

**7 MYTHS ABOUT BLACK HAIR: A HOW TO GUIDE ON
GROWING LONG AFRICAN AMERICAN HAIR**

June Verona

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You've probably heard all the hair myths out there, but which old The truth about hair: 10 things we've all been getting wrong If you're growing your hair out, trim every eight weeks and let the hair However, according to Day, plucking may create scarring that can lead to thinning or patches of hair loss.

The process to grow long hair can vary for each person and it's really about increasing the number of right things that you do for your hair.

There are a lot of myths out there about black hair: About what it needs and how it grows. To grow hair or treat scalp conditions, I've seen my patients use African American hair is the most unique and varied of all textures. A diet that is poor in protein, biotin and iron can lead to brittle breaking hair.

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Great article. I am happy to say now as of perm sales have drastically decreased as the black hair care market continues to increase. This is like learning how to drive all over!!! Also, I would put on my satin cap as to give it shape. Now recently my mom said that I should cut off alllllllllllll of my hair and go back natural smh. December 2, Keep me posted on your progress! A more intense moisturizing process. But is there any advice you can give?