

News & Views

Absolique Hair Health Clinic

16th Edition June 2015



Welcome to our June Newsletter. In this edition we share information about product ordering options, how the Trichology Consultation and Hair Health Check work together, the difference between the scalp epidermis and dermis, Understanding the difference between pattern thinning and hair loss, how to do a hair count to find your normal daily hair loss, Scope Sessions Microscopic tracking of hair loss treatments, announcing arrival of our new signature product GRN – Grow . Revitalise . Nourish, Liquid Nutrition with Feroxin and Noni, How Bromide Stole our Iodine, Womens Hair Loss Treatments Results Before and After, Men's Hair Loss Treatments Results Before and After, Introducing our Award Winning Neighbors – Tsiknaris Hair, How to Write a Review to Help us Help Others with Hair Loss and Hair Thinning and last but not least... It's a Boy!!



Did You Know We Have Moved?

By now you probably know we have moved and may have even visited us at our new clinic. Just in case you missed our news here are our New Clinic details.

Absolique Hair Health Clinic upstairs Suite 3/669 Brunswick St New Farm. We hope our move suits you better than our previous CBD location with expensive parking. We understand for those who work in the CBD that it is difficult for you to pop in

now so we have managed to reduce our postage costs. Simply call reception to place your order on 3229 3242 or email reception@absolique.com.au

Absolique Hair Health Clinic New Postage Costs:

- 500g satchel is \$10 average 1-2 items
- 3kg satchel is \$15 average 3-5 items
- 5kg satchel is \$25 over 5 items

We use Australia Post Express Post, Max 2 day delivery in suburban areas with reliable tracking.

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.



Ordering Products

You may know we have an online store but can't sell any of our prescriptive products there and there is no option for overseas shipping as this needs to be calculated individually. We also find people order the wrong products for their individual hair loss or hair thinning needs and some have not yet had a diagnosis. We do like to provide an accurate diagnosis before recommending the right products for you.

Once you have your diagnosis you can email your order to reception@absolique.com.au or pick up the phone and talk to our reception team on 07 3229 3242. If we don't answer the phone please leave a message and we promise to call you back! We will check your product history and make sure it matches your diagnosis and also inform you of any changes. Delivery is usually 2 business days within Australia using Express Post. Overseas shipping varies. Payment is accepted by Credit Card over the phone or PayPal if you can send money to a friend avoiding the fee otherwise we do need to charge extra for PayPal. Please don't email Credit Card details.

WHAT
YOU
NEED
TO
KNOW?



Trichology Consultation

To understand your hair loss or hair thinning we need to begin with your hair and health history. The consultation form we have developed asks pointed and important questions that can uncover reasons contributing to your hair concerns.

Once you have provided this information we discuss health history, any health concerns, medications current and past, and a discussion on general health,

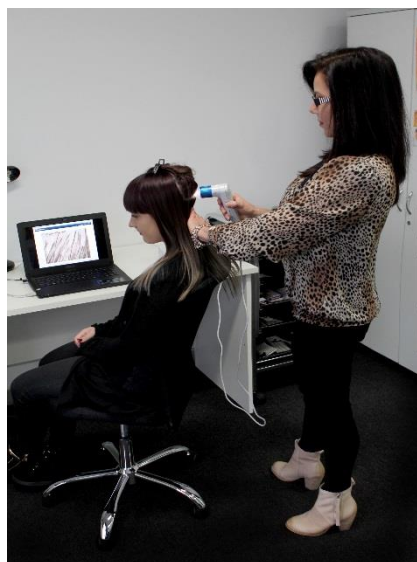
well-being and nutrition. Included here and important is Blood Test results from your doctor, what might be safe or in range for the doctor evaluating your general health, can actually be a low level for healthy hair growth, your immune system and nutritional balance.

