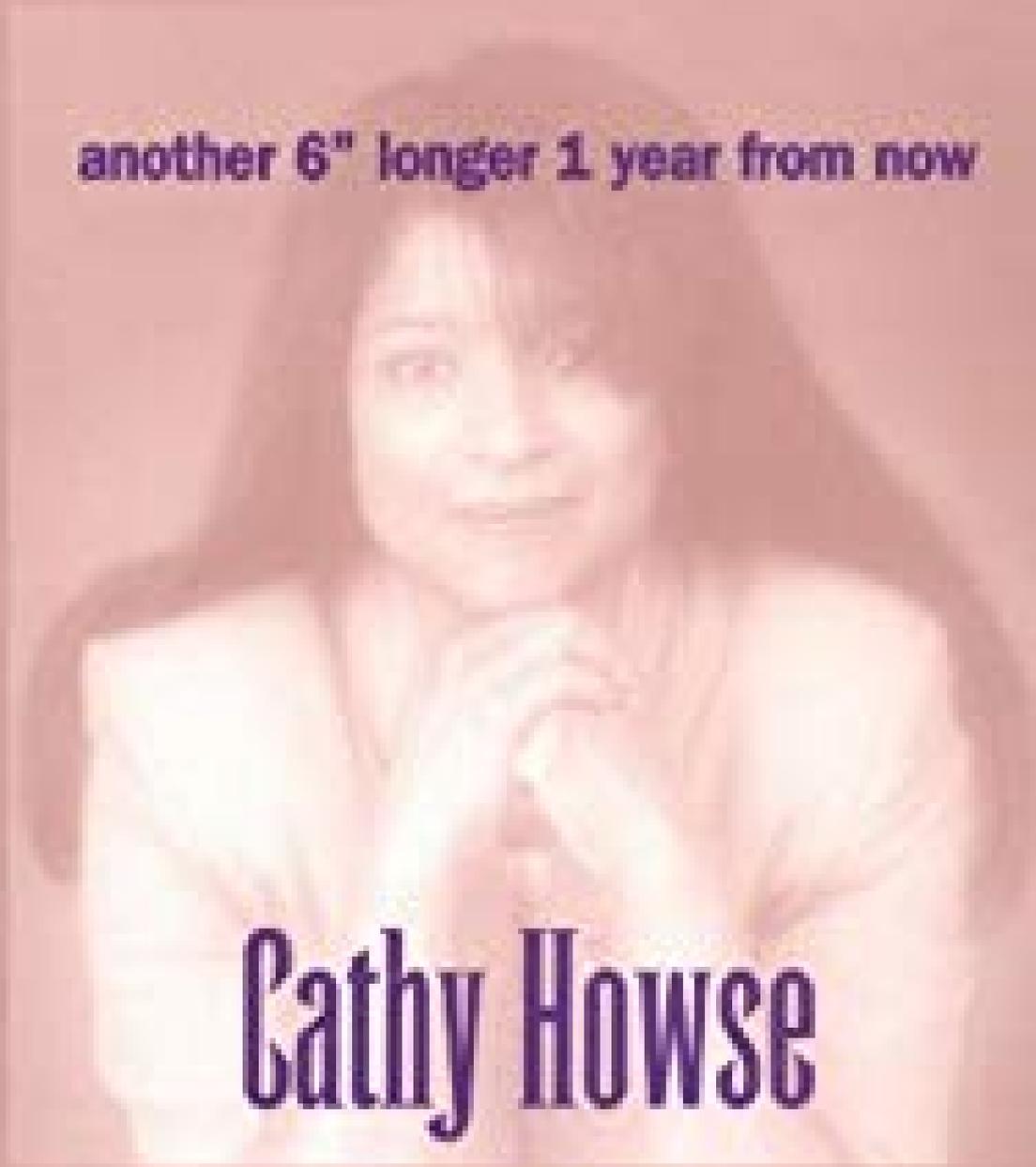


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Ultra Black Hair Growth II

another 6" longer 1 year from now



Cathy Howse

2000 edition

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Ultra Black Hair Growth II 2000 Edition



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Ultra Black HAIR REGROWTH II, 2000 Edition is the updated step-by-step manual to help black women care for their locks appropriately. Ultra Black HAIR REGROWTH II 2000 includes a "The techniques described in the book a decade ago still apply today.common sense" Still the only proven dark hair regrowth system for over 10 years. method of growing black hair.



