



1 Corinthians 6:19-20  
(The Passion Translation)

**WHITE SMILE**



# What a White Smile will do for you, according to research...

- I. A Great First Impression. ...
- II. Better Career Opportunities. ...
- III. More Self-Confidence. ...
- IV. A Friendlier Appearance. ...
- V. More Attractive. ...
- VI. A More Positive Outlook. ...
- VII. Give Others a Mood Boost. ...
- VIII. A More Youthful Appearance. ...

# The Difference it makes...according to research

- i. It enhances your appearance. ...
- ii. It boosts your self-confidence. ...
- iii. It minimizes the look of wrinkles. ...
- iv. It doesn't break the bank. ...
- v. It makes you more attractive. ...
- vi. It helps you let down your guard. ...
- vii. It makes you seem friendlier. ...
- viii. It doesn't damage your teeth.
- ix. 9. You can thrive in professional situations
- x. 10. It gives you a positive outlook on life

# Cost effective ways to achieve a white smile

- i. Establish and maintain a consistent dental hygiene.
- ii. Dental cleaning every 6 months.
- iii. Avoid drinks and foods that stain teeth.
- iv. Use straws when drinking heavily colorful beverages.
- v. Use white and black charcoal to obtain a white smile at an affordable rate.

# Cost effective ways to achieve a white smile

vi. Use whitening toothpastes.

vii. Floss regularly. At least twice daily.

viii. Use mouth wash. Carry it with you if possible.

ix. Use electric toothbrushes; oscillating toothbrushes; rotating toothbrushes.

x. Change your toothbrush at least every 3 months or earlier.

# Then....

Give the gift of a white, bright smile.

Brighten someone's day with your white smile.

# Then....

## 1 Corinthians 6:19-20 (The Passion Translation)

**19** Have you forgotten that your body is now the sacred temple of the Spirit of Holiness, who lives in you? You don't belong to yourself any longer, for the gift of God, the Holy Spirit, lives inside your sanctuary.

**20** You were God's expensive purchase, paid for with tears of blood, so by all means, then, **use your body to bring glory to God!**

# Websites

## Black Charcoal

[https://www.amazon.com/Whitening-Charcoal-WUBLSYAN-Activated-Whitener/dp/B09GM6MS1J/ref=sr\\_1\\_8?crid=33BVHSD5FUEV5&keywords=teeth%2Bwhitening%2Bcharcoal&qid=1641867923&srefix=teeth%2Bwhitening%2Bch%2Caps%2C73&sr=8-8&th=1](https://www.amazon.com/Whitening-Charcoal-WUBLSYAN-Activated-Whitener/dp/B09GM6MS1J/ref=sr_1_8?crid=33BVHSD5FUEV5&keywords=teeth%2Bwhitening%2Bcharcoal&qid=1641867923&srefix=teeth%2Bwhitening%2Bch%2Caps%2C73&sr=8-8&th=1)

## White Charcoal

[https://www.amazon.com/White-Birch-Activated-Charcoal-Powder/dp/B08M4DDHFF/ref=sr\\_1\\_3\\_sspa?crid=2HDKM6V5XOBZ5&keywords=teeth+whitening+charcoal+pearl+powder&qid=1641868449&srefix=teeth+whitening+charcoal+pearl+powder%2Caps%2C70&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFETzRONUk3TlZURE0mZW5jcnlwdGVkSWQ9QTA1ODAOmTkxOEZUUjFOUIZGMTJMmVuY3J5cHRlZEFkSWQ9QTAwNTg4NDUyQzIQVVo3RTNNR0xHJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/White-Birch-Activated-Charcoal-Powder/dp/B08M4DDHFF/ref=sr_1_3_sspa?crid=2HDKM6V5XOBZ5&keywords=teeth+whitening+charcoal+pearl+powder&qid=1641868449&srefix=teeth+whitening+charcoal+pearl+powder%2Caps%2C70&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFETzRONUk3TlZURE0mZW5jcnlwdGVkSWQ9QTA1ODAOmTkxOEZUUjFOUIZGMTJMmVuY3J5cHRlZEFkSWQ9QTAwNTg4NDUyQzIQVVo3RTNNR0xHJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

# Communion – Discern the Body of Jesus Christ

## Isaiah 50:6

- English Revised Version

I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting.

- New International Version

I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting.

