

News & Views

Absolique Hair Health Clinic

15th Edition April 2015



Welcome to our April Newsletter. In this edition we share information about our new location & Laser Treatment. Interesting Thyroid information and how it is connected with iodine levels. The Iodine Crisis Book Review. Links to good websites to help you with your health and hair journey. Important and often forgotten delicate body water and salt balance. Why you need to watch your pH after Hair Loss Treatments.

How to replace Nutritional supplement with food after your first 4 months of Hair Loss Treatments. How to make Green Qi taste better, yes it is possible! Scalp is Skin – why you should never wash your scalp with hair shampoo. Before & After Results. Endeavour Wellspring magazine article - The Bald Truth. Last but not least, our Team news. Enjoy!



We Have Moved!

We are excited to share with you our new clinic and location – Absolique Hair Health Clinic upstairs, at Suite 3/669 Brunswick St New Farm. We hope our move will suit you better than our previous Brisbane CBD location with expensive parking issues. We understand for those who work in the CBD that it will be difficult for you to pop in at lunch time or after work, so we have managed to reduce our postage costs and hope this will be a lucrative option.

We chose to use Australia Post Express Post because of the overnight delivery guarantee in suburban areas and the reliable tracking feature. Absolique Hair Health Clinic New Product Postage Costs:
500g - \$10, 3kg - \$15, 5kg - \$25.

New Clinic Directions – About 2.5km from Brisbane CBD, 7-9 minutes without traffic. If you're coming from Ann St Fortitude Valley head South along Brunswick St for around 1km or you can take the Ivory St ramp to Fortitude Valley and reach Brunswick St this way.

Arrive at Absolique Hair Health Clinic on the right above Tsiknaris Hairdressing Salon. Take the stairs (not as bad as they look) accessed from the glass door in the middle of the building between Tsiknaris Hairdressing on the left and Skin Laser Clinic on the right.

Parking – Free 2 hour parking on Brunswick Street out front on both sides of the street between 9am and 4pm, don't park on Brunswick Street between 4pm – 6pm or you will get a parking fine. More 2 hour on street parking is available all day in surrounding streets with the most reliable – Bowen Terrace, Heal Street and Annie Street all a short easy walk to 669 Brunswick Street. Word of warning, don't park in surrounding shopping centers as they will tow your car. If you have any trouble finding us just call reception for further direction on 07 3229 3242. We look forward to welcoming you to our New Clinic and hope you love it as much as we do and thank you for your patience and understanding during our closure and set up.

Laser Treatment



If you haven't yet heard the good news, In Clinic Hair Loss Treatments are no longer needed as we have been able to convert our proven Combination Therapy Natural Hair Loss Treatments to 100% Home Care. This is a huge breakthrough as it makes Hair Loss Treatments in reach of many more people who really need our help. The biggest challenges for many was the time/money component associated with Hair Loss Treatments in Clinic. So we practiced, taught, trailed and microscopically tracked results achieved from clients performing their own at Home Hair Loss Treatments with help of our written Instruction Sheets, Instruction Videos, email and

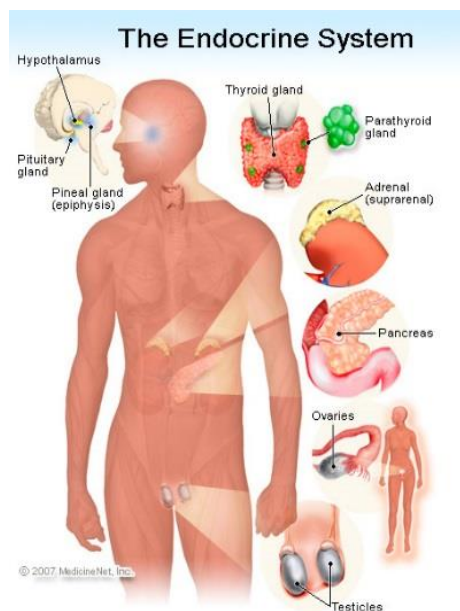
phone support for the first 4 months of Hair Loss Treatments with the results matching that of our in Clinic program.

The only component missing for some from Home Care is the Laser Treatment due to time limitations. The Home HairBeam Laser has to be used for a total of 1 hour a week and always at a different time of day to your physical Hair Loss Treatments. When asked the question of time, clients were honest in saying they could not find 1 hour a week for 4 months to apply Home HairBeam laser.

