

News & Views

Absolique Hair Health Clinic

12th Edition

June, July, August 2014

There seems to be an underlying theme running through this edition, hormones, hair loss and hair thinning. These topics affect both men and women so to get a better understanding please read the entire Newsletter. Other topics cover pH, winter immunity, success story, recommended reading and Scalp Brush Therapy. Hope you enjoy!



pH is More Than The Food You Eat!

It is more than the food you eat today! Our bodies accumulate toxins from the day we are born and even when we are being created in our mother's womb. Think about your past and what you have been exposed to through food, lifestyle and the ever changing environment, plus medications, immunization, chemicals and pesticides. How many times and how often have you been exposed to these elements? Consider the effect these Free Radicals have on your immune system.

Through nutrition from food our body is supposed to have all it needs to support all body functions including our immune system. Modern living has been letting us down for a long time and our body's immune systems are running on empty, which allows for the Free Radicals to take over our bodies and cause havoc.

Often clients who are pH testing change some things in their life and wonder why their pH does not automatically change. Our cells store all the above stuff, it is wrapped in your fat cells as the body did not identify what it was, and it stays with you lowering your pH even when you go through a detox.

To achieve successful Hair Loss Treatment you don't necessarily need to raise your pH as we will help your body be in the required zone when taking supplements, but one must understand that if the pH does not raise on its own with healthful changes, you have Free Radicals in your body and they can be removed, if you wish. The process is called Oral Chelation Therapy, it entails a simple eating plan and supplementation for a period of 3-4 months. For more information on Oral Chelation Therapy contact Trichologist at Absolique Hair Health Clinic and in the meantime just drink the Green Qi and consider other things that affect pH: Lack of sleep, lack of exercise, overwork, worry, emotions, anxiety, negative thoughts and shallow breathing.



Success Story – Hair Loss Treatments

At Absolique we see amazing hair transformations every day after helping our clients overcome their hair loss. We like to share the results to show you're not alone in your hair loss journey. Hair Loss can happen to anyone at any age and this story of Miss M proves that anyone can treat hair loss.

Miss M visited Absolique at the age of 18 concerned about her hair loss that was noticed 7 months prior. Her hair texture had changed and her

hair volume had reduced and she was noticing changes to her hair line. She had always had beautiful hair and was very distressed about the changes to her hair and scared about the amount of hair that was falling.



After visiting Absolique we were able to determine with our combination consultation and microscopic diagnosis that Miss M had suffered diffuse hair loss from stopping the pill. The pill is for contraception and it works, but it should never be used to treat acne, oily skin, irregular periods, polycystic ovary or PMT.

The hair can react to changes in the body (removing a synthetic hormone such as the pill) 3 months after the event. Miss M's timeline was exact, so we are sure her diffuse hair loss was due to stopping the

pill. What we found with the microscope was 19 hairs per 1cm of scalp were not growing properly! This means her hair already had been thinning for many other reasons and this was exposed by the recent diffuse hair loss. In addition to Diffuse Hair Loss Miss M was found to have Female Pattern Thinning (FMPT), a problem usually found in women post-menopausal. FMPT is caused by Dihydrotestosterone DHT and associated with androgen dominant conditions such as acne, oily skin, irregular periods, polycystic ovary and PMT!

Miss M decided with her family to undertake the Combination Therapy of Natural Hair Loss Treatment offered at Absolique for 4 months and we are proud of her commitment to the program and so happy to share her before and after pictures that show the results and speak for themselves.

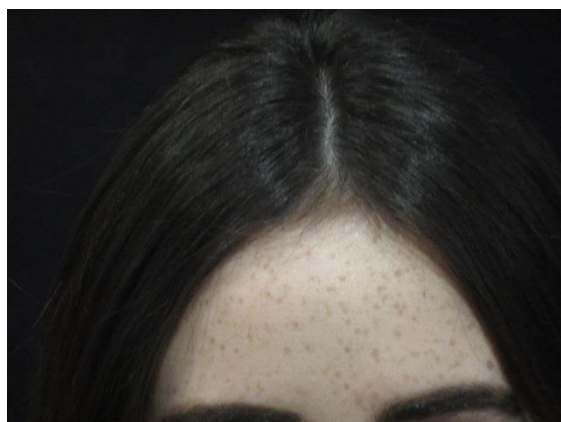
What happened to Miss M is happening to many young women everywhere in the world. Our message is that diagnosis is the key, do not stop the pill suddenly, and make sure you only use the pill for birth control as it was designed specifically for that. Don't play with synthetic hormones and help is always here to guide you at Absolique.