# Communion – Discern the Blood of Jesus Christ

Revelation 5:9-10 (NKJV)

**9** And they sang a new song, saying: “You are worthy to take the scroll, And to open its seals; For You were slain, And have redeemed us to God by Your blood out of every tribe and tongue and people and nation,

**10** And have made us kings and priests to our God; And we shall reign on the earth.”

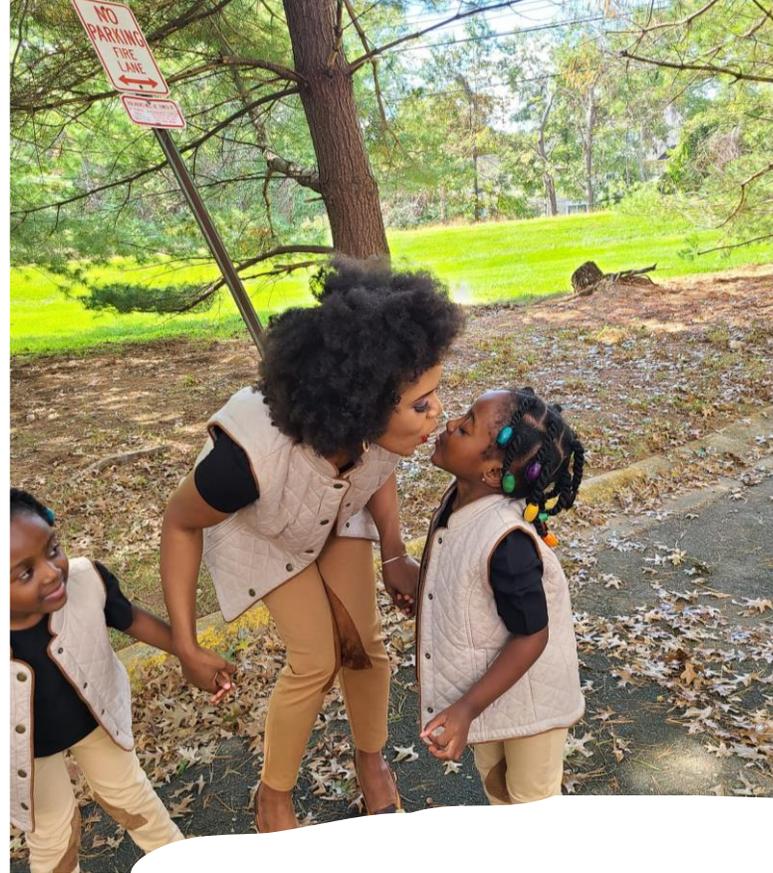
# Body Parts Neglect

- Head (scalp)
- Foot (sole of foot)

2011







24/7  
Support System  
and  
natural hair crew



24/7  
Support system  
and  
natural hair crew



# Noteworthy points about Hair Care

- ❑ The Word of God and prayer play the most essential role in hair health and growth.
- ❑ Obedience to the Lord's perfect will about your hair is very critical and makes the difference.
- ❑ PATIENCE! PATIENCE! PATIENCE! PATIENCE! PATIENCE! PATIENCE!
- ❑ Think about **health** before **length** – How well are **you** nourished? How well is your **hair** nourished? What do you feed your **scalp** with.

# Noteworthy points about Hair Care

Make up your mind.

- Do I want healthy short or average length hair?
- Do I want healthy long or very long hair?

The scalp is priority not the hair strands. Without healthy scalps, hair follicles will not grow/ or grow healthy. Hair strands are sometimes the reflection of the scalp.

Your head is part of your body. Your scalp is part of your skin and deserves the same attention as other parts of your body.

# Noteworthy points about Hair Care

- Hair growth responds to a routine – Hair wash routines; scalp massage routines; protective style routines.
- Blood circulation plays a very big role in hair growth.
- Improve water intake – Water intake is a great determinant in hair growth.
- Improve your diet – There are certain food types that contribute to healthy hair growth.

# Noteworthy points about Hair Care

- ❑ Avoid the chemicals - Stay as natural as possible...avoid excessive chemicals, extensions, hairstyles that pull your hair strands. Our scalp were not designed to handle certain pressures.
- ❑ Sometimes, we can't help but become "hair product junkies" for a season. However, prayer is the key and the way out of trial and error in every area of our lives.
- ❑ Make SATIN your "go to" material for your hair (satin pillowcases; satin hair cover). It is easy on the strands and breathable.  
Change/wash satin hair covers or pillowcases weekly or by-weekly.

# Noteworthy points about Hair Care

- ❑ Stress affects hair quality and hair growth.
- ❑ Commitment...Commitment...Commitment...Commitment...Commitment...
- ❑ Heat damages hair protein in strands. We are kinky not straight.  
Protect the integrity of your 4c strands

Refrain from “HEAT”.

Any source of heat damages hair (heat from blow dryer, flat ironing, dryer, etc.)

Rather, invest in a quality blow dryer with good settings – very low cold air settings. (Recommendation – Revair)

# (1) Gain knowledge and understanding

- ❑ Every race/person have different hair types. Therefore, hair textures will be different. Attention required for maintenance will also be different.

Questions that you must answer on your way to a healthy hair journey are as follows...

# Questions

## 1) What is my hair type?

Is your hair type a 1, 2a, 2b, 2c, 3a, 3b, 3c, 4a, 4b,4c ?

