Grow Hair Faster, Longer and Stronger

How to accelerate your hair growth!

Please read this eBook in its entirety in order to fully benefit! The introduction will open your eyes and from there you will read valuable info in each and every section!

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Introduction

Get ready to take some notes! Your search to make your

hair grow faster and longer ends today! Okay listen, before we start, I need to make you aware that there are countless shampoos, conditioners, supplements, treatments and drugs on the market that claim and sometimes even falsely guarantee accelerated hair growth or hair regrowth.

The harsh reality is that you will very rarely find a growth product that doesn’t contain harsh ingredients that counteract the effects of the few good ingredients in the product, if it even has any! There are companies (I’m not naming any names) that will blatantly use harsh chemical ingredients in their products knowing full well that the ingredients are dangerous and have been scientifically proven to clog pores on the scalp, cause allergies and to be skin irritants and the cause of diseases like cancer.

The truth is every time you use that product loaded with chemicals, it is going beyond your scalp and is being absorbed into your body by the largest organ that we have- the skin. So not only is the product most likely not doing what the company claims, it is also being retained by your body where it will accumulate over the years because the body is not capable of eliminating all of it out completely. Please “wake up and smell the coffee” as they say. The hair care industry has the world wrapped around its little finger so congratulations on getting out from under their grasp and read on!

# What To Avoid Like The Plague

I need to begin by telling you exactly what you need to avoid. Please pay close attention to this part and keep an open mind! What you are about to learn in this eBook will work with or without chemicals in your hair products but it will work even more efficiently AND FASTER if you avoid chemicals.

There are chemicals that are used in hair care products that will actually slow down your hair growth as well as cause breakage and shedding. They are also the cause of allergies and skin reactions like dandruff, scalp psoriasis and scalp dryness or an overly oily scalp. You see, these symptoms are your body’s way of reacting to these chemicals. Trust me, I used to have flaking the size of corn flakes even if I used those so-called dandruff shampoos and even the prescription shampoos and ointments weren’t solving the problem.

I will never forget going back and forth to the dermatologist and the stylist who just kept recommending this shampoo and that shampoo. It was a crazy cycle. It turns out that for a fraction of the cost of visiting that dermatologist and stylist, all I had to do was switch from fake, chemically filled products to natural ones to stop my psoriasis. My scalp turned from corn flakes to smooth, itch free, flake free, hydrated skin.

You know how more and more people are starting to catch on that pesticides in your food and processed food is bad for you, well I predict that it will eventually spill over into the hair care industry in a major way and it already has to some extent. So please open your eyes and realize what you are continually doing when you use these products. Scalp conditions definitely hinder your hair from growing at optimal speed. These chemicals attack your hair as well.

Go round up all your hair products right now- shampoos, conditioners, pomades, hair spray, gels, butters, creams, leave in conditioners, hot oil treatments. Look at those ingredients. Do any of them begin with methyl, propyl, petro, and butyl? Do you see SLS or sodium lauryl or laureth sulfate, ammonium lauryl sulfate, PEG, petroleum or petrolatum? I cannot possibly fit all of the chemicals that you can come across plus I don’t want to bore you but the above listed ingredients are the hard hitters when it comes to harmful, harsh ingredients that cause issues for your hair and scalp and hinder growth. They absolutely wreak havoc on your hair and scalp and some of them are used for industrial purposes!

You can go to naturalnews.com for proof of the dangers of these chemicals. Sodium lauryl or laureth sulfate (SLS) has been scientifically proven to slowly eat away at your hair strands and damage the hair follicles. Yikes! Some companies will claim that their sulfates are derived from fruits like coconuts but the reality is that by the time the processing is over, the ingredient is far from a natural derivative of a coconut. The only good that can come from coconuts is pure, unrefined coconut oil or coconut milk. Simply put, if it doesn’t exist in nature then you shouldn’t be putting it in your hair. Throw those products away and switch to natural products. Believe me, for everything that you currently use, there is a natural alternative.

