



If You Love It, it will **GROW**

a guide to healthy, beautiful natural hair

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If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair



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LOVE IT, WATCHING IT GROW!s unique from other hair types* How exactly to stop hair breakage and hair thinning that plagues a lot of women with afro-textured locks* How exactly to best use nutrition and other health-based principles to maximize hair growth potential* How to create a life-long and flexible hair regimen located in holistic hair care* How exactly to leverage the energy of Ayurveda, an ancient form of alternative medicine which has helped ladies grow beautiful locks for a large number of yearsIn truth, IF YOU VALUE It, IT'LL Grow is greater than a publication, it' Phoenix Austin" Phoenix Austin, M.D., a health, diet and beauty expert, we've a fabulous book that explains how exactly to grow and keep maintaining healthy and much longer textured hair. And with a mind of gorgeous natural locks herself, Dr. Phoenix proves that she's not only talking the talk, she's going for walks the walk!In this book, you will learn:* How afro-textured hair grows and just why it'!s a philosophy! There exists a direct hyperlink between how women experience their locks and how they experience themselves. Growing healthy, longer and beautiful natural locks is absolutely inside your reach.s the reality!s about giving your locks what it needs- that extra little bit of TLC.it'Praise for Dr.Thanks to Dr. I hope that you enjoy IF YOU VALUE It, IT'LL Grow as much as I have and that Dr.t just a clever title..s expert advice is really as great to your afro-textured hair as it has gone to mine! IF YOU VALUE It, It Will Grow! It'IF YOU VALUE It, It Will Grow isn' Editor, EBONY.." - Jamilah Lemieux. Phoenix'com



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Just going natural? Understand this book. I got this publication for a family member and they live because of it. They possess notes, stickys, highlights, and tabs all throughout the book. We learned therefore much out of this book (like you already have to twist your locks to get that spiraled look, it doesn't just happen.) That may be an obvious thing for some people but when you're just going organic everything is foreign for you and you will need a great deal of help get your hair where it needs to be. I've watched my children member's hair grow at a reliable rate because they continuously follow guidelines from the publication. The only complaint I've is that this reserve has NOOOOO glossary. As one who has had many ups and downs with normal hair, this reserve hits the mark - lifeless on.3 My Hair!! Not all of her suggestions applied to us, but we definitely found this publication to be helpful. I am half method through and Great Browse UP TO NOW! I also need to add that this may not be a publication you read from front side to back. I recommend skipping the life span story and just skimming for the parts that only talk about hair. Good info Greatest for new naturals. But if you have already read "The Science of Black Hair", you might not need that one. It beats sitting at the computer and trying to gather info on your personal. If you need to quickly look up something you must skim the complete book or take to the web which defeats the idea of this publication. Dr.! But, what I am actually enjoying can be her humor about her encounter..! I actually examine that part out loud to my 17 season daughter as both of us embarked on the "Heading Natural" journey together 5 years back. This books is a good read in fact it is complete of information about how exactly to grow your hair. Currently, my locks is shoulder size and I purchased this book to make sure that I am performing the right things for my hair. And, so far what I am learning is certainly that there is more I can do to get sustained results. My locks has been organic for 7 years right now and I finally got my curl pattern back after full season of having no warmth in it. Austin. This book is incredibly informative. And, if you can perform it, we are able to do it as well! Blessings.. This time around with my notepad! Read it throughout your downtime, try different strategies and discover what works for you personally.. I was hoping because the author was a health care provider I would progress information than from a blogger/naturalista. Dr.! Austin in very straightforward about her own issues and her roller coaster of drama concerning the desire to go natural and the trial and period phase of the procedure. Nevertheless, some of it is simply fluff which is certainly worthless. I love getting the boss of 'my method'. You don't have to read all books starting at page 1. I may not follow all her recommendations, but I'm glad I've them for reference, because I may need to try them in the future. Sometimes I want the 'meat and potatoes', of it and then find out how/why the author wrote the book. It's not a novel or biography, but a journey!!! Great book. Every Natural Should Have A Copy Great Book! I acquired what I paid for!. And, I must add: YOUR HAIR IS GORGEOUS! I love how she describes her approach as "love" since it makes sense. She is very detailed in this publication. I skipped around until I read the entire publication.sent a duplicate to my "pleased with my effects" stylist after raving about any of it in her seat. And I myself and MY HUBBY who is .. Being A Child of a Curly hair stylist that is gone on to Glory, back again in the day they known as them Beautians (LOL), so that tells you that i'm of just a little age myself.. I browse the book it really is wonderful. Five Stars < I'm Loving It And Nourishing It Everyday. Thanks ! I love how she describes her approach as "love" because it .. It did that! Phoenix is also a YouTuber so have a look at her videos as well. This is an excellent reserve and any African American feminine with afrocentric locks should read this publication. I'm loving it and growing it! Thank you Dr. I bought this book because I am along the way of transitioning from relaxed locks to natural..that is before I colored and straightened it earlier this months. I realize I'll never do that again! Wonderful book . Very beneficial! Hair This book really came in

handy A Must-Go through for New Naturals I am obsessed with this book! The prosperity of information and personal stories are exactly what I want for my natural locks journey (six months transitioning). I go through once and highlighted simply the entire book.. I recommend every organic or if you're considering going natural get a copy. I read the book it really is wonderful...and now I'm reading AGAIN!! Love my natural locks We am 18 and We thought we would read this reserve because my hair got damaged from dying and straightening it. Thanks a zillion Dr. Phoenix! And I myself and My Husband who is also My Pastor, We are Praying Over My Hair Everyday. However I recommend this book. This book taught me how to love and care for my hair and to patient.. That Jamaican trip had me cracking up!anticipate reading! Praise because of this book I needed this reserve before I went natural! thanks Five Stars Good information, read the entire thing in a few hours. I have experienced all the difficulties that are described in this publication and Personally i think better equipped to care for my natural hair! Great read! Great for natural hair care Very well written and gives great tips for natural hair care. its a sensible way to come across how women care for there hair Just started reading this book. Up to now she tell the annals that she knowledge with understanding her very own hair,text er ,duration,and how to look after your naturally . its a good way to find how women care for there hair. It had been therefore refreshing and encouraging!



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