



# The Natural Hair Bible : The 10 Commandments of Black Hair Care

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If you are natural, pondering the thought of going natural, or have decided to go natural, this book will be your reference of knowledge. In The 10 Commandments of Black Hair Care, Author Breanna Rutter breaks down everything you need to know to achieve long healthy hair for your specific hair type. In this comprehensive guide, some of the things you will learn are a plethora of homemade product recipes, tables, and graphs that you can use to buy the appropriate hair products that you will need for your specific hair type. Other popular topics will be addressed like heat training, swimming with natural hair, the big chop, how often you should trim your hair, is it or is it not okay to wear weaves and extensions while being natural, along with the authors personal hair stories, experiences, and much more! The Natural Hair Bible Is A Great Book For... -Natural Hair: If you already have natural hair, there is always something new to learn about hair as well as different ways to approach black hair! Also reading about the authors difference of observation and practices, is something that you can incorporate into your already existing hair care regimen! -Transitioning Hair: If you are transitioning with your hair, this book has everything that you need to know about growing healthy long natural hair. If you have big chopped or not, this book talks about how to do so as well as if it is the right move for you to take right now in your journey to natural hair. -Relaxed hair: If you have chemically relaxed hair, knowing how important it is to keep your hair moisturized is very critical to the growth of your hair whether you are relaxed or natural. Also, this book provides the foundation of everything that you need to know if you do decide that going natural is right for you. After reading this book, if you decide going natural is not for you, a plethora of homemade product recipes and hair care techniques still apply to your already relaxed hair.

- [The Naturalist` and Travelers Companion \(1799\)](#)
- [Natural Resources in Eastern Europe : Political Ecologies of Local Transformation](#)
- [National Security and International Criminal Justice](#)
- [Natural-Born Protector](#)
- [National Geographic Traveler: Rio de Janeiro](#)
- [Natural Beauty : Naturkosmetik zum Selbermachen. Mit Kokosol zum Glow](#)
- [National Directory of Nonprofit Organizations 21 V2](#)
- [Natural Wonders of Vermont : A Guide to Parks, Preserves and Wild Places](#)
- [Natural History of Marine Animals](#)