Blood Tests should always include:

- Iron Studies
- Vitamin D
- Vitamin B12 and Folate
- Blood Sugar/Glucose
- Thyroid Studies
- Zinc and Copper where possible

Blood test results can indicate if there is any health variances contributing to hair loss or hair thinning and it is important during the consultation that you share as much as you can about your health, lifestyle and stress, as these all play a part in health and in-turn hair. When we talk about stress, it is not the stress that is the problem but how the body deals with it. In a lowered nutritional state, long term stress will draw on the body's nutritional status, and this is when good nutrition usual fails, sleep is effected, general health declines, the immune system lowers and we end up with fatigue. The importance of understanding how this is all connected is part of the consultation process that leads into our Microscopic diagnosis to see exactly how your body and in-turn hair have been effected by life.

Consultation and Microscopic Diagnosis at Absolique Hair Health Clinic is the service we call 'Hair Health Check', takes up to 75 minutes and costs \$200. For interstate and overseas clients we have developed and accurate 'Skype Video Consultation Service'. Contact our reception team by email on reception@absolique.com.au or call 07 3229 3242 to book appointment or ask questions about our services.



Hair Health Check - Microscopic Diagnosis

The next step to Consultation and gathering all health and hair history is Microscopic Diagnosis of the Hair Cycle. To determine what is happening with your hair we need to establish your genetic hair type. This can be seen at the back of the head and referred to as the terminal area. In the terminal area you will never experience Pattern Thinning, which tends to be the main focus of the majority of hair concerns, but can commonly be misinterpreted.

Looking at the hair cycle we can see your normal hair type as in the diameter of your hair shaft as it should grow, the distribution as in density, spaces between the hairs, if there are any empty follicles, are the hairs actually growing out of the scalp as they should be.

The main things we are looking for with the microscope are; Your hair type, Current diffuse hair loss, Past diffuse hair loss, Read the hair cycle as it is now, Compare hair cycle to pattern thinning area, Establish accurate diagnosis, Provide options to treat all symptoms and causes.

Pattern Thinning, being Female Pattern Thinning or Male Pattern Thinning can have an early onset which is not following your hereditary history when the hair cell and hair cycle are not functioning as they should. This is important knowledge as most treatments focused on Pattern Thinning never look at or address the hair cell or hair cycle.

Microscopic diagnosis Hair Health Check helps us to address all symptoms and causes in order or in Complete Combination Therapy. Absolique Hair Health Clinic Hair Health Check takes up to 75 minutes and costs \$200. This service is available in Brisbane, North Sydney or can be performed via Skype if you can take the microscopic images with your own USB microscope. Contact reception to more information reception@absolique.com.au



The Scalp Dermis

Not only is hair a completely different structure to the scalp, the scalp has a surface which is called the 'epidermis' and also many layers underneath that form the 'dermis'. The epidermis is what we look at for signs of the hair health and hair growth changes relating to hair thinning, hair loss and disturbed hair cycles.

The dermis show many more signs like the health of the oil gland (sebaceous gland) attached to each and every hair follicle, the arrector pili muscle, which is why it hurts when you pull your hair, the rate of cellular division which when going too fast can appear as

dandruff on the scalp and most importantly, the blood supply to the hair delivering the oxygen and nutrients to the hair bulb so the hair gets what it needs to grow.

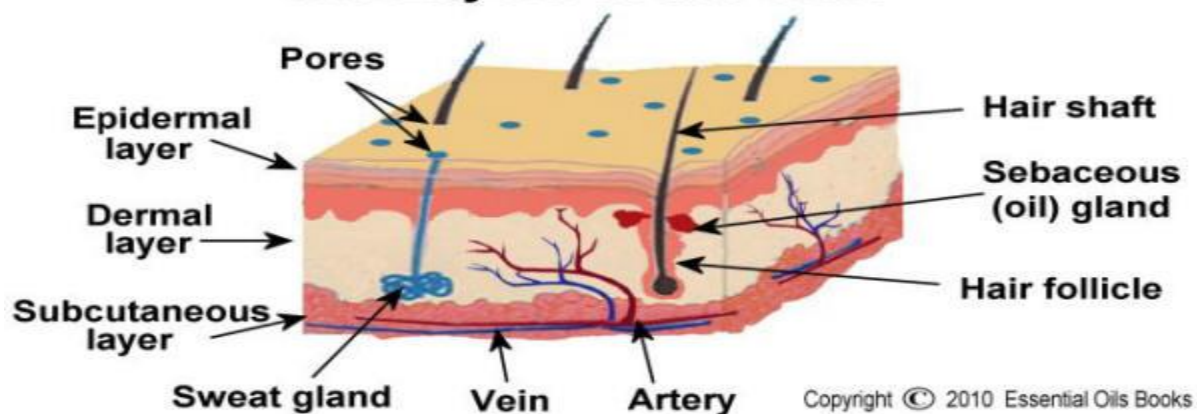
Microscopic diagnosis of the scalp shows:

