

THE BLACK WOMAN'S HAIR BIBLE



EVERYTHING YOU HAVE ALWAYS
WANTED TO KNOW ABOUT YOUR
HAIR BUT DIDN'T KNOW WHO TO ASK

WRITTEN BY
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The Black Woman's Hair Bible: Everything You Have Always Wanted To Know About Your Hair But Didn't Know Who To Ask



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The Black Woman's Locks Bible is the complete 'How-to' on Black hair care and maintenance. Here's simply some of what you would learn: Frustration-free locks maintenance...with ingredients so safe they can also be eaten! The 13 items that quit you from getting longer hair and the 10 things you can do, starting today, to grow your locks longer (see page 106).O and Baggy methods. Save \$\$\$\$. "Weird" approaches for hair growth that truly work (massaging your scalp is merely one of them).15 outrageous Dark hair myths debunked! The 13 keys to a successful transition to natural locks. Among keys is how exactly to respond to negative comments about your natural locks from family and friends, find out what the other 12 keys are (see page 41). Step-by-Step guidelines on the very best methods to moisturize constantly dry hair including the L.O.C, L.C.O, L. How to correctly detangle your locks (HINT: Use your fingertips 1st).S. BECOME YOUR OWN HAIR DOCTOR!. (see web page 69) A Six-step visual guidebook to creating your personal regimen (including a summary of product suggestions that your hair will like -- see page 50)..Besides dry hair (see page 154)... A crash program in how your hair works like the topics of hair porosity & locks elasticity and just why it is essential that you can know.. Do your hair faster -- Time saving ideas you can use to ensure your wash day program DOES NOT take the whole day.Money saving guidelines when buying hair items (including how you can shop in one of the primary retailers in the world and get yourself a 15% discount each and every time you get a hair product -- see page 77)..... Two "very foods" known by very few women that are amazing for your hair (One of them is wheatgrass, the other is a plant native to northwestern India that has over 90 different nutrients -- discover what it really is on page 177). How to properly look after newborn, toddler and pre-teen hair (see page 169). The 7 things you absolutely Should never do to your hair. 7 factors behind chronically dry locks and what you can do to repair it (see page 151)..unfortunately #4 4 is far too common and one of the leading factors behind hair damage (see page 95). Tips on keeping your weave (including how to end an itchy scalp and simple ways to prevent embarrassing odors from a weave -- see page 142) Tips to coloring your hair including using organic dyes like Henna (including tips on coloring weaves and wigs -- see page 143). : A complete guide on how-to-find a good hairstylist (Avoid learning to be a hair salon disaster story! Does your locks grow faster when calm?.Find out which foods you may be eating that actually increase dandruff (see page 150). Factors behind excessive hair shedding (medication is the common one -- find out the other not-so-common causes on web page 159). How to protect your hair (and weave hair) if you are sleeping, working out or swimming. (In the event that you read only one chapter from this publication, make sure this is it). Tips on maintaining and safeguarding your locks in the summertime and winter.. The 9 other explanations why you are going through breakage.including how exactly to protect your hair both outside and inside the house (see page 163).C. The 6 queries you wish to ask yourself BEFORE you get weave hair that will make sure your weave lasts much longer and looks more organic. The 'how' and 'why' your locks knots and tangles (including you skill to reduce knots and tangles). How to tell which hair products will be good for your hair (including preventing allergic reactions with new products -- see page 75).. Factors behind hair loss and ways to prevent and reverse hair loss (see page 158). BONUS! : Do-it-Yourself. Simple quality recipes and guidelines on how best to make your personal shampoos and conditioners..)Tips about how to properly

take care of your natural locks, relaxed hair or weave. BONUS! End excessive dandruff..



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and how exactly to use oils is excellent. As a person who has gone natural I am still reading this publication and currently in the process of finishing it. The insight this book gives into hair treatment, a person's diet options, and how exactly to use oils is excellent. I currently dove onto the trip of learning my particular hair type, therefore i knew it already: fine(strands), low porosity, moderate density,70% shrinkage; Great book. Everything concerning this book rocks !. I place most weaves in the same category as perms. This is why I won't give a five star rating. I was not too thrilled on the chapter about weave and skipped it completely. Five Stars Straightforward and very easy to understand. I continue to utilize it as a reference. As somebody who has truly gone natural, I do not be too critical. Good book but could have included more information Great book but could have included more info. Also, it broke down the scientific element of most women of high African good locks cuticle and the I gained more insight of other natural women's locks type and texture as well. Great for someone just starting out and wants to know more about hair...which I am doing via google searches, but I learned a couple new things. I loved it Everything concerning this book is awesome. Good reads Great informational reserve. I've convinced a couple of visitors to buy this publication!This book is especially ideal for my YouTube channel (Maxine Jay).Can't fail with this ! I don't possess a problem with wigs since people may wear them for different factors, but I can't completely endorse the putting on of weaves because the process differs and entirely damaging. Very very interesting. I enjoyed it. It touched on a lot of things, which in fact was ideal for me. A must have for anyone looking to get a noncomplicated understanding of textured hair. Four Stars Easy read. Passed it to another natural hair friend Five Stars Unquestionably fantastic and remarkably useful for what I need in my home. MANY THANKS! but this book just gave me more insight on issues I could put into action throughout my journey furthermore to what I had been doing. If offered an easy task to Do It Yourself (DIY) hair items . It touched on lots of things Great book. Great read Great reserve help me out alot



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