



Educational Research (ISSN: 2141-5161) Vol. 12 (4)

Available online @ <http://www.interestjournals.org/ER>

Copyright © 2021 International Research Journals

Short Communication

Hair & Nutrition

Dr. Dave A B Ray

State Beauty Culturist Association, New York

Abstract

Food and nutrition is quite a serious discussion happening globally. People are becoming more conscious of their weight, health conditions, agility and overall physical conditions. These are all related to our living conditions and what we ingest. In this, the 21st century, more persons per capita are being diagnosed with unacceptable illnesses. Hypo/Hypertension, Diabetes, Hypo/Hyperglycemia, Chronic Fatigue, Fibromyalgia, Breast Cancer, Esophageal Cancer, Stomach Cancer, Discoid Lupus and several others are all conditions which we, or someone we know, are either treating or unfortunately have succumbed to.

You may also notice that the diagnoses are earlier in the life span than before.

I have done no studies on it but I am of the view that the foods we consume are partly responsible for our chronic conditions. All the foods have been mass produced to cater to the supplementing of the population. Hormones are therefore inevitably injected into the foods which allow for velocitized production. It helps to keep costs low and affordable for even the least fortunate among us.

Biography

Dave has been honored with “Cosmetologist of the Year Award 2006” by the New York State Beauty Culturist Association. He is a sought-after educator because of his systematic approach, craft discipline, methodical manner and humility. Dr. Dave Ray is very passionate about seasoned stylists sharing their knowledge with upcoming stylists

References

1. The World of Hair, A Scientific Companion by Dr. John Gray, Macmillan Press Limited, 1977, pp. 23–24.
2. ^ Kurtzweil P, Young TA (1991). "Vitamin of the month: Biotin". *FDA Consumer*. **25** (8): 34.

Cite this article: Dr. Dave A B Ray, Hair & Nutrition; cosmetology 2021, june, 26th, 2021