

THE HAIR ON YOUR HEAD

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Specializing in Nutrition

Nature has evolved over millions of years to perfect every part of the human body, the environment, and everything on our planet. So when Nature put hair on your head, it was for a purpose. Nature created every part of your body for a good reason.

The hair on your head is one of the first things other people notice when they meet you. It frames your face and identifies your image. But that is not all it does. Throughout history, head hair played an important role. Read about some of the secrets of a [Hair Shaman](#).

Long, beautiful hair symbolizes strength, health, beauty, and a [spiritual connection](#) in many cultures.

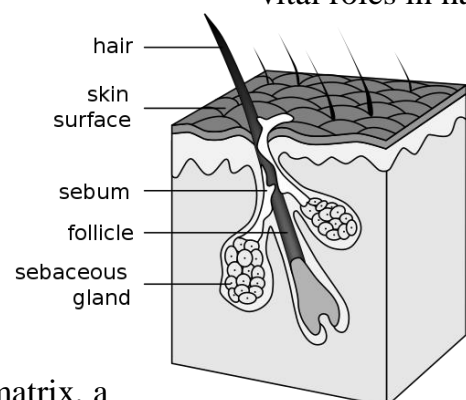
According to the [Hair Shaman](#) and in various cultures: During the Middle Ages (c. 1100-1453) and earlier, one of the requirements to become a king was to have long hair. Short hair or no hair was only acceptable for monks. To eliminate competition, some kings would have the heads of their rivals shaved. Among Merovingians (c. 500-751), an unsuccessful contender or dethroned king would be *tonsured* and sent to a monastery where he would remain until his hair grew back. During the 8th century, in the Byzantine Empire, the practice of *tonsure* coupled with disfigurement, usually by blinding and then castration, was inflicted on deposed emperors and their sons.

In contrast, religions had a different opinion about head hair. To this day, some religions consider long hair banal and vain. Those who practice or preach in these religions follow the tradition of partial or complete shaving of the head. This practice is known as "Tonsure" (from the Latin Tonsura, which means to clip or shave). And, depending on the type of religion, it is used as a symbol of religious devotion, humility, or renunciation of worldly fashion and esteem. But, is this a disguise for religious control, dominance, and programming?

HEAD HAIR COMPOSITION

The hair on your head is a protein fiber primarily made up of alpha keratin. In addition to quality protein, circulation, silica, and sulfur also play vital roles in hair health and growth.

Hair grows from follicles found in the dermis just beneath the skin. Follicles are composed of 20 different cell types with distinct functions. Follicles maintain stem cells that regulate hair growth through a complex interaction between hormones, neuropeptides, and immune cells.



The hair follicle organ consists of: the papilla, the hair matrix, a root sheath, the bulge that houses stem cells, and the Infundibulum or where the follicles grow. This area also contains the arrector pili muscles, the sebaceous

cup

Hair Follicles and Hair

This diagram illustrates the structure of hair follicles and the hair itself. It is divided into two main parts: a 3D block diagram on the left and a detailed cross-section on the right.

The 3D block diagram on the left shows a cross-section of the skin with several hair follicles. A black box highlights one specific follicle, which is then shown in a larger, more detailed cross-section on the right.

The detailed cross-section on the right shows the following structures:

- Hair shaft:** The part of the hair that is visible above the skin surface.
- Hair root:** The part of the hair that is embedded in the skin, extending from the hair bulb down to the hair papilla.
- Arrector pili muscle:** A small, red, spindle-shaped muscle located between the hair bulb and the sebaceous gland.
- Sebaceous gland:** A yellow, lobulated gland that secretes sebum into the hair follicle.
- Apocrine sweat gland:** A blue, coiled gland that secretes sweat into the hair follicle.
- Hair bulb:** The base of the hair root, where the hair cells are actively dividing.
- Hair matrix:** The innermost layer of the hair bulb, where the hair cells are actively dividing.
- Hair papilla:** A small, red, finger-like projection at the base of the hair bulb, which provides nutrients to the hair cells.

Plus, HAIR is an extension of the nervous system: A type of highly evolved feelers or antennae that transmit vast amounts of important information to the brain stem, the limbic system, and the neocortex. Hair also emits electromagnetic energy from the brain into the outer environment. This is seen in Kirlian photography when a person is photographed with long hair and then rephotographed after their hair is cut off or shorter.

Recall the Biblical story of Sampson and Delilah, where Delilah cut Sampson's hair, causing him to lose his supernatural strength and get defeated by his enemies.

