

Entanglement: The Secret Lives of Hair

Hair is a fascinating and complex part of our biology. It is made up of a protein called keratin, which is also found in our skin and nails. Hair grows from follicles in our scalp, and it can be different lengths, textures, and colors. But what many people don't know is that hair is also alive. It has its own unique ecosystem, and it is home to a variety of bacteria, fungi, and mites. These organisms play an important role in keeping our hair healthy, but they can also cause problems if they get out of control.



Entanglement: The Secret Lives of Hair by Ogi Ogas

★★★★☆ 4.6 out of 5

Language : English

File size : 3940 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 417 pages



The Hair Follicle

The hair follicle is a small, tube-shaped organ that produces hair. Each follicle contains a hair shaft, which is made up of keratin, and a hair root, which is located at the bottom of the follicle. The hair root is attached to the blood supply, and it is responsible for producing new hair cells. The hair shaft is made up of three layers: the cuticle, the cortex, and the medulla. The cuticle is the outermost layer, and it is made up of flat, overlapping cells that protect the hair shaft from damage. The cortex is the middle layer,

and it is made up of long, fibrous cells that give the hair shaft its strength. The medulla is the innermost layer, and it is made up of loosely arranged cells that contain air pockets. The medulla is responsible for the hair shaft's lightness and buoyancy.

The Hair Shaft

The hair shaft is the visible part of the hair. It is made up of keratin, which is a strong, flexible protein. The hair shaft is divided into three layers: the cuticle, the cortex, and the medulla. The cuticle is the outermost layer, and it is made up of flat, overlapping cells that protect the hair shaft from damage. The cortex is the middle layer, and it is made up of long, fibrous cells that give the hair shaft its strength. The medulla is the innermost layer, and it is made up of loosely arranged cells that contain air pockets. The medulla is responsible for the hair shaft's lightness and buoyancy.

The Hair Ecosystem

The hair ecosystem is a complex and dynamic community of bacteria, fungi, and mites. These organisms play an important role in keeping our hair healthy, but they can also cause problems if they get out of control. The most common bacteria found on hair are *Staphylococcus aureus* and *Propionibacterium acnes*. These bacteria help to break down the sebum that is produced by the scalp, and they also help to protect the hair shaft from damage. However, if these bacteria become too numerous, they can cause dandruff and other scalp problems. The most common fungi found on hair are *Malassezia globosa* and *Trichophyton rubrum*. These fungi help to break down the keratin in the hair shaft, and they can also cause scalp infections. The most common mites found on hair are *Demodex folliculorum* and *Demodex brevis*. These mites live in the hair follicles, and

they feed on the sebum that is produced by the scalp. While these mites are usually harmless, they can cause problems if they become too numerous.

Hair Problems

There are a variety of hair problems that can be caused by an imbalance in the hair ecosystem. These problems include dandruff, scalp infections, and hair loss. Dandruff is a common scalp condition that is caused by an overgrowth of the bacteria *Malassezia globosa*. This bacteria breaks down the sebum that is produced by the scalp, and it produces a white, flaky substance that can be embarrassing and uncomfortable. Scalp infections are another common hair problem that can be caused by an imbalance in the hair ecosystem. These infections can be caused by bacteria, fungi, or mites, and they can cause a variety of symptoms, including redness, itching, and pain. Hair loss is a common problem that can be caused by a variety of factors, including genetics, hormones, and stress. However, hair loss can also be caused by an imbalance in the hair ecosystem. If the bacteria, fungi, or mites that live on the scalp become too numerous, they can damage the hair shaft and cause hair loss.

Hair is a fascinating and complex part of our biology. It is alive, and it has its own unique ecosystem. The bacteria, fungi, and mites that live on our hair play an important role in keeping our hair healthy, but they can also cause problems if they get out of control. By understanding the hair ecosystem, we can better understand how to keep our hair healthy and looking its best.

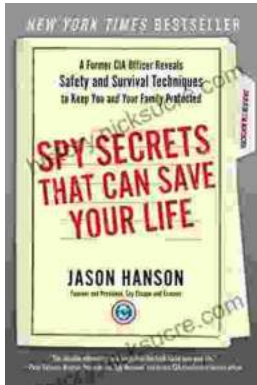
Entanglement: The Secret Lives of Hair by Ogi Ogas

★★★★☆ 4.6 out of 5

Language : English



File size : 3940 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 417 pages



Spy Secrets That Can Save Your Life

In the world of espionage, survival is paramount. Intelligence operatives face life-threatening situations on a regular basis, and they rely...



An Elusive World Wonder Traced

For centuries, the Hanging Gardens of Babylon have been shrouded in mystery. Now, researchers believe they have finally pinpointed the location of...