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The typical age at which an adult should begin to implement prevention measures for heart disease and stroke.



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- ✓ Reduce LDL oxidation
- ✓ Reduce platelet aggregation and adhesion
- ✓ Reduce blood pressure
- ✓ Lower triglycerides
- ✓ Reduce atherosclerotic plaque

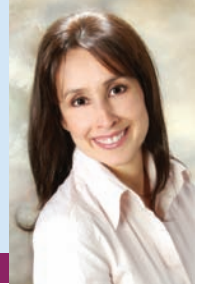
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insider secrets for natural beauty



DONNA PACE, RHN, CERTIFIED ESTHETICIAN

Q My teenage daughter uses bleaching cream to hide dark hair on her face. Is this safe? Can you recommend natural alternatives to bleaching and hair removal? While bleaching cream is considered safe, I would recommend that your daughter try another type of hair removal that would potentially not be absorbed by the skin if she intends to bleach on a regular basis. There are many temporary methods such as waxing and threading, as well as more permanent methods such as electrolysis and laser hair removal. Waxing and threading is effective for eyebrows, yet on facial hair it can lead to an ongoing commitment that she may find bothersome in the future.

Electrolysis is the only form of permanent hair removal and is best suited for the face and smaller areas. Laser hair removal is permanent hair reduction and is excellent for thicker hair and larger areas. I would recommend you seek out a qualified electrologist and laser technician to see which method would best suit her needs and comfort level.

Q My hair has become noticeably thinner in the last few years. Is there anything I can do to restore fullness or add volume?

There can be many causes for thinning hair, from hormones to vitamin deficiencies. It is best to eat a well-balanced diet rich in fruits and vegetables and low in refined and processed foods. Ensure that you are supplying your body with antioxidants such as vitamins A, C, and especially E, as it is known to promote healthy hair growth. Fish oil and silica supplements are excellent for hair, nails and skin.

Certain hair products can contribute to thinning hair. Try using products that contain gentle ingredients such as rosemary, chamomile and gentle cleansers. Oiling your hair a couple of times per week can help to thicken the hair and add shine. Use a small amount of almond, olive or coconut oil and massage into your scalp. Cover and leave on for a few hours, and then wash with a gentle organic shampoo. Regular exercise will also ensure that the hair follicles are receiving blood flow as well as releasing stress, as there is a correlation between stress and hair loss. ♥



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