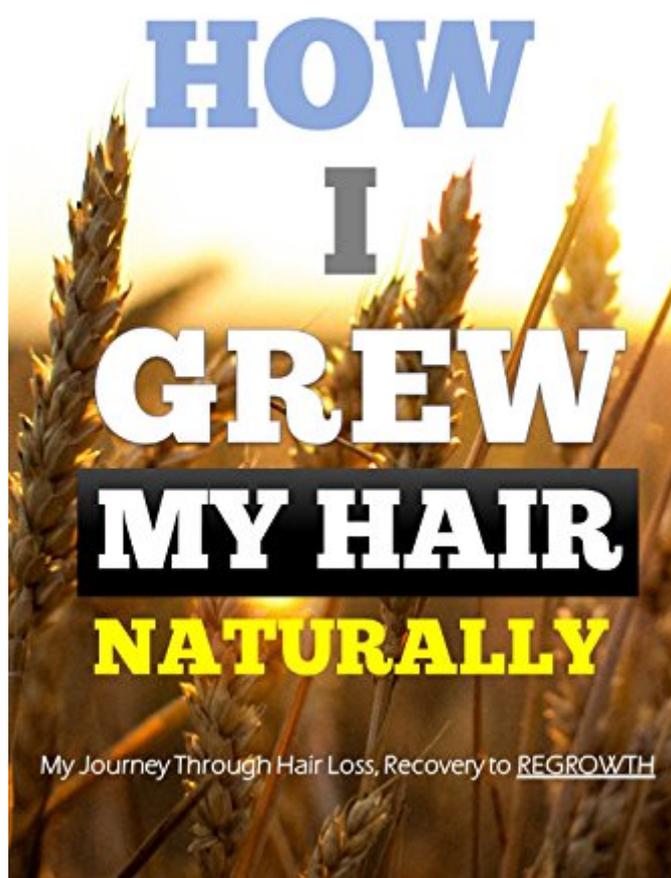


The book was found

How I Grew My Hair Naturally: My Journey Through Hair Loss, Recovery To Regrowth



Synopsis

How I Grew My Hair Naturally My Journey Through Hair Loss, Recovery to Regrowth In How I Grew My Hair Naturally, you're about to learn how to fix hair loss, recover and regrow healthy hair all naturally. This book is written from a layman point of view with simple, clear and actionable steps. You'll also learn: 3 Step Process to fix the Hair Loss Most of us are busy with our life. Lot of hair loss solutions takes time and gets complicated. How many of you have time to spend researching and experimenting with hair loss cure? A simple 3 step process that I have personally followed in my hair loss regimen. This process is very simple to follow and easy to do, you should be able to see results in few weeks if you put everything in practice. All Natural Procedure Using pills and chemical gel applications are losing its shine because of its side effects and complications associated with regular usage. Attempting to fix one problem is leading to new health problems. This has to stop. As soon as I became aware of the dangers of using medications, I have gone all natural and results are promising. You need a simple, natural and effective procedure to fix your hair loss problem for good. This hair loss book doesn't end with explaining cures and remedies. There is a dedicated chapter on developing a healthy life style and improving psychological health.

Book Information

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General

Customer Reviews

This book gives you so much great information about the hair and the scalp. You get helpful information about the science of the hair. The author also provide so many different ways on how to keep the hair strong and healthy. This book would be very beneficial to anyone looking for a healthy way to maintain the hair using healthy and natural products. What I liked most of all, was the list of natural products that can be use to prevent any hair troubles and to keep the hair healthy. I will keep this book for reference on keeping my hair healthy. Very nice format and content. I was provided with a complimentary copy of this book so I could give an honest review.

I was provided with a complimentary copy of this book so I could give an honest review. This was a very informative book. It lists a lot of different things you can do to promote hair growth. I liked it because it gave you step by step instructions and was easy to read. Some of the grammar was incorrect, it seemed like it was written by someone who spoke a different language as their native language.

I was given this book in exchange for an honest review. I have to say as far as content it was very informative. It gave a lot of information as to different factors that affect hair growth, hair loss, and overall health. So as far as being a reference book I give it 5 stars. It goes into detail about sulfates, vitamins, and oils that foster hair growth. If you are new to organic/natural hair care, this book is a great starting point for learning different terms and items that will help you make your own hair supplements. I also liked the fact that the book touched on personal health as stress and proper health care affect your hair health. However I thought it was more in depth than I would have liked and took away from the focus of the book. The reason why I gave this book only 3 stars instead of 5 is because it does not give you any suggested hair regimens or hair recipes. It is one thing to say WHAT you did to grow your hair naturally but the title of this book is HOW I grew my hair naturally and there are almost no product references, no recipes, no resources on where to buy natural/organic hair products. It was like opening a cookbook and only getting a list of several ingredients in hopes that you know how to put them together to make a meal. Ultimately you can start with this book but if you are looking for some ideas on how to make some DIY products based on the information you learned, you will have to go to another website and/or get another book, which is unfortunate because having that information in one publication would've been great.

I received this book for free , in exchange for a honest review. I quick read with information in layman's terms. Touches on every part of our life style and ways to improve so as to increase hair growth.

Obviously English is not the author's first language and the book needed extensive proofreading before publishing. Some of the errors in language made it difficult to understand the point. But there is a lot of good information in it and, of course, a healthy lifestyle with exercise is recommended along with the other tips given for hair regrowth. I do agree circulation and DHT are primary culprits for hair loss. Some of the advice is not things I can do, especially the head stands but it was a short read and provided some ideas I will look into soon. If I could've seen some before and after pictures, that would be nice. I was provided with a complimentary copy of this book so I could give an honest review.

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