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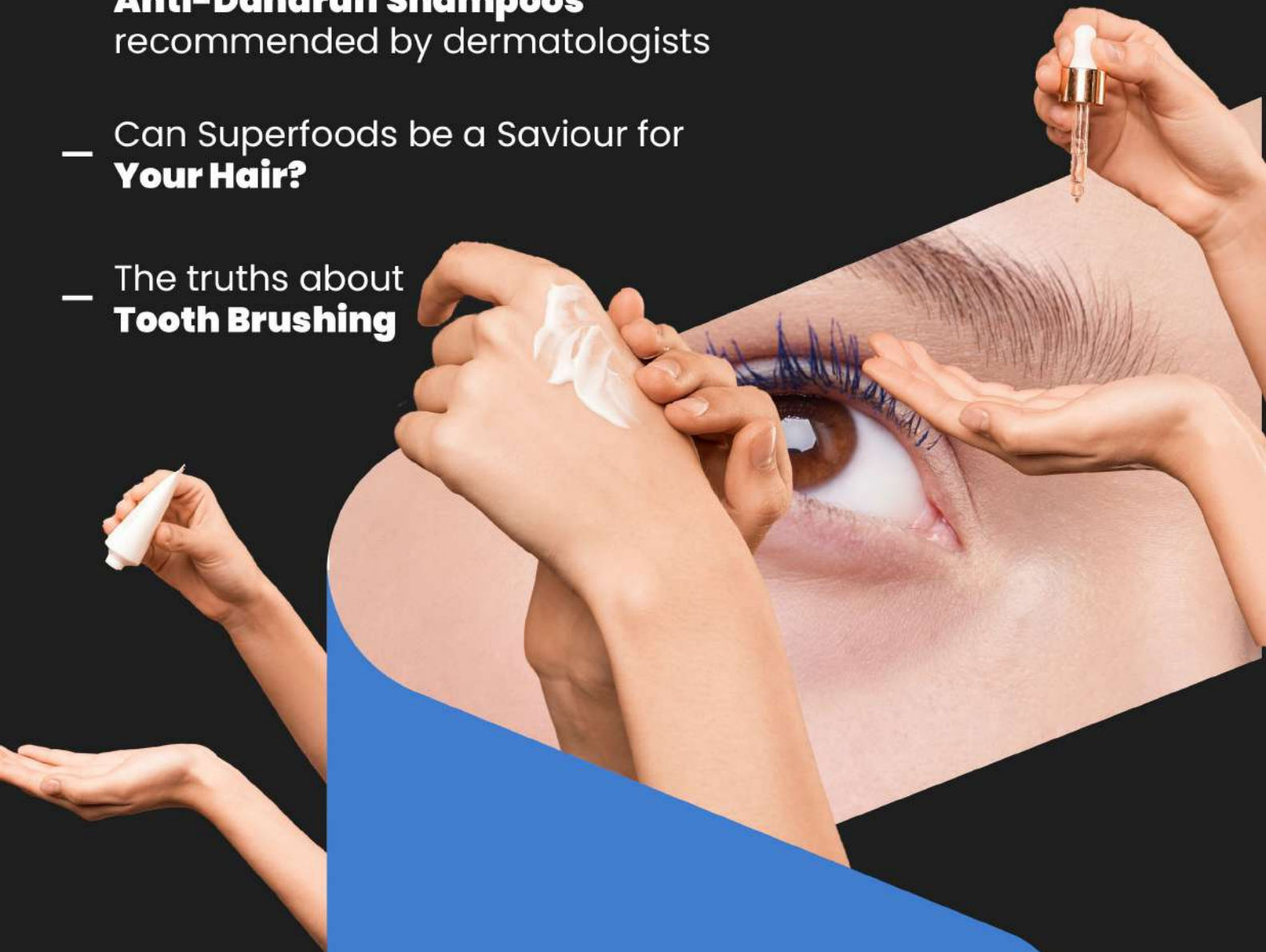
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The truth about Korean skincare

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In Korean culture, skin care is extremely important. The fame of Korean skincare can be attributed to Koreans who are masters of skin care. From a young age, all Koreans are trained to take care of their skin. As a result, it becomes second nature to them as they grow older. This is exact for individuals of both genders.

