin with strong hair. Healthy hair does not need to be trimmed, as often, so once you remove the unhealthy portions your hair will get longer faster. Trims are needed because damage like split ends move up the hair shaft. Trim one-half an inch every three to four months while growing your hair out, and the same amount monthly once you are maintaining a hair length.

Tip 5. Treat your hair gently when it is wet. This is it's most delicate state. Don't vigorously towel your hair dry or use a brush on wet hair. Instead use a detangling comb or other wide-tooth comb. Remove tangles in your hair before shampooing. Also wrapping your wet hair in an absorbent towel can prevent harsh friction during improper blow drying.



Voice Photos By: Shekiviea "KeiKei" Gilchrist

- 1) Cheer Phi Smoov cheerleaders (L-R) Monike Lovelace and Sierra McNeil at the game on Saturday.
- 2) SGA President Jermain Coble and "Viking" idle stop for a quick smile before the big bonfire on Friday night.
- 3) The lighting of the bonfire in hopes of Victory in the games against ECSU on Friday night.
- 4) Fellow Bronco Patrice Seasby cheers on the Broncos during the ESCU game on Saturday.