

## UBH Publications

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**From:**  
**Sent:** Friday, October 07, 2005 9:20 PM  
**To:** ubhpublications1@covad.net  
**Subject:** Testimonial

Dear Cathy

I've been meaning to write to you to say thank you for enlightening us black women with your common sense approach to healthier longer black hair. I also want to thank you for the 4" growth of hair I've accumulated since Dec 2004. I forgot to take a before and after picture, but my bangs were above my eyes, now they're at the bottom of my chin. The back of my hair was shaved and now it's 4", and I'm confident I'll get my 2" of growth by Dec. or Jan.

But before I found your website, I was going to the hairdressers frequently because I wanted to grow my hair out. But that failed because they of course recommended "trimming to make it grow" which clearly wasn't making sense to me because whatever I grew she would cut right back off. I also rarely go to the hairdressers b/c of their practices like spraying oil sheen all over your hair, which then gets all over your face, spreading sticky pomades on your hair to stiffen it, and using those scorching hot "oven curlers" that sizzle when put on your permed hair, and of course the dreadful 8hours it takes them to do it. This is why I usually do my hair myself. I'm not an expert on hair care, but I've been pretty good at managing and styling, as well as braiding my own hair, but I needed help in terms of health, I knew I needed to perm my hair less, deep condition more, and learn about what products and ingredients are good for my hair, and with this being my 3rd or 4th attempt to grow my hair long and not seeing any real results, I decided to do some research on my own.

This is when I bumped into your website. Although after unfortunately bumping into Grow Long Black Hair's website, I found they basically plagiarized from your book, and did not cite where they did their research, and I didn't think the women's hair was real on their website. You seem really genuine, your hair looks real, and my hair is proof your system works. I've always had pretty decent looking and soft hair, but my hair has never been this healthy before, the texture is completely different, super soft, and not dry or brittle looking and it's not limp or too thin looking from perming too much, I NEVER have dandruff, and most importantly it doesn't break as much as it used to, and I always get compliments on how healthy and shiny my hair looks.

Also I know you advise against braids, I do too unless you completely trust the braider to not make them tight and not keep them in too long and also only if they follow your system to the T- YES EVEN WITH THE BRAIDS OR CORNROWS. I grew my hair out of the in between stage using your system and YES with cornrowed hair that I braided MYSELF. That way I made sure they weren't too tight, and I'd keep the cornrows in for 2 weeks, but I washed them twice a week, deep conditioned under the dryer, and moisturized them twice a day until it grew to a length that I could wear a decent style which is what I'm doing now. It took alot of work but it was worth it, I didn't use my flat iron for about 5months, I could go 7-8 weeks w/o a perm, before I permed my hair every 3-4weeks, and used my hot curlers weekly. and Yes my cornrows still looked nice, in comparison to my co-workers who wore cornrows, mine always looked fresher b/c I washed them and moisturized them daily, while they didn't wash theirs at all. Even with my new length, to keep up using less appliances and processing, I either get my hair doubled, or after washing and deep conditioning, I'll simply put in 6-8 cornrows (my own hair), to set it, tie it with a scarf and let it air dry, and in the morning I take the cornrows out and I have instant ringlets. I either wear down or pin it up in cute funky styles. It's quick doesn't require any heat or processing. I can go 7-8 weeks before I need a perm. a big leap from my old habits.

But I just wanted to let you know how much I appreciate you helping us sisters out, and braids aren't that bad if handled with care, and following your system, as you said I knew God didn't intend only for us to have short unhealthy hair as we see so many of us with. Thank You soo much for sharing this with us and I'll keep you posted of my progress.

P.S. -sorry so long, but feel free to post this on your website if you wish.

Thank You Very Much,

Phylecia