Sometimes companies claim to have natural products but they are in fact *not* natural. So do yourself a favor and read the ingredients the next time you buy a hair care product and also if you get tired of searching on your own, I will recommend several natural sources. I do not sell any products but I do know of some reputable sources that carry 100% natural products specifically designed for each and every individual hair type from straight all the way to curly or kinky - [www.Justnaturalhaircare.com](http://www.Justnaturalhaircare.com), [www.naturalnews.com](http://www.naturalnews.com), [www.mercola.com](http://www.mercola.com),

[www.UncleHarrys.com](http://www.UncleHarrys.com), and [www.JannelleBeauty.com](http://www.JannelleBeauty.com)

**For those who think that they have perfectly healthy hair that grows fast, trust me, if you are using products with chemicals nd synthetics in them you have yet to see the full potential and length of your hair!**

I should also give you a heads up and tell you that your hair will feel different when you use natural products. This is because your hair is no longer being coated with synthetics and silicones that provide the ILLUSION of healthy or conditioned hair. It will begin to have a different feel and glow.Think of it like this. Let’s say that you have a leaky pipe and you put tape around it to “fix” or “repair” it. Everything is good right? WRONG! Well this is in essence what those synthetic ingredients do for your hair, absolutely nothing. They act as a Band-Aid instead of getting to the root of the problem like natural ingredients would.

Ask yourself this, why do clarifying shampoos exist? To remove product build up. And why do people get product build up? The answer is because those chemicals and synthetics in shampoos, conditioners and other hair products latch onto your hair and build up over time. Later in this eBook, if you have build-up I will be discussing how to remove build up naturally without using a “clarifying shampoo” which happens to be even more harsh than regular shampoos.

**The Shocking Truth about Vitamins**

Here is the shocking truth about those chalky hair vitamins. Inspections have proven time and time again that most hair vitamins are full of CHEAP binders and fillers that provide no real nutrition what so ever to the body. They usually only contain a fraction of actual vitamins but guess what; they are synthetically produced vitamins and provide no real benefit. They aren’t real! You might as well be taking sugar pills! It’s like feeding a single peanut to an elephant. It’s just not adequate.

Slick marketing or branding will make you think that you are getting a quality product when in fact you are not. Furthermore, many if not most hair vitamins and supplements contain magnesium stearate or other stearates. Top grade real vitamins will not have this ingredient. Just to be clear, magnesium is good for you but magnesium stearate is chemically produced and is bad for you. Stearates are the reason that your vitamin may actually be doing more harm than good. It forms a coating on the lining of the intestines preventing them from properly absorbing nutrients and vitamins that you are trying to feed to your body.

Even though newer technology has allowed companies to no longer use this ingredient, many companies continue to use it today because it is a cheap binder and is cost effective for them. So if you are going to take a vitamin it needs to be from companies that use real, wholesome and natural nutritional sources. Vitamins help us to keep an adequate amount of nourishment that gets fed to our body’s cells so that it can stay healthy and heal itself. Your body is constantly healing itself of things that you are not even aware of.

Your blood stream carries these nutrients all throughout your body and eventually makes it up to your scalp where it feeds the papilla the nutrients and then the papilla feeds the nutrients to the follicle. One of the dermatologists I interviewed couldn’t even properly explain how a follicle is positively affected by nutrients! Scary! All they know is prescription this and prescription that and topical this and topical that.

So what can you do to avoid stearates in your vitamins and avoid useless synthetic vitamins in general? That’s simple. Did you know that our bodies assimilate and absorb liquid vitamins much more efficiently than pills or tablets? The absorption rates of a liquid vitamin will surpass that of a vitamin in the form of a pill or capsule any day! Liquid vitamins are absorbed more by the intestines and get picked up and circulated by the bloodstream faster and easier. This aids the blood stream in carrying more nutrients to your scalp to feed the follicles! The more nourished your roots are beneath your scalp, the faster and stronger they will push through and grow. Please take the time to find a natural liquid vitamin. What I recommend is [www.drinkyourvitamins.com](http://www.drinkyourvitamins.com) These liquid vitamins come in several flavors and best of all they include what no one ever mentions when it comes to faster hair growth- MINERALS! Vitamins steal all the shine and for good reason but minerals are just as important!

