

Cathy

From: Odessa Moore
Sent: Saturday, July 01, 2006 11:04 AM
To: ubhpublications1@covad.net
Subject: Results from using product after one week.

Dear Cathy,

God bless you! I am a 52 year old woman (soon to be 53). I purchased your products and the book Ultra Hair Care II, and began using the products right away, on June 26, 2006 to be exact. I first used the Apoghee hair repair treatment first and will used the Apoghee shampoo for damaged hair. My hair is (was) dry, brittle and broken. Over the years I have used weaves and braids because I always HATED my hair and simple neglected it. I had shoulder length hair about 10 years ago (from wearing cornrows for about 3 years), so I know it is possible for me to grow my hair longer, even if my hair is soft and fine, which it is. But over the years my hair has broken off, and I long for the shoulder length hair I had ten years ago. Presently, my hair is 5-7 inches long, but my edges are very short (maybe 2-3 inches in places). I recently got it into my head that the constant weaves and braids were and are ruining my hair. My attitude was "I don't have to take care of my hair because I will be getting braids or a weave anyway, so who cares?" Wrong. I finally decided I needed to change my attitude about my hair and learn to LOVE it. I did a general search for "hair care for damaged hair" and I came across your website. I saw other sites too, read them too, but after I read your website completely I knew in my heart and soul that you were absolutely telling the truth and not out to bilk people of their money. I like your common sense approach and the hard dedication you have to educating African American women of proper hair care techniques. I also like the fact that this is something I can do myself at home. And it is easy! I found out from reading your book that a simple change of mind is all it takes and the willingness to take the time needed to care for my hair, like I care for the material possessions I own.

I have to say, Cathy, that after one week there is little to no breakage now. Before using your products, my sink would be filled with broken hairs after brushing and/or combing it. I thought this was normal. Little did I know it was due to dry hair (well, I figured it out but did not know there was a remedy for it). Now, after using your product for less than two weeks, I can count the number of hairs in the sink on one hand. Actually, I have to look very hard to see any hairs in the sink because it is almost non-existent! I am not lying! I am truly amazed and impressed. After washing and conditioning my hair I finger comb it to detangle it, let it air dry and use a comb if needed, very gently. I wear a ponytail style and use the brush very gently only to smooth down the sides and edges after using the both of the moisturizers.

I know I am on my way to stronger, healthier hair now. I feel so empowered regarding my hair and the care of it. I had cornrows put in my hair yesterday (not too tight) to give my edges a chance to grow, and to avoid that comb and brush for a while; but I will be washing (once a week), and conditioning and moisturizing it every day. No exception. I plan to have the braids re-done every three weeks for about 2-3 months (just for the summer). Once I quit the braids (in the fall), I think I will flat iron my straight and will try to avoid relaxers anymore all together. We'll see how this plan works.

Now I know how to take care of my hair, even if it is braided, I feel confident about having the braids. I want my hair to grow to a nice length. I am not trying to achieve hair all down my back, just about shoulder length so I can wear a nice bob hair style or nice french rolls, in the future. I will be forwarding some before and after pictures in the future. I will also be keeping a journal of my progress as I plan to do the 365-day challenge. I have already forwarded the link to your website to my friends who have hair care problems also. It is never too late to begin a regimen of proper hair care.

In closing, I want to thank you for sharing what you have learned so freely with us. In the meantime, you have a customer for life.

Sincerely,
Ms. Moore
Sacramento, CA