

News & Views

Absolique Hair Health Clinic

10th Edition

December, January, February 2013-2014

Happy holiday is the theme and how to keep up with your topical and nutritional treatments and still have fun. Also a few words on how to use Green Qi properly, no cheating! Adding to HomeCare for more hair than ever... and refreshing your memory on the difference between pattern thinning and hair loss plus our latest news and happenings.



Holiday Hair Care

Christmas is creeping closer and hopefully you are getting ready for a holiday. Packing for travel can be daunting especially when you have a Hair Loss Treatment regime to follow.

If you are in the early days of your Hair Loss Treatments it is best to follow your HomeCare instructions exactly as set out for you.

If you are half way through your Hair Loss Treatments or on maintenance your results will not be affected if you follow this simple regime every time you wash your hair whilst on holidays: Scalp Brush

Therapy - Absolique Scalp Cleanser x 2 - Hair Shampoo & Conditioner (if required) - Actiance Practitioner Series all over the scalp 60-80 pumps. When you return from your happy holidays go back to your usual HomeCare Hair Loss Treatments.



Holiday Nutrition & DHT

It is important when you are following a Nutrition program or are blocking DHT naturally with HairScripts or Prostality to ensure effective absorption by taking the supplements with Green Qi. Normally you would need to take 1 tablet twice a day with Green Qi during Hair Loss Treatments. For a short time only such as a holiday you can follow the maintenance instructions and take both of your DHT blockers with one Green Qi once a day. If using nutrition you can half the doses of Feroxin (15ml 1/day), EFA Krill Complex (1/day), Revenol (2/day) and CPil

Plus (2/day). Orachel must remain the same (2/day). All must be taken with Green Qi (1/day) for holiday time only and for no longer than 2 weeks. If you are away from refrigeration or finding it difficult to travel with liquid, you can temporarily stop the liquid mineral Feroxin and use Orachel (4/day). Keep in mind Orachel will not deliver the 60 Essential Minerals as provided by Feroxin but for the short term (2 weeks maximum) you can do this for your holidays. It is recommended to return to your full doses twice daily with Green Qi as soon as you can. If you are in the first 6 weeks of in Clinic or HomeCare Hair Loss Treatments it is recommended that you stay on full dosages twice a day for best results. Happy Holidays!



Acid Buffer and Christmas Delights

Acid Buffer can save your pH from Christmas festivities such as yummy food that we know are bad and the celebration beverages whatever your flavor may be. If you are human like me you will let your hair down at some point over Christmas and give in to all of the goodies shared with family and friends. On those days make sure you take your Absolique Acid Buffer before bedtime. This will not necessarily make your pH 7.0 in the morning but it will assist the body to digest, absorb, heal, repair transport and help to eliminate upset tummy and hangover. Whatever you have planned for Christmas make sure you have a spare container of Acid Buffer and remember to keep it in the fridge once opened. Enjoy!



Green Qi - No Cheating

I know the thought of this green drink brings shudders to many, but you need to understand how very important it is to your Hair Loss Treatments when taking natural supplements. Stories are filtering through about taking Green Qi with other beverages such as Fruit Juice and Chocolate milk! It does not take a rocket scientist to figure out the sugar in these compromising beverages will most certainly override the goodness and alkalizing power but will also stop the nutritional supplements from working. So if you are going to spend time and money on Hair Loss Treatments and you have been advised to use the Green Qi don't cheat yourself and your hair, trust me it will most definitely effect your results.

Another no no is chewing gum after the Green Qi, this starts all sorts of digestive enzymes and contains sugar! If you really need to get rid of the taste (is it just me, I don't think it is so bad) try brushing your teeth, preferably with toothpaste that is SLS free. Personally I take the Green Qi in chilled water with a heaped teaspoon of the tangerine tasting 5ibre. Mix and drink quickly, the longer it sits the more intense the flavor. Another tip is to mix in a protein shaker. If you struggle with the Green Qi just get it down and use filtered water to take your Nutritional Supplements directly after. Also remember you should be hungry when taking the Green Qi which ensures no compromising environment in your tummy. For some half an hour is not long enough so take the

Green Qi when you are physically hungry and don't eat anything that is not alkaline or the wrong food combination until you are hungry again. For those with a fast metabolism you can have some nuts such as almonds, cashews, macadamias, pecans, hazel or brazil nuts with your Green Qi but they must be natural or roasted, not salted, flavored or oiled. If you have any questions please contact the clinic so we can make suggestions or how you can overcome the Green Qi, don't waste or not take your supplements especially in the first 4 months of Hair Loss Treatments. Cheers!