Did you know that the mineral magnesium is the single most deficient mineral in people today? It is the mineral that contributes the greatest to the overall function of your body. Besides magnesium, there are a host of other minerals that your body needs and craves in order to function at its best and most likely, unless you eat a lot of healthy unprocessed whole foods, you are deficient and malnourished. Mineral intake is very helpful in growing hair faster. Think of Vitamins and minerals like a one-two punch approach! So get a wholesome, natural liquid vitamin that has minerals in it as well. Or you can buy liquid minerals separate from your liquid vitamins. E3Live is also a far superior liquid supplement that nourishes the body. People really underestimate the power of nutrients! But I don’t blame them because the majority of what is commercially available out there is inefficient. Only the people who hear by word of mouth or take the time to find out for themselves are aware of what and where to look for the purest and best of the best!

**Now Let’s Get To The Good Stuff!!**

Start Accelerating Your Hair Growth and Lengthening The Growth Phase!!!!

**If you don’t do anything else, do this first thing that I am about to mention because this is the key step in achieving accelerated hair growth**!

Forget those “hair growth pills” I have news for you, there is no such thing as a “hair growth pill.” These pills that are being marketed as hair growth pills are simply multi-vitamins that contain higher amounts of specific ingredients than normal. I have found a superior liquid form of the two things that you should be taking instead of useless synthetic” hair growth pills.” Liquid MSM and liquid Biotin!! You may or may not have heard about them but I bet you never thought of them in liquid form! These two factors have been scientifically proven to accelerate the speed of your growth rate and lengthen the time period of the growing phase of your hair! Stylist and hair experts are quick to say “Oh get a hair vitamin with MSM and Biotin in it” but what they don’t realize is that more than likely your body will only absorb a small fraction of that MSM and Biotin and most likely it is synthetic. You must take them in liquid form in order to get the full benefits get that hair growing faster and longer! I was already taking MSM and Biotin in liquid form for hair growth when I came across research that stated that scar tissue and bone calcification has been successfully treated with an intake of 5,000 mcg per day- broken up throughout the day. So I increased my intake of liquid MSM to 6,000 mg per day in increments throughout the day or in the morning and at night for one month. It was crazy how much growth and length I experienced in such a short period of time! MSM has been scientifically proven to lengthen the hair growth phase of the hair strand before it goes on rest. I still take it regularly. Think of it like pouring a fuel enhancer into your car’s gas tank, which would increase the efficiency of the gas and makes the car run longer. I had two things working in my favor, the fact that I took an increased amount and the fact that it was liquid which made it far more absorbent which allowed more of it to circulate to my scalp. It also broke up my scar tissue on my arm where I had had surgery seven years ago! I made sure to massage the area and pinch and prod every night and over time it went away!

For the liquid Biotin I took 5,000 mcg per day. Biotin prevents breakage, increases your protein intake, promotes cell growth, increases the elasticity of the cortex of the hair strand, protects against dryness and aids in the overall growth and health of the hair strand. If you routinely take the liquid form of MSM and Biotin every day you will notice that your hair is definitely exceeding its normal growth rate! It will be down your back before you know it. This is because your blood cells are routinely carrying the liquid MSM and biotin to your head where the dermal papilla feeds it to your hair follicles. In my opinion [www.tjclark.com](http://www.tjclark.com) TJ Clark Liquid MSM and Liquid Biotin is the best but as always I encourage you to look on your own as well and make sure that it is a pure, quality product.

### Do It Yourself Topical Growth Solutions

Next let’s talk about what to do topically. To accelerate hair growth from the outside do the following twice per week. You need an applicator bottle, 1cup of water, jojoba oil, peppermint essential oil, 2 sprigs of fresh rosemary (not the rosemary seasoning in your kitchen) and ¼ cup of fresh lavender (easily obtained online). Cut up the rosemary and lavender to allow more of its medicinal properties to be released. Add water to a small pot and heat on medium heat until the water is warm. Add the rosemary and lavender and cook for 7 minutes. Turn off the heat and let sit for another five minutes. Then drain the juices into a glass bowl and add 2oz of jojoba oil and stir vigorously with a wooden or plastic spoon then let cool off enough to be comfortable enough to apply to your head. Pour the mixture into an applicator bottle and add 25 drops of peppermint essential oil to stimulate the scalp and shake it up but not too much. Apply to your scalp and hair and gently massage it into your scalp with the tips of your fingers.

