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skyehallidaywilson Harlow: the reason I live, the biggest blessing of my life. Also Harlow: the reason why I have like 4 hairs left to pull back into a sad ponytail 😞😞😞
Postpartum hair thinning is so frustrating. You'd think after giving up your body for 9 months you'd catch a break but NOPE! Postpartum shedding hitting me hard at 7 months postpartum. It's a confidence killer for sure to pull clumps of hair out of your head, just when you're starting to feel okay about yourself again. It doesn't help that as a trainer I'm constantly wearing a ponytail that highlights alllll my thinning spots... nice . SO! I'm starting my hair growth journey



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that as a trainer I'm constantly wearing a ponytail that highlights alllll my thinning spots... nice . SO! I'm starting my hair growth journey with Nutrafol postpartum formula. Created by OBGYNs so it's completely safe to breastfeed with! It targets the main reason behind PP hair thinning ; nutrient gaps, and I'm here for alllll the hair help. Want your best ever hair? Link in my bio for \$50 off a 3 month Nutrafol subscription! Not postpartum? Nutrafol Women's core is for you! [#nutrafolpartner](#) [#february23](#) [#postpartumhair](#) [#postpartumjourney](#) [#postpartumshedding](#)

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