So we have a solution! We have our clinical laser available for you to come in and use, this laser has more diodes so treatment time is only 15 minutes a week to deliver the same amount of energy as the Home HairBeam Laser. Cost per 15 minute Laser Treatment is \$40 and you will need 12 sessions within 4 months for it to be effective and always with Combination Therapy. Laser is energy and helps with cellular energy that is perfect for the uptake of nutrients and/or removal of DHT related to Hair Loss Treatments. Remember Laser energy alone cannot grow hair. You must address all of the symptoms and causes present, then and only then would you consider Laser energy always in Combination Therapy.

Laser is not essential and as Trichologist at Absolique Hair Health Clinic I constantly prove with my microscopic tracking method 'Scope Sessions' that you can indeed get great results from Hair Loss Treatments without Laser Therapy. However, if you could do everything possible to enhance Combination Therapy Hair Loss Treatments I would recommend the inclusion of Laser Therapy.

If Home Laser with HairBeam suits you best they are available from Absolique Hair Health Clinic and we offer a buy back scheme so when you have finished your Home Laser Treatments you can let us know and we will offer sell your second hand Hair Beam to the next interested client. Keep in mind it must be in original packaging and condition and will have to be a reasonable price.



Thyroid and Hair Loss

How many people do you know with a 'Thyroid problem'? Well for me 50% of clients presenting with diffuse hair loss and resulting hair thinning have a diagnosed thyroid problem.

The thyroid gland is one of the 7 glands of your Endocrine System. The glands of the Endocrine System secrete hormones that work together to regulate many body functions and homeostasis.

The purpose of your thyroid gland is to make, store, and release thyroid hormones into your blood. These hormones, which are also referred to as T3 (lithyronine) and T4 (levothyroxine), affect almost every cell in your body, and help control your body's functions. An under or over active thyroid gland will effect body balance and in turn can affect the hair. Underactive thyroid - hypothyroidism - Hashimoto's disease. Overactive thyroid - hyperthyroidism - Graves' disease.

Common treatment for underactive Thyroid – hypothyroidism is Thyroxine. The truth is that hypothyroidism is not a thyroxine deficiency it is the result of an iodine deficiency.

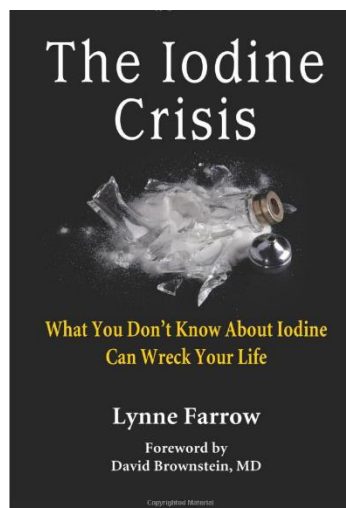
Iodine is only one of the 60-80 essential minerals required daily for a healthy functioning human cell. Most people have many other mineral deficiency as well as iodine. Make sure you are getting all of the minerals and synergistic nutrients such as essential fatty acids, fat soluble vitamins and water soluble vitamins and protect yourself from all the synthetic hormones we are exposed to in the modern world with potent antioxidants and all in a body pH balance of 7 or above.

Blood test regularly to keep thyroid medication balanced as this is the key to balancing hair loss and essential to maintain hair re growth. Testing every 3 -4 months is best until a consistent balance is reached.

You can also find a health care practitioner who will guide you through a 24 hour iodine urine test to establish exactly where your iodine levels are at and then follow recommended supplementation, and retest again 3-4 months later. <http://nutripath.com.au/product/iodine-loading-test-urine-test-code-5015/>

Hair Loss Treatments at Absolique Hair Health Clinic can help you to sort out the hair problems but maintaining the results will depend on your body balance, so help us to help you and your hair by looking after you!





The Iodine Crisis – Book Review

Who stole Iodine?

Who created the Iodized salt scam?

Who said that Iodine was a poison?

They did. Who are they? The Government. Misinformed healthcare professionals. Food manufacturers. Household goods manufacturers. Personal care manufacturers. Pesticide manufacturers; to name a few. They stole Iodine and they are robbing you and your health now.

The Iodine Crisis is authored by Lynne Farrow, a whistle blower who sounds the alarm on why the government RDA for iodine via iodized salt is completely inadequate for present times. The consequences from that recommendation have created an epidemic of iodine deficiency.

