



The Hair Bible: The Ultimate Guide to Healthy, Beautiful Hair Forever

By M. D. Susan Craig Scott M. D.

Atria Books. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.0in. x 6.1in. x 0.7in. At last, medical science explains bad hair days -- and what you can do to avoid them! The straight-haired among us long for curls, yet those so endowed wish to tame their headstrong locks. Although you can't change what you were born with, you can make the most of the hair you have -- by knowing the physiological, chemical, and even psychological causes of the most common hair problems. Dr. Susan Craig Scott, a hair-replacement surgeon, consults with other medical authorities and beauty experts to present the ultimate companion to having vibrant, healthy hair at any age. The Hair Bible is every woman's guide to Best daily treatments, products, and hair care tools Styling without damage Finding your look Fixing styling mistakes Choosing wigs, extensions, and other alternatives The Hair Bible also tackles a major concern for millions of women: hair loss. Dr. Scott explains how stress, diet, prescription medication, vitamin deficiencies, chronic illness, and other factors affect hair growth -- and, with a keen awareness of the emotional strains on women coping with thinning hair, she presents up-to-the-minute information on all treatment options: MEDICAL AND...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**