- Under and overactive oil glands, blocked oil glands, dehydrated oil glands
- The tensile strength of the arrector pili muscle
- Presence of too many dead skin cells
- Health of scalp circulation
- Presence of translucent hairs that cannot be seen on the epidermis or without a microscope

The dermis gives so many more clues to what can be seen on the epidermis. One of the main things of interest are the amount of these translucent hairs found, these hairs are alive, but have had so much cellular damage they have no structure. So when I am calculating the results expected from Absolique Natural Hair Loss Treatments, we always consider these tiny unseen to the eye translucent hairs.

The correct scalp preparation taught and practiced at Absolique Hair Health Clinic address all of the issues found on the epidermis and dermis to deliver the best result in combination therapy. We share this with you in hope you will understand and appreciate why you need to follow our instructions of changing the way you wash your hair to focus on the scalp, to deliver the best results from Natural Hair Loss Treatments addressing all symptoms and causes.

The Layers of the Skin



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Understanding Pattern Thinning

This is so misunderstood universally. It is a specific pattern of thinning documented throughout the decades, and has a distinct pattern that so happens to effect at the front, top, crown and recessions of the hair, right in front of where you can see you hair, right where the light will hit your hair and scalp and right at the most important area of hair on your head that frames your face.

Female Pattern Thinning and Male Pattern Thinning are not hair loss! The use of the words 'Hair Loss' are misinterpreted, one may think because the hair is visually thinning, that the hair is falling out. When I put the question to my clients, the answers are confused, because most don't understand the difference between hair loss and hair thinning, especially when it relates to 'Pattern Thinning'.

Difference between Pattern Thinning and Hair Loss:

- Pattern Thinning is gradual
- Pattern Thinning has a specific pattern
- Pattern Thinning is not hair falling out
- Hair Loss once triggered will continue for 3 months and can have a substantial impact on hair volume in this short time frame
- Hair Loss is diffuse all over the scalp
- Hair Loss can result in over 300 hairs falling every day

What we teach you through microscopic diagnosis is how to understand the difference between hair loss as in hair actually falling out and hair thinning diffusely compared to pattern thinning. For most people what they think is happening, the pattern thinning, is actually more of a diffuse thinning happening all over the head, but only noticed at the front. In most cases the diffuse problem when corrected at a cellular level, and combining with the topical natural hair loss solutions we offer, the pattern thinning can be overcome without any direct treatment.

Pattern Thinning is caused by DHT (dihydrotestosterone) and is part of every human body's integumentary system. It is actually responsible for your body hair! DHT can be triggered to attach to the hair bulb receptors by hereditary, hormonal, and environmental and these days free radical damage.

Once again this is not hair loss as in hair falling out. If you do not have a distinct hereditary pattern for your age then you need to investigate your hair cellular function and if your hair cycle has been disturbed, to weaken the immune system of the cell to allow the DHT in or if your health and gut immunity are compromised and allowing free radicals and environmental factors take effect on your health.

An easy check in is through pH testing, knowing your pH will teach you what your body is doing or not doing. pH is an insight to all that is working or not working in your body and must be known and understood to take natural DHT blockers, antioxidants and nutritional supplements that may be recommended for cellular health through nutrition.



The Hair Count – Your Normal Daily Hair Loss

Now you understand the difference between Pattern Thinning and Hair Loss you need to know what your normal daily hair loss count is so you can tell if hair loss has started, slowed or stopped. For most clients I find the hair loss has stopped but the hair has thinned so now there is a hair anxiety attached to seeing any hair strands falling, so the normal daily hair loss can be misinterpreted as continuing hair loss.

