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**By LADOSHA WRIGHT**
Contributing Hair Columnist

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For those who want to go the extra mile to get rid of more than a few pounds, getting rid of toxins in the body is the way to accentuate any weight loss program.

In case you did not know, hair is an appendage of the skin. It grows through a hole called a follicle. Encased in the follicle is the bulb, which holds the papilla. The papilla is fed by the thousands of veins in the body. The thousands of veins throughout the body are connected to other organs in your body. If the organs become toxic, stressed or dis-eased; for some, hair problems can be the result. Toxins in the body are not only a direct cause of sugar, fat and lack of exercise; heavy minerals, pesticides, genetically modified foods, no protection from the sun and the environment compromises health and hair.

A tad bit radical in his approach to holistic wellness, Dr. Lailah O'Afrika writes about the correlation between diseased organs and hair in his No. 1 selling book, "Afrikan Holistic Health." Louise Hay author of the book "You Can Heal Your Life," shows a strong correlation between negative and self condemning thoughts and talk contributes to poor health. Mother was right when she said, "you are what you eat," and "you reap what you sow." Eating and living healthier plants the seeds of health in the body thus sowing or producing a healthy body that produces healthy hair.

Detoxing your body and mind of toxins via exercising, modifying the diet, living life more actively, thinking more creatively and positively guarantees long, strong tresses. Regular bowel

movements after each meal are equally important as drinking water and eating food. Bowel movements are another way for the body to rid itself of toxins. Toxins in the body contribute to degenerative health problems and hair problems too.

To properly detox your body, a visit to your doctor or holistic practitioner is the best place to start. Learn to listen to your body and its many signs to start or change something. Because the hair is intricately connected to those internal organs too, it will give you signs to change something. Via limpness, dryness, tight scalps, excessive shedding and breakage coupled with incorrect products or incorrect product use, the hair will not be full, strong and shiny.

Drink water, eat the dark green vegetables, eat your proteins, exercise of some sorts, meditate, pray and stay in the mindset of health, change and environmentally friendly as you detox. Provided hair and scalp disorders or diseases are not present, hair can, and will, grow strong, long and healthy.

Make it your priority to detox your body and mind properly. The results will prove to be effective. Your body will thank you and your hair will grow and shine too.

*A part of **Stephano & Co. Salon and The Reverence Design Team on Lee Road in Shaker,** Ladosha Wright is the Manager and Instructor of Cosmetology at Reverence Salon. She specializes in Trichology (the study of scalp and hair properties). This area of expertise allows her to teach clients how to care for their hair in between salon visits thus maximizing the use of their time and dollars*