



## Newsletter

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Edition 10

A community wellbeing initiative.

LiveWell with

# NAKHEEL



# Hello everyone,

We welcome the month of Ramadan with a heart filled with peace, harmony and joy.

The treasured and sacred month April is known to have energy in abundance throughout, it is the ideal time to take up a meditation practice for the purpose of healthier living and raising one's consciousness.

It was a house full at our March LiveWell with Nakheel talk at the dazzling Crystal Dome - Nakheel Mall where the experts spoke about hormones. The learnings on this crucial topic beamed a positive community culture looking for better understanding to elevate their health and wellbeing.

While we embrace Ramadan and celebrate Eid Al Fitr in April, Earth Month also takes place during April every year. It's a time to raise environmental awareness and create consciousness around the issues that affect mother nature during this time of crisis. The world joins hands to create sustainable development and offer climate solutions, to minimize our carbon footprint and prevent further harm to our planet's natural resources. Learn more about how you can participate this Earth Month.

This month we will be talking about our largest organ Skin and the body thermoregulator Hair. Join us on April 29th at Sal's Bistro, Jumeirah Islands where LiveWell with Nakheel Co-curator Irina Sharma along with Holistic Beauty Educator Uma Ghosh and Hair expert and Specialist Charlotte Mahaini will discuss skin & hair health.

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**Much Love**

Irina Sharma  
**LiveWell with Nakheel**

# Ways you can contribute and observe Earth Month



## Plant a Tree

Several organizations driven to reduce the Earth's carbon footprint aim to plant a tree a day. It's one of the simplest ways to fight climate change and you can do it too.

## Donate to Charity

Many non-government organizations are dedicated to conducting public research to contribute toward finding climate solutions. You can help them raise funds to give them access to more advanced equipment and have a broader reach. Some of the organizations are the Clean Air Task Force, Carbon 180, Evergreen Collaborative, Rainforest Foundation US, and Sunrise Movement Education Fund.

## Save household energy for a month

One of the most efficient ways to collectively help our climate crisis is to save energy at home. Encourage your family to reduce the use of electricity, or lower energy use by using LED light bulbs, for example.

## A drastic rise in the temperature

Within the next two decades, experts predict a dramatic rise in the global temperature by 34.7 degrees Fahrenheit because of excessive carbon emissions.

1. The hottest years On record, the hottest years in history were 2016 and 2020.
2. Risk of extinction More than one million species, including half of most amphibians, are at risk of mass extinction due to climate change.
3. Nature-based solutions aren't funded enough Despite being an effective way of storing carbon, natural carbon storage only receives 3% of all climate funding.
4. Carbon emissions are mostly caused by humans The main contributor to global greenhouse gas emissions is deforestation, which is a man-made activity.

## Why Earth month is important

1. It leads to immediate action The fight against climate change is urgent because of the irreversible damage that it causes to the planet. As we're experiencing the hottest years in recorded history, ecological solutions should become a priority. Earth Month allows these kinds of discussions to reach a wider audience.
2. Nature needs funding By raising awareness about Earth Month, we're also helping N.G.O.s fight climate change. Observing the day by providing financial support gives them access to the funding they need to implement effective solutions.
3. We love our planet As cliché as it sounds, Earth is our only home. We should protect it not just for ourselves but for the next generation.



# Aprils Fool's Cake



Serves 8

## Ingredients

- ▶ 1 jar (14 ounces) pizza sauce
- ▶ 1/2 pound bulk Italian sausage, cooked and crumbled
- ▶ 1 package (8 ounces) sliced pepperoni
- ▶ 3 cups biscuit/baking mix
- ▶ 3/4 cup whole milk
- ▶ 2 large eggs
- ▶ 2 tablespoons butter, melted
- ▶ 1 teaspoon garlic salt
- ▶ 5 to 6 slices mozzarella cheese

## This cake is for all fun pranking occasions

- ▶ Prep 15 mins
- ▶ Bake 40 mins

## Directions

1. Preheat oven to 375°. In a bowl, combine the pizza sauce, sausage and pepperoni; set aside. In another bowl, combine the biscuit mix, milk, eggs, butter and garlic salt. Spread half of the batter on the bottom and up the sides of a greased 10-in. fluted tube pan. Spoon meat mixture over batter; cover with remaining batter.
2. Bake for 35-40 minutes or until browned and a toothpick comes out clean. Invert onto a baking sheet. Arrange cheese over cake. Return to the oven for 5 minutes or until cheese is melted.