Miss M was excited by her results and has agreed to continue her Natural Hair Loss Treatment at home for further improvement. Read Miss M's journey through Natural Hair Loss Treatment:



"I'm feeling confident about my treatment and the future of my hair. The home care treatment is a lot easier than I thought it would be and the instructions provided make it very easy to look up how many tablets to take a day or where to use your micro-needle if you forget. The thing I'm probably finding hardest is waking up a little earlier to take my green qi so that it is digested on an empty stomach but luckily I don't mind the taste unlike a lot of other people! Already my hair is looking fuller, especially after using Activance which is my favorite product hands down!"

"My 'shed' has continued this week, although it has not been as stressful as the team's support and explanation of the hair cycle have put my mind at ease and I am no longer counting every individual hair. I slept over at a friend's unexpectedly this week and so I missed one round of green qi and vitamins - my first miss as I have been very consistent up until now. I don't think it has affected me too majorly and I don't plan on missing any more so it should be fine. I am excited for my appointment tomorrow!"



"All of the staff at Absolique are so much more than hairdressers; they care for you as a person and are willing to share their own stories to help you on your journey. Love coming every week."
"My hair is looking shiny and healthy though and there are a lot of new baby hairs popping up, especially around the hairline."
"I can see lots of new tiny hairs around my hairline!!! So excited for this, I can't wait to see them thicken up! So pleased about the new regrowth."

"The new growth around my hairline though is phenomenal!! The hair that is growing in is thick and dark and will hopefully grow to a long terminal length, I can't wait! So sad that I only have three more sessions with the lovely team left."



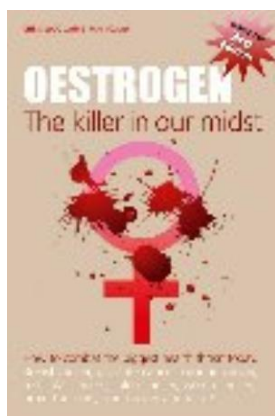
Are You Due for a Hair Health Check-up?

Life moves forward at a fast rate of knots. Things are forever changing and challenging. The environment is changing as is your exposure to the unseen. Stress fluctuates leaving an impact on your endocrine system and we have this thing called age...

Hair Health is reflective of body health and things can and do change. Once your hair health has returned don't take it for granted. Simple measures can be continued to protect your hair such as Scalp Brush Therapy, Scalp Cleansing and the use of topical antioxidant applications such as Activance.

It is also a good idea to have regular Hair Health Check-ups to ensure hair health keeps moving forward and in the event things have changed we can implement strategies to address them before the Hair Health deteriorates. If you have had a Microscopic Scope Session we will match that and develop a Scope Comparison to accurately see how the hair health is faring. If we don't have a Scope Session recorded for you to compare to we can check locations over the scalp as we did in your Hair Health Check or you can come and have your very first Hair Health Check experience.

Coming out of correctional Hair Loss Treatments and when on HomeCare it is a good idea to have a Hair Health Check Up every 6 months. When all is going well annual Hair Health Check Ups will suffice and also keep you updated with the latest technology for your health and hair. Hair Health Check Up takes up to 75 minutes and costs \$200. If a comparison is required a follow up visit of up to 30 minutes is included. Call reception on 07 3229 3242 to book your Hair Health Check-up.



