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## Hair and Now

Now that my hair is--by my standards--ridiculously long (about five inches past my shoulders), it is SUPER alarming to me to see hair in the shower... My stylist said it's just because my hair is longer and ergo more noticeable... But part of me is still worried that I'm going bald (I know, I know, I should have more serious things to worry about). Recently, I learned from dermatologist **Dr. David E. Bank, author of *Beautiful Skin: Every Woman's Guide to Looking her Best at Any Age***, that stress can shock the body into throwing off your hair follicle cycle. "Follicles are either small and resting or active and growing," explains Dr. Bank. "When your cycle is thrown off, follicles sleep longer and don't produce new hair. Once they wake up the old hair falls out but even though new hair has begun to grow in its place, it's still very short." The best prevention? "Proper nutrition is vital to maintaining healthy hair, since the hair follicles are a living and growing part of the body's system," says Dr. Bank. "Taking good care of one's health will optimize the chance of keeping your head full of hair."

Courtesy of FGPR