Teaching the facts of the hair cycle and how you can perform your own hair count at home can stop the stress related to washing your hair and help you move through recovery from hair loss through Natural Hair Loss Treatments. Knowing your hair count will also help you after your hair loss treatments to be confident things are back to normal or even alert you early if something has effected your hair again so you can address it instantly rather than all the worry and wonder you have already been through.

Find Your Normal Daily Hair Loss:

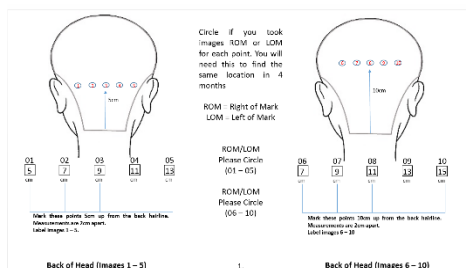
- We lose between 70-160 hairs diffusely every day, the average @ 100
- You will collect more hairs on the days you wash
- Hairs that have already fallen get caught up in other hairs
- Shampoo and Conditioning will soften the hairs and detangle
- Washing your hair does not make your hair fall out
- Washing every 2nd day could count up to 200 hairs, every 4th day up to 400 hairs...
- If you have hair loss you could lose double your daily hair fall each day for 3 months

It is important here to understand things will affect us throughout life and for some of us, the bodies reaction is hair loss. We need to learn what our personal triggers are so they can be avoided or in some cases like pregnancy, the post-partum hair loss cannot be avoided, but we can pre-plan to soften the impact and then ensure the hair grows back as it should by looking after health, the hair cell and the hair cycle.

The Hair Count helps you to see if your daily hair loss is normal which in most cases it is. On the days you wash, during pre-wash brushing, scalp cleansing, shampooing, conditioning, drying and styling, collect all the hairs that are released. Separate the hairs one at a time and look for the hair bulb, hairs without the bulb, and hairs of varying length indicating hair breakage or a disturbed hair cycle, keep all the different hairs in different piles.

Now count only the hairs with the dot at the root indicating the hair bulb. Record how many days it has been since your last wash and write your hair count information on a plastic snap lock bag with all the information: how many hairs, how many days. You can also easily see what 50 or 100 hairs look like without counting once you have done this a few times. You know collect the hairs that fall everyday on the days you don't wash, and then again on the days you do wash to see your average daily hair fall. It is a good idea to do this for a few weeks in a row so you can see if that hair count is consistent because hair loss does not change on a weekly basis. When hair loss is triggered the cause was 3 months ago and the hair loss will continue for 3 months. Sadly that is fact, you cannot simply stop hair loss once it starts, but we can slow it down, help you to recover from hair loss and teach you how to avoid future hair loss.

Contact us for more information on The Hair Count or if you feel your hair count is higher than normal so we can address the cause and focus on growing back healthy hair. Remember hair loss is a sign something is wrong in the body, don't ignore the signs.



Scope Sessions – Microscopic Tracking of Hair Loss Treatments

So now you have an accurate diagnosis you know exactly what is happening to your hair; Hair Loss, Hair Thinning, an interrupted Hair Cycle, a damaged Hair Cell, Pattern Thinning or a combination as is commonly found. Now you can address symptoms and or causes depending on

the result you wish to achieve. For some simply understand the problem is enough to stop the worry and no treatment is necessary other than maintaining a healthy scalp through Scalp Brush Therapy and Scalp Cleansing. For others we need to embark on Hair Loss Treatments which take 4 months to see results because of the cellular division required.

Whatever treatment you choose it is best to track your hair health with Scope Sessions – Microscopic Tracking of Hair Loss Treatments. Absolique Hair Health Clinic Trichologist has developed this method to map out the scalp and capture microscopic images of the scalp and hair growing from the scalp in specific and accurate locations that can be saved and recreated in the future to create a comparison.

