

## UBH Publications

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**From:** Kamillah Phillips  
**Sent:** Sunday, November 06, 2005 8:55 AM  
**To:** ubhpublications1@covad.net  
**Subject:** !Going Natural, Afraid of Thinning Hair

Hi Cathy,

I just want to thank you for your research and your products. I have truly noticed a difference in my hair from when I first started using your products about a month and a half ago. As a black woman, your voice in the hair care industry has been truly inspiring to me. I am 25 years old. After 20 years of getting my hair relaxed, I have decided to go natural. I have watched my mom lose about 90% of her hair over the years and after doing my own research I have decided that her hair loss was not 100% hereditary. I've heard a lot of people say lately that hair loss is hereditary, but I don't think that's always true. My mother is the only woman in my family who has lost so much hair in her thirties and forties! I think her hair loss is due to years damaging hair care; including applying her own relaxer, using heat rollers, and finally switching from a relaxer to a curl and back again. I had her take your hair thinning survey too :)

Because my mom lost her hair, I have always been paranoid about losing my own hair. My hair is down to the middle of my back, so I've never had a problem growing it or keeping it long. My interest in preserving my hair really peaked when I was diagnosed with a scalp condition, Seborrhea dermatitis. The dermatologist told me my condition could be (but not always) hereditary, and if untreated it could cause hair loss. The doctor wanted me to wash my hair everyday. Instead I washed every 3 or so days until it looked like it was getting better. I first noticed a severe flaking reaction after switching hair products that I put on my scalp ---like that olive oil hair dress from Sally's Beauty Supply, and an optimum care pomade I used to use. Plus during that time I had just controlled my relaxed hair after Alicia Keys came out with her first CD :) Later, people told me I shouldn't have done that because my relaxed hair couldnt handle the stress of braids. All my life I have been taught to put grease, grease, and more grease on my hair and scalp (I was an ultra sheen kid). I have come to the conclusion that at a certain point your hair and scalp can only take so much abuse. So now I look for products with natural ingredients. I don't put anything on my scalp except for an occasional drop of natural extra virgin olive oil from the grocery store to help my scalp flaking.

The emphasis you put on washing your hair every week or 3 days has really improved the condition of my scalp as well. Now I never let my hair go more than a week without washing. I'm very glad that you are coming out with a book on natural hair. I only have about an inch of new growth and a long way to go, so I'll try to be patient. So just wanted to say thanks and share my story :) Your products really do make a difference and I try to tell as many people I can. Keep the good work and God Bless!

Kamillah

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