

## Cathy

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**From:** Laurine Nolan

**Sent:** Monday, June 30, 2008 5:08 PM

**To:** ubhpublications1@covad.net

Dear Cathy,

I was one of the 'sceptics' back in 2003! My hair is natural and it hasn't grown the 6 inches per year but it has certainly grown overall to about 8 inches (perhaps because of menopausal hormones), which I'm quite happy with. I get some weird looks from women who are wearing weaves etc. because my hair is natural and they don't believe my hair isn't some kind of 'natural-looking' weave - especially when I comb it into an afro - it looks like an Angela Davis original and I wear the big earrings too! I do have an afro wig but I rarely wear it as my own hair is just as big! One fellow afro hair sista called me the queen of the Afros. LOL!

I'm really glad I bought your book and followed the instructions as I can really testify that I know how to look after natural hair (no longer 'nappy' because of ignorance). My hair is silky looking and feels silky to the touch.

I recently went through a bad time, and neglected my hair for a few weeks and I saw the difference when I didn't look after it by washing every three days, conditioning and moisturising each day - it WAS DISGUSTING, itchy, uncombable and it started to shred which has now stopped because I am back on track and will keep up with this for years to come!

Thank you once again for this wonderful system, and more importantly, for sharing it with us!