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# If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair



## Synopsis

LOVE IT, AND WATCH IT GROW!! Thanks to Dr. Phoenix Austin, M.D., fitness specialist and natural hair guru, we now have a fabulous book that explains how to grow and maintain healthy and longer afro-textured hair. And with a head of gorgeous natural hair herself, Dr. Phoenix proves that she's not only talking the talk, she's walking the walk! In this book, you will learn:

- \* How afro-textured hair grows and why it's unique from other hair types
- \* How to stop hair breakage and hair loss that plagues many women with afro-textured hair
- \* How to best use nutrition and other health-based principles to maximize hair growth potential
- \* How to develop a life-long and flexible hair regimen based in holistic hair care
- \* How to leverage the power of Ayurveda, an ancient form of alternative medicine that has helped women grow beautiful hair for thousands of years

In truth, *If You Love It, It Will Grow* is more than a book, it's a philosophy! There is a great interconnectedness between how women feel about their hair and how they feel about themselves. Growing healthy, longer and beautiful natural hair is absolutely within your reach. It's all about giving your hair what it needs- that extra bit of TLC. *If You Love It, It Will Grow*! Praise for Dr. Phoenix Austin "If You Love It, It Will Grow isn't simply a clever title...it's the truth! I hope that you enjoy *If You Love It, It Will Grow* as much as I have and that Dr. Phoenix's expert advice is as good to your afro-textured hair as it has been to mine!" - Jamilah Lemieux. Editor, EBONY.com

## Book Information

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## Customer Reviews

Praise for Dr. Phoenix Austin's book: *If You Love It, It Will Grow* isn't simply a clever title...it's the truth! Here, you will find a holistic approach to hair care- and with a head of glorious, healthy natural,

Dr. Phoenix proves that she isn't simply talking the talk...she's walking the walk! I hope that you enjoy If You Love It, It Will Grow as much as I have and that Dr. Phoenix's expert advice is as good to your afro-textured hair as it has been to mine! --Jamilah Lemieux. Editor, EBONY.com

Dr. Phoenix Austin, M.D. is a certified Nutrition Specialist, best-selling author, and the creator of Dr. Phoenix brand nutritional supplements for Healthy Hair and Fit Body. For more information about Dr. Phoenix and her products visit her site: [DRPHOENYX.COM](http://DRPHOENYX.COM). Watch Dr. Phoenix on YouTube at [youtube.com/drphoenix](http://youtube.com/drphoenix)

I got this book for a family member and they live by it. They have notes, stickys, highlights, and tabs all throughout the book. We learned so much from this book (like you actually have to twist your hair to get that spiraled look, it doesn't just happen.) That may be an obvious thing to some people but when you're just going natural everything is foreign to you and you need a lot of help to get your hair where it needs to be. I have watched my family member's hair grow at a steady rate as they continuously follow tips from the book. The only complaint I have is that this book has NOOOOO glossary. If you need to quickly look up something you must skim the whole book or take to the internet which defeats the point of this book. However I recommend this book. Read it during your downtime, test out different strategies and see what works for you. Not all of her suggestions applied to us, but we definitely found this book to be helpful. It beats sitting at the computer and trying to gather info on your own. I also want to add that this may not be a book you read from front to back. I recommend skipping the life story and just skimming for the parts that only talk about hair.

As one who has had many ups and downs with natural hair, this book hits the mark - dead on. Dr. Austin is very straightforward about her own issues and her roller coaster of drama regarding the wish to go natural and then the trial and error phase of the process. But, what I am really enjoying is her humor about her experience. That Jamaican trip had me cracking up!! I actually read that part out loud to my 17 year daughter as we both embarked on the "Going Natural" journey together 5 years ago. This book is a great read and it is full of information about how to grow your hair. Currently, my hair is shoulder length and I purchased this book to ensure that I am doing the right things for my hair. And, so far what I am learning is that there is more I can do to get even greater results. Thank you Dr. Austin. And, I must add: YOUR HAIR IS GORGEOUS! And, if you can do it, we can do it too! Blessings.

Excellent book. I learned a lot about my own African-American hair which I never knew. I have implemented some of the information provided by Dr. Austin and have already seen results. For example, I never knew how damaging the brush and comb can be to our hair. Since I have begun to use my fingers to detangle and style my hair, I have seen a lot less shedding.

Other reviews have already described the book very well so I won't go into depth about its contents. This book for me was decent. I have already come across most of the information presented besides the Ayurveda information. I think this book is geared towards new naturals or those who have very little information on hair. Most of the information can be found online. What makes this desirable is that most of the information is given in one location. I think more than anything this book excels at getting you comfortable with having natural hair and understanding its qualities. She does go over her routines which was a plus. Her discussing things like hair envy and some of the problems with going naturals like the myth that as long as you have natural hair you will attain long lengths was refreshing to see. I know lots of naturals who became so disappointed when 2-3 years down the road their hair wasn't anywhere being where they wanted it to be. They simply were not retaining length. I don't really consider books like this good or bad. "Unless the information given is inaccurate." I think it depends on where you are in your hair journey and how much information you have already absorbed so you are not wasting your money. For those who have been natural for a while and have read a lot of information concerning natural hair, I would rent or borrow this, there is not enough new information presented that will make the shelf life worth the purchase. To me what would have made this book outstanding would have been a section on protective styling, e.g. two strand twist/buns and if possible with photos or some kind of drawing to relay how to achieve the style. Even if not a section maybe a directory of the various sites you could visit to get some of the information. "She does give some sites and book references throughout the book". But a section dedicated solely to this would have been appreciated. Overall I have to say this was a pretty decent book and it would have been a tremendous help had I had it when I first went natural.

This is a great book to have whether you have natural or relaxed hair. I've learned so much from this book. Dr. Phoenix Austin explains how to care for your hair through knowledge... Correlating growth with the way we "LOVE" our hair through, nutrition, low manipulation, the use of natural products, and practices to avoid. I recommend this book to my friends who are preparing to big chop or those who desire healthier hair. If there's any "natural hair" books you're thinking of purchasing

you will not go wrong with this book. By the time you get into a quarter of the book, you'll start caring (for) and loving your hair more. Plus if you follow her on Instagram, she has great nutrition & fitness tips!

I am 18 and I chose to read this book because my hair got damaged from dying and straightening it. My hair has been natural for 7 years now and I finally got my curl pattern back after full year of having no heat in it...that is before I colored and straightened it this past months. I realize I will never do that again! This book taught me how to love and care for my hair and to patient. This is a wonderful book and any African American female with afrocentric hair should definitely read this book.

I bought this book because I am in the process of transitioning from relaxed hair to natural. I was hoping because the author was a doctor I would get better information than from a blogger/naturalista. It did just that!!! However, some of it is just fluff which is worthless. I love being the boss of 'my way'. You don't have to read all books starting at page 1. I skipped around until I read the entire book. Sometimes I want the 'meat and potatoes', of it and then find out how/why the author wrote the book. It's not a novel or biography, but a journey!!! Good book.

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