WHAT KIND OF RELATIONSHIP DO YOU HAVE WITH YOUR HAIR?

How do you know what kind of products are best for your hair? How much do you know about your hair profile? Do you really know your hair? Some women put too much pressure on their hair and give it too much credit, relying on it to represent them or to say things about them that you will never hear come out of their mouth. No matter how much you trust your stylist or visit a salon you are responsible for the health and well being of your hair. After all you will be the one who will suffer the anguish of damaged hair or hair loss.

Finally there’s a complete and comprehensive guide to healthy hair, one that will allow you the attainable goal, a lifetime of healthy hair. The days of trial and error are over. This guide like no other shares tips and secrets about how black women can keep their hair healthy. It’s a book designed to empower sisters with step by step instructions on every type of African American hair. There are self-diagnosing charts, cures for hair ills, holistic ideas, chemical explanations and natural hair methodology.

This book includes essays and advice from an array of vantage points … dermatologist, psychologist, Journalist, chemists, hairdressers and hair doctors.

“WHY ARE BLACK WOMEN LOSING THEIR HAIR?” is the most important book ever written about hair-care. This book is not written just for people who are losing their hair, but for those who never want to lose it. Hair is a terrible thing to lose. Hair is very important to everybody from children to seniors, so if you want to know more about how to take care of your hair …this book has answers.

God Bless America- America the beautiful, home of the braids and land of the weaves. There are basically five weaving techniques: fushion, stitching, integration, bonding and clamping. Be-weave it or not they all are hairy choices. Know the true or suffer the consequences. Synthetic or human … how do you choose your hair? Which is the best way to clean the hair prior to the application to avoid itching and irritations? How do you grow your hair with the weaves or braids and how do you maintain a wig? Read “Hairy choices” (chapter 27) for those answers.

“Who’s relaxing, you or your hair?” You need to know the truth about lye verses no-lye. No-lye kits are the worst products to hit the retail shelves in my 25 years as a stylist. Remember-- comercials are geared toward selling and a lie can be preceived as the truth if eloquently told. In most cases no-lye relaxers under process and over expose the hair, leaving it dry and brittle (thirsty & mounutrious). These kits have single-handedly turns the local beauty supply store into a chemical waste dump. Read (chapter 5) and find out why lye relaxers are better.

Important questions in evaluating hair loss.

Was the hair loss sudden or gradual?

Is the hair loss localized to one area or diffused through out the scalp?

Does the scalp itch or burn?

Is it painful or tender to touch?

Are there any new medications or medical illnesses?

Did the hair problem occur after a pregnancy or surgery?

Did any stressful events occur prior to the hair loss, i.e death of a love one, loss of a job or divorce?

Is there a family history of hair loss?

Did it occur after a chemical treatment of the hair- i.e relaxer, hair coloring, hot comb?

How long have you been having your hair relaxed, permed or colored?

What daily hair care products are you using?

Did your stylist perform the chemical treatment or did you do it yourself?

“Living with your hair” (chapter 1),“Hair disease and scalp disorders” (chapter 21), “Common hair/scalp disorders in black women” (chapter 26) are chapters along with others that will explain the cause of hair loss and give you some solutions to the problem.

“Don’t sew it - grow it” (chapter 8) will help you grow up to 6 inches of hair a year.

Are you eating properly for strong healthy hair? “Nutrition and hair” (chapter 2), and “Holistically Healing Hair” (chapter 15) will balance your approach to healthy hair. “Hair is sexual” (chapter 16). Your hair is a symbolic, powerful and erotically charged body part. Not to mention your most important fashion accessory. It’s the health, radiance and freedom of hair men find so magnetic, sex is not always about feelings, sometime it’s about appearance.

This book has answers to questions you haven’t even asked yet, from how to properly take care of children hair “Small world—careful or careless” (chapter 13) to “When your menstruation pauses” (chapter 11) to “ Hair maintenance” (chapter 29). For those of you who want to try to control your dandruff at home, lift your scalp … dissolve plain aspirin into a pasty solution using warm water. Apply it to your scalp leave on overnight, shampoo and condition. “Is your hair your hair flaking out on you?” (chapter 31).

Hair is a terrible thing to waste. It’s as rich as the culture from which it emanates. Careful … you too could be hair today and gone tomorrow, so read my book and avoid the sorrow.

“This book is a must-read for anyone concerned about black women and their hair. ” THE WASHINGTON POST”

Now available at (barryfletcher.com) for $25.00, get HAIR IS SEXUAL free with purchase or ask for it at a bookstore near you.

By World Class Hair-care Expert Barry Fletcher, Consultant to Essence Magazine.