

A Rant on Why I Stopped Using Shampoo

[1] Six months ago, I decided to give up using shampoo to wash my hair. Now, before you start groaning, I want you to know that I still wash my hair. I just don't use awful-smelling, expensive haircare products. Instead, I use a homemade shampoo made out of baking soda.

[2] When I first joined the no-poo movement, I had the same worries as everyone else—if I don't wash my hair with shampoo, it will look awful and start to smell. And what would my friends think of me? It's not a very chic thing to do. Still, I decided to give it a try when I found out that the chemicals added to shampoos are toxic and bad for my hair, scalp and general health. Moreover, many of these chemicals can be absorbed into the bloodstream, which is terrifying when you consider that they are linked to cancer! Anyway, commercial shampoos only became available in the 1930s, which means we did without them for a long time.

[3] In fact, the more I researched about going no poo, the more I understood why more people are adopting it. It was shocking to discover that using shampoo removes the natural oil that our scalp produces. As a result, the scalp produces more oil, which makes us want to wash our hair more frequently. It's a **vicious cycle**—as more and more oil is produced, more shampoo is needed, which means we are exposed to higher levels of potentially dangerous chemicals!



[4] Even though I agree with the arguments for the no-poo method, actually going no poo wasn't easy. In the first few weeks, I looked like a complete mess. My hair was greasy, and I constantly had white flakes falling from my scalp. **At this point, I considered giving up.** However, online forums explained that it would take time for my hair to adjust and stop producing so much oil.

[5] On the whole, I'm glad I stuck with it because after six weeks, my hair looked healthy and shiny. But best of all, the dandruff was completely gone! Going no poo is one of the best decisions I've ever made.

[Source: Text 2 Unit 6 Longman English Edge JS2B]

- Why does the author stop buying shampoo to wash her hair? It's because _____.
 - she wants to save money
 - shampoo makes her skin itchy and sensitive
 - shampoo contains harmful chemicals
 - her friends told her to stop using it
- What does the author use to wash her hair now?
 - Only water
 - A bar of soap
 - Some cola
 - A homemade shampoo
- What was the author's biggest worry when she first stopped using shampoo?
 - Her hair would fall out.
 - Her hair would look bad and smell unpleasant.
 - She would get in trouble with her parents.
 - She had to keep the secret from her friends.

4. What happened in the first few weeks after the author stopped using shampoo?
- A. Her hair was greasy and had white flakes. B. Her hair became healthier.
C. Her hair looked dry and started to fall. D. Her hair stopped growing.
5. How long did it take for the author's hair to adjust and look healthy?
- A. One month B. Six weeks C. Six months D. One year
6. According to paragraph 3, the writer explains that _____.
- A. shampooing your hair is not actually good for your scalp
B. shampooing your hair makes the hair stronger and healthier
C. no-poo movement also has some disadvantages
D. no-poo movement helps keep your hair dry and clean
7. In paragraph 4, the writer says '**At this point, I considered giving up**'. What did she consider giving up?
- A. Using commercial shampoo B. Washing her hair
C. Joining no-poo movement D. Leaving comments on online forums
8. How does the writer generally feel about her no-poo experience?
- A. Disappointed B. Calm and peaceful
C. Tired and frustrated D. Satisfied and happy