- Did you know that iodine consumption has dropped 50 percent since the 1970's?
- Did you know that the drop of iodine consumption has corresponded with dramatic increase in breast disease and cancer, prostate cancer and thyroid disease?
- Did you know that the minimal amount of iodine contained in everyday iodized salt is the result of its evaporation over time after you first open it?
- Did you know that your body has been depleted of necessary iodine by additives in everyday household products and foods; products and foods that are found in your family room, bedroom, garage and kitchen cupboards?
- Did you know that bromine pesticides are fire retardants and are the new DDT?

Bromine exposure is the biochemical equivalent of global warming. The result: environmental bromines that abound, poison the thyroid and brain, slow down metabolism and sedate the mind. Weight gain, illness and brain fog increase. Nutritional Iodine is the perfect antidote for bromine poisoning. Its depletion is the cause of the Iodine Crisis.

Here, within The Iodine Crisis, you will discover how many reversed an iodine deficiency and regained their vitality, health and lives. And how you can too.

The Iodine Crisis Book available online from <http://www.amazon.com/The-Iodine-Crisis-About-Wreck/dp/098603200X>

**BEING
DEFICIENT IN
IODINE
AFFECTS
THYROID
FUNCTION**





Good Information Websites

Online resources, research and reliable information. The journey of healthy hair through natural hair loss treatments is an interesting one leading you down many paths.

Personally I have found knowledge sparks my interest and understanding of the truth against the lies we believe especially about our food. At the end of the day, if we all could get the required nutrients from our food and actually digest them and absorb them we would not have all these health problems that lead to hair loss and hair thinning.

That's my soap box done! But I do like to share when I find real, reliable and true people publishing, printing, blogging, shouting from the mountain tops and sharing in social media, the Truth!!!

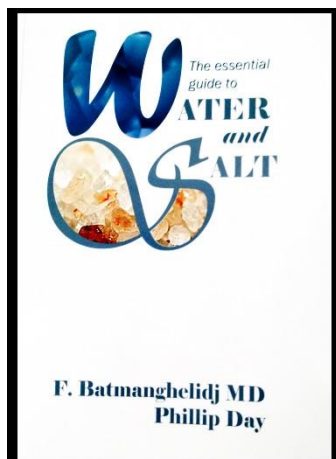
So here we go, these are my favorites over the past 3 months:

- Dr Mercola - subscribe to newsletter and check out index of articles, he is of the belief if a little is good a lot must be better, posting sometimes 5 times a day! Online and Facebook feeds <http://www.mercola.com/>
- Credence Health - real people, real answers, guided by one of my favourite researches and speakers – Phillip Day <http://credence.org/>
- Pete Evans and The Paleo way <http://peteevans.com.au/>

Hope you enjoy the daily updates to your inbox and Facebook like I do. It's like having your very own health minder looking out for you every single day. Keep in mind this is not medical advice and only health guide lines.

"THE FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON."

Ann Wigmore



Water and Salt Balance

The Essential Guide to Water and Salt by F. Batmanghelidj MD and Phillip Day.

Every function of the body is monitored and pegged to the efficient flow of water. 'Water distribution' is the only way of making sure that not only an adequate amount of water but its transported elements: hormones, chemical messengers and nutrients, reach the more vital organs. In turn, every organ that produces a substance to be made available to the rest of the body will only monitor its own rate and standards of production & release into the flowing water according to constantly changing quotas that are set by the brain. Once the water itself reaches the 'drier' areas, it also exercises many other most vital and missing physical & chemical regulatory actions.

It is now becoming obvious that because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated from an early adult age. As a result, chronic dehydration causes symptoms of disease when the variety of emergency signals of dehydration are not understood. These urgent cries of the body for water are treated as abnormal and dealt with by the use of medications.¹

Let us consider salt. Salt consumption for health is considered by the orthodoxy to be 'irresponsible' and 'dangerous', yet, so far as proper research has shown, the only danger to the public lies in common table salt, an industrial poison, which has been refined from Nature's storehouse to remove all elements but sodium chloride, then fortified with iodine and various fillers for the supermarket shelves. Whatever the reason table salt is not real 'salt' as the ancients knew. Enter saltpan salt, sea salt, Celtic salt, and the pink Dalek of all salts, Himalayan crystallized salt, or 'white gold' as it's come to be known (light pink gold, actually).²

Leading Internet physician, Dr Joseph Mercola declares that this mother-of-all salts:

