

# Hair Talk

*Hair, Heart & Soul*

A portrait of a woman with curly, light brown hair, smiling. She is wearing a white lab coat over a patterned top and a gold chain necklace. The background is a soft, out-of-focus green.

## DISCOVER THE SECRETS TO HEALTHY HAIR

*The "Hair Bible" that teaches you the basic  
fundamentals of achieving healthy hair.*

**Ky Smith**  
WTS, Trichologist

Ky Smith

Discover The Secrets To Healthy Hair (Hair Talk-Hair, Heart, and Soul)  
(Volume 1)



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With over 20 years of encounter in the wonder industry, Ky Smith WTS, Trichologist has already established the opportunity to work with several ladies, helping them to revive their damaged tresses. Ky's mantra is usually 'Beauty Starts From Within', and in this book Smith can help you uncover the secrets to growing a strong beautiful healthy mane by sharing her professional advice that will keep her customers wanting more. The problem is, they don't know how to achieve healthful hair. Ky will teach you how to look after your hair between salon visits, help you decide on a hairstylist that suits your needs, show you how exactly to protect your locks when you're working out in the fitness center, and much more. After spending countless dollars and exhausting all the resources, their hair is even more broken than before they started. The common denominator in each case is definitely that every woman really wants to have a mind of healthy hair - short or long.



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It was extremely reader friendly and gave detailed suggestions that are easy to implement. When I purchased the publication, I wanted some healthy hair secrets, as the title says. After going through breakage and experimenting with an array of products that didn't deliver results, I made a decision to look for new information. Surprisingly plenty of, this book was a lot more than I imagined. When you read this publication, you'll get the answers you will need and feel assured that the info you've learned in this book will help you to get your hair back to a more healthy state. I felt like I was obtaining a private consultation, as I read through the pages. In this publication, no helpful subject is remaining uncovered. If you've always struggled with your hair and also have been looking for answers on methods for getting your hair back again to a healthful condition, this is actually the book to learn. So pleased with her ! Love This Book! This book is amazing. Anyone who reads this reserve will be empowered with the knowledge, tools, and inspiration needed to achieve healthy hair. Ky's simple, straight-to-the point language makes it easy for readers to comprehend and relate to this content. This is a must have!

**Awesome Information** This book is an eye opener for hair stylists and a road map to locating that great stylist for the customers. You must understand this awesome reserve. It's worth it. Five Stars Excellent read, very informative Five Stars So knowledgeable very helpful reading I can't await Ky's next publication! I've had so very much extreme shedding by the handfuls! my hormone levels my have transformed. As a guy who struggled with hair issues previously, this book helped me truly realize why I never really had healthy locks. But I appreciate her discussing the issues we encounter & I'd definitely recommend it. I've attempted everything under the sunlight. Ky's book is created in layman's terms so the reader can simply follow along and understand. Five Stars Book written by cousin ! This publication provides reader an extensive overview of the hair inside and out. It really is one that I will use forever as an excellent resource for not merely maintaining a healthy mane but an over-all healthy lifestyle . I recommend this book to whoever has a desire to develop and keep maintaining healthy hair. Furthermore, I felt more knowledgeable about why I struggled with unhealthy hair. It was very reader friendly and gave detailed recommendations that are easy to put into action. She also provides tools to assist you through your healthy hair trip such as goal setting, measuring fitness progress, workout recommendations & But after scanning this reserve. But after reading this reserve I realized there can be issues that have to be tackled internally like ailments, nutritional deficiencies, stress & . Not merely did this publication help me uncover the secrets to healthy locks, but Ky also gave solutions that I have started to implement! I am going through hair battles because the birth of my 2 year old. #eagerlywaiting Ky did an awesome job with this publication. The author covers from hair framework, to nutrition, to remedies, and products.. It was such an easy browse and it requires no time to get through it. The author does a great work educating the reader about how proper nutrition plays a key role in healthy hair. misconceptions about hydration, nutritional intake including products, why exercise is usually more important than our hairstyle and hair maintenance. This reserve is a must buy for everyone, women and men. smoothie recipes!!! Overall I appreciate this book and I believe it's worth the investment! Thanks Ky!



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