

carolethechiropodist

As a Redhead I had to read this! I live in Australia, today 29C, yes I am aware of the dangers of the sun. Here GP/MDs are encouraged to take a certificate in dermatology, and we can get a skin check up under our social medicine system (and by the by, we CANNOT understand why Americans are against social medicine) and this is cheap to free depending on age and region, go to any Show, agricultural day in the country, there is a tent with a doctor doing free skin checks. Farmers of British and Irish ancestry, with red hair are the most likely to get skin cancer. And that is 99% of cattle, sheep, wheat, pineapple, farmers here. The market gardens are Greeks, Italians and Asians, and tho' a certain sort of skin cancer occurs in old Greeks and Italians it is rare and non fatal.

I used to be dark reddish brown, but I have faded to brownish blond with red highlights, redheads don't go grey. It's a factoid you missed! Yes, I have never been depressed, but frequently angry, it's another redhead trait, very short fuse, and at 62, have never had a broken bone. I don't remember when I last took a pain pill of any kind, and since my first job in life was a dentist nurse, my teeth have not required treatment for 40 years. I have never had an anesthetic. Yes, I was born in the Danelaw, that part of England given to the Vikings by King Athelread. (and others after him.) Lots of redheads in the family. Since my redheaded paternal grandmother was Jewish, I would like to know if the Jewish gene for red hair is the same as the Viking gene for redhair? You also missed the point about eye colour and I would guess that brown, and hazel and green eyes have a mixture of pheo and Eumalin and the much rarer blue and gray eyes are pure Pheomalatonin. Think I'll spend the day on the beach, under a tree with a book.

Posted On 01/26/2018

mf

Some interesting things you've added to the discussion. I also am a redhead and am finding this very enlightening, and can relate to a lot - both in the article and your notes. Among other things I am really interested in the inherited redheadedness - Jewish vs Viking. I am Jewish (but didn't find out until late in life as my mother was from a family of anusim - Jews who hid their identity) and my father was Scot but it is now appearing he might have been Jewish too. Long story. But I married a Dane, and my son (who has a LOT of red in his brown hair and fair skin etc,) has a bright red freckled gingie little girl (my heart)). He loves the Danish side of his inheritance and we have this discussion about whether my granddaughter's ginginess is from the Vikings or the Jewish side!. Ha! I'm sure it's both but if you find an answer to this... I'd be delighted.

Also, my mother - who was redheaded - had white hair but not gray. She colored it the red of her youth and it looked quite nice :) But...she was very unhealthy physically. My hair, a few years ago, started to come in towards the white side but once I corrected my nutritional deficiencies, it's gone back to just blondish-reddish brown and no signs of grey or white. Actually quite a pretty color, people compliment me on the color. I can't say unfortunately which vitamins minerals etc. did the trick tho. Something to chew on. (I will friend you to continue the Viking/Jewish discussion if you would like. Don't want to hijack the thread.)

Posted On 01/27/2018

4321bp

Nothing is "free" Aussie. You are paying for your care even when you don't need it from money you earn but never see in your paycheck. We Americans prefer to make our own choices in healthcare instead of being told what we need. We fought a war 240 years ago for the privilege of thinking for ourselves and we are still fighting to preserve that privilege. I'd be paying for a system I never use because I prefer alternative medicine which neither your government nor mine considers a valid system of healing.

Posted On 01/27/2018

mcgeehee

Redhead, blue eyed, fair-skinned lefty who can also relate to this article and comments with thanks to carole for kicking things off. I think we can agree we are pretty much more sensitive to just about everything and we can go on for days about our experiences. I'll focus mine on sun exposure. In my youth I hated (denied?) my fair-skinnedness and spent a LOT of time sunbathing in mid-California sun. Also, spent my summers baling hay shirtless with my cousins on the family farm. I've had more blistering sunburns across the top of my shoulders and back of my neck than I could count. I mean a mountain range of blisters – not one or two little bubbles, I mean legitimate mountain ranges of big blisters that hurt. Two weeks later, that would mostly heal and I'd do it all over again. I know, stupid, but I was young and in complete fair-skin denial.

