

Read the following article about the benefits of growing a beard.

Write a summary about the benefits of growing a beard.

Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 5 marks for the style and accuracy of your language.

Reasons why men should grow beards

Beards have gained huge popularity with men all over the world. However, not everyone is convinced that this is a good thing. There is a large contingency of people who think that beards are just plain cool, but there are many detractors who would rather see beards just go away. The detractors probably do not realize that there are health benefits to having a beard.



Extensive scientific research has shown that thick beards are capable of blocking out 95 percent of the UV rays from the sun. Not only do beards prevent your skin from getting burnt but they also help to protect your skin from getting cancer.

Men who have more confidence in themselves tend to be more successful in all aspects of their lives. A beard gives a man a sense of power and confidence that is readily evident to everyone around him. Therefore, making the decision to grow a beard is a way for a man to set a higher standard for his life and become more successful.

A beard can actually function as a fountain of youth because of all of the protection it offers. Since facial hair keeps your skin clear of cancerous blemishes and having a beard means you reduce the amount of acne and discoloration on your skin, your skin will stay healthy for longer. The ability of a beard and moustache to keep allergens out of your system will also improve your overall health. In this way, beards work to keep you not only looking younger but feeling younger as well.

Another side-effect of having less exposure to the sun is that you get less wrinkles. While the option to protect the face from wrinkles by using a beard is not open to everyone, those who do have the opportunity to take advantage of this beauty benefit should get on board and start growing their beards right now.

When your beard and moustache help to keep airborne bacteria out of your mouth, they are also working together to reduce your chances of getting gum disease. It should be noted that you still need to brush your teeth to do the lion's share of protection against gum disease, but beards offer that little bit of extra protection that other people simply do not have.

Shaving opens up the pores in your skin and can also cause cuts on your face that will dry out your skin over time. In the summer and winter, exposed pores create a situation where your skin loses its moisture and can start to flake. When you have a beard, you avoid all of these issues and keep your skin nice and healthy.

When you have a beard, the pores in your skin are naturally protected against any bacteria that may try to get in and cause an infection. Bacteria can come from a variety of sources and has the potential to become extremely dangerous if it has a portal to gain access to your skin. Shaving opens up those portals and allows all of that bacteria to come pouring in. When you have a beard, those portals are closed.

A beard is more than just a cool facial accessory, it is also a life-saving device. With all of the health benefits that beards offer, it is interesting that not more men are growing beards. The next time someone tries to tell you that your beard needs to go, all you need to do is remind them that your beard gives you a longer life and healthier skin. It is always nice to have a scientific way to silence the critics.

Content Points

- 1** Block UV Rays
- 2** Growing a beard and taking care of your beard encourages healthy skin
- 3** Gives a man a sense of power and confidence / way for a man to set higher standard for his life and become more successful.
- 4** Function as a fountain of youth / Keeps your skin clear of cancerous blemishes / reduces the amount of acne and discoloration on your skin
- 5** Fewer wrinkles
- 6** Reduces your chances of getting gum diseases
- 7** Keeps your skin moist
- 8** Prevents (other) bacterial infections