

## 1 Corinthians 11 (6-3-12)

*The Head-Covering Series*

## HAIR: LETTING THE GLORY SHINE!

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**TEXT: 1 Corinthians 11:14** Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him?

15 But **if a woman have long hair, it is a glory to her:** for her hair is given her for a covering.

**1 Chronicles 16:27** Glory and honour are in his presence...

**Psalms 4:2** O ye sons of men, how long will ye turn my **glory** into shame?...

**Proverbs 17:6**...the glory of children are their fathers.

**Proverbs 20:29** The glory of young men is their strength...

**Ecclesiastes 7:17**...neither be thou foolish: why shouldest thou die before thy time?

"(AP) - Global cancer cases are projected to rise 75 percent by 2030..."

"Commercial cleaning products, even 'green' ones like *Simple Green*, clean faster than soap and water can. But this is because they contain small amounts of the most powerful grease-cutting class of chemicals known - glycol ethers. Overexposure to glycol ethers can cause anemia, intoxication, and irritation of the eyes and nose. In laboratory animals, low-level exposure to glycol ethers has caused birth defects and damage to [reproduction system]. The most commonly used glycol ether...has been shown to cause liver cancer in animals...'You are exposed to the glycol ethers when you inhale them as the cleaner is used...Most glycol ethers can silently penetrate your skin and enter your bloodstream...If that were not enough, the glycol ethers also go through natural rubber gloves and many types of plastic gloves without changing their appearance'...Having a clean home should never cost you something as valuable as your health...The problem is, when the chemicals in these common household products hit your skin and lungs, they go directly into your bloodstream, bypassing your body's natural defense system...**Glycol ethers** - Widespread use in paints, perfumes, soaps, cosmetics and foods. Cause fatigue, lethargy, nausea, and possible liver and kidney damage...**Phthalates** - Cause reproductive harm, endocrine disruption, cancer, organ damage. **Perfumes** - Cause headaches, sinus problems, asthma, may cause intoxication and 'addiction'...**Phosphates** - Manufacturers have reduced eliminated phosphates from laundry products, but no action has ever been taken on dishwasher detergents...**Nonylphenol ethoxylates (NPEs)**, a common ingredient in laundry detergents and all-purpose cleaners, is banned in Europe, and known to be a potent endocrine disrupter. It's already thought to be the cause of male fish transforming into females in waterways around the world!...**Volatile organic compounds (VOCs)** - Cause nose and throat irritation, dizziness, asthma...**Ammonia** - irritating to the skin, eyes and lungs...**Chlorine** - irritating to the skin, eyes and

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lungs...**Sodium Lauryl Sulfate** - skin irritant, eye irritant, potential cancer causer...Unfortunately, **the terms 'green' and 'natural'** are nothing more than marketing terms...most 'green cleaning products like *Simple Green* are still loaded with glycol ethers, which are anything but good for your health when inhaled or when they touch your skin... in the case of household cleaners even the most meticulous eye for labels won't get you very far...Why? Because many of the most dangerous chemicals will not even be on the label. The manufacturers have conveniently lobbied the government to exempt them from this requirement and can omit any ingredient that is considered a secret formula from its label..."  
(Mercola)

Ancient Cleansers: Water, Baking Soda/Borax, Soap, Vinegar, Olive Oil, Essential Oils, Herbs, Citrus Juice, Etc:

**Genesis 43:24** And the man brought the men into Joseph's house, and **gave them water**, and they **washed their feet...**

**Jeremiah 2:22** For though thou **wash thee with nitre**, and take thee much **soap**, yet thine iniquity is marked before me, saith the Lord GOD.

**Malachi 3:2** But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like **fullers' soap**:

**2 Samuel 12:20** Then David arose from the earth, and washed, **and anointed himself**, and changed his apparel...

"The problem is not so much to get of the dirt, but the sebum, an oil produced by glands in the skin...Soap leaves a dull film on the hair. The early Egyptians came up with a clever solution - they washed their hair with a mixture of citrus juice and a little soap. The citric acid cuts through the sebum. [Others mixed soap with baking soda]...the resulting preparation has a high number of negatively charged...ions, as do modern shampoos."

