

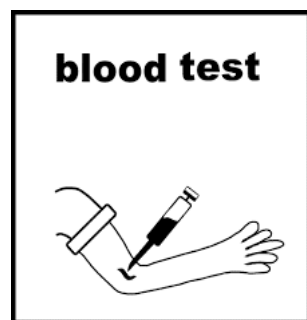
News & Views

Absolique Hair Health Clinic

14th Edition December 2014



Welcome to our Summer & Christmas edition with our thanks to you all for your contact, communication, dedication and commitment to health and healthy hair. Topics covered: Importance of Blood Tests, Essential Guide to Vitamin D, New Minoxidil 5% PG Free Low Alcohol, Scalp Lotion, Your very own USB Microscope, Skype Video & Phone Consultations, Sydney – Absolique Hair Health Consultations and Scope Sessions, HomeCare Hair Loss Treatments, Women's Hair Loss Treatments Results, Men's Hair Loss Treatments Results, Product Postage & Shipping Costs, New NRG – Nourish - Revitalize - Grow, Your Story, Brisbane Trading Hours & Christmas Closure.



blood test

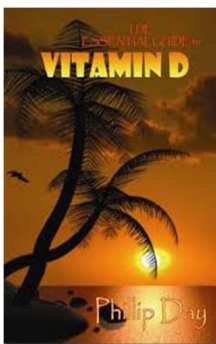
Importance of Blood Tests

Hair loss and hair thinning in most cases come from internal causes. Even if there are environmental factors involved they will effect health and body balance from within because of the extra stress and strain on the immune system from free radicals and other potential toxic elements.

Hair loss is a sign something is wrong internally with the most common causes being low iron and iron deficiency, thyroid imbalance and blood sugar imbalance. These levels can be easily tested by visiting your local GP along with testing for Vitamin D and B12 levels.

It is a good idea to mention to your GP that you are concerned about hair loss to ensure all elements related to hair loss are tested. Always ask for a copy of your blood tests results for your records and to bring along to your Trichologist, your doctor will read your results for health and your Trichologist will read them for things associated with hair loss, long term hair thinning and poorly growing hair.

It is also a good idea to ask your GP to include all past blood test results on your report as this makes it clear and easy to read health history and if any fluctuations or continuous lows are present. When there are lows, deficiency or health problems please ensure regular blood tests to be sure, at least every 6 months is recommended.



The Essential Guide to Vitamin D

This booklet is a useful round-up of what the experts are currently saying about vitamin D. The study here will also open up the microcosm of the human condition; the incredible intricacies of the cell; the relationship of light to human health; how the body has been uniquely designed to process sunlight in optimal amounts to prevent disease and even fix us when we are sick. Hopefully among the useful insights you will take away from this booklet will be a humble appreciation of how intricately ordered and finely tuned our Earthly condition is, and what we can do to enhance not only our own health

and wellbeing, but those of our loved ones and friends who will listen. Read on and be amazed."- Phillip Day

"Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more." - The Vitamin D Council

"Because vitamin D is so cheap and so clearly reduces all-cause mortality, I can say this with great certainty: Vitamin D represents the single most cost-effective medical intervention in the United States." - Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis

"Sunlight is more powerful than any drug; it is safe, effective, and available free of charge. If it could be patented, it would be hyped as the greatest medical breakthrough in history. It's that good." – Mike Adams, Author

"This is like the Holy Grail of cancer medicine; vitamin D produced a drop in cancer rates greater than that for quitting smoking, or indeed any other countermeasure in existence." - Dennis Mangan, Clinical Laboratory Scientist

"In all my many years of practice of medicine, I've never seen one vitamin, even vitamin C, have such profound effects on human health." – Dr Soram Khalsa, board-certified internist and medical director for the East-West Medical Research Institute

"Vitamin D insufficiency and deficiency is a worldwide public health problem in both developed and developing nations.... Nearly one billion people worldwide are deficient." – EurekaAlert

Check out this book and many more on important health topics, also available in downloadable format at <http://credence.org/>