Using two large metal spatulas, transfer cake to a serving platter; serve immediately.



## Ingredient of the Month

# Aloe Vera

Known as “the plant of immortality” by the Ancient Egyptians, and treasured by numerous subsequent cultures, aloe vera is still known today for its many health benefits. It has been used to treat more than 50 medical conditions, from obesity to burns, dermatitis, ulcers, asthma, diabetes, acne, and even leprosy.

Aloe Vera is approximately 95% water, but the other 5% is made up of extremely high levels of healthy enzymes.

The very special plant has more than 200 bioactive compounds such as minerals, enzymes, vitamins, amino acids, and polysaccharides, which all improve nutrient absorption in the body. It is also rich in calcium, iron, zinc, magnesium, copper, potassium, and manganese.

It boasts anti-inflammatory and antibacterial properties which help detoxify the body and support the immune system.

It also contains the vitamin B12, which is normally only found in animal based foods and it is important in the creation of new red blood cells, making it invaluable to vegetarians.

It once was, and still remains, one of the world’s most popular and widely used remedies.

# In conversation with **Charlotte Mahaini**

Hair Specialist  
Harklinikken – Dubai



## **Q1. I seem to be losing a lot of hair. Is that normal?**

Losing between 50-100 strands of hair daily is considered normal.

Most hair thinning can be attributed to an interaction between genetics and hormones. This type of hair thinning has many names:

- ▶ hereditary hair loss
- ▶ Genetic hair loss
- ▶ Male and female pattern baldness
- ▶ Androgenetic alopecia

But all refers to the same type of hair thinning.

The hormones carry out the “order” from the genes to attack follicles, which ultimately causes the hair follicle to shrink, resulting in gradually thinner hair.

Stress, poor sleep, poor nutrition etc. can accelerate the thinning process because these occurrences impact your hormones. Other causes of hair loss include:

- ▶ Traction alopecia - Hair loss caused by tight hair styles - tight ponytails, hair extensions, braids, hair straightening, perms and even pulling hair too hard with a brush when blow drying.
- ▶ Vitamin deficiency or illness - sometimes hair loss is a sign of other healthy or medical conditions, which is why it's important to address these with a physician to ensure there are no underlying issues.

## **Q2. Is it a good idea to use dry shampoo as a quick “hair wash” or to add volume to fine hair?**

Dry shampoo is the worst thing you can do to your scalp if you are concerned about hair loss as it can cause serious problems for your scalp, especially if not handled correctly. Dry shampoos are not shampoo and do not cleanse your scalp or hair at all, they only give the illusion of recently cleansed hair - thanks to chemicals and powders in the products that could clog the hair follicles and throw off your scalp's pH balance. They often irritate your scalp, cause contact dermatitis, and often with continued use, lead to hair loss and hair thinning.

## **Q3. Why do some people have very dry ends but an oily scalp?**

This problem is common for those who are experiencing hair thinning, as hormonal shifts, reduction in hair mass coupled with incorrect hair care products, can contribute to excess oil production on the scalp. In approximately 30% of our clients. Lack of good scalp health plays a part in their hair thinning. Additionally, when the hair starts to thin, the follicles gradually shrink as they undergo a process called miniaturization. During the miniaturization process. The life cycle of the hair shortens, meaning it can't grow as long, live as long, and it is unable to retain the same moisture it once did as the thickness of each strand is reduced.





# March 18th Event LiveWell with Nakheel Let's Talk Hormones