Scope Sessions – Microscopic Tracking of Hair Loss Treatments:

- Measure and mark up to 50 locations all over the scalp
- Documents hair loss, diffuse hair thinning and pattern thinning
- Examination of the hair bulb for structural changes
- Is the best way to see results from Hair Loss Treatments

This is a very annalistic way of tracking results that is much more accurate than digital photos. Some feel they will see all they need with a digital photo of hair concerns 4 months apart so we do them too, but for others, they want to be more specific about what has really changed in the last 4 months. Each Scope Session take up to 1 hour and costs \$200 so it is optional to partake at the beginning of any recommended Hair Loss Treatments to then recreate the exact same Scope Session 4 months later for a Scope Comparison – Microscopic before and after images of your results.

Scope Sessions are also used to track hair health, some people are concerned about hereditary hair thinning that has not yet happened to them, but want to avoid it happening to them at all costs. So we map out the scalp as it is now healthy hair and check in every 6 -12 months to ensure everything is ok.

All clients who undertake our 4 month Hair Loss Treatments Combination Therapy have a Scope Session at the 4 month mark, even if we did not perform one at the beginning. This then allows us to track continued improvement and maintenance following Hair Loss Treatment or in some cases if the results drop back because of changes to the treatment, health and lifestyle influences.

For our Interstate and International clients with their own USB microscope we have created a tutorial of how to do a Scope Session at home, you will need someone to help you. Please email reception@absolique.com.au for the instructions and video link.



GRN – Grow . Revitalise . Nourish

Finally, the light at the end of the tunnel! At long last our long awaited safe signature product GRN is nearly here! After many long hours of research, trials and tests we are satisfied we have an amazing safe product to address hair health, hair loss and various hair thinning problems.

Production is to take place in the next week so we expect to have it ready for you to purchase by the end of June. Such exciting times for us at Absolique as a lot of hard work has gone into developing this product that is 100% safe and is having a positive effect on all types of hair growth problems.

We have run various trials to see the results achieved when used for four consecutive months only once or twice a week without or usual Combination Therapy. For these trials we did not use any other treatment method; no Minoxidil, no Activance, no Ampoule, no Laser and in most trials no nutritional therapy.

The results are impressive delivering a higher volume of stronger normal hairs growing from the scalp when the hairs were thinning diffusely and also impacting areas related to pattern thinning (DHT). This is quite a breakthrough to be able to address pattern thinning without the usual and controversial Minoxidil that some individuals cannot use for various reasons.



ABSOLIQUE GRN - Grow – Revitalise – Nourish

Absolique GRN is specially formulated with vitamins and synergistic ingredients that have antioxidant and anti-ageing properties to enhance hair growth and healthy hair. Designed to be used after prescriptive scalp preparation.

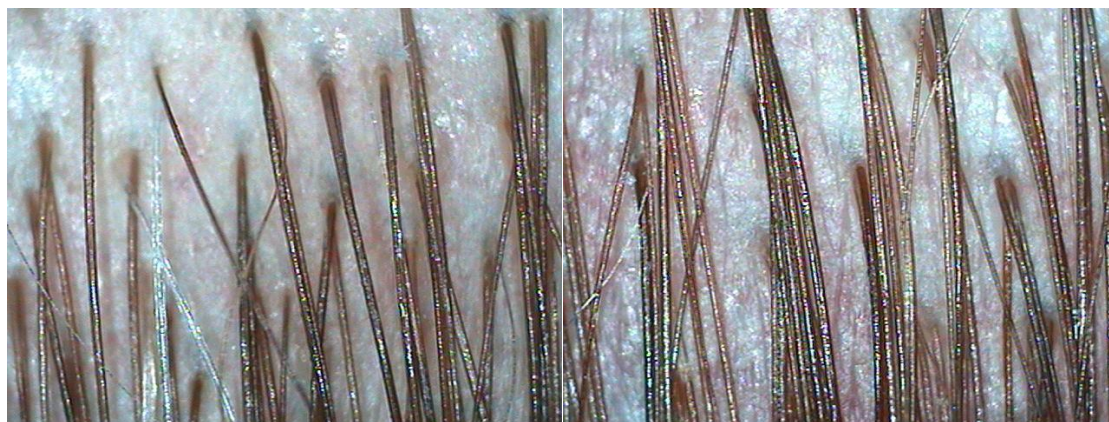
DIRECTIONS - Apply 2-3 ml Absolique GRN to wet scalp after prescriptive scalp preparation. Use tip of applicator eye dropper to section through hair. Be careful not to get GRN on the hair. GRN is specifically for the scalp and could leave a residue on hair if too much is used. GRN should be applied all over the scalp to help with the hair cycle and hair growth but can also be used in patches and patterns when directed. Style hair as usual. Consult with your Trichologist before using GRN for your prescriptive scalp preparation when treating stubborn hair loss or