Daily requirements for vitamin D are around 800–1000 IU, but larger doses are needed for people who are already deficient. For moderate deficiency, that is 15–25 nmol/L, oral supplementation with 3000–5000 IU daily for 6–12 weeks can be used to replete stores followed by a maintenance dose of 1000–2000 IU per day. Vitamin D status should be assessed 3–4 months after commencing treatment as vitamin D is stored in fat and muscle and there is a lag time before normalisation of serum concentrations. ¹

¹ Bischoff-Ferrari HA, Dawson-Hughes B, Staehelin HB, Orav JE, Stuck AE, Theiler R, et al. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. BMJ 2009;339:b3692. <http://www.australianprescriber.com/magazine/33/4/103/6>



New Minoxidil 5% PG Free, Low Alcohol, Scalp Lotion Formulation

Anyone who follows Absolique Hair Health Clinic will know Trichologist Carolyn Evans is passionate about eliminating and not using harmful and toxic ingredients because of the damage they can cause to the cell and immune system.

We have used and recommend HLCC Re-Stim Plus 5% minoxidil (also labelled as Absolique Re-Stim) for a long time now because of the aloe base instead of high amounts of propylene glycol (PG) and alcohol which can have negative, allergic or irritant reactions in some individuals. The success of the product along with our combination therapy natural hair loss treatments has been impressive with limited allergic reactions reported when used as directed by Absolique Hair Health Clinic.

However at Absolique we are always looking for better options, ones that are even safer, and ones that will deliver if not the same but better results.

Absolique Trichologist took a challenge to the amazing and caring pharmacist at The Hair Care Foundation and creator of Activance. He stepped up to the challenge that has never been requested of him to produce a 100% PG free and low alcohol formula of 5% Minoxidil with other additional properties to assist in blocking DHT and triggering hair growth.

We now have available Minoxidil 5% PG Free Scalp Lotion Formulation with:

- Vitamin B Complex, B2, B6, B7 and B12 (dermal active forms)
- Botanical Extracts, ultra-purity of Specific fractions from palm bark & fruits
- Quick drying time, little residue, moisturizing and soothing
- 5-ways action to stimulate hair growth

This formula is only available on a prescription basis, so please see the new procedure below. You must have a diagnosis by Trichologist Carolyn Evans at Absolique Hair Health Clinic. Once your health history is understood and have been diagnosed with Female Pattern Thinning or Male Pattern Thinning related to dihydrotestosterone (DHT) it can be advised if Minoxidil is suitable for you and if combination therapy is required to deliver results or if singular treatment will be effective. Absolique Scalp preparation is required for this formula including; Scalp Brush Therapy, Scalp Cleanser, Scalp Tonique, Microneedle Therapy and Activance.

Minoxidil treatment duration will be decided and prescription provided. You will then need to email your prescription to The Hair Care Foundation and call them for payment and the product will be delivered directly to you. Repeat prescriptions outside of initial prescription will require another Hair Health Check or Scope Session to ensure your health and hair status.

Cost is higher but the product is one of a kind and is very impressive at \$120 for 50ml glass bottle with recommended dosage at 1ml which will deliver 50 applications. For first four months it is recommended to use 3 times a week and never more frequently than once every second day.

HLCC Re-Stim Plus will still be available for those who don't wish to change. Contact Trichologist at Absolique Hair Health Clinic for more information.



Your very own USB Microscope

Microscopes are an accurate way to diagnose the difference between hair loss and hair thinning and useful to track results from hair loss treatments. If you live close enough to visit Absolique Hair Health Clinic in Brisbane or Sydney, Trichologist Carolyn Evans will use her microscope and demonstrate how to read the hair cycle, show the difference between hair loss and hair thinning, point out the different signs found on the scalp and check the quality and structure of the hair actively growing to advise the correct hair loss treatment options.

For those who cannot visit in clinic we have found it useful to use your own USB microscope to capture images over particular areas of the scalp and send them via email for phone and Skype consultations.

Along with rapidly developing technology the traditional and expensive microscopes are now portable, accurate and inexpensive making it a viable option for many interstate and international clients.

I have used one of these USB microscopes when travelling to Sydney to help clients choose the right Hair Loss Treatments. The USB microscope does not have all the features of my clinic microscope but is very handy at providing clear images of the hair and scalp for correct diagnosis.