Now 57 but perfectly healthy much to my amazement. Other than having really dry skin during the winter, I have no real skin issues to speak of. Maybe all that sun helped. (?) What is peculiar is my shoulders aren't even freckled. It is a little surprising I am not one big 160 lbs melanoma tumor as I probably should be. I do have a spot of actenic keratosis here and there which I treat at home with Black Salve (I used to go to the DR who prescribed Efudex and sprayed liquid nitrogen on me a hundred times, but none of that works). Black Salve works for this ginger.

Posted On 01/27/2018

Almond

mf and all... A vitamin E deficiency has been known to turn hair gray. Many processed oils are not only deficient in vitamin E, but also essential linoleic and linolenic acids. I observed that when my husband traveled for business and had to eat in restaurants, his hair would begin to turn gray. When he returned home, it would darken.

Posted On 01/27/2018

mf

to Almond. Thanks. Maybe that's why, I do take a vitamin E supplement daily in addition to eating very healthily.

Posted On 01/28/2018

Mbeira

I'm from West Yorkshire (Danelaw) and have red hair. My grandmother had red hair and she was a Levitt, which is an Ashkenazi Jew name (45% of all UK Levitt's live in West Yorkshire). I can add to the differences a red hair phenotype offer too:. Bigger adrenaline reserves and a lighter trigger. More acidic skin.

I became much darker through having children and do believe that anaesthetic staff need a tick box for a natural redhead. I have a redheaded aunt and uncle and we all have woken under anaesthesia. Mine was dental when I was ten.

Also we're the rarer blue eyed redheads. I know more with brown eyes these days.

Posted On 02/14/2020

aburke98524

I had to laugh when I read about redheads needing more anesthetic! When I was 23 (now 72), my first wisdom tooth to erupt didn't fit my small jaw and became painfully impacted, necessitating extraction. At that time, dentists could administer a general anesthetic in their offices for this procedure. While the initial dose of anesthetic didn't put me under, it triggered some kind of fear response in my partially-drugged mind. When I finally woke up, the dental staff were amazed at not only how much anesthetic it took to render me unconscious, but also at my strength and ferocity trying to fight off the dental crew and escape from what I must have perceived as an attempt on my life. I was 5'5" and weighed 112 pounds, but the staff said it took four people to restrain me and complete the anesthesia and extraction. And, yes, the post-op oral painkiller did little for the pain but made me violently nauseous. From that time on, I have refused to take oral pain meds. The remaining 3 wisdom teeth were subsequently extracted with local anesthetic, but for those, and even for drilling, I always surprised the dentists how much painkiller it took to dull my too-sensitive nerves.

Posted On 01/27/2018

mf

I empathize. When I (redhead) have had dental work done, the amount of anesthetic needed has been so much as to make me delirious for several days. I always thought I was just sensitive to the ingredients but now I realize, that while that might also be true, I had to have staggering amounts to get it to numb or put me out. So I stopped doing any anesthetic at all and just do everything, including drilling "au natural". Even my colonoscopy! A moment of pain sure beats days of hallucinations. But now I see, it is probably a redhead thing going on. Thanks Dr. Mercola for this article. My guess is aburke9 that we are sensitive to drugs & chemicals in general - which is def true in my case. Very very few meds I could ever tolerate, even the added ingredients to a generic cause me enormous negative reactions and side effects. Thank God I've learned so much from Dr. Mercola and others on how to manage & heal naturally.

Posted On 01/27/2018

SadieKay

Redhead here.

Geez, did Dr. Mercola just give away all our secrets? ;-)

~ Blushy face ~

Yes, I blush easily, too.

