


# Health & Beauty

**Health & Beauty**  
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## YOUR BEAUTY SKILLS MUST PAY YOUR BILLS

The beauty business is a money-making concern for some people sometimes. On the other hand it must be a money-maker for the career barber and cosmetologist all of the time. The beauty business is one of the first good money-making endeavors that Blacks were involved in after slavery and it helped meet the needs of many families in the early years after they were said to be free.

Today I see a different approach to a valued art form called the beauty business. I see a relaxed and easy going attitude in the Black beauty professionals. They should ask themselves this question: Can I pay my bills with my actions at the shop? The answer is yes, if you are consistent in the application of business principles which are basic truth and fundamental laws for any business that's about making money.

The beauty field in Birmingham lacks money-making focus. What I mean by that is, they primarily do a good service job on hair and skin, but they omit the maintenance monies. The Black-owned beauty supply businesses are all but gone in Jefferson County, therefore the maintenance must be sold by the Black hair shops.

Did you know that the average barber or beauty shop does not sell beauty products that they use on your hair and skin? It's time for accountability, responsibility and answerability. My advice to you, the client, is this, encourage your stylist to sell beauty products in the shop. Why should you go to a so-called beauty supply company where maintenance products for Black hair and skin are sold by people who don't use them at all?

Now I am not asking you to believe this because I said it, I am asking you to study to show your own self-approval.

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## FREE COMMUNITY HEALTH FAIR

**BIRMINGHAM, Ala.** - Trinity Medical Center and the Trussville YMCA will host a free community health fair on Tuesday, April 16 at the YMCA Trussville. The event will be held from 7-10 a.m. and 4-7 p.m.

Screenings will include blood pressure checks, body mass index, bone density, sun damage and cholesterol/blood sugar.

Appointments are not necessary. Fasting is not required since these are screenings only and intended for educational purposes.

The event will have more than 30 vendors representing all areas of health, beauty and fitness. There will be free giveaways to all attendees and fun activities for the kids.

## OraQuick® Launches "Make Knowing Your Thing Today" Campaign to Promote the Importance of Knowing Your HIV Status

Earvin "Magic" Johnson helps kick off awareness campaign, encouraging and inspiring others to share their story about their decision to test for HIV



BETHLEHEM, Pa. (GLOBE NEWSWIRE) - OraSure Technologies, Inc. maker of the OraQuick®

In-Home HIV Test, has announced the launch of a nationwide awareness campaign to encourage everyone to learn their HIV status. The campaign, "Make Knowing Your Thing Today" asks people across the country to share their story about their decision to test for HIV. The awareness campaign is part of an integrated national marketing program that includes events, as well as national and local radio, outdoor advertising, television, print and digital advertising.

Earvin "Magic" Johnson has teamed with OraSure to kick off this campaign, sharing his story of knowing, and encouraging others to do the same.

"Knowing your HIV status is important, but that doesn't mean that the decision to get tested is easy. Everyone follows a different path to testing and everyone has different rea-

sons for doing it," said Earvin "Magic" Johnson, CEO of Magic Johnson Enterprises. "We need to have an open and honest dialogue about HIV/AIDS to help remove the stigma around testing, so more people get tested. The more people we get to join the conversation, the more powerful the message will be: Testing for HIV/AIDS can save lives. It's everyone's thing."

The OraQuick® In-Home HIV Test is the first ever in-home rapid infectious disease test made available directly to consumers. Launched in October 2012, the test detects antibodies to both HIV-1 and HIV-2 with an oral swab, providing a confidential in-home testing option with results in as little as 20 minutes. It is available in most national drugstore and

see HIV, page A8

## SPRING CLEANING



By Tina Kay

Spring is here! This week begin to work on the chaos in your life, in your home, on your job, and in your relationships. It's time to spring clean people! More is not better (especially when it's more of the same). However, simple is better and gives you some sense of peace in your life.