(*An Uncommon History of Common Things*, National Geographic Books, 2009)

-Others report that the ancients used simply water mixed with citrus juices. There are reports of Russians using *some soap* on hair, only to find that their **hard water** caused a **sticky scum** to develop. It therefore became common, before the chemical age of WW II, to use **rain water** (which is soft), to minimize the scum. Lemon juice or vinegar was used to rinse away soap deposits, and sebum.

"...[Many people] washed their hair with the same kind of soap they used on their bodies. The soaps *did* clean the hair, **but they often left it looking dull, with a residue...**"

(*The Historical Encyclopedia of Good Looks, Beauty, and Grooming*, 2001)

"Boys ought to wash their hair every week; **and girls, every two weeks**...You will notice after washing your hair that it feels dry and fluffy, and sometimes rather harsh. This is because the soap and hot water together have washed out of the hair its natural oil...and this is why it is better not to wash the hair with soap and hot water oftener than once a week or so."

(*The Child's Day*, 1912)

"About once in two weeks is sufficiently often for girls to wash their hair."

(*Bulletin*, United States Bureau of Education, 1918)

"Don't bathe in hard water...soften it with..a little borax..."

(*Philadelphia Times*, 1887)

"To make water soft, boil it, adding a little baking soda...[Or,] put into the water you wish to soften, a piece of chalk [in a bucket or tub of water]..."

(*The Expert Cleaner*, 1899)

"Most people know how highly injurious to the complexion is the use of hard water...Hard water is equally injurious to the hair as it is to the complexion..."

(*Womanhood*, 1904)

"If you have hard water, baking soda will soften it..."

(Janice Cox, *Natural Beauty for All Seasons*, 1996)

"While black hair needs water to thrive, hard water can be a total hair breakage nightmare. The very thing that we depend on to take care of our hair and fight breakage can also be the very thing that slowly destroys it. Unfortunately, hard water is a common problem. Nearly 85% of homes have hard water coming through the taps. Hard water is water that is full of dissolved minerals and metals...[Isn't this good for us?] Well, yes and no. Minerals are excellent INSIDE the body as part of a healthy, well balanced diet. Inside, they are able to travel through the blood stream and nourish hair follicles for new hair cell regeneration. But minerals deposited on the exterior of the hair shaft can cause breakage and dryness problems in black hair care...The chlorine that is often added to hard water also has negative effects on black hair. These minerals have a drying effect...The deposits can also build up on the scalp and cause a dandruff-like condition to form...regular exposure to high pH water can lead to breakage and cause tangly, unmanageable black hair...Hard to **very hard waters** can be found in Texas..."

(BlackGirlWithLongHair.com; see also, *Biggest Myths About African American Hair*)

"One of the simplest procedures for mitigating hard water issues in the bath is to add some baking soda to the bathwater. Depending on the hardness of the water, you will need anywhere from one teaspoon to 1/4 cup of baking soda to soften the water effectively. You can mix it directly into the bathwater or you can mix it with water first to form a paste and help it dissolve more quickly...Vinegar can also work as a water softener in your bath. Adding a cup of vinegar to the bathwater will soften it and also help soften your skin."

(ehow.com)

"This time, I've definitely discovered a key to life without shampoo. It's all about the water...You know how some people say that their hair is soft and clean after using baking soda and vinegar, while others of us struggle...The effectiveness of baking soda hinges heavily upon whether you have hard or soft water...HOW TO WASH YOUR HAIR WITH BAKING SODA IF YOU HAVE HARD WATER: The boiling seems like a lot of trouble, but it's really not. It only takes about 1 cup to do my hair, and I can make it ahead in larger batches. I use it about 3 times/week, so it's not hard to make a whole week's worth at once: Heat one quart of water to a boil in a large pan. Turn it off and add about 1/2 cup of baking soda. Stand back and wait for the fizz to go down, then let it cool.