hair thinning or if symptoms persist after 4 months. Shake before use.

Absolique GRN – Grow – Revitalise – Nourish is FREE from ingredients that can harm your health.

INGREDIENTS - Water (Aqua), Glycerin, Ginkgo Biloba Leaf Extract, Panthenol, Sodium PCA, Arctium Majus Root (Burdock) *Extract*, L-Arginine, Mentha Piperita (Peppermint) Oil, Olea (Olive) Europaea Leaf Extract, Sorbitol, Glutamic Acid, Disodium Succinate, Pterocarpus Marsupium Bark Extract, Phospholipids, Retinyl Palmitate (Vitamin A), Pantothenic Acid (Vitamin B), Ascorbyl Palmitate (Vitamin C), Cholecalciferol (Vitamin D), Tocopheryl Acetate (Vitamin E), Sodium Cocoyl Glutamate, Caprylyl/Capryl Glycosides, Polyglyceryl-5 Oleate, Glyceryl Caprylate, Citric Acid, Phenoxyethanol, Caprylyl Glycol, Sorbic Acid.

GRN is a 90ml bottle with an eye dropper applicator for \$175. You only need 2-3ml each application so this will last you much longer than the previous ampoules. We will be sure to keep you updated with the release date so watch out for our emails! Contact reception for a detailed ingredient list and see for yourself why this combination will benefit hair growth, healthy hair and healthy scalp. Correct diagnosis is always recommended before using any Hair Loss Treatments.



GRN
Grow . Revitalise . Nourish



Liquid Nutrition with Feroxin and Noni

For those who follow us you know how important nutrition is to growing healthy hair and delivering results from Hair Loss Treatments Combination Therapy. When bringing back body balance we always look at cellular health which should come from nutrition in food. For most hair loss and hair thinning problems body balance has dropped and we need to go in and raise the levels of essential nutrients using supplements for the first 4 months because it is difficult to eat organic raw food in the volumes required, it can be time consuming, expensive and for most impossible to fit into busy daily lifestyle.

Our proven methods use pH testing, alkalising and nutritional supplement which are mainly tablets. A lot of people struggle with the concept of taking tablets for various reasons. So with this in mind, when we were testing and trialing our signature GRN product we threw in liquid nutrition just to see what would happen. We used Neways liquid plant derived colloidal mineral Feroxin and their Noni Juice in a pH balanced environment.

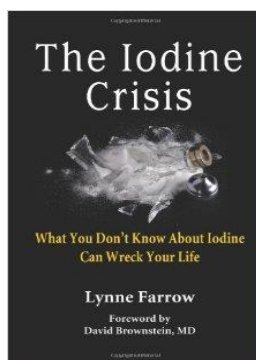
Not surprising that the results achieved were even better because Feroxin provides the daily mineral quota and Noni provides many vitamins and antioxidants supporting and protecting cellular health and the immune system. We share this with you in case you too are struggling with the concept of taking tablets and would prefer to get extra nutrition from one easy daily drink; 30ml Feroxin and 50ml Noni.

To use this method you do need to take more responsibility with your daily pH and adopt clean eating along with dietary sources of Essential Fatty Acids, my favorite way is with Coconut Oil in the daily diet.

It is important to understand diagnosis is still the first step to ensure all symptoms and causes of your hair loss or hair thinning are addressed, there is no one miracle cure. Neways Feroxin and Noni are both available from Absolique Hair Health Clinic or you can buy it online from Neways if we set you up with log in details through a \$50 membership fee to in turn buy at distributor cost rather than my retail price, is a big saving and delivered directly to you.