Adding to HomeCare for Continued Results

With the microscope as our eyes to your Hair Loss Treatment results we are finding in most cases we have not only corrected the hair cell and hair cycle of the visual hairs but also hairs that were not there and had no follicle opening. This means hairs we could not even see with the microscope are appearing after the first 4 months of in clinic Hair Loss Treatments. When there is room for improvement I will always recommend taking the clinic program home and adding to your HomeCare regime and replicate the correctional Hair Loss Treatments. By this time you are more than able to maneuver over the entire scalp with Absolique Scalp Tonique, Microneedle Therapy, add the in clinic 'Ampoule' after Actavance P and before Re-Stim Plus (if using these products). When you follow this HomeCare regime once a week you will over time grow more hair than you remember you had. If you have DHT you will continue to do your HomeCare treatment as advised on the days that you wash your hair, and then once a week add in the extra steps.



The ampoules come in a kit of 10 that will deliver up to 20 application = 20 weeks of HomeCare Hair Loss Treatments for \$167. At this stage you can also add in the HomeCare Laser Therapy with HairBeam (\$800) to 100% replicate the in Clinic Topical Hair Loss Treatments. Understand adding these steps will not replace DHT blocking, moving away DHT or Nutritional Therapy. This is a suggested add on not a replacement. Some of you may know that I have suffered from hair loss twice that I am aware of. Over the years I have done the in clinic correction and nutrition and kept finding more hairs with the microscope when I checked in every 6 months. So I decided to continue my treatment once a week and must say I have never had this much hair ever in my life. My family is amazed as they can tell by childhood photos that I never had so much hair. Why? In many cases the things that can disturb the hair cell and in turn the hair cycle are in our lives from a young age. Things like medications, formula milk as an infant, lowered immune system, compulsory immunization, auto immune reactions, sensitivities, allergies nutritional deficiencies, free radical exposure, chemicals, pesticides, preservatives and more....

See my hair before I started treatment and the volume I have now achieved and can still find new hairs appearing with the microscope. My weekly Hair Loss Treatment and nutrition with the Green Qi is now a normal part of my life and I hope it will be the same for you. Please consult with Absolique Hair Health Clinic if you would like more information and instructions on how to include these add ons to your HomeCare regime.



Difference between the Hair Cycle and Pattern Thinning

Your hair cycle controls every hair on your head. When the hair cycle or hair cell is disturbed it can result in diffuse hair loss or diffuse hair thinning. The key work here is 'diffuse'. Diffuse just like your hair cycle is all over your head and not in patches or patterns. Only in cases of alopecia will the hair be affected in patches, and this would

have been uncovered and discussed at the time of your diagnosis.

Then you have the pattern of thinning associated with dihydrotestosterone (DHT). This pattern only ever effects the top, front, recessions, crown and in some cases the sides of the head. This is a gradual thinning and never hair loss, the hairs do not fall out just from pattern thinning. If you are noticing hair loss understand it is the hair cycle and not pattern thinning.

So if you are doing treatment for pattern thinning DHT you can also have hair loss which can speed up the pattern thinning and not the other way around.

Too often when embarking on Hair Loss Treatments you are focused on every single strand of hair and in most cases this is the normal daily hair fall, not the pattern thinning.

Following instructions on pH testing will let you know your body balance to avoid hair loss during and after treatment for pattern thinning. Also understanding how starting and stopping medications and illness could trigger diffuse hair loss or diffuse hair thinning 3 months after the event.

