

## Sunrays relatively good for hair growth

Contributed by admin  
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Although the sun is good for our body, somehow it has a bad effect to our skin and hair. We need to protect our bodies and sun and hair growth are two important things to think about. The ultraviolet rays are strong and can dry out and weaken the hair follicles from the root up. We have to be careful and use some caution when we are exposed to the sun for long periods of time. This is why sun and hair growth is an issue.

When you are someone that spends a lot of time in the sun, you need to protect your hair from the damaging rays. Using a good conditioner and shampoo is one way to protect our hair from the sun. Using it before and after is important. So also wearing hat is one way to save our hair from the sun. We can use the hat to shield our hair from the hot rays and we will be saving our hair from being damaged. The hat can help by blocking off the sun's harmful rays. Although wearing a hat for a very long period of time may cause sebum accumulation due to temperature changes and can react with cholesterol creating a hardened sebum plug that will cut off oxygen circulation causing the hair to fall out. Heat can damage the hair, reason for brittle hair; it does not harm the roots of the hair. Even wearing a hat for longtime can cause hair loss.

In fact some sun rays for our bodies are important too. So you should have to make sure that you are not exposing our hair and skin to it for too long. When we go outside in the sun, you should have the right protection. You have to make aware your self to keep your hair healthy so that you would able to deal with premature hair loss.{mosgoogle left}