Good but not good enough

I started in 1987 identifying the requirements for black hair growth and dispelling the myths associated with our hair growth and care. As new books enter the market I feel it necessary to identify myths and inaccuracies that still occur especially in the industry.

Barry’s book has a lot of good information. I must admit I learned some things myself. I also must continue to inform consumers of where I still think Barry as a professional has missed the boat! Barry references my 2nd book Ultra Black Hair Growth II in his book or he stated on his reference page he used my book to compile his book. After reading his book, I am actually embarrassed to hear that he did, as he obviously learned nothing from my research!

Barry’s book was a collection of Barry’s thoughts as well as the thoughts of others. I skipped over most of the “other” filler because I wanted to know what Barry knows, not a bunch of “other” thoughts about our hair care. I did read the Dermatologist commentary and the Tricologist commentary. – Barry was supposed to tell me: Why Black Women are Losing their Hair. So I wanted Barry’s opinion not a bunch of “other’s” opinions. Buy the book it is quite good in some places but be forewarned it is misleading in others. I gave Barry 2 stars because I was disappointed at the answer he gave for the question HE posed – Why are black women losing their hair? My comments are not intended to disrespect but to invoke change from the top. The top is where our hair care information is coming from!

Page 27
Barry says “the beauty industry overall has evolved into a chemical waste dump, and in the process Black women are losing their hair.”
Cathy That is only partially true as our products are also garbage, (most serve no real benefit) and we lack adequate hair care information from the hair care industry

Page 41
Barry says: “Anyone who is serious about maximizing the length of their hair should have the guidance and counseling of a professional stylist and a dermatologist.”
Cathy Why? Professional stylists have always been my problem with growing hair in the past as I remember and you don’t see Whites, Indians and Asians running to the Dermatologist to grow longer hair.

Page 42
On growing hair Barry advises “Trim the ends a ¼ of a inch every 6 weeks to avoid split ends and breakage”
Cathy Trimming has nothing to do with breakage and it has nothing to do with avoiding split ends! – Barry’s premise is faulty
Why Are Black Women Losing their Hair? A review by Cathy Howse

Page 43

On growing hair Barry encourages the use of a hand vibrator to stimulate - twice a day, in the morning and in the evening to stimulate extra blood, nutrients, oxygen and hormones to the hair follicles.

Cathy
Why would I use a hand stimulator? – Do Whites, Indians and Asian people use one for hair growth? Don’t think so!

Page 44

Barry says’ “During pregnancy a woman produces more hormones and that is the reason hair grows faster.”

Cathy
It is because of the added vitamins and nutritional supplements that a woman takes that make her hair grow longer during pregnancy.

Page 44

On hair growth Barry says, “If you follow the guidelines mentioned here, you should witness up to six inches of hair growth in one year.”

Cathy
“Should” so you really haven’t proven this hair growth thing you mention here works huh? Barry’s hair growth method is very flawed and unfounded! He is missing too many key points necessary to facilitate long hair for black women.

Page 2

Barry states, “Contrary to popular belief, hair is a living organism ……”

Cathy
Hair is not alive but dead! If you mean to say hair cells, say hair cells but your comment is misleading the public! I realized that Barry does think hair is alive. See page 127 under Hair Bondage, the first paragraph. Barry I am appalled!

Page 5

Barry says, “To help avoid split ends, trim, the hair every six to eight weeks or in conjunction with your touchups.”

Cathy
Baloney. I have not noticed less split ends when I trim and it could just be my imagination but I think I experience more when I do!

Page 9

To strengthen the hair and reduce hair loss and breakage, Barry recommends a slant board and massaging your scalp with a hand-held vibrating massager to force blood, oxygen and nutrients through the capillaries to feed the hair roots.

Cathy
You don’t see Whites, Indians and Asian people doing this do you? This method would have no affect on breakage or strengthening.

Page 13

Protein is essential to hair growth Barry says. “According to Dr Engstand, if we wish to optimize the health of our hair, we should supplement our diet daily with the following:” (He lists 10 food supplements)

Cathy
Barry was apparently not sure about protein and hair growth so he asked Dr.Engstand, who recommended 10 food supplements? Whites, Indians and Asian people are not taking this to “optimize the health of their hair.” So why should we be different? Wrong place for the protein as associated with our hair growth/lengthening. The application of protein must be external.

Page 27

Barry states (in 2/98), As a speaker on the (American Health and Beauty Aid Institute) panel, he tried to impress upon them that the trend was that black women are losing their hair. He remarks, “They didn’t hear me though.”

Cathy
Perhaps they had read or heard something Barry had said and realized that Barry may do hair, but he is missing some pretty key info on hair basics! I am just a consumer who found these misconceptions. You really can’t represent if you sound foolish! I don’t have an Honorary degree from the National Beauty Culturist’s League like Barry. I do have common sense, which is how I developed my theory, and I presented my thesis to the world in 1990, 1994 and 2000 and it still proves to be true. What I do have is two very coveted honors: Who’s Who in America 2002 and Who’s Who in the World 2003 – this distinguished honor is given to only 50,000 people in the world 1 in 155,000 on the globe! You don’t get that type of honor talking foolish!