Oestrogen - The Killer In Our Midst

Written by Chris Woollams M.A. (Oxon)

Reading this small 120 page book will help you understand and realize we are living in an Oestrogen dominant society. It will help you relate to Dihydrotestosterone (DHT) and the environmental influences you are exposed to. You may find ways to limit your exposure or decide to protect yourself with antioxidants and natural progesterone. The book does discuss cancer but also brings together in a readable form important research from around the world. It helps us all understand about the

dangers of the things we have been taught to easily take for granted. This book confirms that environmental influences are effecting our health and in turn our hair. Available online or from Absolique Hair Health Clinic.



Premature Grey Hair

Normally a heredity trait that is covered by hair dye until an acceptable age for grey hair, premature grey hair is now commonly reported by younger people in their teens, early 20's and 30's with no family history of premature grey hair.

The holistic approach taken by Absolique Hair Health Clinic teaches us that premature grey hair can be attributed to mineral deficiencies, overload of free radicals, insufficient antioxidants and body imbalance of vitamin levels especially B12 which is needed to cope with stress.

When the hair cycle and the hair cell are not functioning properly it can result in premature grey hair and also translucent hairs. Grey hairs have no colour because the melanocytes cannot produce your natural hair pigment. Translucent hairs are thinner than your normal hairs and don't have the required layers in the hair to produce or hold the natural hair colour pigment.

Both of these scenarios can be treated with a Combination Therapy approach which is holistic and provides the body, and in turn the hair cell all it needs to function as it should. At Absolique we track all of our hair loss treatments with a microscope and it is commonly noted the return of natural hair pigment once the hair cell is functioning correctly. Genetics can't be changed however with the right steps can be slowed and delayed and premature grey hair can be avoided. Contact Absolique for advice on avoiding and reversing premature grey hair.



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Post-Partum Alopecia – Post Pregnancy Hair Loss

Every pregnancy will include Post-Partum Alopecia. Some women notice this and some don't. Post-Partum Alopecia is post pregnancy diffuse hair loss. In the last trimester of pregnancy the daily quota of normal falling hairs remain attached to the hair bulb. 3 months after birth, 3 months after the menstrual cycle resumes or 3 months after cessation of breast feeding, the hair that remained will now fall along with the normal daily quota resulting in up to double the normal hair fall per day which could range from 140 – 360 hairs to be seen as hair loss every day! The

hair loss will continue for 3 months, it cannot be stopped and many women notice a change to their hair volume and texture at this time and it is believed these hairs should start to re-grow within 9 -12 months.

What I am finding as a Trichologist is when the hair re-grows it is not growing back properly. This can be due to many reasons but most commonly related to iron deficiency, blood sugar fluctuations, fertility treatments and deficiency of Essential Nutrition combined with lack of sleep and all the stresses of being a new mother. Keep in mind if the mother was deficient in any essential element before, during or after pregnancy it can in turn effect how the hair re-grows.

For many modern women they are having their children close together so as the body is recovering from pregnancy and post-partum alopecia the process begins again in an already nutrient deficient body.

When we talk nutrition it is much more than just the food you eat. It is also the elements that are in the food, even if you are eating 100% organic that affect nutrition then it must be considered how the body is digesting, absorbing and transporting the nutrients throughout the body.

Natural strategies can be implemented during pregnancy and post-partum to limit the damage and assist in hair re-growth through many types of nutritional therapies and Hair Loss Treatments. Book and appointment with Trichologist at Absolique to discuss the best options for you.





The Immune System and Winter

As the days get colder have you ever noticed that some people catch every bug that's doing the rounds and other people are always bursting with energy? Although it's easy to put it down to luck, it's often down to our inbuilt self-defense team - the immune system. When it comes to keeping your immune system firing on all cylinders through the winter months it's essential that you're getting your daily dose of Essential Nutrients such as; Minerals, Essential Fatty Acids, Antioxidants and Vitamins.

We can get most of our Essential Nutrients from our supplements or organic food, but much of our supply of vitamin D comes from our exposure to sunlight. During winter not only do we see less sunshine, and even when the sun is out, many of us are stuck in our offices or workplaces. When we do venture outside, our skin is covered up because of the low temperatures. So it might be a good idea to check that you're getting enough vitamin D. Have blood test of your Vitamin D levels to see if supplementation is required as Vitamin D is closely related to your immune system function.

