



cynwehr • [Follow](#)



**cynwehr** I have gone through many incarnations with my hair. From loving to hating it.

It's been always been a struggle to keep my hair full and strong especially as someone that struggles with on and off anemia. Pregnancy was amazing for my hair and then that postpartum hair loss just took away that confidence. To this day I work *\*really\** hard to try to my hair healthy and strong. It's still a journey for me and I also feel like more conversations about hair struggles are either not brought up, or brought up with hesitancy.

That's why I have joined and invite you to [@nutrafol](#) 's new community



47 likes

SEPTEMBER 21



Add a comment...

Post



cynwehr • [Follow](#)



hair struggles are either not brought up, or brought up with hesitancy.

That's why I have joined and invite you to [@nutrafol](#)'s new community conversation to Shed the Silence and normalize female hair struggles. This Facebook group is curated to bring our voices together and find support in each other's experiences, and take back our hair story.

Link in my bio to join the Facebook group and will be posting on stories today.

[#ShedtheSilence](#)  
[#NutrafolPartner](#)  
[#nutrafolinfluencer](#)

9w



47 likes

SEPTEMBER 21



Add a comment...

[Post](#)