The profound understanding of skin structure and functions, as well as the relative use of natural micronutrients to achieve holistic skin improvement, distinguishes Korean skin care. While traditional skincare emphasises the use of harsh chemicals to cleanse and treat skin problems, Korean skincare emphasises the importance of nourishing the skin with nutrients that fortify and prevent skin problems.



Korean skincare can assist in renewing your skin and preventing wrinkles, fine lines, and acne scars with frequent application. Multi-step skincare regimes and a fascination with the latest trends have become synonymous with Korean skincare. Extract-based components are prioritised in Korean skincare, and they are improved to optimise their advantages for the structure of the skin.

Korea's antioxidant-rich components are now being used by several of the world's greatest beauty products. Because of their excellent skin tightening effects, these natural components have been utilised in these skincare products for a long time. Natural vitamin E, glycolic acid, botanically-rich Japanese seaweed extract, and other delicate but efficient compounds like sodium hyaluronate, dimethicone, and glycerine are all found in Korean skincare.

While there is no such thing as a one-size-fits-all skincare regimen, and everyone is free to tweak their approach in the way it suits them, many Korean cosmetological routines follow a sequential pattern. The typical sequence is:

1. Oil cleansing
2. Water-based cleansing
3. Exfoliation
4. Toning
5. Essences
6. Serums
7. Sheet mask
8. Eye cream
9. Moisturizing
10. SPF for day and night cream at night



Implementing this skincare routine is likely to show effects in a very short period due to its precise attention to your skin's needs.

The problem is that Korean skincare is difficult to comprehend for English users, which has created a big obstacle for Western consumers. The ingredients and guidelines for a Korean sheet mask will be written in Korean. There's also a matter of time. A five, ten, or fifteen-step skincare isn't practical at the conclusion of a long day in the Western world.

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Get rid of **Dandruff**
using
Anti-Dandruff shampoos
recommended by dermatologists

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Dandruff is a common scalp ailment that causes inflammation and itching. This can result in white flakes being scattered throughout the hair. Although dandruff isn't harmful to your health, it can be humiliating. This scalp ailment affects one out of every five persons. Milder cases can be treated with a gentle shampoo, although symptoms may reappear over time. But it should be kept in mind that buying over the counter anti dandruff shampoo can worsen the situation and can also lead to dry scalp. If your problem doesn't improve after using anti-dandruff shampoo on a regular basis, it is advised to visit a dermatologist and get a thorough examination of your scalp. They may prescribe a prescription-strength dandruff shampoo or perform a physical exam to rule out other skin diseases.

A medicated shampoo will help in controlling severe flaking and itching on the scalp. The finest shampoos for treating dandruff are those that contain ketoconazole, luliconazole, selenium sulphide, and zinc. Your usual conditioner may have chemicals that wash out the anti-dandruff cleanser's active ingredient. That means you'll need to get a conditioner that's designed to function with your anti-dandruff shampoo. If your hair is more brittle than usual, you should use a prescribed conditioner which will help in providing hydration and moisture to the scalp and doesn't cause hair to dry up. Luliconazole is an antifungal cream that is applied to the skin. It prevents the fungus from forming a protective layer, preventing it from growing and reproducing. Both Ketoconazole & luliconazole have almost same efficacy but research has found out that topical luliconazole is more clinically effective than ketoconazole if continued regularly.

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Can **SUPERFOODS**
BE A SAVIOUR FOR **YOUR HAIR?**

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The age - old cliché goes

'We are what we eat.'

Everywhere you see today, the market is flooded by the word 'SUPERFOOD'.

So what are these super foods? And are they really superior? What benefits do they have?

Read on to know!

Super foods are foods that are rich in proteins, vitamins, minerals and antioxidants. A large number of people have unrealistic expectations about these foods that eventually end up being heavy on their wallets.

What people often forget is that in the hassles of our everyday lives, we barely pay attention to the nutrients we consume for our hair. We forget that what we eat can affect the health of our hair.