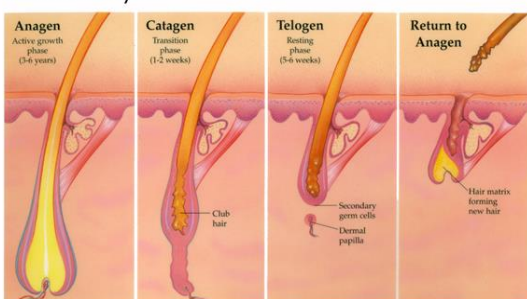
Whatever the time of year, it's important to get enough Nutrients to keep your immune system and its crucial killer T-cells up and running. During the colder winter months with colds, flu and other viruses out in abundance, supplementing and eating well become even more of a high priority. So minimise the comfort eating and nourish yourself with organic vegetables cooked in organic coconut oil and try to incorporate some raw organic food, even though it is cold.

One last tip, if your immune system is low add in some super synbiotics and healthful herbs as available in the supplements I use from Neways: Lacto-Flora, Ming VNN, Emperor's Formula and Transfactor. I use these supplements on a daily basis to support my immune system because of stress and environmental influences, and bump them up when I feel the tickle in the throat, or other symptoms of coming down with the flu and I beat it every time when combined with good sleep.

If you want to hear about what affects the immune system and why you need to build it up everyday contact Absolique for a complimentary CD and don't forget your base nutrients. Wishing you a happy healthy winter.



Hair Growth Cycle



The Hair Cycle and Hair Loss

‘Hair Loss’ is a term used to describe many different types of problems with the hair. There is a significant difference between hair loss and hair thinning and it is commonly misinterpreted. Hair Loss is the falling or loss of hair abnormal to that experienced from the normal daily cycle of hair loss. When this occurs you will experience double the amount of hairs falling on a daily basis but may not be noticed until you wash your hair. We should lose between 70 – 160 hairs per day every day,

when you are experiencing hair loss, this will be double or appear to be more if you only wash your hair once or twice a week.

Hair Thinning is mostly related to Female Pattern Thinning and Male Pattern Thinning caused by Dihydrotestosterone DHT. This is not a form of hair loss as the hairs gradually thin but don’t actually fall out until they reach the falling phase of the hair cycle, just like all the other hairs on the head.

Diffuse Hair Loss related to the hair cycle over your entire head can expose an underlying slowly progressing pattern thinning that leads many to ‘think’ that the pattern thinning is hair loss. When the hair cycle is understood and examined with a microscope by a qualified practitioner such as a Trichologist, it is clear to see the diffuse hair loss is the main concern which has exposed the pattern thinning.

Many modern hair loss treatments focus on DHT without understanding the hair cycle and diffuse hair loss, it can be seen why the singular hair loss treatments deliver minimal and short term results.

As a practicing Trichologist at Absolique I spend my days diagnosing and explaining the difference between hair loss and hair thinning and how both problems have very different causes and also require Combination Therapy Hair Loss Treatments for the best results.

Diffuse hair loss does not trigger DHT however if the underlying causes are there; hereditary, hormonal and environmental exposure, the cell that may be weak say from iron deficiency, imbalanced thyroid, nutritional deficiencies and other health concerns, can allow the DHT to build up quicker in the Pattern Thinning area than it usually would.

This can be seen and addressed by visiting Absolique for a Hair Health Check service that will set you on a path of recovery from diffuse hair loss, address Pattern Thinning and long term hair health. Remember DHT does not cause hair loss...ever!

COUNTERTHINK

*Antioxidants and Anti-Ageing*

Anti-aging is possible when the process of cellular regeneration is dominant over degeneration. In case of regeneration the cells replace themselves with stronger cells while in degeneration, existing cells are replaced with weaker one. The process of cellular regeneration is termed as anti-aging while the process of degeneration is called as aging.