Treatment for the hair cycle and pattern thinning should be combined when found at your consultation. Treatment for pattern thinning can be on its own but does not treat the hair cycle and treatment for the hair cycle won't stop hair loss if it is triggered during treatment but it can be slowed.

Additional understanding that these correctional procedures take time to reach the surface of the scalp and then have to grow away from the scalp for the hair volume and density to be noticed. Maintaining regular hair cuts will help to remove the old damaged hair which may also have hair breakage.



Nutritional Therapy with Hair Loss Treatments

At Absolique Hair Health Clinic we do put a lot of effort into teaching you how to apply topical Hair Loss Treatments at Home. We also stress the importance of your Nutritionals when correcting the hair cell and the hair cycle. The combination of topical and nutritional is the key to achieving your results especially in the first 4 months of Hair Loss Treatments. I understand some have difficulty taking the nutritional supplement but I beg that you contact us with your difficulties so we can make alternative suggestions and recommendations so your results are not affected. All the time and money you have put into your hair loss program could be jeopardized if you don't take the nutritionals as directed.

Minerals are essential for every cell and provided with Feroxin as the minerals are depleted from the soils and what is left is lost during processing and storage. Essential Fatty Acids have many functions associated with hair, skin, cell function and immune system and are now limited in the food chain, fish are now farmed, cows no longer eat grass and many vegetables are grown hydroponically under artificial light.

Our bodies natural antioxidants don't have the nutrition to work properly and the natural antioxidants in foods are processed out then we are constantly under attack from Free Radicals with our immune systems not able to function properly, we need to protect ourselves with Revenol a potent antioxidant. Then there are the Vitamins, we need both the fat soluble and water soluble vitamins in combination because they work to produce antioxidants and are precursors to the functions of many minerals and essential fatty acids. A good multivitamin is Orachel.

I hope you realizing that the body is very complex and requires certain things to function properly that traditionally we would get from our food. Our food chain has been compromised and sadly our modern day life makes it near impossible to go back to the natural farming methods that provided all we needed. So supplements it is to get the nutrition required for Hair Loss Treatments and really, your health. Think back to the cause of your hair loss or hair thinning, in most cases it was something to do with your health which created a body imbalance associated with some type of nutritional deficiency. We cannot fix hair cells and hair cycles without nutrition, so please take your supplements!

For more understanding on how your food chain had changed get hold of 'The Omnivores Dilemma' available on Amazon, book or audio CD set, a scary journey through the industrial changes that have taken place in our food chain dating back to the 1900's.



YouTube Instruction Videos

Every step of HomeCare Hair Loss Treatments has been covered in a Video that can be found by going to our website www.absoliquehairhealthclinic.com.au and clicking through to our YouTube channel or download our app from the website above to watch on your android or iPhone. There are also videos on the results we achieve and many other topics. If you would like a particular topic recorded let us know.



New Online Shop Coming Shortly

After many months of work we are in the final stages of making our Online Shop go live. We will be limited to ship only within Australia at first. For HomeCare clients this will be a convenient way to order your maintenance products. Our email and phone order systems will still be available. Sadly our 'professional prescription only products' such as Activance Practitioner series and Re-Stim Plus will not be available online as a diagnosis is required before using these products.

All other products will eventually be available but we have started with the most popular 10 products. Neways products are available at retail price or we can help you set up a Neways account to order from them directly at wholesale price which is less 30%.

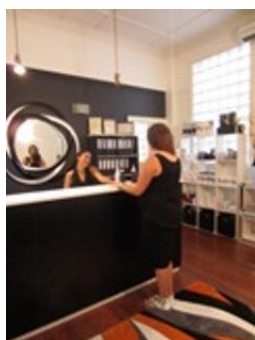
Here is the link <http://shop.hair-loss-treatments.com.au/> Happy shopping!