Please don't make the liquid change in the first 4 months of Hair Loss Treatments and advise us by email info@absolique.com.au or phone 07 3229 3242 if you would like to make the switch or start liquid nutrition with topical Hair Loss Treatments so we can track your results.





Bromide Stole our Iodine

Bromides are common endocrine disruptors that compete with iodine for the same receptors that are used for the thyroid glands and other essential sites to capture iodine resulting in a purging of iodine from our bodies.

Iodine is one of the most overlooked minerals in modern nutrition. Iodine is not just needed by the thyroid gland but is also required for every tissue in the body. Iodine is important for all glands of the endocrine system which is the hormone system of the body. We are familiar with the thyroid gland but consider it is also needed by the adrenal glands, ovaries, breasts and prostate gland.

Bromide is found in many forms and began to be introduced into our diets through bread back in 1970 to 1980. Up until this time iodine was routinely added to bread as a dough conditioner which provided enough iodine for most. But because of fears that we were getting too much iodine, similar to the fears of good fats resulting in the low fat fad which we now know to be false.

Potassium Bromate as a dough conditioner is now found in commercial bakery products and some flours. Bromine and bromides are toxic chemicals used in baking by law in many of the breads across the world. Bromine and bromides interfere with iodine uptake and body iodine utilization and the substitution of bromine for iodine has resulted in a universal deficiency of iodine.

Iodine and bromine appear to be similar to the thyroid gland and other endocrine glands.

Bromine easily binds to the gland's receptors intended for iodine. But Bromine delivers no value to the glands unlike iodine. Bromide inhibits the use of iodine and can cause impaired thinking and memory, drowsiness, dizziness and irritability.

We are already exposed to far too much bromine that can be found in a number of places in your everyday world, including:

- Pesticides
- Plastics, like those used to make computers
- Toothpaste and mouthwash
- Personal care products, cosmetics and hair dyes
- Bakery goods and some flours, called potassium bromate
- Soft drinks in the form of brominated vegetable oils (BVOs)
- Medications, such as Atrovent Inhaler, Atrovent Nasal Spray, Pro-Banthine (for ulcers), and anesthesia agents
- Fire retardants used in fabrics, carpets, upholstery, and mattresses
- Bromine based spa and swimming pool treatments

Be sure to limit your exposure to bromides and increase your iodine intake with organic Himalayan rock salt balanced with filtered water. If you are experiencing symptoms of iodine deficiency or have thyroid concerns find a health care practitioner who can do a 24 hour iodine loading test for you, to be sure. I also recommend reading *The Iodine Crisis* by Lynne Farrow, informative, easy reading with many positive iodine stories from all over the world.

Womens Hair Loss Treatments Results Before and After



Each Newsletter we highlight results from our holistic hair loss treatments to share the happiness, story and journey of a women who has gone through the heartache of hair loss and gained back confidence and healthy hair in hope it might help another to get a professional diagnosis knowing there is a solution that also improves health.

Mrs S is 30 and a working mum with 3 young children. She noticed changes in her hair 10 years ago describing hair loss, hair thinning, bald patch, hair breakage, oily scalp and dry hair. Blood tests revealed low iron that had been this way for some time as well as low vitamin D on top of a recent surgery addressing hormonal problems.

Things to include in Blood Tests for Women:

- Iron studies
- Vitamin D level
- Other minerals such as Zinc and Copper
- Vitamin B12 and folate
- Blood sugar/glucose
- Thyroid levels
- Cholesterol

Always mention to your doctor that you are experiencing hair loss and they will know what tests to run along with general health check and ask to include the additions above. Ask for a copy of your results and keep it to bring to your Trichologist as we read them a little different for your hair rather than general health. What can be low and safe for health may indeed be effecting the hair and the associated levels can indicate underlying nutritional deficiency that is not a concern in the medical field, but plays a big role on healthy hair growth.