- Regulates the water content throughout your body
- Balances excess acidity from your cells, particularly your brain cells
- Balances your blood sugar levels and helps reduce your ageing
- Assists in the absorption of food particles through your intestinal tract
- Helps clear mucus plugs & phlegm from your lungs, useful in asthma and cystic fibrosis
- Acts as a strong natural antihistamine to help clear up congestion in your sinuses
- Prevents muscle cramps
- Makes the structure of your bones firm – osteoporosis can occur when your body needs more salt and takes it from your bones
- Regulates your sleep – it is a natural hypnotic
- Maintains your libido
- Prevents varicose veins and spider veins on your legs and thighs
- Stabilizes irregular heartbeats – in conjunction with water, {salt} is actually essential for the regulation of blood pressure ³

¹ The Essential Guide to Water and Salt, F Batmanghelidj and Phillip Day, p19, 2008

² The Essential Guide to Water and Salt, F Batmanghelidj and Phillip Day, p38, 2008

³ www.mercola.com

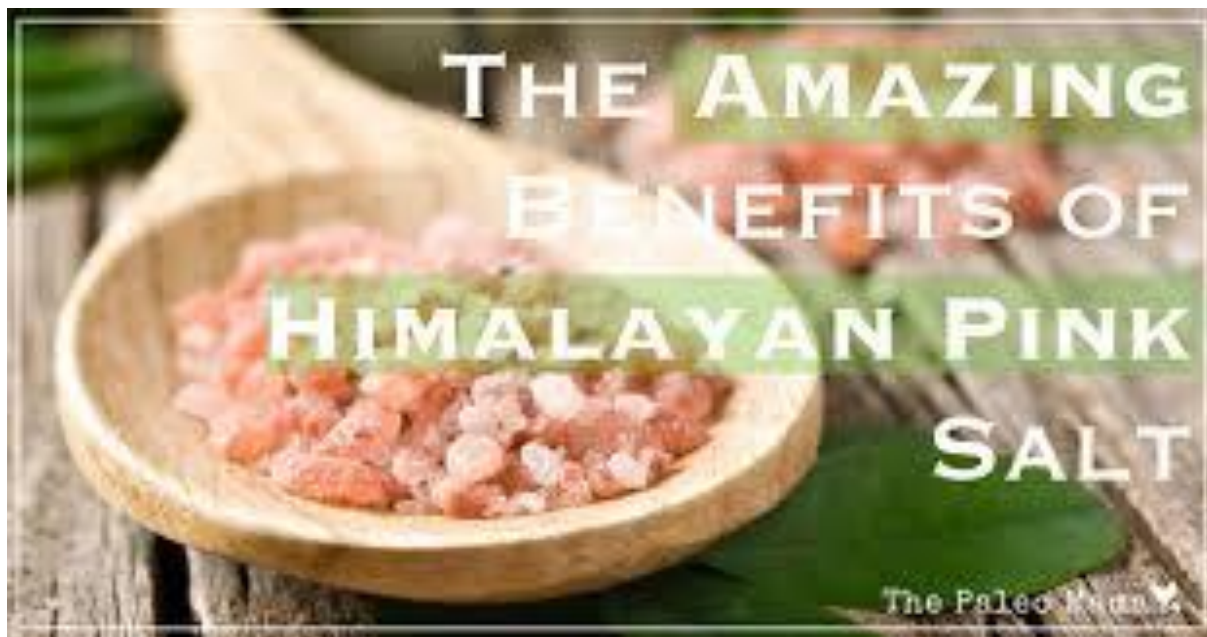
Sea salt is sometimes used by those who wish to safeguard their health. The problem is, while sea salt is heavily mineralised, it can also contain industrial poisons cast into the oceans over the years. For that reason more pristine salts are often preferred – hence today's preference for the Himalayan variety.⁴

As a rough rule of thumb, you need about 3 grams of salt – a half-teaspoon – for every 10 glasses of water, or a quarter teaspoon per quart of water. You should take salt throughout the day. If you exercise and sweat, you need more salt. In hot climates, you need to take even more salt.

Warning! You must at the same time not overdo salt. You must observe the ratio of salt and water needs of the body. You must always make sure you drink enough water to wash the excess salt out of the body. If your weight suddenly goes up in one day, you have taken too much salt. Hold back on salt intake for one day and drink plenty of water to increase your urine output and get rid of your swelling.

Those in heart failure – or kidney failure requiring dialysis – MUST consult with their doctors before increasing salt intake.