Posted On 11/07/2018

Charla57

I really enjoyed reading the article and watching the video few things I didn't know my great grandma, grandma, mum, me, son all redheads my other son grows a red beard brother grows a red beard I thought it was funny when they mentioned mutant here I thought it was a family trait of red hair LOL also my grand niece has red hair my mum would have just said what would they think of next thank you for the article I enjoyed it

Posted On 01/28/2018

mpk3149

Interesting article. Redheads in both my and my husbands family. My family has another genetic trait that seems to go with the red hair. We cannot use beta-carotene. When we eat a lot of carrots or squash for example, our skin, particularly over the eyes turns orange. I never noticed this until a doctor tested my liver because of it. I heard my granddaughter point me out one day as the 'one with the orange skin'. I am not sensitive to cold, love the snow, but do not like heat at all. I agree about pain relief. I prefer to say nothing to the dentist, because if I get enough to dull the pain I get the shakes the whole next day. My standard pain relief for an occasional headache for instance is, 1 curcumin, 2 ginger and 1 boswellia with a cup of coffee with cocoa powder and turmeric in it.

Posted On 01/27/2018

sandra30

I thought my hair was graying, but now that you mention it, I see it is more blond/white mixed with chestnut/red highlights. Everyone complements my naturally frosted temples. Grandpa was a Swedish redhead. The only redheaded grandchildren are my sister and brother, which means my father's Norwegian coastal ancestors also had the gene. Mom had dark hair and hazel eyes, from her mother, whose grandmother was from Dublin, but three of her children have blue eyes, like Dad, and two have hazel. Mom's freckles used to 'tan' by spreading so much she was almost covered. I never burned until college, despite spending most of my time outside exploring with the gang. Sitting on a beach in a swimsuit did me in!

Our entire extended family has the opioid problem in that it either makes us nauseous or does not work. I always ask that my dentist wait longer for the injection to kick in before proceeding. I am very slow at detoxing from it; gritty eyes and severe fatigue the rest of the day.

I wouldn't mind adopting a base of socialized medical care just so that skyrocketing costs can be contained. I spend most of my time at the yearly doctor visit declining their idea of preventive medicine and going out to pay for my own care when needed, which the insurance does not cover. But at least I am covered for accidents and other emergency room visits for the unthinkable.

Posted On 01/27/2018

axkershaw

Even here in Ecuador there is high amount of D deficiency. The sun is intense so people stay fully covered most work indoors. I am blond, 75 and spent my youthful summers in Nevada swimming daily in a heavily chlorinated pool. I got a "healthy" tan. Could rival the local Indians. About 20 years ago my skin went over to the enemy. I have been battling basal cell carcinoma. Turmeric worked wonders until I moved to where there is a strong cell signal and turmeric no longer is sufficient. I travel to a coastal rustic resort. The closest cell tower is 20 km. Between the ocean and no cell signal I heal up in short time. I built a Faraday Cage for over the bed and that helps. I think the chlorine did more damage than the sun. Where the sun seldom shone is almost as bad as my arms. I consider that most skin problems start in the gut. The Faraday Cage has improved the shape, color, density and smell of my poop. Tested that idea by sleeping outside the cage and inside and noticing the results.

Posted On 01/27/2018

dwalker649

Good to know about the Vitamin D. My genetics are 97% Scandinavian, 3% Scottish, and one of my grandparents was from the southern coast of Norway, where there were lots of redheads, as he was. I am also a redhead, graying now, but have always had a high tolerance to pain, even through rotator cuff therapy and a broken foot. So I guess that I vary from the norm. I read a study a few years ago done by a British professor, and he studies found that the redhead genes came from Norway, not the British Isles. The Brits were not happy with her!

Posted On 01/27/2018

Mbeira

That's odd because true redheads don't go grey, we go yellow and then pure white. So perhaps you don't actually have MC1R on chromosome 16.

Posted On 02/14/2020

Catplat

Maybe that's why I see more and more redhead children? Today people get less and less sun exposure so more mutations like that occur to be able to survive as a human species under the new conditions. Fascinating and a bit sad.

Posted On 01/27/2018

Brindajoy

That explains a lot to me. Born with red hair which darkened as I got older. I have the freckles and fair skin. Have s sensitivity to opioids which stay in my system for days, dentists need to use more local, however, my vit d was low but I am over 60. Good article

Posted On 01/26/2018