**Sometimes What You Want
Isn't Always What You Get,
But In The End, What You Get
Is So Much Better Than What
You Wanted**



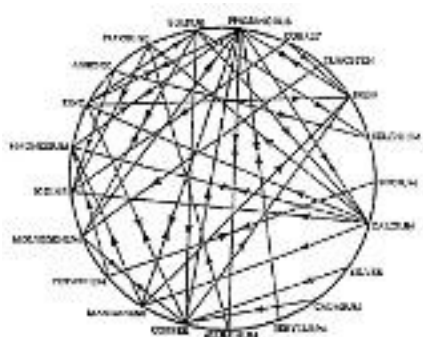
Give the Gift of Hair Health

Don't know how to tell that someone you they need help with their hair? Or want to help someone going through their hair health journey? This may be a kind gesture around the time of gift giving. We have Gift Vouchers available for any dollar amount to be used on products and services. Simply contact reception on 07 3229 3242 or reception@absolique.com.au to arrange Absolique Hair Health Clinic Christmas Gift Vouchers for family and friends.



New Look Reception

For clients visiting our Brisbane Clinic we have to warn you, reception has had makeover! Completed only recently, many clients have walked past thinking they were in the wrong place. We are still here just all new & shiny. Reception is Shop 23 Galley Level Brisbane Arcade 160 Queen St Mall Brisbane. We have new signs too. We look different but we haven't changed, we promise to deliver the best service and advice on hair loss and hair thinning with proven Hair Loss Treatments. Look forward to sharing our new look! My microscope now has a new room of its own too.



Iron Supplements and Synergy

A common cause associated with hair loss and hair thinning is low Iron. In many cases you are prescribed Iron supplements for low Iron. You need to ensure that the Iron in supplement form is NOT elemental as this type of iron will not absorb in the intestines. The best form of iron supplement is colloidal.

Iron is a mineral and all minerals have an antagonist. If you raise the Iron levels to high you will in turn lower another essential mineral. 60 Essential minerals are required by the body everyday. With Hair Loss Treatments the goal is balance as a constant high/low fluctuation is not body balancing and detrimental to hair and body health.

When using Iron supplements ensure you have regular blood tests to check your levels. In addition to help with balance provide the other 59 Essential minerals in the form of Feroxin, a plant derived colloidal mineral.

Iron also works closely with Vitamins B12 and Folate. Vitamins work in synergy with other Vitamins. So for body balance it is best to take a MultiVitamin that contains all of the water and fat soluble Vitamins such as Orachel. I hope the table on the next page helps you to understand the intrinsic synergy between vitamins and therefore minerals.

Vitamins	Synergistic Vitamins
A	$B_2 - C - E - B_3 - B_1 - B_6$
D	$B_{12} - E$
E	$A - B_6 - C - B_{12} - B_1 - B_5 - B_3 - B_{10} - D$
B_1	$E - C - B_6 - B_{12} - B_3 - B_5 - A - B_{10} - B_2$
B_2	$A - B_3 - B_{10}$
B_6	$E - A - B_1 - B_3 - B_5 - B_{12} - B_{10}$
B_{12}	$B_1 - B_3 - B_6 - E - B_5 - C - B_{10} - D$
C	$A - E - B_6 - B_3 - B_5$
B_3	$B_1 - B_2 - B_6 - A - B_5 - E - B_{10}$
B_5	$C - E - A - B_1 - B_3 - B_6 - B_{10}$



Absolique Team Photo from Melbourne Cup Day at Pony Restaurant Brisbane 2013

All Services, Products and Articles discussed are available from Absolique Hair Health Clinic. Have a safe and happy festive season. Please email if you have questions about any articles or would like me to cover a particular topic in future editions.

Yours in Healthy Hair & Merry Christmas,
Carolyn Evans I.A.T. Trichologist and the Team at Absolique Hair Health Clinic

23-26 Gallery Level Brisbane Arcade 160 Queen St Mall Brisbane 4000

Ph 07 3229 3242

And

Suite 3, 264 Pacific Highway Hornsby NSW 2077 Ph 02 8014 6916

Note NSW office is by appointment only, no products are kept on premises, all products are distributed from Brisbane.

Email: info@absolique.com.au

Websites: www.absoliquehairhealthclinic.com.au www.hair-loss-sydney.com.au
www.brisbanehairloss.com.au www.trichologistbrisbane.com.au