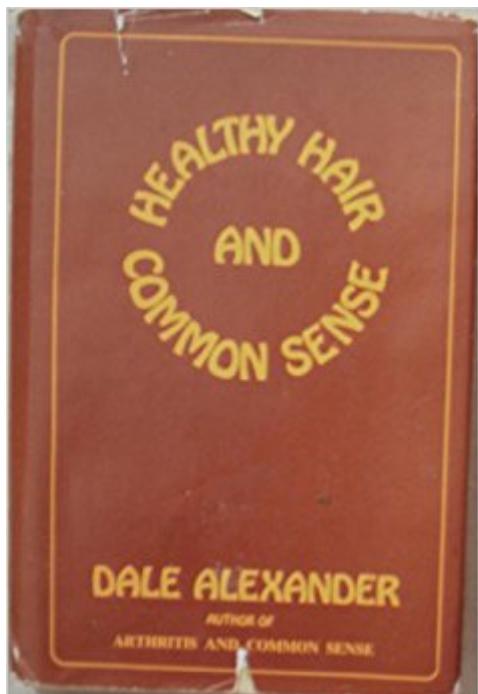


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# Healthy Hair And Common Sense



## **Synopsis**

HEALTHY HAIR AND COMMON SENSE IN SIXTEEN HAIR-RAISING CHAPTERS Dale Alexander has presented here a safe, simple, but revolutionary approach to the problem of growing or keeping healthy hair. Accurate, well researched, up-to-the-minute facts all thoroughly checked by a team of medical experts. Whatever your hair condition is--Dale Alexander's book is important for you. The keynote is a high protein, low-sugar diet - rich in the right combination of germinating foods to nourish the hair seed that is responsible for new hair growth. Alexander details here completely revolutionary information. The critical key word is "assimilation: --how a diet works in your body. When to eat, how to eat and what foods and liquids to combine. Evidence of more than 30 years of research supports his theory--including a description of a University of California experiment that demonstrates not only that a protein-poor, sugar-rich diet results in loss of hair, but that when this diet is reversed hair growth begins again. Here is a meticulously detailed program for hair regrowth that worked for Dale Alexander....practical suggestions include easy-to-prepare breakfast drink of raw germinating foods, Alexander's famous salad, and a complete weeks' menu. After diet correction comes treatment - specific instructions for messaging the scalp, shampooing and handling the hair, dealing with diseases of the hair and scalp. A thoroughly successful approach to an age-old problem.

## **Book Information**

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## **Customer Reviews**

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