There are now many brands and options available and all I need is at least 60x magnification to be able to read the microscopic image of the scalp hair. When magnification gets higher than 100x it can become too small an area to compare growing hairs with surrounding hairs which is a very important part of the process. I recently consulted with a client in Washington who purchased a USB microscope from eBay for @ \$20 and the image quality was good enough for me to read.

Just a word of warning don't get too carried away with the microscope by checking in with your scalp and hair too frequently, cellular changes take 4 months to reach the surface of the scalp. Patients is the key!

Check out our online scope sessions and videos to get an idea of the images required:

<http://www.hair-loss-treatments.com.au/before-and-after-images/microscopic-before-after/>
<http://www.hair-loss-treatments.com.au/services/hair-health-and-scalp-check/>



Skype Video and Phone Consultations

Following on from the previous article about your own USB microscope, the purpose of this is really to provide an accurate diagnosis and treatment plan for interstate and international clients.

Over the past few years Trichologist Carolyn Evans has been posting Hair Loss Treatment videos on YouTube, originally this was to increase traffic flow to websites as directed by marketing experts, but it has turned out to be a life force of its own connecting Absolique Hair Health Clinic to people all over Australia and the world.

On a daily basis we receive overseas and interstate emails asking for help and advice on hair loss and hair thinning and in most cases they have been suffering for a long time having run out of people and products to turn to.

Once we connect via email we will gather the hair and health history, send Trichology Consultation to be completed, direct digital and microscopic images required and request past and current blood work results. When all information is gathered we compare time zone differences and find a suitable time to book Skype Video or Phone Consultation. 50% deposit paid through PayPal or Credit Card details will be requested to secure appointment for our 24 hour cancellation policy.

Email Carolyn at info@absolique.com.au for further instruction before sending images for Skype or phone consultation. In clinic Hair Health Check, Skype and Phone consultation are a \$200 service lasting 75 minutes. All required information and images should be provided at least 2 days before the appointed time. Call reception on 07 3229 3242 or email info@absolique.com.au to find out more or book an appointment.



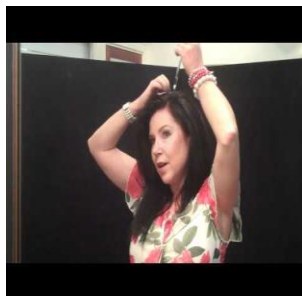
Sydney ~ Absolique Hair Health Consultations and Scope Sessions

Absolique Sydney is building steadily as we continue to offer our Hair Health Check service which includes consultation and microscopic diagnosis. We are also pleased to announce we will be offering our exclusive 'Scope Sessions' used to track Hair Loss Treatments results and also 'Program Inductions' with the help of our video instructions.

We have moved from Hornsby to North Sydney and are now consulting at Ground Floor, 83 Walker St, North Sydney NSW 2060 within the rooms at Health and Wellness Australia. We also have an office at Avoca Beach Central Coast which is 1 1/2 hours north of Sydney and may be suitable for clients traveling from Newcastle, Gosford and surrounds.

Appointments do need to be booked well in advance due to room availability and travel arrangements. Days available can be Friday, Saturday, Monday or Tuesday.

Call 02 8014 6916 or email info@absolique.com.au for further information and appointments.



HomeCare Hair Loss Treatments

Changing times drive the direction of business as has happened with service options available at Absolique Hair Health Clinic. Traditionally we offered 'In Clinic' done for you 'Hair Loss Treatments'. This service included a 4 month program and proved successful in delivering results, however was found to be unsuitable for many clients who really needed help due to the constant pressures of time and money.

In an effort to help more people with hair loss Absolique Trichologist embarked on various trials to track results of HomeCare Hair Loss Treatments. This entailed training volunteers to perform the required Hair Loss Treatments including topical and nutritional where necessary, 100% from the comfort and convenience of their own home for the entire 4 month program. Results were tracked microscopically and digitally at the beginning and end of the 4 month trail.

The results have come in and we are pleased to announce HomeCare Hair Loss Treatments have delivered the same level hair improvement previously only available in clinic. With this new information we are confident to convert our 4 month Hair Loss Treatments in clinic program to HomeCare Hair Loss Treatments.