Book available online <http://www.amazon.com/The-Essential-Guide-Water-Salt/dp/1904015220>



⁴ The Essential Guide to Water and Salt, F Batmanghelidj and Phillip Day, p47, 2008



Watch Your pH

Once you understand pH and learn the amazing benefits of knowing your pH to listen to your body and predict illness, your body reactions and interactions it is knowledge you have for life.

So I have to wonder why so many people stop pH testing. The common reason I get is; my pH never changed no matter what so I stopped testing. So I reply to this with; there is a reason why it is not changing! Even if you are alkaline all the time, good work, keep checking to make sure you keep up the good work and your body is still reacting in the right way. If it is a constant acid pH result then you need to go back and read your pH book to identify with things like long term free radical exposure, chemical base medicine, emotions, stressors, food types and food combining.

Keeping check on your pH will help you keep check on your health and in turn your hair health so don't slip up! Remember pH does not drop for no reason, listen to your body!

Easy pH re-fill test strips available from Absolique Hair Health Clinic \$22

What is Real Food?

Real food comes from nature.

It is unprocessed or minimally processed before consumed.

It nourishes our bodies and minds.

It supports us in living vibrant, healthy lives.

REAL FOOD IS REAL MEDICINE

It is something you **GROW** in your yard, on your patio, or from your balcony.

REAL FOOD HEALS It is something you **HARVEST** from your garden, find in your CSA box, barter, swap, or purchase at the farmers market.

IT IS PICKED **FRESH & ENJOYED** **REAL FOOD ROTTS**

SEASONALLY. **REAL FOOD CONNECTS US WITH CULTURE.**

It helps us to remember our ancestry

IT IS THE FOOD OF OUR GRANDPARENTS AND ALL OF THOSE WHO CAME BEFORE THEM.

It is the recipes handed down, re-imagined and reinvented.

IT IS SOMETHING YOU PRIORITIZE & PREPARE.

It is something for which you give thanks and something to savor. Real food brings people together - it connects, it inspires and it is something worth celebrating.

Real food deserves a real future.

TeaTimeFood.com

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Converting Nutritional Supplements to Food

If we were getting everything from our food or if we are, we are not absorbing it, this is why many people are experiencing hair loss or hair thinning which is not recovering back to your normal hair type in your hair cycle.

I meet people all the time who have a good diet but still have hair growth problems. With the microscope we can establish that the hair has in some cases grown back but not to its original size for individual DNA type. In other cases we can see with the microscope that the hair cycle has been disturbed and the hair follicle is dormant, not dead, just needs to be awoken.

In the first 4 months of Hair Loss Treatments we need to use a 'Supplementary Range' (SR) of nutritional supplementation to raise the bodies levels of nutrients to where it is balanced for cellular health and hair growth. The 'Recommended Daily Allowance' (RDA) is not high enough for modern like and also to grow hair after cellular changes in the body.

After the first 4 months, when your body levels have raised back to balance and you are seeing new healthy hair growth, we do recommend you try your best to convert the supplements for real nutritious food.

How can you do this you ask? You need to find the right food types in a raw organic state and incorporate these into your daily life. This can be costly and time consuming at first, but with practice and knowledge it is definitely achievable!

Tips for converting from supplements to food for maintenance Hair Loss Treatments:

- Get good filtered water and salt balance with Himalayan Rock Salt or Organic match
- Understand where your Minerals, Essential Fatty Acids and Vitamins come from
- Grow your own herbs and vegetables where possible in organic soil free from chemicals
- Find a good organic food source such as www.freshorganics.com.au who deliver to your door
- Understand the raw/cooked ratio and how much nutrition is destroyed when heated
- Plan meals ahead and have all your ingredients at hand
- Enjoy your food when you go out with friends and family and be the best you can be at home
- Create your own 'Green Drink' with all the power foods and incorporate into your daily regime

The journey to health and hair is a transition that takes time... once you start to make some simple changes the rest comes along easily. Just don't start to make too many changes at once, gradual is the way to permanent change, and in the meanwhile you can use a base dose of nutritional supplements to support your health and hair once a day.

Absolique Hair Health Clinic can advise how to go through the transition to food or maintenance dose of nutritional supplements.