WHY DO INDIANS KEEP THEIR LONG HAIR

According to another article on the Hair Shaman's site: During the Vietnam War, the war department sent undercover experts to comb American Indian Reservations looking for tough young men who could stealthily move through rough terrain. They were especially looking for men with outstanding, almost supernatural, tracking abilities. (In Australia, the British used the local Aboriginals, who were reputed to be the best trackers in the world.) Before being approached, these carefully selected men had been documented extensively as experts in tracking and survival. However, once enlisted, whatever talents and skills they had possessed on the reservation mysteriously disappeared. Recruit after recruit failed to perform as expected in the field.

Serious casualties and performance failures led the government to contract expensive testing of these recruits. When questioned about their failure to perform, this is what they found: the older recruits replied that when they received their required military haircuts, they could no longer 'sense' the enemy; they could no longer access a 'sixth sense'; their 'intuition' no longer was reliable, and they couldn't 'read' subtle signs as well or access extrasensory information.

So the testing institute recruited more Indian trackers, let them keep their long hair, and tested them in multiple areas. Then, they would pair two men together who had received identical scores on all the tests. They would let one man in the pair keep his hair long and give the other man a military haircut. When the two men retook the tests, time after time, the man with long hair kept achieving high scores. Each time, the man with the short hair failed the tests, which he had previously scored high. In conclusion, the war department's document required that trackers be exempt from military haircuts and keep their hair long.

There are specific reasons why the military shaves off the hair of their recruits and desensitizes them. When recruits lose the ability to think for themselves or connect with their intuition or a higher source, they are easier to control and be turned into 'yes men' who can kill others!

Do the latest trendy hairstyle deliberately desensitize and disconnect men and boys? It is surprising how many men of all walks of life allow themselves to be 'used' for such a devious scheme. Don't they look in the mirror and see how hideous these haircuts make them look?

When hair is cut, receiving and sending transmissions to and from the environment are obstructed. This is particularly harmful to a child's development.

Shaving or cutting the hair short contributes to a lack of awareness of environmental distress in local ecosystems. It is also a contributing factor to insensitivity in relationships of all kinds and can contribute to sexual frustration.

HAIR LOSS

Instead of addressing the cause of hair loss, many men shave their heads for the 'bald' look. Hollywood has even glorified the 'bald' look.

Hair loss and hair re-growth are complex problems, and there is no magic potion. A good start would be: to stop depleting your body's nutrients, improve your lifestyle, and consume a nutritious, organic diet that helps balance your hormones.

During my nutrition education, I learned that head hair reflects the health condition of a male's testes and a woman's ovaries. The liver, kidneys, and circulation also come into play. A healthy liver helps to balance hormones, among hundreds of other processes, and both organs clear toxins. Alcohol, damaged fats/oils, or zinc and iodine deficiencies damage the liver and genitals, which disrupt hormone production. Good circulation of mineral-rich blood is vital.

An imbalance in sex hormones is one of the main factors for hair thinning or loss. High levels of Dihydrotestosterone (DHT) in the prostate gland contribute to male pattern baldness by burning out the roots of the hair. DHT is synthesized irreversibly from testosterone by the enzymes [5 \$\alpha\$ -reductase](#) which occurs in various tissues such as the genitals (penis, scrotum, clitoris, labia majora), prostate gland, skin, hair follicles, liver, and brain.

Pollutants that deplete hair building nutrients: refined sugar and carbs, such as white flour or white rice products; damaged fats/oils; environmental pollution; toxic agriculture chemicals, pesticides, and herbicides such as glyphosate; EMFs; acidic foods and drugs such as coffee and other caffeine products, alcohol, etc.; and medications.

To promote healthy hair on your head, consume a wholesome organic diet that is rich in quality protein; EFAs in balance; vitamins E and B and E; zinc, iodine, silica, sulfur, and other minerals; seaweeds; and sufficient sunshine without glasses or sunscreen.

SILICA

Silica is the beauty element that gives hair its silky, shiny, healthy look. It is abundant in youth but dissipates as we age unless replenished with a good diet that includes: leafy greens, onions, whole grain brown rice, vegetable skins, and oat straw tea. Silica is needed for calcium to perform its role and is thus essential for healthy hair, nails, bone repair, and teeth. A silica deficiency causes the body to become calcified and the hair to lose its luster and strength. Split ends broken bones, osteoporosis, coronary artery disease, stroke, heart attack, and kidney failure are symptoms of a silica deficiency. Silica also promotes proper mineral balance between calcium and magnesium. This helps to balance the hormones, which play a vital role in maintaining healthy head hair. Silica helps balance the body's pH, because of its role in calcium and magnesium bioavailability. Silica optimizes the transmission of nerve impulses and aids in removing aluminum. Dull hair, bone loss, and

sagging skin are also symptoms of silica deficiency. A major component of collagen is silica. Remember that fluoride destroys the body's collagen and contributes to premature aging. AVOID fluoridated water and all fluoride products.