Next, put on a plastic shower cap and sit under a dryer for 15 minutes to allow it to penetrate. If you do not have a hair dryer to sit under you can wrap a hot wet towel around your head and keep reheating it until it has been on your head for 15 minutes. Rinse the mixture out fully. You may wash and condition after this but it is not necessary. You can find these ingredients at your local Whole Foods Store or any type of natural whole body or whole health store or online. Applicator bottles can be found at your local beauty supply store. Alternatively, instead of boiling the rosemary and lavender, you can buy rosemary essential oil and add 17 drops of rosemary oil and 10 drops of lavender oil to 2 oz. of jojoba oil and 1 cup of warm water in an applicator bottle and follow the same process.

#### Wake up your follicles

Pure emu oil has been scientifically proven to make hair follicles 20% more active. It charges the hair follicle and the hair follicle is kept in its androgen (growth) stage longer. It wakes up the blocked dormant follicles and the sluggish follicles. Emu oil produces thicker hair as well. It clears and blocks DHT, which is what is responsible for 95% of thinning and balding. DHT is the overproduction of dihydrotestosterone, which weakens, clogs and disables hair follicles. It also contains many essential fatty acids. Mix 1.5oz of Emu oil with 15 drops of peppermint essential oil and store in a small container. The peppermint oil will stimulate your scalp and work with the emu oil to increase its power. Apply minimally to the scalp and massage in and leave it in until the next time you wash your hair. You can get top quality Emu oil at

<http://www.e-mallglobal.com/emu-oil-DHT-blocker.htm>

#### Homemade Dandruff Control

As I mentioned before, if you stop poisoning your scalp and hair with those chemicals and silicones, dandruff and other scalp issues will vanish on their own! I have seen it time and time again. You have to think of it like this- if you are allergic to something then you avoid it like the plague right? Some people can tolerate these harsh chemicals better than others. But for now, until your scalp fully recovers, you can counter the effects of these chemicals with this remedy. Get a 4oz bottle of jojoba oil and add 25 drops of peppermint oil (stimulates), 10 drops of tea tree oil (heals scalp and natural antibacterial) and shake it up. Apply to scalp daily and massage in, do not rinse. Jojoba oil absorbs very easily and is non-greasy. It is also a healing agent and is used in salons and spas that practice the use of pure, natural products. Pau d’arco is also extremely reliable for clearing and preventing dandruff.

**Pau d’arco**

This is hands down the most powerful healing tea known to man and can be used topically or internally. It’s an all natural anti-fungal, anti-bacterial, anti-viral agent. But listen…you can’t just go out and buy it at the grocery store or some random website and expect to get the real thing. It is unfortunate but not even stores like Whole Foods carry real Pau d’arco. Whole Foods is a great store for many things but not this. Please be warned, you will find that there are sites that will sell it as low as $4 per pound. This is not top quality and it will do very little for you. You must get the kind that has medicinal value.

What Pau d’arco will do for you is keep microscopic fungus from setting up shop in your follicles and on your scalp! Everybody has this to some degree and some of course have it much worse than others. Pau d’arco will totally inhibit bacteria and fungus (that you cannot see) from forming. This allows your hair to grow at an accelerated rate because it is not being attacked and hindered. Your scalp will be super clean and follicles will produce hair more efficiently. As a side note, Pau d’arco tea has been used for many centuries and is widely used for treatment of many diseases. It is best to get the ground bark version because more of the medicinal value can be released when boiling it, thereby getting a more potent result than the shredded bark version. Real Pau’ d’arco can be purchased at-

<http://www.atlantishealthcenters.com/pau-d-arco-tea.htm>

**Preparation**-

For **ground** Pau d’arco-

Use a stainless steel pot or glass pot to avoid heavy metals like aluminum. Use 3 tablespoons of tea per quart of pure water and slow boiled for 20minutes. Strain the tea through a strainer to catch all of the grounds and let it sit until temperature is warm or tolerable for your scalp. Pour into a cup and take it into the shower with you and pour it on your hair after washing your hair. Massage scalp with finger tips. Let it sit while you bathe. Rinse out and condition or style as usual.

For **shredded** Pau d’arco-

Use a stainless steel pot or glass pot to avoid heavy metals like aluminum. Use 4 heaping tablespoons per 8 cups of water and boil for 20 minutes and follow the same directions as mentioned above.

#### Naturally Clarify Your Hair

Next I’d like to talk to you about organic apple cider vinegar. Regardless to what I tell you, I know that some of you for one reason or another will not be consistent in using natural hair products that don’t contain harsh chemicals and polymers that bind themselves into your hair and build up on your scalp.

