



Chiropractic Newsletter

Your Amazing Body

“You Get a Haircut?”

A kid walks into his house and notices that his Dad has just come from the barber. He says to his Dad, “You get a haircut?” And the dad replies. “Nope, got them all cut!” This old joke has been told more times than you can count, but that’s because our amazing hair keeps growing and growing and growing.

It is estimated that you have more than 100,000 individual hairs on your head so of course it wouldn’t do you much good to have just one of them cut! Each strand of hair starts in a little pocket beneath your skin called a follicle. Cells bunch together to form a protein called keratin that forms the root of each hair strand in the follicle.

Tiny blood vessels in the follicle nourish the hair root to help it grow. As it grows, it pushes out of the follicle and through the skin where it can be seen. Oddly, the cells within the hair strand in the part that you can see aren’t alive anymore. They are dead cells. Still, your hair strand keeps growing from the INSIDE, where it is very much alive, for about 2 to 6 years! Eventually, it stops growing and falls out.

So we are all constantly losing our hair, about 50 to 100 strands per day! More often than not, they are simply replaced with new strands. After a strand falls out, the whole process begins again in the same follicle.

Sometimes, due to body chemistry, stress, medications, genetics, or other reasons, hair does not grow. This can happen on top of the head or really anywhere on the body. Even though you see it (or don’t see it) on the outside, the whole process is really a reflection of what’s going on INSIDE you!

Your hair and its growth are even more amazing when you consider the variations of hair there are from person to person.

For example, the structure of the follicle determines whether your hair will be curly or straight, thick or thin, and coarse or fine. And of course there are variations in color! Your hair color is determined by a substance called melanin. If you have a lot of melanin, your hair will be darker. If you have less it will be lighter. As we age, we lose melanin so many older people

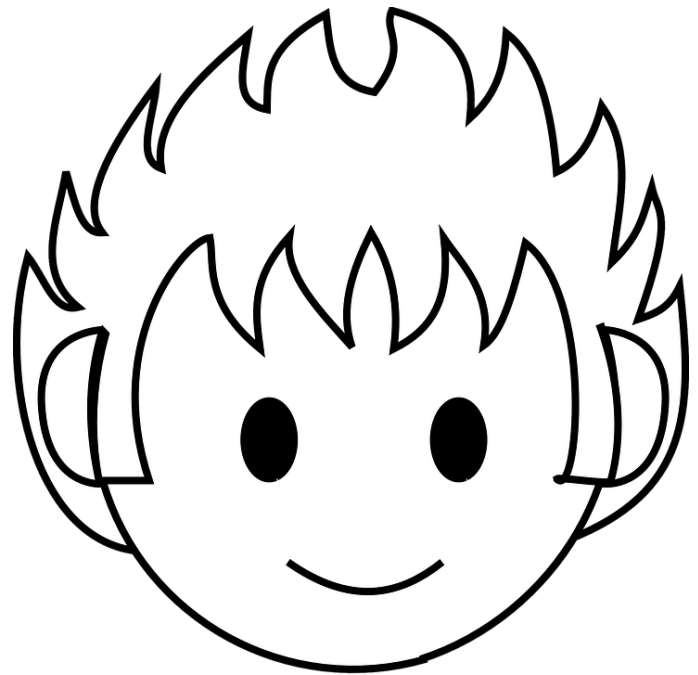
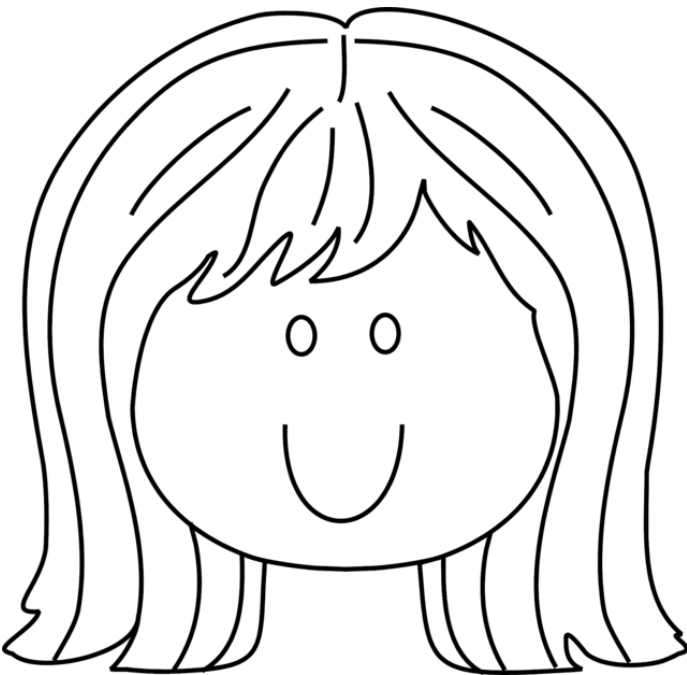
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also lose the pigment in their hair making it gray, silver, or white. When you think about hair you probably think of the hair on your head. However, you have hair almost everywhere on your body. The hair on your eyebrows, arms and legs is also pretty obvious, but you also have hair on your cheeks. (If you turn a little sideways when you look in the mirror you might be able to see it better.)

Hair is important, certainly because it helps keep you warm but it can also serve as protection. The hair on your head protects you from the sun. Your eyelashes keep dirt out of your eye. And your eyebrows can

keep sweat out of your eyes. So it makes sense to do whatever you can to keep it healthy and strong. Two such things would be a healthy diet and of course seeing your chiropractor regularly. That might sound strange but your health, like your hair, is an INSIDE job. Anything that makes you better on the INSIDE will be make you better on the outside too. And that means you will be going to get all of your hairs cut again real soon!

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