



## gwa-Ambambi releases new album

Local hymn artist, M'uambo gwa-Ambambi, has released a new album dedicated to the heroes of Namibia, who waged the armed liberation struggle that brought about Namibia's independence on March 21<sup>st</sup> 1990. The ten-track album combines liberation songs with the lyrics of his keyboard. Most of the songs are dedicated to those who took part in the Battle of Omugulug'Ombashe, featuring Commander John ya Otto Nankudhu, who was the Commander of the Platoon that launched the armed struggle on August 26, 1966. That is why the album coincides with the Heroes Day commemoration.

# What to do when your hair falls out

**BEIJING** — MORE and more young people these days are losing excessive amounts of hair and doctors blame stress and unhealthy living. Zhang Qian reports.

While there are many causes of hair loss, a fundamental reason is imbalanced energy, according to traditional Chinese medicine, which usually treats a deficiency in kidney energy.

Today, however, young people increasingly are suffering excessive hair loss because of stress and unhealthy living. Doctors recommend an improved diet with quality protein and less grease, more sleep, less stress, less frequent hair washing and less sustained taxing of the brain.

Certain herbs and herbal applications may help.

### Hair Growth

Cell division is responsible for hair growth; new cells push the hair upward. Hair grows at around 1 centimeter a month or 15 centimeters a year. Growth slows with age to as little as 0.25 or 0.1 centimeter a month.

A healthy adult has 100,000 to 120,000 strands of hair, 85 percent growing, 10 percent stable and five percent naturally falling out. Growth cycles last from two to six years, then comes the stable period, then hair drops out and new hair grows. The cycle occurs around seven times until the mid



Cancer patient Deborah Charles stands in front of her bathroom mirror at her home in Washington May 25, 2007. (Xinhua)

50s when hair often begins to thin.

But now doctors are seeing more young people, even teenagers, who are losing too much hair, according to Dr Li Yongmei, chief physician of Longhua Hospital attached to Shanghai University of TCM.

Generally, there are two common types of hair loss: patchy hair loss (a relatively small percentage) and alopecia (more than 90 percent), often called male pattern hair loss as it mostly happens in men.

Patchy hair used to be called *guitou* (hair shaved by a ghost), as ancient Chinese suspected that a ghost stole the hair. Stress is the major cause of patchy hair loss.

Hair loss of both kinds can also be caused by genetics, aging, illness, dermatitis, fungal infections, medication, thyroid problems, hormone imbalance (androgen and estrogen), lupus, and chemotherapy, among other factors. After childbirth many women naturally lose hair - during pregnancy they grew more hair because of increased hormone levels.

These problems need to be addressed first.

The most worrisome seborrheic alopecia is caused by excessive androgens, the male sex hormone, says Dr Li. This makes the sebaceous glands produce excessive sebum that blocks the hair follicles and thus blocks hair growth. It can also be found in women with endocrine disorders.

For men, the hair on the forehead or the top goes first and the bald area enlarges gradually.

Though TCM usually indicates hair loss a problem caused by insufficient energy in kidney, it is not the case for most young people with hair loss problem today, according to Dr Li.

"The kidney dominates the hair in TCM, and as kidney energy declines with age, hair gradually turns white and gets thinner with less nutrition," he says.

"However, most cases today are caused by blocked hair follicles rather than insufficient nutrition for hair growth."

Around 10 to 30 percent of seborrheic alopecia cases are caused by hereditary factors (excessive male hormone secretion), while others are caused by unhealthy life style, such as poor diet, lack of sleep and too frequent washing, says Dr Li.

Stimulating and greasy foods

like spicy foods, ice cream, chocolate and coffee can interrupt normal digestion, causing pathogenic dampness and promoting sebum production. They should be avoided but high-quality protein is necessary.

Lack of sleep disrupts the internal energy balance and too much hair washing leads to excessive sebum production.

Reinforcing kidney energy won't help much in this case. Dr Li suggests therapies that expel pathogenic damp and benefit the spleen.

### Ginger rub

Chop ginger in two pieces, rub affected area with moist ginger for three to five minutes twice a day.

Benefits: Stimulates hair growth.

### Herbal solution

Ingredients: Angelica (50g), heshouwu (tuber fleeceflower root, 50g), mulberry leaves (50g)

Preparation: Cook all ingredients in a saucepan for 10 minutes, filter, add water.

Application: Soak hair after washing, leave on for five minutes, wash with water. Benefits: Helps nourish and strengthen hair. Herbal solution: Ingredients: Pomelo seeds (25g), water.: Preparation: Soak seeds in boiled water for 24 hours.

Application: Place directly on affected area two or three times daily. Benefits: Promotes hair growth Don't overwork the brain; don't think hard for more than nine hours at a stretch; go to sleep before 11pm.

Don't wash hair too often, no more than two to three times a week in summer and once or twice in winter.

Don't color hair more than once every three months, as chemicals can damage hair.

Don't expose hair to strong sunlight for long periods.

Don't wear hair in tight braids or ponytail often. Pulling at the hair can damage roots.

Eat a nutritious diet with good quality protein and not too much fat.

Drink green tea and teas made of chrysanthemum and honeysuckle; these can help restore energy balance

Comb hair with finger tips often, gently in the direction of growth.

Add herbs like heshouwu (tuber fleeceflower root) in the hair washing water to reinforce hair growth. (Xinhua)



## Kalahari Holdings (Pty) Ltd

### CONGRATULATORY MESSAGE FOR THE PRESIDENT



Amidst the Namibian population of more than 2 million people, there is one without equals, born on **18 August 1935**. His name is Hifikepunye (**I am not your equal**) Pohamba. He grew up in the traditional rural upbringing of tending to livestock and doing other domestic chores. He attended his primary education, worked under the obnoxious contract labour system. He become a freedom fighter, he was sent to Namibia on two occasions in defiance of the Apartheid regime during the liberation struggle.

He finally returned to his motherland in 1989 and become amongst the first law makers of a free and independent Namibia. He ascended to various leadership positions in his party, SWAPO and its government the current. He is the current President of the SWAPO Party and of the Republic of Namibia. The founding President, H.E. Dr. Sam Nujoma describes H.E. Cde. Hifikepunye Pohamba as "kapitaholo" (bulletproof). He is a special bulletproof of Namibia and Africa.

The Board, Management, and Staff of Kalahari Holdings (Pty) Ltd wishes or "**bulletproof**" President Pohamba, a Happy Birthday and many Happy Returns in his national responsibility as President of the SWAPO Party and the Republic of Namibia.

**Dr. Kalumbi Shangula**  
Executive Chairman