



Dr. Mireille Liong-A-Kong

GOING NATURAL

How to Fall in Love With Nappy Hair

going-natural.com



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Going-natural: How to Fall in Love With Nappy Hair



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Have you ever considered going natural but thought it might be too hard? A lot of us are alienated from our stigmatized coils and have no clue what to do with our nappy locks. Try Going-Natural! This publication helps you reacquaint together with your natural naps and shows you how to develop out a perm. But more than that, this reserve makes a joy out of what you thought would be a difficult journey.



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EDITORS ARE FRIENDS AND FAMILY Now, I'm pretty enthusiastic about discovering my locks and find many of these books possess varying/ conflicting advice." I've natural hair and had a need to seek more information. This book addresses all the fundamentals that are everyone needs to know. I find that the author provides pretty sound scientific explanation as to the reasons our naps are the method they are and what chemical substances do to them... Maybe most jarring is the section on why the organic hair is so crunchy when growing out of a scalp that has seen relaxer.

Revise: The Kindle on Personal computer version is much better. an academic research on the process of going natural. It was no real use to me with regards to making home made products as motowngirl. Four Stars nice book Five Stars great reserve with a lot of information Enjoyed reading this book. This is simply not a must book for naturals but there are several things that are better said by the author then I've found in some other books....! I've been transitioning from my relaxer to organic hair for about 12-weeks now, so I needed to become knowledgeable about how to care for my fifty percent relaxed and half natural hair. This reserve was a fantastic resource for me; This is actually the first book that I have purchased regarding natural hair..Filled with great information on natural hair. The book also switches into detail about numerous hair styles that can be used as your relaxer grows out. I wanted the book to also concentrate on hair pressing, and flat ironing; however, it generally does not. This book mostly promotes the use of natural, non-heat solutions to care for your hair. The book is still a great reference for those like me who are new to styling natural locks. I actually received the Kindle edition, and the format was not the best, simply because the tables/graphs weren't clear, and some of what were take off from the page.! Hopefully, amazon will reformat the kindle edition quickly. The book reminded me of a term paper; Great Book for Organic Girls With Curls! all of the natural hair dishes such as the ACV, and the locks spritzer. She has some great images on how best to do a large amount of these hairstyles & The formatting was awful.! There are recipes for making your hair products.. I read the whole reserve to find if this lady knew what she was talking about & There is also tons of other info in this publication that didn't connect with me, but was still good to know. I'm thinking of buying a different one for myself as well! Excellent informational guide for those seeking to embrace their natural locks the healthy way! I'm so glad I made this purchase! Excellent book for beginning Naturals I bought this book for my cousin in Jamaica because locks products aren't as good or affordable out there. Additionally, there are pictures for styling concepts, as well as recommendations for styling equipment. she didn't disappoint me! She clarifies everything in a obvious & I am extremely impressed with this reserve. It was SO informational! how exactly to preserve them.. Chanise doesn't have the internet which means this is the best I could get her & I'm really really happy I acquired it! Her hair will be a joy to cope with once she gets this book. There are also very specific details (and reasons) regarding what substances are best for and not best for our locks.. Still, obtain it used girl. For instance, information regarding locs, weaves, relaxers and those looking to do "the big chop". Very great and quick read..... This is the 2nd book that falls consistent with my hair philosophy... Great resource because of this new transitioner! This info could probably help natural Nazis out there convert others, and help you know how your hair's chemical history fits together...The only other book that I would suggest in this catagory for natural locks care is "No Lye"; That is the fist reserve I browse when I transitioned nearly a decade ago. This publication is practical and helpful, even though a great many other books are out there, they could have got a chapter on "ethnic" hair, or the writer may only discuss natural "relaxed" hair.. It also lists products, such as for example, coconut oil, jojoba oil, castor oil, and rosemary oil as oils that promote healthy hair.* before anyone comments in my editorial mistakes in right here, remember I'm not really getting paid to do this honeys !. Chanise, my cousin, has been organic for a long time like me but both of us never knew just how to deal with our hair."WHAT?? I bought this book along tith two others while looking for some answers after having gone completely natural... After many bad locks nightmares for me, there is nothing organic in regards to a chemical relaxer... However, it's only useful if you are deeply thinking about something other then hair styles. I also love the fact that there are several recipes for natural locks, that are simple rather than expensive, since We am jogging further and further away from commercial products. This is an excellent Quick guide that is already helping me and adding to my knowledge. In this day and age, with all the current haircare products in the marketplace, it can be overwhelming. Nevertheless, I felt the need to leave one because of this book. This publication has been extremely beneficial to me in my own natural haircare trip. There are very few books out there for African

American ladies who decide to leave the commercialized haircare arena to go back to their beautiful natural personal. This reserve helped me in securing the proper products to make use of on my natural locks. Very Informational I have never written an assessment on any reserve. concise manner on keeping your hair healthful. It packs a lot in its 110 web pages. The kinky twist (love/along with others great styles). In addition, it gives a merely breakdown on the chemicals that are in a whole lot of hair products which helps you understand what you are actually putting in your locks. I am a content customer and will highly recommend it to my close friends who wish to go organic like I. Basic Natural Hair Care This is a good natural hair care book. Though I admire the author's hustle, I advise you to get it used because it's just like a pamphlet. Delia Five Stars Great Five Stars An all natural hair bible. Five Stars Love it Five Stars This is a very good book. Very useful.com has the same, or even more info. An in depth description of the advantages of the various oils is also given. Great little book. First off, this book is very costly for something that is obviously self published given the typos (there are sections that actually have her internal thoughts) and awful binding. This book have ongoing instruction. It really is well worth the purchase and can take a spot on my bookshelf with my dictionary because I know I will constantly refer back to it for the many receipes provided. Thanks!



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