What this means is we can help more people and offer an effective and affordable solution to address Hair Loss and Hair Thinning. The first step is always correct diagnosis to provide information relating to your individual hair loss problem. We ask you to take the information away and digest your diagnosis and treatments options for 5-7 days. We then schedule a follow up appointment either in clinic or over the phone to answer any questions you have and help direct Hair Loss Treatments that will suit you.

Once we know the path you have chosen we will use our instruction videos and extensive Home Care Instruction sheet to teach you how to accurately incorporate your Hair Loss Treatment from home. We will take digital photos for you in clinic or direct you how to do this if you cannot visit us to track results.

Scope Sessions (microscopic tracking of Hair Loss Treatments results) are encouraged because the microscope does not lie and can uncover things not seen with the naked eye. Cost is \$200 each session which are spaced 4 months apart, and is the best way to see the benefit of all your efforts.

<http://www.hair-loss-treatments.com.au/services/hair-loss-treatments-results-with-scope-sessions/>

If you have had a diagnosis with Absolique Hair Health Clinic Trichologist in the past and found Hair Loss Treatments out of your reach contact us to investigate your new options.



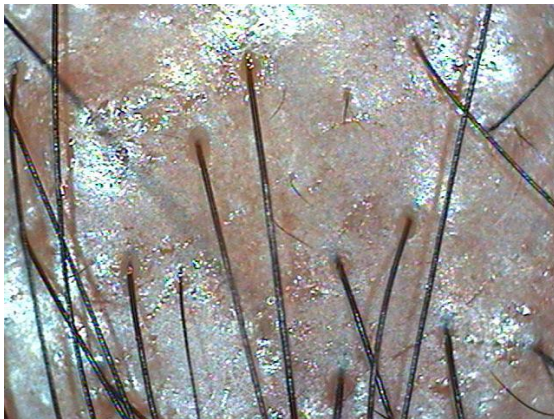
Women's Hair Loss Treatments Results

Absolique Hair Health Clinic are pleased to share with you the results from another successful 4 month program following combination therapy hair loss treatments.

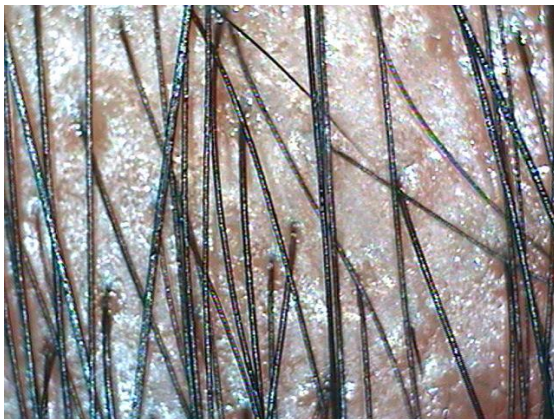
History: Female client 33 reporting 18 years of hair loss and hair thinning. Family history of pattern thinning and Hashimoto's disease (underactive thyroid) and health history of low iron.



Hashimoto's and iron were under control with help of GP but the hair had not recovered. This is common when the hair cell has been damaged in the past and is no longer producing the genetic hair type. The hair is still growing but not as it should due to changes to DNA in hair cell and disruption of the hair cycle with DHT (dihydrotestosterone) also present. The resulting damage to the hair is diffuse with thinning hairs and dormant hair follicles with the addition of early onset of female pattern thinning (FMPT).



All hairs were alive with no permanent damage but required combination therapy including topical for the hair cycle and FMPT and nutritional therapy for cellular correction, body balance and to protect against the binding of DHT. The first 4 months are the hardest with the most amount of work required to correct the hair cell and hair cycle. Maintenance HomeCare Hair Loss Treatments are required to continue to see results and achieve full recovery and is best tracked every 6 months with Scope Sessions.