Antioxidants address free radicals, which are the by-product of metabolism process and environmental factors and the cause of ageing to a greater extent. The best method to reduce the effects of free radicals is the presence of antioxidants.

Free radicals and reactive oxygen species (ROS) in particular, play an important part in aging. These are (usually small) molecules lacking an electron needed for stability; they will steal an electron from the first thing they bump into. Like pulling a cog out from clockwork, stealing an electron from a protein or enzyme is usually not good for the finely-tuned biochemical machinery of our cells. The free radical might be rendered safe in the process, but it has left some form of chaos and damage in its wake.

Everybody wants to look young, feel healthy and energetic. Age can't be stopped but the aging process can be slowed down through proper nutrition, limiting free radical exposure and the use of a trusted antioxidant in a pH balanced body.

Hair Loss Treatments at Absolique have to address cellular nutrition and free radicals with antioxidants to deliver the results we achieve over and over again with our Combination Therapy approach Natural Hair Loss Treatments. As a side effect to hair re-growth our clients experience anti-ageing effects of their skin, feel healthier and have more energy.

Read some of the testimonials from our Hair Loss Treatment Clients talking about the other health benefits: <http://www.hair-loss-treatments.com.au/about-us/testimonials/>

Once you have your healthy hair back we do encourage you to continue with your antioxidant regime as the exposure to free radicals is difficult to avoid without living in a bubble.

Antioxidants are supposed to be provided from food, but unfortunately even organic food lacks the minerals in the soil in which it is grown, therefore cannot produce the Essential Fatty Acids and Vitamins which help our bodies make their own free radicals.

Supplementation is your best bet to get the required Antioxidants needed for Anti-Ageing, the following ingredients in Neways Revenol have proven to be potent antioxidants: *Vitis vinifera* (grape), *Curcuma longa* (turmeric), *Ginkgo biloba*, *Pinus strobus* (white pine), betacarotene, vitamin C (ascorbic acid), vitamin E (d-alpha tocopheryl acetate).



Early Onset Male Pattern Thinning

Traditionally Male Pattern Thinning was a hereditary trait. Contrary to popular belief it can be inherited from either mother or father. It is a dominant trait, meaning you only need one gene from either parent and you will have it. Male Pattern Thinning can begin at any time after puberty, but generally follows the family pattern so you can get an idea of what age to look for the signs.

Average or should we say accepted age used to be men over 40 and had effected most men in some way by the age of 60.

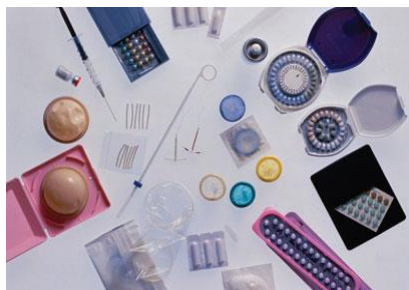
These days with all the environmental exposure to xenoestrogens (synthetic oestrogen mimics and hormone disruptors), there is a higher conversion of harmless testosterone to the active dihydrotestosterone (DHT), the cause of Male Pattern Thinning, in younger and younger men. It is not uncommon to see a 20 something year old with a shaved head trying to hide the fact he is balding much younger than his Dad or Grandad.

Xenoestrogens are hormone disruptive chemicals found in pesticides, plastics, vinyls, personal care and toiletry products, household cleaners, drinking water and much more. Once in the blood stream they can mimic the action of hormones. Ingredients to avoid: Formaldehyde, Phthalates, Parabens, Sodium Laurel Sulphate, Toluene, Propylene Glycol, Talc, Aluminium and many others.

As with technology, things have moved forward with Hair Loss Treatments and Male Pattern Thinning. It is now a choice to be bald no matter what the cause; hereditary, hormonal or environmental. Along with avoiding the obvious contaminants, we can naturally inhibit the DHT, reverse the damage from DHT and best of all; prevent DHT from having any effect on the hair.

