

# NO LYE!

**THE AFRICAN-AMERICAN WOMAN'S  
GUIDE TO NATURAL  
HAIR CARE**



**TULANI KINARD**

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## No Lye: The African American Woman's Guide To Natural Hair Care



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For a long time, African-American women have relied on severe chemical substances and relaxers to "manage" their hair--which more often than not did more damage than good. Discover Zero Lye! offers a safe and easy alternate.. Improper braiding techniques have also contributed no little bit of harm, resulting in frail, damaged hair and even design baldness in females. The art of earning braids, terrific twists and beautiful locks Easy recipes for products that clean, strengthen, and condition the hair Ways to heal damaged hair Painless ways of looking after your children's hair Fast, easy styles for all lengths and textures of hair The benefits and drawbacks of using hair extensions Ask me your hair-care questions.... In this hair-care and styling guideline Tulani Kinard reveals the secrets to obtaining and preserving gorgeous healthy hair--naturally. I'll tell you No Lye!



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Great Pics and Good Information Tulani has done an excellent job of putting together the much needed info for caring for natural, chemical free, locks. Why there are so few books about them is a mystery if you ask me given the health ramifications involved with consistently using caustic chemical substances on ones scalp.) and NO Lye! I possibly could barely place this publication down and will continue to make it a staple relating to my natural hair care. I take advantage of this publication as a reference guidebook along with Pamela Ferrell and Lonnie Bonner's books. I had this publication for over 5yrs and I haven't opened it for over 5yrs no lye?? I LOVED THIS BOOK!. A joke. Ms Kinard has learned what she's doing. Basically it quit breaking off and I think that the longer it gets the simpler it will become to manage. I look forward to the day I could easily put on buns and do single braids. This was possibly the first BEST natural hair book I read. The book was awful! YouTube and Google is your friend . Whenever I feel the desire to take that street I read among my reference manuals..! YouTube and Google is your friend. It helps to re-read some of the sections when you are staring in the mirror with a head full of nappy locks and thinking why oh why don't I just get yourself a perm. I did the big chop March 2012 and the ONLY way I have learned to deal with my natural hair is via the internet and youtube until We decided to buy some books from AMAZON. I bought 12 books (Simply no LIE! But, the necessity to "fit in" is higher than the require for a healthy life. I acquired no help from this book. Thank you, Tulani! Well I am finally brave more than enough and secure in my own heart to learn that whatever God gave me is what I have and if it sticks directly then it sticks straight up. This is a good read with good info This is a good read with good info, but since it's an old book some of the info is outdated. Just what we needed! No Lye is the natural method to beautiful hair I bought this publication for a pal for Kwanzaa. I skimmed through it and instantly wished I could have gone back again and bought one for myself (the boutique only had one duplicate). This book gives several alternatives to natural hair styling and realistic suggestions on caring for them. It really is thorough and innovative.! The Science of Black Hair is a far greater read up to now. My hair is now 6 to 7 in . and developing like crazy. She discourages the use of straighteners while knowing that the natural method is simply not for some folks. But if you've also remotely regarded as locs, the section she's devoted to this glorious way of life will help you come to a decision. My locks has been organic for 7 years and by using this lovely publication, I began my husband's locs last weekend (a highly sensual experience). This reserve covered everything and opened my eyes and hair. Not very natural This book is a lie. Kinard is not in the hair biz any more; Totally sucked. You are better off watching people on Youtube for hair tips. Not one I'd recommend Maybe I'm fooling myself into believing my hair can one day be long and manageable. was the first publication I purchased so when I say from the 12 books No Lye was and is the best It really is no lie! Back to the drawing board. Two Stars Sorry book! but, I thank her because of this excellent resource that's still used in my library today, bent, broken pages and all. This is not remote but until this period I will deal with the twisting and braiding while I wait for a few more in . to develop. Many blessings to you and all of the gifts you use in His name. This publication finally helped me to 'get it'. I understand Ms. 8 years organic and growing strong. I was expecting recipes to use for homemade items, but she rather recommends chemicals to use on our hair. Thank you! There were others which were not helpful at all when I went natural in 03/04. After reading some of these critical reviews, I had to finally come and keep one to balance it out.. Yes Lye! You can show that the author believes every word she writes and that this is a for-real lifestyle and not simply a fad. Not well worth 10 dollars. Not well worth 10 dollars.! Not only for the how exactly to info however the moral support aswell. It was not worthy of my reading or time. It has factors listed in the book that anyone with common sense

already understands. A waste.



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