

You may not know this, but your scalp has its own microbiome微生物组. It's a special part of the microbiome that exists elsewhere all over your skin, contending抗衡 with a high density of hair follicles and their oil-producing sebaceous glands.

下定义:是什么, 在哪里, 有什么作用

The scalp microbiome contains many common bacteria but is also home to a number of fungi真菌, like the Malassezia species that is associated with seborrheic dermatitis, an inflammatory condition of the scalp causing red, itchy skin and dandruff. Which microbes inhabit your scalp is influenced by your age, sex, hair texture, the environment — including moisture, UV exposure and air pollution — and your behaviors, such as bleaching or coloring your hair or wearing a head covering.

才两句话信息量好大, 读者读的也不枯燥。

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Maternal obesity and a high birth weight are associated with an increased risk of colorectal cancer. A rise in sedentary behaviors such as prolonged TV viewing and consuming sugary beverages — all of which are linked to high fasting blood sugar and obesity — have been implicated in early-onset cancers. Younger age at the start of a woman's first period, older age at first birth and use of birth-control pills all increase the risk of getting breast cancer before menopause. And for early-onset colorectal cancer, consumption of red meat appears to play a detrimental role.