Organic apple cider vinegar does what those harsh clarifying shampoos do but in a much gentler way. Organic apple cider vinegar is also a natural antibacterial and clears the scalp of bacteria. So to remove all of that stuff from your hair naturally, put a towel on your shoulders and pour enough organic apple cider vinegar into a spray bottle to totally saturate your hair and scalp. Spray it in from roots to tips and work it through your hair with your hands like you are washing your hair but do not pile your hair on top of your head. Let it sit for 5 minutes. Rinse out thoroughly and follow with shampooing and conditioning. Do this at least once per month if you don’t use natural products or if you feel like you currently have build-up.

#### Protein and Hot Oil Treatment in One!

Hempseed oil surpasses the protein content of coconut oil and even eggs. Warm ½ cup of the oil and apply it to your hair from roots to ends. Put a plastic shower cap on and let it penetrate for 15 minutes. Alternatively you may apply the oil and then sit under a dryer for 15 minutes. It’s a hot oil treatment and natural protein treatment in one! This helps to seal in moisture and strengthen the hair. Rinse and wash. If your hair is protein sensitive you may use apricot oil or jojoba oil instead. Do this at least once per month.

#### Deep Conditioning and Moisturizing

After you wash your hair deep conditioning is extremely important! Deep conditioning does not mean go out and buy a product that says “Deep Conditioner” then applying it to your head and rinsing it off. It means sitting under a dryer with a plastic shower cap on for at least 15 to 20 minutes after applying a conditioner from roots to ends that has great moisturizing ingredients such as aloe vera, water, avocado, rosemary and jojoba to name a few.

Deep conditioning means the conditioner has deeply penetrated and moisturized your hair. Without the indirect heat of a dryer or heated wet towel, the conditioner just sits on the outer layer of your hair. You don’t have to deep condition each time you wash but it should be done at least 3 times per month and at least 4 times per month if you have naturally dry hair. Your hair product ingredients, especially your moisturizer ingredients should include water. It should be one of the first ingredients in the list. Water is the basis of moisture and hydration. People tend to forget that. So make sure that you are looking for water in the ingredient list because it is the most important and makes all the other ingredients work more efficiently.

Curly and kinky ethnic hair requires further moisture especially on the ends. You should moisturize in the morning and at night with super moisturizing creams and butters that are water based and have ingredients like aloe vera and shea butter. You can also get pure vegetable glycerin from your local health store and add a little to your conditioner for extra moisture and hydration. Stay consistent with the moisture so that your hair does not continually break off which makes it seem like your hair is not growing when in actuality it is growing. It’s just that due to lack of moisture and breaking, your growing roots simply cannot keep up with the rate at which your ends are breaking off. But remember, liquid MSM and liquid biotin will speed up the rate of growth but still, you need to prevent the loss of your ends to achieve optimal length so stay moisturized!

#### Hair Tools

First let’s talk about heated tools. I think everybody pretty much knows that using heated tools every day or even every other day is murder on your hair. You need to make a commitment and force yourself to cut back on the amount of times that you use heated tools per week or just stop using them entirely at least until you get the length that you desire. Give your hair a break!

If you ever use a blow dryer please make sure that you use an infrared heat blow dryer. It is far less damaging on your hair and scalp because of the type of heat that is generated. Infrared heat also conditions the hair from the inside out and dries your hair much faster. This is newer technology but I am more than willing to bet that this type of heat will become the standard in blow dryers and other heated hair tools.

There are several online beauty stores that carry infrared heat blow dryers. The company Lava Tech carries two or three different types of infrared heat hair dryers including an infrared dome dryer to sit under. If you can’t get around using a flat iron then use an infrared heat, top grade ceramic flat iron to minimize the damage from the direct contact of the heated tool. Again, please start adjusting to using heated tools less. Your hair will thank you for it. Be creative and switch it up and try some new styles that don’t require direct heat. Treat it like a makeover!

Now about combs and brushes…the wrong combs and bristle brushes are actually very damaging. This is something that you are unknowingly doing to your hair and scalp every day that is hindering your hair growth. The only type of comb that you should ever, and I mean ever use is a seamless resin or bone comb. Why? Combs that are not seamless will literally scrape your hair like little miniature jagged shark teeth every time you run it through your hair. As you can imagine, this weakens the hair strands and makes them much more prone to breakage because of microscopic tears.