Check out this fun video... why organic... <https://www.youtube.com/watch?v=SCA6P9lsEfw>



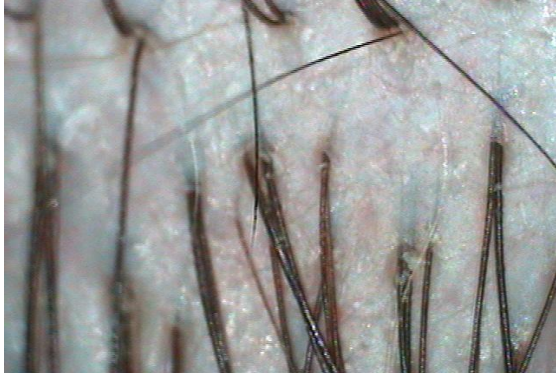
How to Make Green Qi Tasty

Green Qi is our daytime alkalizer that we use for the first 4 months of Hair Loss Treatments to ensure effective absorption of nutritional supplements needed for cellular correction and health.

It is a powder containing over 25 green ingredients that you simply add to filtered water to make a drink. When drinking the drink you take the nutritional supplements as the drink acts as your alkaline food.

This is really easy, time and cost effective but.... Apparently the taste does not appeal to all. Personally I don't have a problem with it but it is certainly not my favorite beverage. So I have been playing around with the taste ensuring any additives don't contaminate the purity of the product.

Try adding any or all of the following to your Green Qi mix: Coconut oil, fresh ginger, mint leaves, honey, stevia, cacao powder or Vitamin C powder being sure you use only pure organic! Obviously you will need to blend or juice the ginger and mint or use a NutriBullet or like. Cheers!



Womens Hair Loss Treatments Before and After

We love sharing our results from Hair Loss Treatments knowing how much of a difference it makes to lives, self-esteem, confidence, health and skin. History: Female, 47, reporting hair thinning and loss of hair at front and sides that was noticed 6 months ago. Recent stress and removal of Implanon – birth control estrogen/progestin implant used to normalize erratic menstrual cycle.



Starting or stopping any medication can in certain individuals trigger diffuse hair loss three months after the actual event. When time line was checked it is confirmed the removal of Implanon was the cause and as a positive the menstrual cycle returned to normal. This diffuse loss uncovered Female Pattern Thinning that had been slowly progressing and also showed some hairs had not grown back to normal from past diffuse hair loss. Complete combination therapy was followed for 4 months with digital and microscopic results shown.

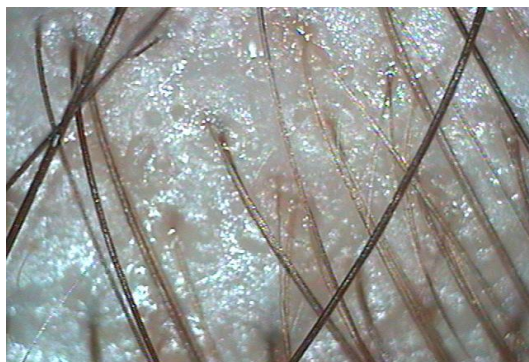


A simple maintenance program with Home Care has been recommended and we are continuing to track progress every 6 months. Complete Combination Therapy Hair Loss Treatments addresses all symptoms and causes for 4 months and then we advise how to maintain body balance and hair health and are here as your hair helpers and support group forever more :o))))

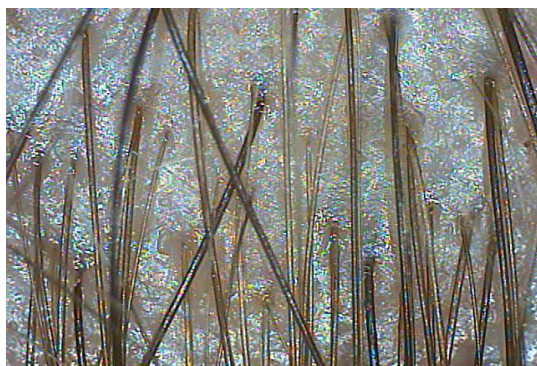
All images are 4 months apart and you can see the hair shaft strength, structure, and shine returning with more hair volume.



Men's Hair Loss Treatments Results



More wonderful results proving that everyone has a choice when it comes to a healthy head of hair. History: Male, 31 describing Profuse Hair Loss for 10 months and hair thinning in certain areas of the scalp. Record of starting/stopping prescription medication for anxiety and sleep amongst a stressful personal time, hectic work schedule and travel. It was clear that male pattern thinning was present but when the hair cycle was checked this too had been effected. Always remember hair loss cannot occur from pattern thinning.