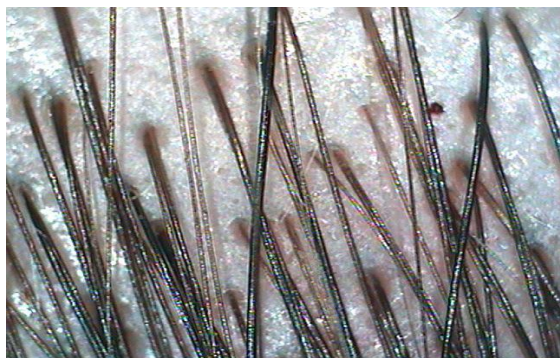
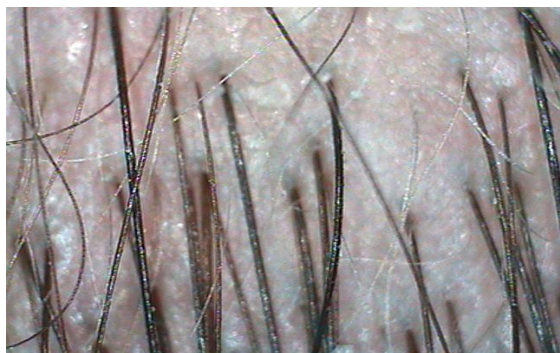


Absolique Hair Health Clinic use and recommend Natural Hair Loss Treatments constantly proving it is never too late or too soon to address Women's hair loss.

Above - Digital before and after photos of the right recession FMPT.

Left - microscopic pictures in the same location.

Both images are 4 months apart.



Men's Hair Loss Treatments Results

Male client 28 describing 3 years of hair loss, hair thinning, premature grey hair and no family history of pattern thinning. History of prescription medication during teenage years, poor diet and eating habits and long term broken sleep.

Microscopic diagnosis found disturbed hair cycle with up to 18 hairs per centimetre not growing to the genetic hair type and early onset male pattern thinning.

Combination therapy both topical and nutritional was followed for 4 months and delivered the usual impressive result from Absolique Hair Health Clinic Natural Hair Loss Treatments. Maintenance HomeCare Hair Loss Treatments will continue to achieve the maximum result over the next year or so.

As always the first 4 months is the hardest but you have to start somewhere and maintenance is easy, cost and time effective and reduces further to basic HomeCare which is washing the hair the way we taught you for the long term. All results are tracked with the microscope with check-ups every 6 months to make sure things are on track.

Baldness is a choice, Natural Hair Loss Treatments work and in most cases it is never too late. First step is correct diagnosis with Absolique Trichologist microscopic Hair Health Check.

Above - digital before and after photos of the front hairline MPT.

Left - microscopic pictures in the same location.

Both images are 4 months apart.



Product Postage & Shipping Costs

With focus on helping everyone we can with hair loss and hair thinning our client base is steadily growing from our Brisbane Clinic to Sydney where Trichologist Carolyn Evans offers microscopic diagnosis and consultations to many other locations all over Australia and many locations internationally through our YouTube channel and Skype Video Consultations.

Diagnosis is always the first step, once we understand your individual hair loss or hair thinning problem hair loss treatment options will be offered which is mainly HomeCare products which of course need to be delivered.

Within Australia we use the trusted and reliable Australia Post Express Post which is normally an overnight service with a tracking number. Two sizes are available; 500g and 3kg sachets. 500g normally suits a couple of products and cost \$15, 3kg is for larger orders and cost is \$20. For heavier orders we will get a quote to find the cheapest and most reliable option within your delivery timeframe.

For some Brisbane clients it is cheaper to have products posted rather than visit the city and pay for parking, so keep in mind this service is available for everyone.

Here are the ways you can place your order:

Call reception on 07 3229 3242 during office hours and pay over the phone by Credit Card. You can also email your to info@absolique.com.au and reception will call you for Credit Card payments. We also have an Online store at <http://shop.hair-loss-treatments.com.au/shop/> Prescriptive and practitioner products not available online only by phone or email order. Email or phone order and pay with PayPal send money to info@absolique.com.au

For our international clients we have found after much trial and error that Australia post airmail is the best value shipping method providing extra cover and basic tracking. This service takes up to 10 business days and pricing starts from \$60 for a few products so it is better value here to order more, less frequently. Orders over \$100 also include Extra Cover.