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A Educational Guide to Looking after My Own Hair Type: We am African American girl with natural, soft, heavy and tight curl design coarse hair. The current length by 7/20/08 when straighten to its capacity is usually above my collarbone. Currently it really is growing as it ought to be at about 1/2 inches per month. This book has been so life changing for that I was very excited to attend a Ultra Black Hair Growth seminar presented by Cathy Howse at the Oakland Black Expo on 7/19/08. From age 12-23 yrs I wore my hair in extensions (braids, cornrows & Also, the organic hair information/community has come quite a distance since she first wrote this book. beauty supply stores was better off wisely stored in 401(k) retirement account. The CH method the bottom line is. I decided to get one of these full sewn-in weaves. I was hooked from the summer of 05' until this past March of 08'. It had been expensive b/c I would spend around \$150-300 to 3 different hairstylist to apply the weave and shelve out another \$45-80 to beauty supply stores for Velvet Yaki locks that I usually purchased and another \$15-40 for a hair piece. The sewn-in weave would just look good for about 6 weeks before my natural new growth underneath will be exposed around the edges but because of the expense I'd leave it in for an additional 4 weeks. I was sick and tired of being cheated by hairstylist and beauty source stores. To make matters worse the wonder supply stores (Asian run and fake hair manufactured in China) in my region hiked up the price btwn 20-30% for the Velvet Yaki hair. The testimonials were convincing, so I thought I'd give her products a go. the tracks would occasionally be visible. Condition hair with a conditioner which has protein to reinforce, oils to lubricate, and a stimulant. hair tracks would recede back as my natural locks that was cornrowed underneath grew and loosen. -My scalp would constantly itch. -Trying to exercise & EASILY may offer advice, be careful in buying her products. -When I would take the locks down, b/c my locks had not been washed in 2 1/2 months, I would have a whole lot of my organic hair come out because of natural daily shedding, breakage and a great deal of dandruff. I recommend it. the high cost of getting a weave performed. The money I was shelving out to hairstylist & So I resorted to braids again to grow my chemically processed locks out. So with the urging of my boyfriend who during our romantic relationship expressed his opposition if you ask me putting on weaves and strongly helping me wearing my normal hair out directed me personally to Cathy Howse's Ultra Dark Hair Growth II publication that he discovered in April 08' right here on Amazon.com." I must admit, though, that Cathy acquired very good factors in "back to basic" hair care... After scanning this book and her latest book, this book is a million times better. While some would consider \$16 for 16 oz. I got to touch her hair and she lifted it to show it is not a weave. I will admit that it has taken time for me to get make use of to wearing my natural hair out and following Cathy's measures 100%. For the first two months (following her "wash your locks every three days or, at most, once weekly" regimen with her Deep Penetrating Conditioner (with proten, to harden your hair), followed by "an instant conditoner to soften the locks shaft"), I found some improvement in my hair. & I thought "that is too great to be accurate. She actually is fantastic. damaged hair. -Deep conditioning for 30 mins under my hair dryer with Cathy's UBH Deep Conditioner. -Blow dried out comb while hair is definitely wet on cool low environment. -Moisturize with Carol's Daughter Healthy Hair Butter. -Tie hair up with a 100% silk scarf. Hair Backgroud: We was 10 yrs outdated when I got my first chemical substance texturizer. of conditioner expensive, it really is truly well well worth the price and more that a lot of of us African American females possess shelved out to your hairstylist to accomplish a hot oil treatment or even to beauty supply shops for a pack of individual hair. It really is her own hair! And it is long and gorgeous as you discover in her photos online. Repair shampoo that is for over-processed & I commend her for being bold enough to turn out with her study that she put on herself and listing the dark haircare myths. Yet unfortunately we will still have a great deal of African American ladies out there who'll rely solely on the hairstylist or a cheap hair product to create their locks grow a wholesome 6 inches a 12 months. Proper self-maintenance accompanying by the proper products with the right ingredients assists your hair grow to its maximum healthy length. The Ultra Black Hair Growth II book is the first step to achieving that. As such, watching a few natural hair vids on YouTube

