SPLENDOR

The Nazarite Method to (Re)growing Long, Strong, Healthy, Holy Hair Sara Sophia Eisenman Mrs. Sara Sophia Eisenman

Splendor: The Nazarite Method to Re(growing) Long, Strong, Healthy, Holy Hair



In this compact yet comprehensive, power-packed text, silver hair icon Sara Sophia Eisenman shares the details of her deep journey with traumatic hair loss and thinning, and how she came back to regrow her hair longer and stronger than ever. She shares her approach to miraculous hair regrowth - called the Nazarite method - that was developed due to this victory, giving these valuable secrets for all who are fighting hair thinning or would simply prefer to grow thicker, stronger, healthier hair. One of them book is the following, and much more: - How the hair functions as an antenna in the body's energy system- How to align your very own inherent life force to grow amazing hair- How to eat correctly to grow long, solid hair-How to handle and work with your hair to market growthThis unconventional, revolutionary undertake hair growth can not only aid the reader's hair in being its absolute best, but help support an essential, healthy, joyous existence. Anyone who is curious about the deeper character of hair will find great reap the benefits of this book. This publication is for anyone, of any walk of existence, hair type or locks color. The information contained within goes far beyond hair wellness, taking the reader right into a strong understanding of their own bodies as systems of energy which can be consciously involved to create miraculous results.



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Lifestyle changing and energy changing! I devoured this book in three hours. A Perfect Book for taking Self-Care to the Next Level! I'm going to be reading it over and over as I put into action the techniques. I learned so very much about what my hair IS and why live usually felt it was particularly sacred in a way I couldn't quite describe. Lots of what I examine verified what my intuition was already telling me to implement for self care, but I also discovered so many great guidelines. This publication has given me a lot to do and a lot to think about. This was the perfect publication for me at the moment of my life, filled with lots of soul-looking and contemplation. Just scanning this opened me up to viewing ways I have been leaking my own energy and have to consider my power back. Questions I've had for years are answered now. Many thanks. Thank you. I've dealt with lots of hair loss previously and I finally feel like I have an improved understanding of why. This book is full of information! Sara really clarifies the protocols she's developed, and clarifies the execution for these amazing results! This book is a must read! I couldn't put it down! This reserve is so enlightening and heartfelt and I anticipate implementing her process. I plowed through it the first time, but am sure to come back to it again and again as it offers SO MUCH good and vital information. Sara will take self-care to the next level. I'm grateful. I feel so hopeful after reading this book! I highly recommend everyone to get this book! This is an important book for all women to learn. As Sara writes, "You may find that the entire concept of growing old as some kind of loss' is truly a manufactured farce to maintain us falsely concerned, self-loathing and impoverished - while really we become richer in wisdom and fortitude, even more beautiful and more essential as time passes." Yes, Yes and YES! It re-affirmed lots of things I acquired felt intuitively for a while but had not sprung to actions on yet. I go through it the initial night I received my copy and felt as though Sara was in the room speaking to me. Wow, what a great book! This book is such a gift! Easy read to explain the protocols for hair regrowth. Will become purchasing hard copies for my besties at Christmas!



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