

## UBH Publications

---

**From:** jewels.  
**Sent:** Monday, December 19, 2005 5:33 PM  
**To:** ubhpublications1@covad.net  
**Subject:** thank you

Hello,  
I just wanted to thank Cathy Howse for her book and products. I already knew it didn't make sense to cut hair to grow it. I also knew by looking at the hair-do's of most hairdressers, hair stylist and barbers (unknown and famous ) that they don't know jack about hair in general and definitely "Black" hair! I wear my hair natural and after ordering the book and some products I saw results within days. My hair is thick but course and I live in humid Wash DC so most relaxers and press & curl products didn't work on my hair for long in summer. I wore wigs a lot with my friends asking why???. My hair would grow fast but a lot of it fell out because it was too dry but I still had a lot of hair left that was an unmanageable mess. Now my natural "Do" is soft, shiny and straight enough for me to see it has grown without breaking off as usual after a few weeks. I found this website by accident last year after years of seeking books on black hair for years in stores and libraries. Not one Black celebrity with her own hair seems to care about spreading true info to all of us, since I'm sure they have heard of the book. Again thanks for great products that work and information that was very helpful to me.

Jewelyn Sanders  
a very satisfied customer!!!!