Did you know that proteins, vitamins and minerals inculcated in our everyday food can play an important role in the hair follicle growth cycle?

The most common reasons for hair loss are -

- Hereditary
- Hormonal changes
- Nutritional deficiencies
- Medical conditions
- Normal ageing
- Environmental conditions
- Prolonged use of medications
- Autoimmune disorders
- Female hair loss causes
- Pregnancy
- Thyroid disorders
- Anaemia
- PCOS

But here are the knights in shining armours that can help massively for hair growth:

- Proteins
- B vitamins
- Vitamin C
- Vitamin A
- Vitamin E
- Vitamin D
- Iron
- Zinc
- Sulphur

PROTEIN



Hair is made almost entirely of protein. Therefore, it is very important to consume enough proteins. As Indians, a majority of us are carbohydrate eaters and therefore fall short of our protein requirements. This is true even with the non-vegetarian folks as they might still not be consuming enough proteins in every meal.

This makes it all the more important to include first class quality proteins in our diets.

FOOD SOURCES:

- Pulses and legumes
- Soyabean has an abundance of a compound called spermidine that may prolong the active phase (anagen phase) of hair growth. The longer a hair follicle stays in the anagen phase the longer it will grow.
- Milk and dairy products in moderation
- Nuts and seeds
- Eggs, fish and chicken

B Vitamins

These are a range of vitamins that help convert food into energy (metabolism).

The Vitamin B 12 helps produce red blood cells which carry oxygen and nutrients to the scalp and hair follicles.

Recent studies claim that Biotin is also one of these important vitamins. However, more research needs to be conducted to confirm this.

Food sources:

- Whole grains
- Almonds and sunflower seeds
- Red meat, poultry and fish
- Eggs and dairy products
- Fruits
- Dark green leafy vegetables (at least 2-3 times in a week)



Vitamin C

Free radical damage can block growth and cause our hair to age. Vitamin C has strong antioxidant properties and thus prevents hair from this oxidative stress. Vitamin C aids in collagen production - a protein that helps strengthen hair to prevent it from becoming brittle and eventually breaking.

Moreover, Vitamin C helps in the absorption of iron from the food we eat. Low levels of iron may cause anaemia which is linked to hair loss.

Food sources:

- Citrus fruits like oranges and lemons
- Amla or gooseberries
- Guava
- Strawberries
- Kiwis
- Papaya
- Mango
- Broccoli
- Tomatoes
- Green chillies
- Capsicums red, yellow and green

Vitamin A

Vitamin A is needed by all cells for growth which also includes hair. It also helps skin glands to make sebum that moisturises the scalp to keep hair healthy.

Food sources:

- Dark green leafy vegetables
- Yellow and green vegetables like Spinach, carrots, pumpkin, sweet potatoes and Capsicums.
- Yellow fruits like mango, papaya and muskmelon.
- Milk
- Eggs
- Fish oils



Vitamin E

The antioxidant properties of vitamin E also helps prevent oxidative stress. This is very beneficial for hair growth.

Food sources:

- Wheat germ
- Sunflower, saff flower, Soyabean oil
- Nuts and seeds
- Eggs



Vitamin D

The actual role of Vitamin D is yet a mystery but scientists believe that the Sun's rays play an important role in hair production.

- Egg yolks
- Milk
- Fortified foods
- Fatty fish
- Cod-liver oil

Iron

Anaemia, which is caused by iron deficiency is a major cause of hair loss especially in women. Iron helps red blood cells carry oxygen throughout the body to fuel your metabolism and helps in hair growth and repair.

Food source

- Garden cress seeds (asaliyo/ Halim seeds)
- Spinach
- Lentils and pulses
- Eggs
- Red meat

It is advisable to include Vitamin C foods while eating these iron rich foods for better absorption.





Zinc

Zinc makes for an important mineral for hair growth and repair. It also keeps the oil glands around the follicles functional.

Food source:

- Pulses and legumes
- Nuts and seeds
- Dairy products
- Eggs, meat, shellfish
- Whole grains



Sulphur

Sulphur is a component of the hair protein keratin. It imparts strength and elasticity to hair. Not only that, it can also extend the growth phase of hair.