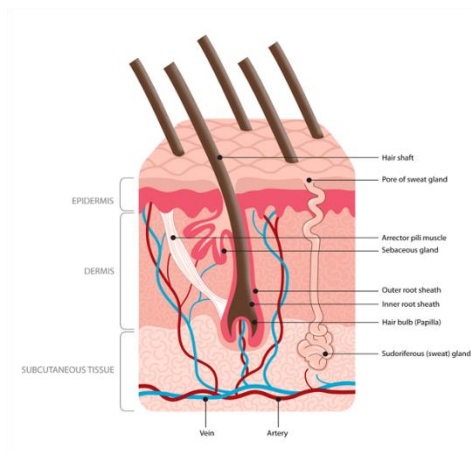


Hair loss is the body saying something is wrong, don't ignore it! So we once again embarked on our combination therapy hair loss treatments including nutrition to support the stress and sleep patterns. The pictures tell the story and we are now on a maintenance Home Care program and on the way to a full head of healthy hair once again. Check-up due every 4 to 6 months using microscopic tracking to ensure everything is in order and moving forward as expected.



Remember diagnosis is the key! What may seem to be a simple case of male pattern thinning may indeed have an underlying disturbed hair cycle. Pattern thinning is NOT hair loss as in hair physically falling out! Once again you can see the increased diameter of hair shaft and the recessions filling in where effected by male pattern thinning. With such an encouraging result in just 4 months it is easy, cost and time effective to continue and regain all hair.





Scalp is Skin

Scalp is skin, always has been and always will be. Once you have viewed the scalp under the microscope you will see what I mean. Skin is the largest organ of the body and includes the scalp skin which houses the hair follicle.

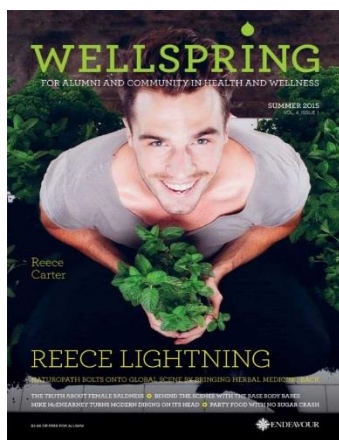
Hair is the result of a cellular hardening process called keratinization, once the hardening takes place the hair is now dead cells, but the skin is constantly dividing cells reaching the surface of the scalp and include many appendages which are responsible for body homeostasis which is essential regulation.

Hair shampoo is supposed to look after your hair type and the condition of your hair cuticle, but it does no good for the living scalp skin.

Put simply, would you wash your face with your hair shampoo? One would hope not! So why do you wash your precious scalp skin with a hair shampoo?

Once you have experienced Scalp Cleansing you will instantly understand, you prepare the scalp with Scalp Brush Therapy to exfoliate, stimulate and help with circulation of the scalp. Always follow with Absolique Scalp Cleanser to wash all this stuff away in a safe way with no nasty ingredients. Always do a minimum of two Scalp Cleansing procedures or as many as needed to get a foam as the product does not have a foaming agent, scalp is clean once cleanser gets a foam.

For hair longer than 15cm always use a prescriptive hair shampoo and conditioner for your hair type being careful to keep it off the scalp.



Wellspring Magazine Article - The Bald Truth

Meet the expert helping women around the world overcome the unspoken issue of female hair loss.

Founder of Absolique Hair Health Clinic Trichologist Carolyn Evans is on a mission to take the shame out of female hair loss and stress the importance of treating the cause and not merely the symptoms of this very common disorder.

Despite the hair loss industry being mostly marketed at men, evidence suggests female hair loss is also on the rise, with an estimated 40 to 50 per cent of women suffering from hair loss by the age of 50. Consumer demand for hair loss support is estimated to be worth \$3.5 billion in the US alone.

Carolyn has dedicated her career to developing non-surgical techniques and natural treatments to help women treat hair loss and thinning, with females representing 80 per cent of her client base.

“I simply want to provide women with a refuge which offers everything they need under the one roof. We have diagnosed and treated hundreds of clients experiencing hair loss, thinning hair, hair breakage and scalp conditions,” said Carolyn.

“Our point of difference is we look that little bit deeper into the issue to bring about long-term results. There can be many reasons for hair loss – hereditary, hormonal, environmental, autoimmune and nutritional – and this is the most important thing to understand in order to achieve a great improvement.”

“People are always surprised at how much lifestyle, nutrition advice and supplementation can improve hair health. Nutrition in particular is such an important factor and has a direct link to the way hair grows. I like to think of the body as a plant and the hair as the flower,” said Carolyn. Carolyn is so interested in the role nutrition has to play in treating hair loss she plans to enroll in a naturopathy degree.