The seam on these damaging combs comes from the manufacturing process where two melted liquids are pressed together by a machine into the desired shape. Look at your comb. Sometimes you can see or feel the seam along the handle and in between the teeth of the comb. Seamless resin bone combs are readily available on the internet. If you have thick, curly or kinky hair you should use wide toothed seamless resin bone combs.

As for brushes, back away from the tough bristle brushes that scrape your scalp with every stroke and rip out hair prematurely. They also cause micro scrapes and scratches on the surface of your scalp. I really don’t even use a brush but if you do use a brush it should be a brush that has ballpoints on the end so that it glides on the scalp instead

of scraping and scratching the hair and scalp. If you are the type that is always messing with your hair and combing and brushing all the time please stop! You are causing unnecessary stress and premature shedding. Once you style it leave it alone unless you need to refresh it a time or two throughout the day but that’s it! That old wives tale of brushing your hair for 100 strokes on each side at night is laughable!

#### Your shower can wreak havoc on your hair and body!

How could a shower possibly be bad for your hair and body you ask? Well according to The American Chemical Society, research has proved that showers and baths give a greater exposure to toxic chemicals than drinking water. You are inhaling these chemicals during your shower and they are running through your hair and scalp as well.

This is no joke. Your skin (the body’s largest organ) is also absorbing these chemicals and they end up in the blood stream, which eventually circulates through the blood and up to your scalp. Your hair follicles are then subjected to these chemicals. The National Academy of Sciences states that people die in the US every year from cancers caused by absorbing contaminates in water. You are also absorbing heavy metals like mercury.

Your hair and body suffer from repeated exposure to these things. We live in a world that is not as pure, clean and natural as our ancestors. To filter out these harmful agents, for convenience I suggest you get a simple shower filter that will decrease your exposure at your local Wal-Mart, Target or Home Depot. But for the ultimate removal of all of these damaging agents get a KDF Carbon Shower Filter. There are numerous stores online that carry this filter. Mercola.com also carries a great filter that removes chemicals, heavy metals and bacteria in your water. Don’t be fooled into thinking that your local water plant is providing you with purest water! After you start to shower with a filter you will begin to notice that your skin and hair is not as dry after you shower. This is because you are no longer being exposed to the chemicals.

#### Water and Internal Cleansing

I know, I know… no one wants to hear it but drinking plenty of purified water helps your body stay hydrated and refreshed. It helps with proper digestion of your nutrients and elimination. A trick that you can use to make you want to drink water is to simply add mint extract to it and throw some ice cubes in there. That subtle minty flavor and heightening of your senses will keep you coming back for more!

As for internal cleansing, it is a must. There are things on the inside of your body that most people just are not aware of and don’t think they have. Things like fungus/candida, bacteria, parasites, viruses and accumulation of chemicals and pharmaceutical drugs that you took years ago- yep, that’s right, they are still in your body and they act like little road blocks all throughout your body.

Parasites take the nutrition from what you eat and leave very little for your body. Your body will work even more efficiently if you clean it out! Quote from worldheathmall.com – “Syclovir is an mFG (marine food grade) compound that may absorb 1,000 times its own weight by volume of bacteria, parasites, viruses and toxins. It safely contains them so the body can easily eliminate them by passing them through the bowels thus enabling the body to heal itself. Bathing in this product also helps relax & detoxify the body through the skin. One of the base ingredients in Syclovir is made from unique diatoms specifically processed for human consumption. This crystalline powder is a pH balanced, buffered, absorbent compound 100% safe. It is non-toxic and has no reported adverse side effects. The product does not cure anything. However, users worldwide report that it efficiently targets viruses, parasites, worms, Candida and toxins, etc., allowing the body to heal itself.”

Also, as mentioned before two of the best resources for cleaning your body internally are mercola.com and naturalnews.com you will truly be enlightened and discover the truth about so many things.

So there you have it! Before you know it you will be growing hair down our back! Take care of your hair both topically and internally. Remember to inquire and read product labels to avoid those ingredients that I told you about! Even if it says natural on the front, turn that sucker around and read the ingredients! Now start growing that hair faster, longer and stronger!

Disclaimer: I am not a medical professional and my words should not be taken as medical advice. All views and opinions shared are my own.