According to the definition of chaos (a state of utter confusion or disorder; a total lack of organization) it is simply impossible to be well put together as a person if you are living in a state of disorder. Many people do not realize the state of your household has some effects on your mind and the way you operate. This pandemonium in your life can also cause problems in relationships, your health, and your overall way of thinking. You may find yourself to be pessimistic, tardy, curt, and not the friendliest person to spend time with. You may even find that people will not say much while in your presence because you think you know everything (trying to impose your cluttered way of thinking onto others). Even your conversations are not well ordered so no one really understands what it is you speak about. People who live a life of turmoil don't even know they need to make some changes; so you may need to help someone you love only if they are open to start spring cleaning.

It's quite simple, I am one to speak, because I've thrown my clutter into boxes, but it is now the season for me to deal with it. I encourage you to find liberty, peace, and balance in your life by beginning with a clean slate. Begin to speak to yourself 'Less is more!' More what I know you are wondering? More tranquility, harmony, and relaxation!

So all of the knickknacks sitting around collecting dust on them, piles of papers over here and over there, the heaps of confusion brought on by people you once called friend(s), broken relationships in your life that are now beyond repair; it's time to deal with it! Get your calendar out and schedule time to become balanced again - one thing, one person, one stack, one baby step at a time, so during this spring season you can reclaim your sanity. This season of spring cleaning is well worth it, don't you think so?

Tina Kay Hughes [www.tinakay.net](http://www.tinakay.net). Are you looking for a motivational speaker for your next event email Tina at [contact@tinakay.net](mailto:contact@tinakay.net)

see AUTISM, page A8

## Tips to help allergy sufferers get some z's

**HOUSTON** - An allergy expert at Baylor College of Medicine offers important advice for a good night's sleep for those suffering from those dreadful Spring allergies.

"The most important thing to figure out is why allergies are causing sleep to be interrupted. There could be a number of reasons, and it is best to determine it by working with a physician," said Dr. David Corry, chief of the section of immunology, allergy and rheumatology at BCM.

Common symptoms of allergies can cause sleep disruption. For example, a drippy nose - this can fall into the back of your throat at night and produce irritation in the throat as well as cough, causing you to wake up repeatedly in the night. Inflammation

that's associated with allergies can affect the membranes of the nose and cause swelling to the point where breathing through the nose is not possible. This forces mouth-breathing, which can be irritating and cause dry mouth.

Corry points out that those who sometimes complain of allergies disrupting their sleep may not actually have allergies at all, but instead may be suffering from gastric reflux.

"When you look at their symptoms, it's actually that they have acid coming up through their esophagus and then spilling all the way into the back of the mouth and into the nose, and that acid can be very irritating and produce that drippy nose. This irritation at night can be carrying forward during the day and

people might think they have allergies, but it's actually gastric reflux," he said.

Things that may clue you into the fact that the symptoms are reflux include:

- The absence of classic symptoms of allergies including itchy, watery eyes, sneezing and cough.
- No reaction to typical allergens during allergy testing.
- The timing of the onset of symptoms - the symptoms are not seasonal, but rather year-round.
- The timing of symptoms during the day - those with allergies have symptoms during the day and when they go outside.

For those who think they have reflux rather than allergies, Corry recommends consulting a gastroenterologist.

For those who have the classic

see ALLERGY, page A9



## Tips to help your child manage the challenges of autism

**BIRMINGHAM, Ala.** - As Autism Awareness Month kicks off this April, experts at the University of Alabama at Birmingham (UAB) offer tips to an increasing number of parents and children facing the challenges the disorder presents.

According to a recent report by the Centers for Disease Control and Prevention, one in 50 school-age children in the United States has autism - a range of brain developmental disorders. That number increased from one in 88 in 2012.

Seemingly uneventful activities such as taking a trip to the doctor's office or a spending time at a playground can cause a sensory overload for children with certain levels of the disorder, said Kristi Meneer, Ph.D., chair of the UAB Department of Human Studies.

"The child may have very few apparent challenges that are visible to the lay public or that highly impede him or her from fitting into most social norms," Meneer said, "Behind the scenes, however, he or she may be



working very hard to accommodate challenges in areas such as communication, social skills or organizational skills."

