

# THE NATURAL HAIR BIBLE

THE 10 COMMANDMENTS OF BLACK HAIR CARE



Breanna Rutter

Mrs Breanna Rutter and

## The Natural Hair Bible: The 10 Commandments of Black Hair Care



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If you are natural, pondering the idea of going organic, or are determined to go normal, this publication will be your reference of knowledge. After scanning this book, in the event that you decide going natural is not for you personally, various homemade product quality recipes and hair care methods still apply to your already relaxed locks. Other well-known topics will be resolved like; In this comprehensive guide, a few of the things become familiar with certainly are a plethora of homemade product recipes, tables, and graphs which you can use to buy the appropriate hair products that you will need for your specific hair type. warmth training, swimming with organic hair, the big chop, how often you should trim your locks, is it or could it be not okay to put on weaves and extensions while being organic, along with the writer's personal hair tales, experiences, plus much more! The Organic Hair Bible Is A Great Book For... - Natural Hair: If you already have natural hair, there is always something new to learn about hair as well as various ways to approach black locks! Also reading about the author's difference of observation and methods, is a thing that you can incorporate into your already existing hair care regimen! - Transitioning Hair: If you are transitioning with your locks, this book has everything that you need to know about developing healthy lengthy natural hair. - Relaxed hair: Should you have chemically relaxed hair, focusing on how important it really is to keep your locks moisturized is very critical to the development of your locks whether you are peaceful or natural. For those who have big chopped or not really, this book talks about how exactly to do so in addition to if it is definitely the right move that you can take at this time in your trip to natural hair. Also, this book provides the foundation of everything that you need to know if you perform decide that going natural is right for you. In "The 10 Commandments of Black Hair Treatment", Author Breanna Rutter breaks down everything you need to know to accomplish long healthy locks for your unique hair type.



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Nice Book For Afro Textured Newbie Learners I am enjoying scanning this book, the publication the Science Of Dark Hair publication though is good for the more a far more advanced dark hair care book. Also Breanna says that her hair is usually type 3, but I believe her hair is usually type 4 because mine is definitely a type 4c hair type, but there are some individuals who can grow long 4c hair, because mine is normally four ins below my shoulders, and probably would grow longer if I oiled it and finger detangled it rather than using combs and if i halted using the damaging hair straightening iron. The products you suggested were tough, but not impossible, to get. BTW - I currently have a home in Thailand. My hair eventually fell out after a obvious growing shorter hair. I know she actually is a grown ladies and it is her decision. There are those few individuals who can grow long calm hair, maybe she is one of those people. This Book Pays 4 Itself This book is layed out well, simple to use, and imparts a significant amount of knowledge. You'd think somebody who has resided with Dark hair for as long as I have (let's not discuss age here but it has been quite a long time) would understand how to take care of her hair. But I didn't. I've tried so a lot of things and spent a great deal of money on ineffective products.5 years and I've discovered so much through experience and research, but this book really breaks the info down for you and provides you the needed info had a need to care for natural hair. I put her suggestions into place immediately, buying and using the products she suggested. Rutter do a really nice job with her study and the writing is very clear. This book is absolutely amazing!. Thanks for writing this reserve. Recently on the Internet Breanna is no more natural but relaxed, therefore i wish her well attempting to maintain relaxed hair and maintaining much longer lengths. But this reserve is nice to have and it has home made shampoos and conditioners that you could make so you do not have to buy the commercially produced shampoos and conditioners. Its no very duper new matter I learned. I've continued to take your tips and cut off the ends after every washing. I am natural 2. This book has already paid for itself. So far this publication has provided me great info, that I have distributed to my two . Today my locks, while still brief (but growing), feels therefore much softer and simpler to manage. Its Ok Ughm We could have discovered all this on her Youtube channel. Awesome read for newbie, transitioning, and veteran naturals!. I like the simplicity of the book. That was, as you talked about, hard to do but actually increases the softness and fullness of my hair. it a okay if you ask me The book was okay for me personally, it did not give me a lot of what I wanted, but for others who are going organic it might be of help. So far this reserve has provided me great information, that I have distributed to my two daughters which have been natural for several years now. Five Stars This dude research her craft, Her book is very educational and clear The hair bible The book was extremely informative. I discovered a lot about how to take care of my natural hair. I loved it



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