Silica also energizes the immune system and contributes to the production of antibodies and antigens. Silica nourishes every cell and gland in the body and helps to repair free radical damage. Silica bonds with many minerals in the body and takes them to the peripherals, such as head hair, skin, and nails. This ensures that the hair follicles are fed vital minerals necessary for hair growth and vitality.

Relating the inner and outer connections: Silica is a bio-essential element and the second most abundant mineral in the Earth's crust. The primary source of the terrestrial biosphere is [weathering](#). Six pathways, which have a vital role in carbon sequestration, help deliver silica to the oceans. Similar to what occurs in the body.

Food sources of silica mentioned above are best because silica supplements are not easily absorbed. If you take a supplement, be selective in the brand you take. An aqueous extraction method is more bioavailable.

SULFUR

Sulfur is another essential mineral for a healthy head of hair and all life. It is the fifth most abundant mineral on the Earth and among the first nutrients used by ancient life forms.

[Sulfur](#) is present in all [polypeptides](#), [proteins](#), and [enzymes](#) that contain the [amino acids](#) [cysteine](#), [methionine](#), and [taurine](#), plus vitamins biotin and thiamine/B1. [Sulfate-reducing bacteria](#) are among the oldest micro-organisms that go back 3.5 billion years.

The high content of S-S bonds ([disulfides](#)) with cysteine and sulfur contributes to the strength of hair. Many cofactors also contain sulfur, including [glutathione](#), [thioredoxin](#), and [iron-sulfur proteins](#). Sulfur is one of the core elements needed for biochemical functioning and creating and maintaining a healthy head of hair. It is vital for the production of insulin, keratin, and collagen.

Enjoy the benefits of sulfur-containing foods: garlic, onions, scallions, egg yolks, figs, broccoli/broccolini, sauerkraut, cabbage, or other cruciferous vegetables, kale, and other leafy greens.

One of the causes of mineral deficiencies is RoundUp and other glyphosate products. These toxic, cancer-causing chemicals deplete minerals in the soil and interfere with the body's microbiome and uptake of nutrients. To learn more, read [Toxic Legacy](#) and other [publications](#) by [Stephanie Seneff, PhD](#), and [What's Making Our Children Sick?](#), by [Dr. Michelle Perro, MD](#).

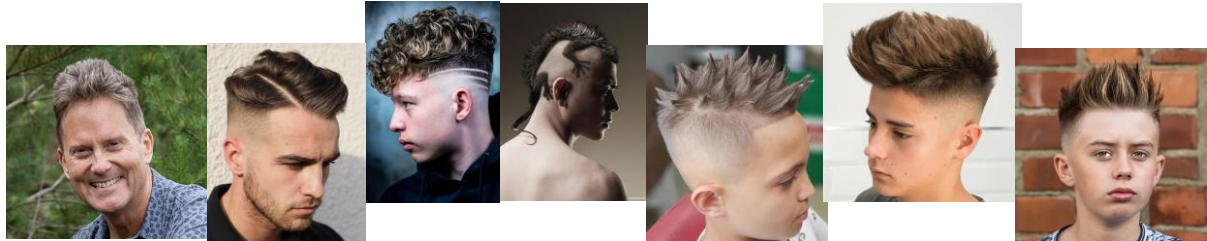
MASSAGE & ACUPUNCTURE

Good circulation brings nutrient-rich blood to the hair follicles. Massage your neck, ears, and scalp daily. With your head down, massage the arteries from your neck into your head around the ears towards the head. When brushing your hair, use a quality firm natural bristle brush. Never use nylon or synthetic bristles on your hair. Acupuncture, a component

of Traditional Chinese Medicine (TCM), also helps promote circulation and chi/qi to the hair on your head. Find a well-trained acupuncturist for treatments.

SOCIAL ENGINEERING MEN & BOYS

The latest trendy male hairstyles shave off the hair on the sides of a man's head, which is not flattering. This creates a distorted, sexless image of the face, ears, and head, whereby they look like an asparagus, or



worse.

Young boys are also being experimented on in this assault on masculinity, humanity, intuition, and connection to the higher source. And, it is doing a lot of harm! Parents, what are you doing to your children? Look at the expressions on their faces. Young boys get very upset after having one of these ugly, trendy haircuts. They become depressed, disoriented, and exhibit anti-social behavior. An assault on a child's intuition and spirit is child abuse.

Don't become a victim or allow your children to be a part of the current social engineering of men and young boys! Head hair can be well-groomed and kept clean without having to be shaved off at the sides or made to look like an asparagus. Don't let the hairdresser, barber, or peer pressure make a fool of

you!



Look in the mirror and use your God-given aesthetic brain. When it comes to the hair on your head, it is far better and sexier to look handsome and be intuitive than trendy.

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