

# QUARTERLY NEWSLETTER

APRIL | MAY | JUNE | 2020

## YOUR HAIR AND YOUR HEALTH

Did you know that your hair can give a lot of insight into your overall health and well-being? Below are a few factors to dive into:

**Medication.** If you find yourself shedding more hair than normal (about 100 hairs a day), check any new meds you're taking, particularly hormones and antidepressants.

**Stress.** Because of stress-hormone receptors that exist in and around your hair follicles, stress has the potential to increase shedding, leading to hair thinning.

**Genetics.** Your DNA controls hair thickness and when you'll go gray.

**Hormones.** High estrogen levels not only lead to shinier hair, they also block a by-product of testosterone that may lead to balding. This is why your hair is thickest in your 20s and 30s when these hormones are in full swing.

**Diet.** Protein and zinc make your hair shinier and healthier, while vitamin B promotes hair cell growth. If you deprive yourself of nutrients, vitamins and minerals will fast-track to your organs, rather than your hair.

Source:

<https://www.everydayhealth.com/skin-and-beauty-pictures/things-your-hair-says-about-your-health.aspx>



# Perfecting Your Posture

Posture refers to the body's position when you stand, sit, or lie down. Poor posture can lead to pain in the body, along with other negative effects. Here are a few ways to maintain good posture:

**Strengthen your lower back muscles.** Exercises like 'superman' are great ways to strengthen back muscles. If you haven't tried yoga before, consider going to a beginner class.

**Stretch.** Simple stretches like the shoulder roll can relieve muscle tension. Follow these steps:

1. Sit or stand comfortably.
2. Inhale, raising your shoulders to your ears.
3. Exhale, pulling your shoulder blades down and together.
4. Repeat 5-10 times, a few times a day.

**Get down to the core.** Strong core muscles help improve your posture. Classes like yoga and Pilates focus on core-strengthening exercises. Practicing them regularly can help you establish better posture and avoid lower back pain due to weakened muscles.

**Don't sit still.** Sitting for long periods can take a toll on your posture. It can lead to slouching and stiffness. Every 20-30 minutes, get up and do some stretches or take a short walk. Just get your body moving!

Like all other muscles, posture muscles have to be engaged to grow stronger. If you don't work them regularly, they weaken. Keep your posture aligned, and your lower back will thank you for years to come.

Source:

<https://acatoday.org/content/posture-power-how-to-correct-your-body-alignment>

## HOW TO REDUCE YOUR WASTE EVERY DAY

Less trash is better for the planet but could also make you happier by clearing your mental and physical space. Here are a few ways to cut down on waste:

**Refuse single-use things.** That flyer on the street or sample in the store — you don't need it, and you'd be surprised by how quickly they accumulate.

**Borrow before buying.** How often do you buy something you need only to rarely touch it again? Asking a friend to borrow things like tools and gadgets saves you from dropping cash on something you won't regularly use.

**Pack reusable necessities.** Stash a reusable version of the single-use items you use the most in the outside world, like silverware and coffee cups.

**Audit your trash.** Where does your biggest waste come from in your house? Figure out what shows up most in the garbage and swap it out.

<https://www.realsimple.com/home-organizing/green-living/going-zero-waste-ideas>





# Where to Donate Old Household Goods

You've cleaned out your home and now you're left with piles of household items, like clothes, dishes, toys, and more. Now what? Thankfully, there are plenty of donation options for nearly everything in your home. Check out a few of these choices:

**Goodwill.** Instead of dropping off your clothes at a donation bin — where you won't get a receipt you can use later for tax deduction — try Goodwill. Revenue from Goodwill retail stores helps different groups of people, including those with disabilities and limited work histories. Bonus: the stores themselves create jobs.

**Collection drives.** Many communities organize stuffed-animal collection drives for children after fires or other traumas. Animal shelters also may be able to use them to comfort pets awaiting adoption.

**Freecycle.org.** This grassroots and nonprofit movement helps people offload items to their own neighbors and locals so usable goods stay out of the trash.

**Apps.** Apps like Mercari and services on Facebook allow you to sell clothing, toys, electronics, and more.

Source:  
<https://www.realsimple.com/home-organizing/donate-your-used-items>

## FEATURED RESOURCE: Spring Allergies

Seasonal allergies develop when the body's immune system overreacts to something in the environment, usually during spring, summer, or fall. The American College of Allergy, Asthma, and Immunology has the information and tools you need to manage and treat your allergies. Visit [acaai.org](http://acaai.org) to learn more.