## 2) What is my hair porosity?

Is your hair porosity low or high. Carry out a hair porosity test in the comfort of your home.

## 3) Which hairstyles does my hair tolerate?

Avoid adopting the identity of other people and other cultures. Be unique.

## 4) Which “protective hairstyles” does my hair respond to?

Not every protective hairstyle works for everyone equally.

# Questions

**5) Am I willing to be creative enough on this journey or will I solicit help from other sources? If so, who?**

Avoid submitting you head and hair to just everyone. Be very particular.

**6) Which products work for me?**

All products work, however, all products do not work for you as an individual.

**7) Is this what the Lord wants me to do FOR MY HAIR?**

Or, am I experimenting with my hair? Living a lifestyle of imitation and identity distortion? etc.

Reference the story of the Nazirites; Samson.

## (2) Avoid manipulation of hair strands

- Our hair strands were not designed to handle excessive pressure.
- Our scalps were not designed to handle excessive pressure.
- Any hairstyle that pulls hard on your scalp and your strands is not worth having.
- 4C hair types do not handle frequent combing well. Practice finger detangling as much as possible. It is possible to go for a month without using a comb on a 4c hair type.

### **(3) Trim dead ends when needed**

- Aim at retaining length, not necessarily having even length. Otherwise, you will lose the hair growth for the year.
- Learn techniques to identify dead ends.
- Understand the difference between “hair shedding” vs “hair breakage”.

## (4) Moisturization

- Water is the best natural moisturizer for the hair.
- Avoid replacing water moisturization with oil.  
Oil on dry hair strands, locks in “DRYNESS”.  
Oil on moist hair strands, locks in “MOISTURE”.
- Co-washing (use moisturizer to wash scalp and hair stands).
- Use carrier oils to apply on scalps.

## (4) Moisturization

Your hair porosity will determine the frequency of moisturization. And will also determine your product choices for hair moisturization.

**NB:** High porosity hair types cannot handle excessive moisturization.

Most shampoos strip off moisture. Best approach – focus on washing the scalp not the hair strands.

DIY will be necessary to make this process a success, especially when strands must be washed.

## **(5) Get rid of all the complications – It's simple**

- Choose to exercise patience and grow your hair from your kitchen.
  
- Some of the natural ingredients that we use to cook daily can effectively grow your hair without the fear of chemicals.
  
- For example, do a research on the following products and how to use them for hair growth.
  - Onion - Rice water - Cinnamon - Olive oil -
  - Garlic - Fenugreek seeds - Eggs - Coconut oil - Honey
  - Ginger - Aloe vera - Avocado - Water, etc.

## (6) Use the Word of God to create the reality you want to see

- Hair health and hair growth is very personal and unique to every individual.

Therefore, develop a relationship with the Holy Spirit and allow Him to speak to you personally through the Word.

- He cares about everything that concerns His children. We are His prized possessions. Allow Him to help you.

- Some** scriptures I use on my hair health and hair growth journey include...

## ☐ Luke 12:7 (NKJV)

<sup>7</sup> But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.

## ☐ Luke 21:17-18 (NKJV)

<sup>17</sup> And you will be hated by all for My name's sake.

<sup>18</sup> But not a hair of your head shall be lost.

## ☐ 1 Corinthians 11:15 (NKJV)

<sup>15</sup> But if a woman has long hair, it is a glory to her; for *her* hair is given to her for a covering.

## ☐1 Peter 3:3 (NIV)

<sup>3</sup> Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes.

## ☐1 Timothy 2:9 (NLT)

<sup>9</sup> And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes.

<sup>10</sup> For women who claim to be devoted to God should make themselves attractive by the good things they do.

**(7) Choose hair products by revelation and/or understanding; Grow your hair by revelation not just by personal effort.**

**My Journey!**

**The hair products I now use is based on this scripture.**

**☐ Psalm 23:2 (NKJV)**

**<sup>2</sup> He makes me to lie down in green pastures;  
He leads me beside the still waters.**

Strong's Concordance

**menuchah**: resting place, rest

Original Word: מְנוּחָה

Part of Speech: Noun Feminine

Transliteration: menuchah

Phonetic Spelling: (men-oo-khaw')

Definition: resting place, rest

- **menuchah**: resting place, rest

He brought me and my family to a place of rest with our hair journey by directing us to use this hair line of products!

**Manuka Honey and Mafura Oil products.**

This is my story. Your story will certainly be different. Just trust the Holy Spirit.

## **(8) Pray about the condition of your hair. And declare over it what you want to see.**

### **☐ Philippians 4:6-7 (NLT)**

**<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.**

**<sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

# Other products you may consider...

- Pure castile soap
- Sweet almond oil
- Natural aloe vera
- Honey
- Lavender (antimicrobial)