

Copyright © 2019, M.A.I.R. HAVING HEALTHY HAIR AT HOME

A **HOLISTIC** APPROACH TO HAIR CARE

FOREWORD BY PASTOR BILLY THOMPSON, SR.



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Pamela Frederick Mair

Having Healthy Hair At Home: A Holistic Approach to Hair



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Natural Treatments and Quality recipes to Look after Your Ethnic Hair Ladies of Color have the natural BEAUTIFUL hair!! Because textured hair needs special like and tender care. Pamela Mair displays us that all hair types hair will flourish, if cared for with specific attention to its textural needs. Our locks is usually our crown and glory! Whether you're transitioning, are newly natural, or if you've been a Natural for years, this guide can help you learn, love and grow your Organic Hair, a lot more! Topics Covered in this Guidebook: - Identifying Your Type of Hair - Vital Vitamins, Herbs and Oils - Herbal Hair Treatments and Recipes - Hair Loss Prevention & Gray Locks It's Pam's belief that "what goes in is usually what comes out! The recipes and remedies in this publication will nourish your locks from the inside out! The most severe thing that you can do can be to proceed forward with detrimental habits. She provides gentle assistance and holistic consultations to assist in the healing restorative process whether it's for your body or the fitness of your locks and skin. No matter where you are on your Natural Hair Journey, this information has something simply for you. It'll make your life easier and your locks healthier!! She claims, "Our body has the God given natural capability to heal itself" –where she strongly believes. Just as important as learning what TO do is learning what Never to perform for your locks care!" Once the consumer has a full understanding of this concept of healing, health and wellness, restoration is within reach. Give this reserve a go and fall a lot more madly deeply in love with your Beautiful Natural Hair Sister! With a full understanding and knowledge of the proper usage of products, knowing which kind of product is necessary & having a full knowledge of the "HOW TO's" when it comes to hair/skin items, food, supplements and vitamins- YOU CAN HAVE HEALTHY HAIR AT HOME! She creates a proven effective holistic hair and skin plan according to your specific requirements and goals. The texture in our hair permits added power and pliability, quantity and versatility.



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Great Reserve.. You can't go wrong with reserve guiding you to healthful hair at home. Five Stars This a classic informative book on natural hair care!. I was connected to Pamela at the intro and I under no circumstances make it to the finish of those. Great book This book is a life saver for those of us that want to go natural but were afraid to. It's funny, personable & most importantly, informative!-Kia, FL The Best Book On Having Healthy Locks! She is an incredible person, and the publication is merely ask great ... We partnered with Pamela Frederick Mair after hearing about her publication and presented her with our guest artist. She is an amazing person, and the publication is just ask great as the individual!! Look at her gorgeous naturally red hair in person. She should have been on the cover. But the person on the cover locks is quite healthy too.. A must read for just about any hair Journey!!!! It is informative, easy to follow and gives step by step tips on what to do internally and externally to be able to possess Healthy Hair!. Life Changing This book has everything! I have discovered a lot about how to take care of my hair. Buy this book, you can not go wrong. Wish you all of the greatest in your quest to greatly help us out. A MUST READ!! The writer conveys her interest for the . I experienced so many ah ha occasions. I got a chance to meet up with the author in person and wow what a great person, she's such a enthusiasm for hair care and people in general. Pamela Frederick Mair's Having Healthy Hair at Home is crucial read. We are able to all relate to having those, "bad locks days" and this book is the answer to our prayers! This publication can be an easy read and incredibly informative. I really like this book. Wished I had this book before I started my organic hair journey. 10/10 Would reccomend Excellent book, Well written!A must read for proper hair care Thus is a wonderful book!. This book is a manual for healthy from the within out. Worth reading.!! Easy browse.! Who knew bloodstream type, and diet had a component in this journey. Especially if you are natural.! Easy read. The author conveys her passion for the subject and genuine care towards the reader. Many thanks for making it an easy read, easy to check out book with directions.



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