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Boston, Massachusetts



sunguangyu Most of you have been around to hear my struggles about hair thinning for the past few years. Working in front of the computer every day definitely makes my hair unhealthy. I've made changes to the products I use including shampoos, styling products etc. and these tricks made me feel better about my hair.

Join me in Nutrafol's new community conversation to Shed the Silence and normalize female hair struggles. This Facebook group is to help us feel like we aren't alone, find support in each other's experiences, and take back our hair story.

[#shedthesilence](#)



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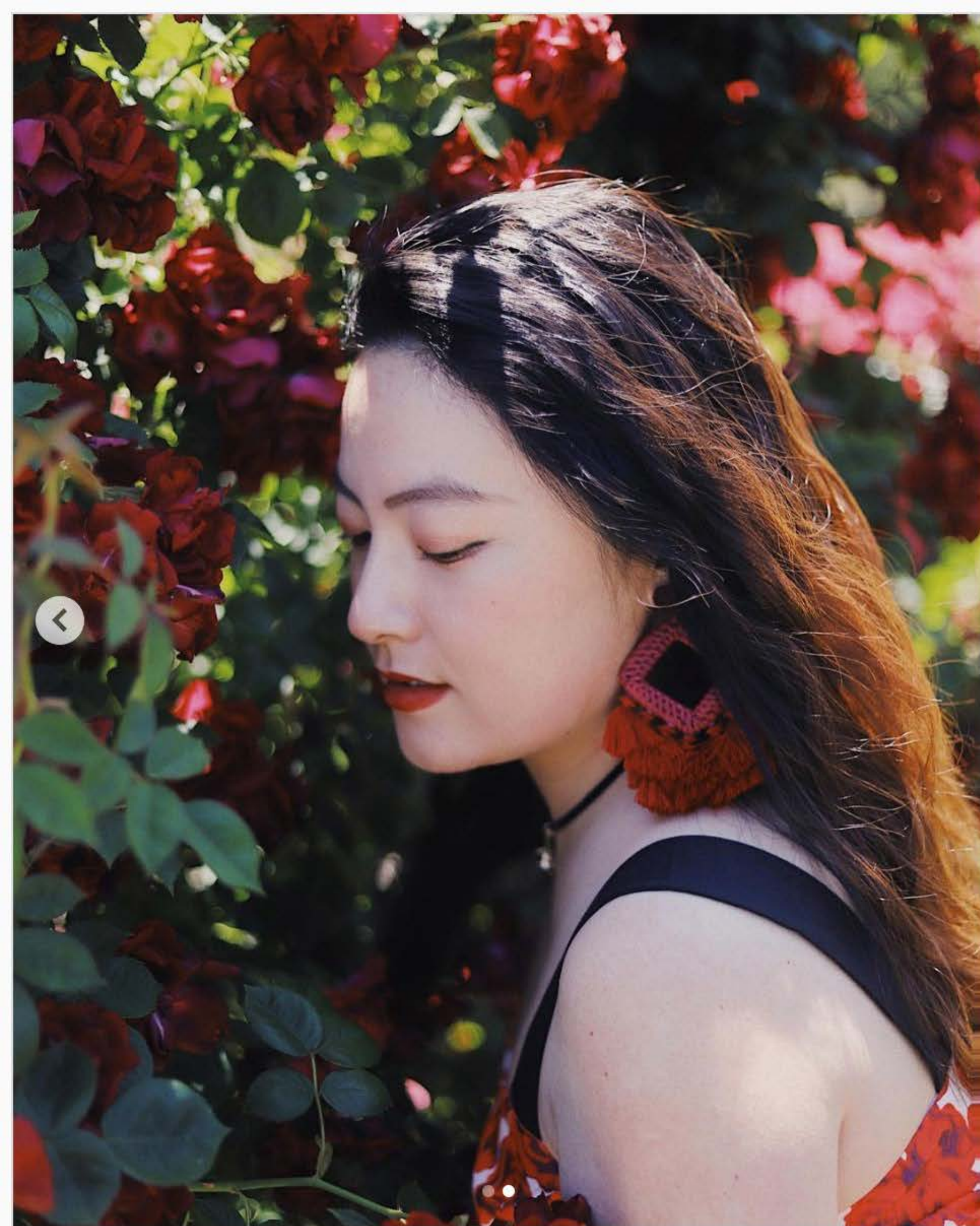
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