

Hair



You have over 100,000 hairs on your head alone!

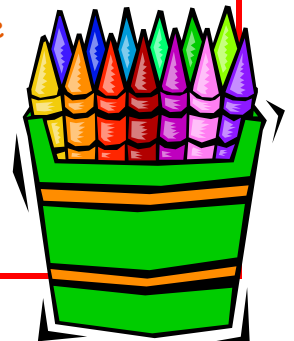
Each hair grows for about 2-6 years. If hair is not cut, it could grow up to 5 feet long. When a hair is finished growing it falls out.

You lose about 50-100 hairs a day from washing and brushing your hair and even while sitting still.

MELANIN

What determines the color of my hair? Melanin.

People with blond or red hair have less melanin than people with brown or black. As people grow older, they lose the melanin and their hair turns gray.



2 Types of Hair

1 Thick, Coarse Hair Covers Your Head and Eyebrows

This hair keeps you warm & provides a bit of cushioning. Eyebrows keep sweat from splashing into your eyes.

2 Fine Hair Covers Your Body

This hair helps regulate your body's temperature. Goosebumps cause your hairs to stand on end & help hold in heat. Sweating causes hair to lie flat to help keep you cool.