



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

*M.D. Susan Craig Scott M.D.*

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**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 PHARMACEUTICAL: minoxidil, cortisone, and hormone therapies** **NATURAL: herbal products, stress management, and fitness**

**NUTRITIONAL: dietary changes for improved hair**

**SURGICAL: implants, grafting, scalp reduction, and more**

Get to the root of your hair care concerns. Turn to *The Hair Bible* for answers -- and make every day a *great* hair day!

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