Eating good is not the only secret. Regardless of every superfood you consume, you can do your hair a big favour by limiting consumption of certain foods

Foods to be avoided:

- Junk foods
- Packaged and processed foods
- Too much of dairy products
- Sugar
- Refined carbohydrates
- Carbonated drinks
- Oily and fried foods
- Alcohol

Losing hair is like losing a part of our personality and leads to low self esteem. Our final resort often ends up being the traditional "champi" head massage.

However the importance of a high protein diet and all the necessary vitamins and minerals need to be understood.

There is not one single food which can be a superfood for hair. Eating a well balanced diet that is rich in all these nutrients may help promote hair growth . This holds true especially if you experience hair loss due to poor nutrition.

At the end of the day we cannot change our age and genetics but what we eat and how lies in our own hands.

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THE TRUTHS ABOUT
**TOOTH
BRUSHING**



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Combing your hair, washing your face, brushing your teeth – mindlessly going through the motions of your daily routine is second nature. But are you using the proper teeth-brushing technique? Brushing your teeth is an important part of your dental care routine.

From breaking down food to toothy greeting smiles, your pearly whites play a vital role in daily life. It is therefore very essential to maintain an accurate knowledge about this everyday morning activity of brushing right!

For a healthy mouth and smile the Indian Dental Association recommends you:

- 01 • Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- 02 • Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- 03 • Make sure to use an IDA accepted fluoride toothpaste.



Of course, brushing your teeth is only a part of a complete dental care routine. You should also make sure to:

- Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

Could You Be Overbrushing Your Teeth?

You understand the importance of good oral hygiene and brush and floss diligently. But, can you brush your teeth too much? Dentists say yes!

Excessive tooth brushing, or overbrushing, can actually cause damage to your teeth and gums.

What is overbrushing and what kind of damage can it cause? Is there something you can do about it? Our article will answer these important questions for you.



The serious effects of overbrushing

Brushing regularly is vital for healthy teeth and gums, but dental experts warn that you can overdo a good thing. Known as "toothbrush abrasion," overbrushing can lead to sensitive teeth and receding gums. When you brush too hard, you can wear down the outer layer of your teeth. Lost enamel means less protective coating for your teeth, which can cause your teeth to become sensitive to hot and cold. Brushing hard also damages tender gum tissue and can eventually cause it to recede, exposing sensitive tooth roots and leaving them vulnerable to periodontal disease and decay.

So, how can you clean your teeth and gums effectively without damaging them?

Those most at risk for tooth or gum damage from overbrushing are those who brush too vigorously using medium- or hard-bristled toothbrushes. What are some signs to look for that may indicate you are overbrushing?

- Splayed bristles on your toothbrush
- Swollen or red gums after brushing
- Bleeding gums
- Gum recession



How should you brush your teeth?

The aim of brushing your teeth is to remove plaque, the white sticky material which causes decay. To remove plaque, it's good brushing technique that matters most, rather than brushing hard.

Gently brushing the tooth surface in a circular motion is the ideal way to clean enamel and remove plaque.

The proper brushing technique is to:

- Use a soft-bristled toothbrush.
- Hold your brush at a 45-degree angle and aim at the gum line.
- Brush in a circular motion, not in a back and forth sawing motion.
- Apply just enough pressure to feel the bristles against the gums.
- Brush for two minutes – 30 seconds per quadrant.

How often should you brush?



Brushing two to three times a day is ideal – you will help prevent the growth of bacteria. But, very importantly, wait an hour after each meal: Brushing too soon can also cause damage to the enamel of your teeth.

Overbrushing is a wide-spread problem, but it can be corrected! If you've noticed that your gums have receded, or your teeth have become sensitive to hot or contact your dentist right away. The dentist will assist or guide you to make any needed adjustments to your brushing technique to enjoy a clean and healthy smile!

Dr. Swati Papat
B.D.S, P.G.C.H.A.M
Dental Surgeon

How to brush?



- Place the toothbrush at a 45-degree angle to the gums.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



- Brush your tongue to remove bacteria and keep your breath fresh.



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