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# Childbirth Without Fear Book

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**Braid Therapy Hidden Cause Stiff**  
Braid Therapy Hidden Cause Stiff Use leave-in conditioner: When braids are too tight, your scalp feels the brink of it. If your scalp feels dryer and more tense than usual, apply a leave-in conditioner to soothe the area and loosen up the braids. However, you must keep in mind that too much leave-in conditioner can cause unwanted build-up and ...

**Braid Therapy Hidden Cause Stiff Neck Headache Low Back ...**  
The pain that accompanies cornrows, hair extensions or braids stems from the tension that the braid or weave puts on your hair and scalp. This tension can result in traction alopecia, a type of hair loss that is triggered by the braids, which pull on the hair follicles.

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After using braid in the past and then sticking with mono most of last year I've gone back to braid and when you get used to the extra sensitivity and lack of stretch and how it sits in the tides of the bristol channel it's just a matter of reading the bites, I've missed a couple of bites as I've been over enthusiastic when lifting into the fish and probably bumped them off, just needs a more ...

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#### **How To Write An Emergency Plan**

Medical conditions like diabetes and hemochromatosis, which cause your body to produce too much iron. Occupations that put repeated stress on certain joints in your hands and fingers. The signs and symptoms associated with arthritis affecting the hands may differ depending on the type of condition.

#### **Arthritis In The Hands - Symptoms, Causes, And Treatment**

Rheumatic Conditions – Rheumatic conditions can make neck a vulnerable area, which often experiences muscle stiffness and pain. Conditions like rheumatoid arthritis, polymyalgia rheumatica or other connective tissue disorders can cause pain in the nape of neck, when the muscles and tissues of the neck get affected. Fibromyalgia, which is a condition that causes pain in the trigger points in ...

#### **What Can Cause Pain in Nape of Neck & How is it Treated?**

Spritz the braid spray on your scalp to prevent itching and lubricate your braids, which will soften and loosen them. Look for soothing sprays made with aloe vera, tea tree oil, sulfur, or lavender oil. Use this spray when you're getting ready in the morning and throughout the day as needed to reduce tension caused by tight braids. 4

#### **3 Ways to Loosen Tight Braids - wikiHow**

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