“We also make a big difference by physically teaching clients how to use and apply hair loss treatments safely.”

Carolyn has developed a range of non-chemical products and techniques to treat hair loss through Combination Therapy which promotes effective stimulation of the scalp, natural supplements and topical applications.

“We specialise in non-toxic and safe treatments, with no drugs, chemicals or surgery necessary. Our laser treatments are particularly popular. Sometimes hair needs extra energy to grow as over time hair follicles can become damaged. By using low level lasers at the right frequency, the hair follicles can heal themselves very well in combination therapy.

The stigma surrounding female hair loss was another driving force behind Carolyn’s work to develop new solutions for her clients.

“I have experienced hair loss myself and it impacted my confidence massively. The hair is like our mask and it presents us to the world. I wanted to give people going through the same issue the best possible support.”



Carolyn said female hair loss was rising partly because of societal and environmental shifts. “Women started to become more susceptible to hair loss due to the increasing use of birth control and synthetic hormones, combined with increased exposure to chemicals through products and food,” she said.

Carolyn initially became fascinated by the science of hair during a hairdressing apprenticeship where she learnt about the hair and scalp. “I was hooked from this point and became a qualified Trichologist to help others understand this other world happening on their heads,” said Carolyn. When looking back over her career to ponder her biggest achievement, Carolyn’s response was a swift one. “I have loved learning how to regrow hair holistically and keep it there by teaching people to maintain and care for it themselves. It can literally be life changing for people and that is so rewarding for me.”

Carolyn on: The importance of finding the right hairdresser

“Finding a knowledgeable hairdresser can get to know your hair as well as you do and will limit damage caused by chemicals commonly used at the hair salon. They can know your hair as well as you do and will limit damage caused by chemicals commonly used at the hair salon.

Why you shouldn’t wash your scalp with shampoo: “The fact is scalp is skin. Would you wash your face with a hair shampoo? When you wash your scalp with shampoo, it leaves a coating and blocks the hair follicles and skin which can contribute to oily hair, dandruff and worse. It is really important to use a cleanser designed specifically to clean the scalp.”

Why our pH levels have an impact on our hair health: “The importance of our body’s pH levels is one of my biggest learnings so far. The ideal pH level should be slightly alkaline to maintain the ideal environment for hair growth. If our pH level is too acidic due to poor diet, emotional stress or toxic overload, this can damage hair health.”

Carolyn’s clients talk.....

“Who knew vitamins and minerals play such an importance to healthy hair growth?”

Craig M

“I had my first maintenance treatment last week after very spectacular results from my initial treatment program. Not in my wildest dreams did I expect such amazing results. Not only is my hair growing profusely, it is also growing back in its original colour.”

Jutta M

“It changed my life. A fully natural approach to regrowing my hair. I didn’t think it’s possible.”

Carolyn B





News and New Brisbane Trading Hours

If you have visited the clinic lately, called us or sent an email you may have noticed some changes to our team. Our treasured receptionist and Trichology assistant Colette is in her last trimester of pregnancy, this has been an amazing journey for us all watching a new life grow, all is going well with doctors testing and checking everything is ok for Mum to be and bub. Colette is due in May and we will keep you posted!

During this growing time Colette has been sharing her skills and knowledge teaching our new team member Tessa all that goes on behind the scenes and the essentials to running our Hair Health Clinic to the highest of standards. We welcome Tessa, she simply just fits in, hope you get to meet her or communicate with her soon!

New Trading Hours:

Monday - Closed

Tuesday - 10am to 5pm

Wednesday - 10am to 6pm

Thursday - 10pm to 6pm

Friday - 10am to 6pm

Saturday - 10am to 2pm

As always we are here to support you through your hair health journey so please feel free to leave a voice message on the phone outside of business hours as we always get back to you or drop an email to info@absolique.com.au

Hope you all had a happy and safe Easter break!

Yours in Healthy Hair,

Carolyn Evans Trichologist and the Team at Absolique Hair Health Clinic

Brisbane: Suite 3/669 Brunswick St New Farm 4005 Ph 07 3229 3242

NSW North Sydney and Central Coast: Appointments available on request Ph 02 8014 6916

Email: info@absolique.com.au Websites: www.absoliquehairhealthclinic.com.au
www.brisbanehairloss.com.au www.hair-loss-sydney.com.au

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