With individualized intervention, parents can lessen the extent of some of the challenges their child faces, she said. Here are some tips parents can consider:

Educate yourself: Autism, or autism spectrum disorder (ASD), is just that - a spectrum - and each child falls into a different category.

"Learn about where your child falls and what that means," Meneer said.

Although some children have significant challenges with social situations, communication skills, sensory integration, motor development and cognition, many of these can be managed with help. Many other individuals with ASD have lives more typical of their peers without the disorder.

"Once you know to what extent your child has the disorder, you can create a plan of action," she said.

Plan ahead: Daily activities can be overwhelming for some children with ASD. Have a plan in place and try to anticipate any challenges that may come up throughout the day. Prepare a backpack with familiar items that can easily be retrieved if a child needs a familiar touch of home.

"Also, have a talk with your child about the plans for the day," Meneer said.

For many individuals with ASD,

see AUTISM, page A8

## Early study: feeling hungry may protect the brain against Alzheimer's disease

**BIRMINGHAM, Ala.** - The feeling of hunger itself may protect against Alzheimer's disease, according to study published in the journal PLOS ONE. Interestingly, the results of this study in mice suggest that mild hunger pangs, and related hormonal pathways, may be as important to the much-discussed value of "caloric restriction" as actually eating less.

Caloric restriction is a regimen where an individual consumes fewer calories than average, but not so few that they become malnourished. Studies in many species have suggested that it could protect against neurodegenerative disorders and extend lifespans, but the effect has not been confirmed in human randomized clinical trials.

Efforts to understand how cutting calories may protect the brain have grown increasingly important with news that American Alzheimer's deaths are increasing, and because the best available treatments only delay onset in a subset of patients.

Study authors argue that hormonal signals are the middlemen between an empty gut and the perception of hunger in the brain, and that manipulating them may effectively counter age-related cognitive decline in the same way as caloric restriction.

"This is the first paper, as far as we are aware, to show that the sensation of hunger can reduce Alzheimer's disease pathol-

ogy in a mouse model of the disease," said Inga Kadish, Ph.D., assistant professor in the Department of Cell, Developmental and Integrative Biology (CDIB) within the School of Medicine at the University of Alabama at Birmingham. "If the mechanisms are confirmed, hormonal hunger signaling may represent a new way to combat Alzheimer's disease, either by itself or combined with caloric restriction."

The team theorizes that feeling hungry creates mild stress. That, in turn, fires up metabolic signaling pathways that counter plaque deposits known to destroy nerve cells in Alzheimer's patients. The idea is an example of hormesis theory, where damaging stressors like starvation are thought to be good for you when experienced to a lesser degree.

To study the sensation of hunger, the research team analyzed the effects of the hormone ghrelin, which is known to make us feel hungry. They used a synthetic form of ghrelin in pill form, which let them control dosage such that the ghrelin-treated mice felt steadily, mildly hungry.

If it could be developed, a treatment that affected biochemical pathways downstream of hunger signals might help delay cognitive decline without consigning people to a life of feeling hungry. Straight caloric restriction would not be tolerable for

many persons over the long-run, but manipulating post-hunger signaling might.

This line of thinking becomes important because any protective benefit brought about by drugs or diets that mildly adjust post-hunger signals might be most useful if started in those at risk as early in life as possible. Attempts to treat the disease years later - when nerve networks are damaged enough for neurological symptoms to appear - may be too late. In the current study, it was long-term treatment with a ghrelin agonist that improved cognitive performance in mice tested when they had reached an advanced age.

### Study details

The study looked at whether or not the feeling of hunger, in the absence of caloric restriction, could counter Alzheimer's pathology in mice genetically engineered to have three genetic mutations known to cause the disease in humans.

Study mice were divided into three groups: one that received the 'synthetic ghrelin' (ghrelin agonist), a second that underwent caloric restriction (20 percent less food) and a third group that was fed normally. Study measures looked at each group's abil-