

# Unlocking Good Health in the New Year

THE New Year brings great opportunities to make changes to your health. In Western culture New Years Resolutions often revolve around making promises to oneself to make changes to their lifestyle to improve health. These can include:

- Stopping smoking
- Stopping or drinking less alcohol.
- Losing weight or getting fitter
- Eating more healthily
- Getting more sleep or rest
- Getting a regular check up with a doctor.

Getting a regular check-up with a doctor is crucial for identifying potential health conditions. Unfortunately, many people believe that their doctor will automatically test for all conditions and therefore know if you have any health concerns. This is not the case for most people.

People often only seek help for their health when they either feel sick, have relative or friend recently diagnosed with a health condition or need a medical check-up for a job or a visa. The doctor will then test for



what would usually relate to the symptoms, or what is required for the medical certificate for a new job or a visa.

Why don't doctors automatically check for all conditions?

This is usually a result of being very busy, needing to address the problem that

the person presents with and the patient not asking for the tests they would like done. Certain conditions, such as high blood pressure, high cholesterol, and diabetes, are more common and are routinely screened for in regular health tests. However, some conditions, like hepatitis B, are more

common in certain groups such as migrants, and often go unchecked by doctors. This is partly due to hepatitis B being asymptomatic for a long time, coupled with a misconception among some doctors that all migrants undergo hepatitis B screening during immigration health examination, when in fact,

it is not the case for most migrants.

As a patient you can ask to be checked for any conditions that you are concerned about or have perhaps been diagnosed with before coming to Australia.

As we know around 70% of people living with hepatitis B in Australia were born overseas and around 26% of all people living with hepatitis B in Australia do not know they have the infection, it is time to get a hepatitis B test if you do not know your status, yet. Hepatitis C is also an asymptomatic chronic condition that is not routinely checked. Luckily there is a cure for hepatitis C if you tested positive. If you do not have hepatitis B you may be able to get a free

hepatitis B vaccination to protect you from getting the virus.

Start the New Year knowing what you need to do for your health. Whilst people would generally not want to be infected by this virus - it is better to know than not know so you can look after your liver and protect yourself from developing liver cirrhosis or liver cancer.

Ask your doctor if they have a record of status for hepatitis B or C. If they don't, ask to be checked - it may save your life.

For more information about hepatitis B please visit our website [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv). You can email us at [health@eccq.com.au](mailto:health@eccq.com.au)



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# Home Remedies for Hair Repair, Hair Growth, and Preventing Greying

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**HEY GIRLS,** we have very common problems with our hair due to the regular use of chemicals. Here, I am sharing some home Remedies for hair repair, hair growth and preventing greying.

## INDIAN GOOSEBERRY (AMLA):



Tips to control hair fall and promote hair growth are incomplete without mentioning amla, also known as Indian Goose Berry; it is a popular remedy used in Ayurveda. Regularly applying amla directly on hair helps strengthen the hair follicles, stimulates hair growth, and prevents hair breakage and split ends. Amla has many magical properties; it is filled with antioxidants and vitamin C. Amla is good for healthy hair growth and is known for improving hair pigmentation. Mix 2 teaspoons of Amla juice with

two teaspoons of lime juice. Apply this mixture on the scalp and leave it to dry for 2 hours. Rinse off with warm water.

## GARLIC

This popular kitchen herb is well-known for its intense flavours and numerous health benefits. Garlic is one of the fast hair growth home remedies and is majorly known for controlling hair fall. It is also one of the most popular home remedies for scalp fungus. It boosts the circulation in the scalp and



regenerates hair growth. Boil 7 to 8 cloves of crushed garlic with olive oil and apply it to the roots of the hair follicles. Repeat this thrice a week to notice the difference.

## VITAMIN E OIL

Filled with antioxidants, vitamin E oil fights the free radicals. It helps to increase oxygen in the body and improves blood circulation in the scalp. Massage your



scalp with vitamin E oil and leave it overnight. Wash it with a mild shampoo the following day to gain silky smooth hair. Rosemary Oil: Rosemary oil is one of the best oils to reduce hair loss, usually found in Middle Eastern countries. Prepared from rosemary herb, this oil increases cell division and accelerates blood circulation. It has proved to be effective for hair growth and is used as a hair tonic.

## ROSEMARY OIL

Take two tablespoons of shampoo and mix two tablespoons of



**TAKE TWO TABLESPOONS OF SHAMPOO AND MIX TWO TABLESPOONS OF ROSEMARY OIL INTO IT. SHAMPOO YOUR HAIR WITH THIS MIXTURE.**

rosemary oil into it. Shampoo your hair with this mixture.

You can also massage your scalp with equal amounts of olive oil and rosemary oil.

**Potatoes:** Being a rich source of nutrients such as vitamins A, B and C, calcium, potassium, iron and phosphorus, potatoes are an excellent natural remedy for hair growth, preventing dryness of hair and premature greying. Take 1 ½ cups of potato juice in a bowl. Add a teaspoon of honey, a little

water, and one egg yolk and mix it together. Apply this mixture to damp hair and leave it on for 30 minutes. Wash off with a mild shampoo.

## POTATOES FOR HAIR:



Doing this once a week is more than enough to strengthen and rejuvenate weak and brittle hair. After a few months, you will notice a change in your hair. Look after yourself in Summer. See you next time - Nimisha