Early detection is the key, if you notice changes in your hair, get help from a Trichologist who practises Natural Hair Loss Treatments. At Absolique we teach young men simple strategies to implement into their hair washing regime that can hold Male Pattern Thinning at bay. If the hair continues to change we look into environmental exposure and use protection in the form of Natural Supplements and Antioxidants.

For the Mothers, Wives, Girlfriends, Partners and Best Friends out there let the men in your life know they do have a choice! Contact Absolique Hair Health Clinic for 'Hair Health Check' a complete consultation, diagnosis, explanation, education and treatment options for Male Pattern Thinning.



The 'Pill', Birth Control and Hair Loss

It is known that stopping or starting any medication that changes body environment can trigger Diffuse Hair Loss. The 'Pill' and all other forms of synthetic contraception also fit into the category of medication and are perfect for birth control.

Most females don't notice the Diffuse Hair Loss after starting the medication which is always 3 months later, however, stopping the medication seems to be the one that is most noted by female for triggering Diffuse Hair Loss.

This Diffuse Hair Loss cannot be stopped and only begins 3 months after the cause, stopping the medication. The Diffuse Hair Loss continues for 3 months and then the Hair Loss returns to normal. This is when problems can arise as you have to wait for the hair to grow back and how will it re-grow?

Microscopic diagnosis at this point is essential to put your mind at ease, help you understand the process and implement Hair Loss Treatments if and when necessary to ensure healthy hair re-growth.

Birth Control methods tend to use synthetic hormones which interact with your own hormones and can trigger early onset Female Pattern Thinning in some individuals. It is important to also have this diagnosed and addressed with your Trichologist before, during or after using birth control. Never, ever use birth control methods to address Hair Loss or Hair Thinning!!!

Absolique will teach you to treat both causes and symptoms with Natural Hair Loss Treatments. It is important to consider your reasons to use or cease using birth control. Please don't make rash decisions to stop for the sake of your hair. Contact Absolique and we can guide you through this process.





Why Scalp Brush Therapy?

Consider this “scalp is skin”. You can’t wash away scalp scale, scalp oil and dandruff with Hair Shampoo. Preparing the Scalp prior to washing your scalp skin with Scalp Brush Therapy is a simple effective way to ensure proper scalp cleansing to enhance topical Natural Hair Loss Treatments, healthy hair and scalp.

Scalp Brush Therapy will stimulate the scalp skin, exfoliate the scalp skin, lifting scalp scale and scalp dandruff away from the scalp. Scalp Brush Therapy also stimulates the oil gland attached to the hair follicle, so the oil spills onto the surface of the scalp skin. Does not sound so nice but imagine, all that scalp scale, scalp oil and scalp dandruff, can now be effectively washed away with a Scalp Cleanser NOT a Hair Shampoo.

Additionally, Scalp Brush Therapy stimulates the arrector pili muscles attached to the hair follicles and in turn the blood supply. So you are in effect feeding you hair bulb, creating cellular energy and flushing out unwanted oil all at the same time. You certainly don’t want all of that debris left sitting on your scalp skin. It must be washed away as soon as possible with a Scalp Cleanser. Scalp Brush Therapy is fantastic for those suffering oily hair problems. In most oily hair cases, they can go an extra day without washing, and this is a big deal if you have to wash your hair every day because of oily hair problems.

Scalp Brush Therapy should take no longer than 1-2 minutes before you feel the warmth or tingling sensation on your scalp skin, and or the scalp oil spreading through the hair. Please remember, the old wives tale of ‘100 brush strokes a day for healthy hair’, is wrong!

How to do scalp brush therapy: Start with Brush Therapy over the entire scalp for minimum 1 minute or until you feel a warm or tingling sensation on the scalp. Brush Therapy must be on dry hair/scalp before you wash. Don’t do Brush Therapy unless you are going cleanse your scalp. We will teach you how or watch Scalp Brush Therapy by Absolique on YouTube.



ABSOLIQUE
HAIR HEALTH CLINIC

All services and products are available from Absolique Hair Health Clinic. Please email if you have questions or would like a particular topic covered.

Yours in Healthy Hair,
Carolyn Evans Trichologist and the Team at Absolique.

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