Both services have proved reliable so far with no lost parcels within Australia or internationally. Please allow extra delivery time during busy periods such as Christmas for interstate and international deliveries.





New NRG – Nourish – Revitalize – Grow

NRG is a new unique formula created by Absolique Hair Health Clinic Trichologist containing no harmful ingredients. Specific ingredients have proven through trials and tests to stimulate new hair growth diffusely which is related to the hair cycle and hair cell and has also had a surprising and significant impact on pattern hair thinning areas effect by dihydrotestosterone (DHT).

NRG will replace the Ampoule and will be hopefully available from March 2015. Costing will be the same if not slightly less and will deliver more treatments with a much easier eye dropper applicator and a stable formula that does not require refrigeration after opening.

Here are some of the elements in NRG that work together to deliver the results we had only dreamed of in a safe, 100% chemical free formula suitable for women and men, hair loss and hair thinning and is safe to use during pregnancy.

NRG active ingredients: Glycerin, Ginkgo Biloba Leaf Extract, Panthenol, Arctium Majus Root (Burdock) Extract, L-Arginine, Mentha Piperita (Peppermint) Oil, Olea (Olive) Europaea Leaf Extract, Sorbitol, Pterocarpus Marsupium Bark Extract, Phospholipids, Retinyl Palmitate (Vitamin A), Pantothenic Acid (Vitamin B), Ascorbyl Palmitate (Vitamin C), Cholecalciferol (Vitamin D), Tocopheryl Acetate (Vitamin E).

Keep an eye on your emails in February/March 2015 for the launch of our most significant product breakthrough yet, NRG.



Your Story

Your story may be just the thing someone else needs to read to save them from the painful, emotional and sometimes debilitating side effects of hair loss and hair thinning.

Suffering in silence is common for those with hair loss as it is so misunderstood by the professionals you normally turn to. Being concerned about hair loss is not vain, it is actually your body's way of letting you know something is wrong. When you have hair loss you can feel like you are pulled from pillar to post with all the marketing surrounding this sensitive subject designed to win you over through your weakened emotional state.

Reading about another's success story or journey can deliver hope, understanding and promote a call to action to get off the hair loss cycle and on a path to health and healthy hair just like many of you reading this have experienced.

You can email your story anytime to info@absolique.com.au. Write a sentence or a paragraph it up to you as long as it helps us to help others with hair loss. As a big thank you for your help you will receive a \$20 credit to your Absolique account which can be used against any product.

There are a few conditions to understand: only 1 email story per month, credit cannot be redeemed for cash, story must be minimum 25 words, story cannot be repeated and should be significantly different from any other story you have submitted to Absolique in the past.



Brisbane Trading Hours & Christmas Closure

As Christmas draws closer we are all busy making plans for the holidays. At Absolique we have decided to take a holiday break too. Our last day this year will be Saturday the 20th of December.

Reception and clinic will be closed from 2pm Saturday 20th with reception reopening 10am on Tuesday 6th January 2015. Appointments with Trichologist are available again from Tuesday 13th January. Please be sure to email or phone your product orders this week or drop in to pick up product orders before 2pm Saturday.

Normal trading hours have slightly changed so be sure to check them out below:

Monday - Closed

Tuesday - 10am to 5pm

Wednesday - 10am to 7pm

Thursday - 12pm to 6pm

Friday - 10am to 6pm

Saturday - 10am to 2pm

Open and close times may vary from time to time so if you are planning to drop in and pick up product please call reception on 07 3229 3242 well ahead of time to make sure we are open.

We take this opportunity to wish you and your family a safe, Merry Christmas, Happy Holiday and all the very best for the New Year upon us.

Yours in Healthy Hair,

Carolyn Evans Trichologist and the Team at Absolique Hair Health Clinic

Brisbane: 23 Gallery Level Brisbane Arcade 160 Queen St Mall Brisbane 4000 Ph 07 3229 3242

Sydney: Appointments and locations available on request Ph 02 8014 6916

Email: info@absolique.com.au

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

All Products, Services and Articles in this newsletter are available from Absolique Hair Health Clinic. Please email if you have questions about any articles or would like a particular topic to be included in future editions.

