



HOW TO GROW YOUR NATURAL BLACK HAIR LONG!: A natural hair care guide for growing long & healthy kinky hair (Natural Hair Growth Book 1)

Colleen Deardon

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Have you been thinking about growing out your own natural hair? Are you tired of wearing wigs and weaves or other types of false hair? Have you been relaxing your hair forever and you're tired of the damage that relaxing has done to your hair over the years?

If the answer to any of the above questions is yes, then you're the person that this book has been written for.

For years so many women with course hair have decided to relax their hair because they thought it was just the easiest way to care for this type of hair. Women have relaxed their hair for so many years because the relaxed styles were thought to be neater and more professional, especially in business settings.

Well, this way of thinking has been changing for years, and more and more women born with course kinky hair have realized that there's absolutely nothing wrong with the hair that grows out of their head! In fact, course kinky hair can actually be very beautiful, healthy, long and versatile. You just have to learn how to care for this type of hair and what it needs to flourish. And once you learn how to care for and manage this hair type, it will grow and thrive and you can and will want to wear it out proudly.

In most cases relaxed hair means that washing, detangling, styling & combing your hair can be relatively easy. However relaxed hair also means that once the relaxer has been applied, the chemicals in the relaxer have altered the structure of your hair. Once this has been done, there's no reversing it. This is why touch ups are for your new growth only so that it can be straightened too. The previously relaxed hair is staying straight, so there's no need to apply relaxer to it. The only thing you can do to remove the relaxed hair is to cut it off.

If you're not happy with the results of your relaxer, or if you're tired of the damaging effects that relaxers have had on your hair, or if you're just plain tired of having to have your hair "touched up" every 2 months, then you need to read this book!

After you read the How to Grow Your Natural Hair book, you will have a road map that will lead you to growing your own natural and healthy hair.

In this book you will learn about:

1. Why it seems like your hair isn't growing.
2. The different hair types.
3. The structure of hair.
4. The stages of hair growth.
5. Why it's important for your hair to have a protein & moisture balance.
6. Why it's important for your hair products to be pH balanced.
7. What we've been doing wrong.
8. The steps for growing out your kinky hair.
9. Styling tips.

10. Heat & Straightening your hair.
11. The importance of good nutrition for healthy hair.
12. And more!

After reading the How to Grow Your Natural Hair book, you'll have the knowledge that you'll need to embark on your healthy natural hair care journey. Click the buy now button to have instant access to this book. You'll be glad that you did!

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