would add to the beginner learning curve.] website. But I do believe we use the brush to help style our hair. Personally I think that she wasted a whole lot of paper because her technique could have been written on one 8 1/2 x 11 sheet of paper. It is very useful and helpful info constantly. When I graduated from college in 05' I was 23 and ready for a change. 1. Shampoo hair every 3 times using one lather (shampoo) to cleanse. Sure, I really believe that you ought to deep condition your hair once weekly, but making use of your own conditioner could work just as well. Five Stars Very informative. Moisturize daily (preferably twice daily) with a creme moisturizer or spray moisturizer. 3.-Hair piece & Deep condition at least one time weekly under a hooded dryer for 20 moments. Why should you condition your locks twice over? Five Stars Informative VERY USEFUL and Useful Information Very informative. Avoid direct high temperature. (i.e curling irons, blow dryers) 5. Avoid brushes.. She also state that it is not really essential to apply anything to the scalp. :) Good Book with Great Guidelines, But . * Ms Howse also mention that trimming ends are not necessary.. I don't regret investing in her book. Sun) weekly with Garnier Fructis-Strength & Utilizing the Ultra Black Hair Growth II book: I purchased the Ultra Black HAIR REGROWTH II book in April 08' and immediately after reading bought her deep conditioner at [. However, I came across her pushing her products as being much better than any other product out there. Wearing a Weave: Though I'd get a great deal of compliments after getting my locks weaved in it just looked really good for about 2 weeks before the following might happen: -Weave hair would begin to thin & They are the actions I currently follow: -I wash my hair 2 (Wed. But as I continued to follow her regimen, I started to experience even more breakage. From what I collect reading other evaluations there exists a recipe published out there that you could modify to meet your needs. As far as using a hair brush, I don't believe that most females of color follow the "100 strokes a day" to distribute oils in their hair -- it really is abusive. Use a shampoo that's specified for dried out damaged locks, color treated locks or chemically treated locks. My hairdresser has taught me this and today I experience almost little to no breakage. I went back to using my items and have seen a major improvement. There are grammatical error but the information is useful. They say when something is too good to be true, it usually is. I went on Cathy Howse's web site and read about her products and all the testimonials. bath/shower with the weave was always a headaches b/c when the locks would obtain wet from my sweat or drinking water it would mat up and appearance stringy. I believe if you are using the products you usually buy and follow her guidelines, you will have achievement in achieving long hair. 4. I really like all her books and details. The rest of what is in the reserve are page fillers. 2. Great information This is book thorough in assisting you to understand how exactly to grow and maintain black hair. It really is a very practical common sense approach. Period for a Change: We was sick and tired of the maintenance & Pretty good I like how relaxed and natural locks is addressed. I am organic, but used to be relaxed. Some of the info helped me to create sense of my previous journey, along with help along the existing one. I don't agree with all of it, but it is better than most books out generally there. I wish there is a more updated version. Insufficient information provided. Okay publication, but if didn't provide just as much as I know about hair now. Thorough This is an informative book for beginners, I believe. The majority of your questions could be answered by reading the Q&A on her behalf website. twisties) and at some point in college I acquired another chemical texturizer generally completed by my God Mother who I afterwards discovered applied the chemical incorrectly and thus my locks broke off. Up to now my locks is: -Healthier-Less shedding-Even more manageable-Growing about 1/2 inches of locks per month-Moisturize Great to increase a reserve collection. As offers been mentioned in other reviews, there have been a few typos - I counted 3 and 1 of these was funny (so extra points). The publication was well-organized, comprehensive and informative. It's most likely worth half the money I paid as this information is old news at this time - and can literally be found on any natural locks website at this stage. But I didn't return it, in order that says something. Three Stars Not bad, simply keep it goin.



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