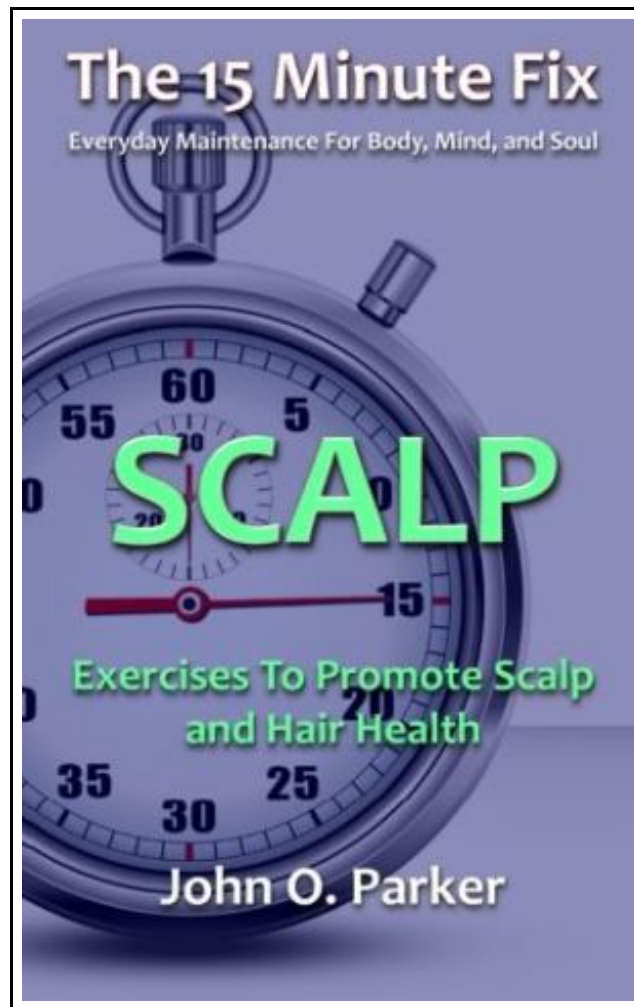


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Tidal Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you frustrated with thinning hair or a receding hairline? Is your hair brittle, limp, dull, or otherwise less healthy than you would like? Is your scalp itchy, flaky, or otherwise less healthy than you would like? Would you prefer a natural treatment for hair loss rather than surgery and drugs? If so, The 15 Minute Fix: SCALP is here to help. This book will teach you how to use scalp exercises to slow and possibly reverse hair loss, strengthen the hair that you do have, and improve the health of your scalp. You will also learn to use scalp exercises to alleviate stress, sharpen cognitive function, increase energy levels, and generally improve your overall health and quality of life. These exercises have been designed as part of an overall anti-aging strategy. Although it may be of particular interest to those who suffer from male pattern baldness, female pattern baldness, alopecia, diffuse thinning and other causes of poor hair and scalp health. While there are no guarantees that scalp exercises will stop hair loss or help you regrow hair, some people will find that the exercises do help and they will help naturally, in a way that will have far reaching benefits. In addition to 25 different exercises designed to promote healthy hair and a healthy scalp in only 15 minutes a day, you will find: -Progress tracking tools -Sample workout plans -Tips for taking care of your hair and scalp - Suggestions on foods that are good for your hair and scalp -Descriptions of personal care ingredients that are good for your hair and scalp - and those that are bad for them -Further supporting materials are...



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