Pour into a squirt bottle and keep in the shower. Use a bit like conditioner: just work it into wet hair, gently massaging scalp, then rinse thoroughly. **Follow with apple cider vinegar**, as usual...after 11 weeks, I finally really like my hair without shampoo. It's soft and shiny, and my scalp feels clean and healthy...When I was shampooing daily, my hair was too limp and slippery to stay in the clip unless I put it up wet and left it in place all day...Now, I can change it as much as I want and it obeys happily...'Rinsing your hair with water with lemon juice in it works too!...'This was a great topic! **I went 'no shampoo' a year ago, and I had the exact same problem! (I didn't even think about the water!)...'**My family was 'no-shampoo' for over a year and loved it. Eight months ago we moved to a different state and since then 'no-shampoo' has failed miserably. **Hair was goeey and sticky and impossible to brush or comb, yuck.** I realized we have hard water here...We broke down and bought some Jason Organics shampoo and have been using that, but my face has been breaking out along the jaw line and my scalp itches like mad from it. I didn't realize until that happened that it was shampoo causing me to break out and itch in the past! I am going to boil some water and mix up some baking soda and go right back to 'no-shampoo' today!...'Boiling the water before adding baking soda made 'no-shampoo' work for us again. So happy!..."

(<http://inashoe.com>)

"...it is a little more work to get the *no shampoo* method to work in hard water. But not much more...I have VERY hard water...The trick is to boil the water first before adding the baking soda...Let it boil for about 10 minutes...Avoid pouring the minerals into the container (the white stuff in the bottom of the pot)... I only need to wash my hair about once a week now. It is soft, shiny, beautiful, and incredibly easy to manage. I'll never go back to using shampoo..."

(<http://www.how-to-boost-your-immune-system.com>)

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"I use **distilled water** for my baking soda mix, which costs less than a dollar a gallon at the grocery store...I mix about 24 oz distilled water with 2 Tbs baking soda - but use whatever has worked for you. The solution will feel slippery which I never could achieve using my hard water. I also apply before I get my hair wet, to reduce hard water contact; but I rinse in hard water and it works...I also use lime juice as a conditioner, 2 limes to 24oz (you can use hard water here)...I hope this helps those struggling with the *no shampoo* method due to hard water; it has made me quit before, but now that I understand how to prevent mineral build-up, I see no reason to go back!"

<http://no-poo.livejournal.com>

"Some women never use soap on the face. The imported castile soap is entirely unobjectionable. When possible, **only soft water** should be used on the face. A beautiful head of hair is a woman's glory, and yet comparatively few women take the care of the hair that they should. The ordinary methods of washing the hair are ruinous to its beauty and even to its life. Washing the hair in soap and water alone should never be done. If a woman would have nice, glossy hair, let her first rub eggs all through it and then wash it out with castile [olive-oil] soap **and soft water.**"

*(Farm Life, 1900)*

"Dark-haired persons should use yolk of egg...borax, and **warm rain-water**...After shampooing...olive-oil is to follow the drying of the hair."

*(The Woman Beautiful, 1899)*

"Being one of five girls in a family of seven, I am familiar with some of the above 'beauty' treatments. My dad always kept a '**rain barrel**' outside and **we only washed our faces and hair in the collected rain water.** (My mother's rules). She also taught us to apply eggwhites (not the whole egg) to our hair once a month; rub them well into the scalp and rinse, of course, with rain water. If it looked like our hair was becoming a little too oily, she would have us rinse it in a solution of vinegar and water. Facial treatments included washing with buttermilk..."

[http://www.geocities.com/victoriancanada/beware\\_beautiful.html](http://www.geocities.com/victoriancanada/beware_beautiful.html)

**Psalms 51:7** Purge me with hyssop, and I shall be clean: wash me...

**Job 9:30** If I wash myself with snow water, and make my hands never so clean;

**Exodus 2:5** And the daughter of Pharaoh came down to **wash herself at the river...**