

**Cathy**

**From:** Ross, Sharon Rene  
**Sent:** Tuesday, September 11, 2007 8:25 AM  
**To:** ubhpublications1@covad.net  
**Subject:** Thank You

Dear Ms. Howe:

I just wanted to thank you for publishing your book and giving such valuable information about how to care for and grow our hair. I am a bi-racial woman in my late 40s and my hair had pretty much stopped growing. I have always had long hair, but I had no idea how much I was damaging my hair until I read your book. In April of this year, I decided that I wanted longer hair (since my own hair would no longer grow), so I went to a so-called reputable salon to have extensions put in. After keeping them in one month, I decided that the maintenance was too much, so I had them removed. When the hair stylist removed the extensions, he also tore off about 3 inches of my own hair in the process. I had to have another inch cut off just to have my hair look presentable. Needless to say, I was devastated!!! While searching the web to find information on how to get my hair healthy again, I came across your website. I ordered your book and all of your products. I must admit that I have not followed the "conditioning method" down to the letter, but I am absolutely amazed at how much my hair has grown. Just yesterday, several of my co-workers commented on how much my hair has grown since that incident. I plan to follow your method step-by-step, and I am sure that my results will be even better.

I just wanted to say thank you for taking the time to research black hair and to write your book. It is truly amazing.