Clarion Review

Health & Fitness

Learn How to Fight Pseudofolliculitis Barbae: Shaving Bumps & Ingrown Hairs

BeaSarc Industries
978-1-4343-5749-6
Three Stars (out of Five)

Psuedofolliculitis barbae is not a normal topic of discussion. In fact most people don't know what it is. Though it is not usually a serious health threat this condition which causes irritated bumpy and scarred skin afflicts many people. Also known as shaving bumps it is caused by ingrown hairs which are given opportunity to develop when hair is tightly curly or kinky and is closely shaved.

In *Learn How to Fight Psuedofolliculitis Barbae* BeaSarc Industries discusses the problem and its causes and gives examples of the normal expert advice on the problem by extensively quoting the American Osteopathic College of Dermatology. Unfortunately normal treatments don't seem to do much good. BeaSarc however presents the example of a man called Joel who struggled with psuedofolliculitis barbae for more than twenty-five years and has apparently beaten the problem using a system of diligent care and specific treatment.

Joel who learned how to deal with his problem had discussed it with many people and in asking them he found that "surprisingly they had never heard of this medical term nor knew that it was so widespread." One man who said he wasn't sure why his face broke out like it did had really "curly hair (almost like wool). His face was so badly damaged from psuedofolliculitis barbae it looked like the back of a chocolate and nuts candy bar!" Joel found that when he explained to people that he had found a solution "their excitement would be overwhelming."

Although it is a bit redundant and includes some tedious detail the book goes on to relate an intricate system of care. A regimen of cleansing moisturizing tweezing and much more is not only outlined but explained step by step exactly what to do and how to do it. The system even mentions the best products by their brand names. In some ways the system resembles advice from other sources but it is much more detailed stressing diligence in daily attending to the problem. It also includes some measures and products which appear to be unique to the BeaSarc Industries' facial care system.

The BeaSarc system may provide hope for those afflicted with shaving bumps. The system is detailed and sounds tedious in its application but for those who really want to overcome psuedofolliculitis this may be some real benefit. The book could be improved with some editing and shortening but the real value of a work like this is not in the reading but in the results.

David George