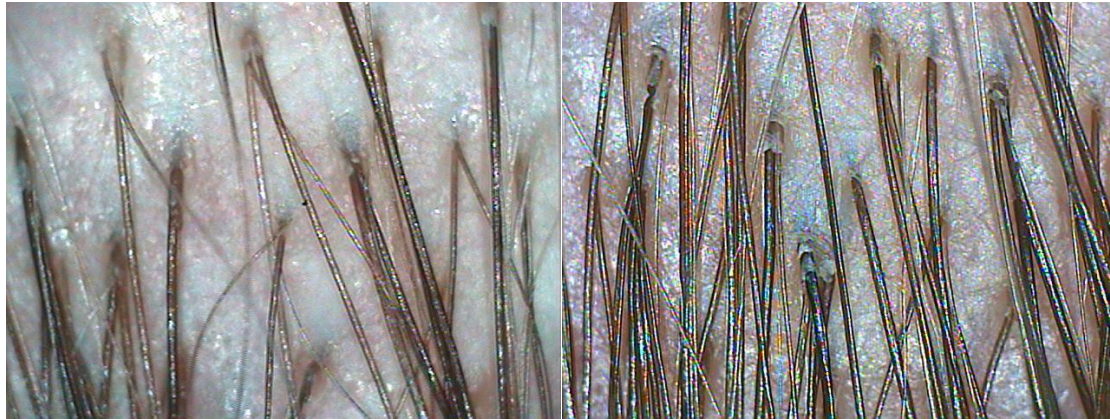
Low iron and vitamin D were being addressed but not helping the hair. Diagnosis found 90% of the hair was not growing to its normal structure from past diffuse hair loss where the body was low in iron during the recovery phase on top of a weakened hair cycle before children. Every pregnancy will include Post Partum Alopecia which is diffuse hair loss after pregnancy.

Specifically 3 months after giving birth or when you stop breast feeding. This is not to be afraid of and is part of pregnancy as in the last trimester you don't lose your daily quota of hairs, part of the pregnant glow, you and your hair are looking lush. But what can happen when the hair is returning to the growing phase there may be insufficient nutrients in the body, so the hair gets

nothing as the nutrients will always be delivered to essential organs first. And don't forget you have just created another life all of which was created from your nutrition.

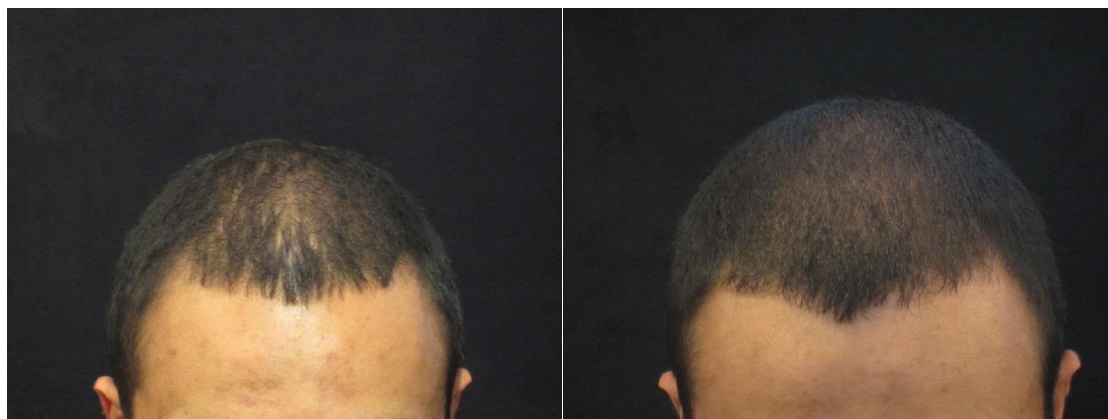
So we embarked on combination therapy to address all the symptoms and causes including delivering essential nutrients to the body at a supplementary range (SR) using nutritional supplements as it can be difficult to find the right food to do this, eat as much as is required in a raw state and only using organic produce. For busy mums it is much more cost and time effective to take the supplements because it is easier, cheaper and does not impact on family life. As you can see from the digital and microscopic images we share here that are 4 months apart, we have made a big impact on the hair health, more work will continue but now becomes part of daily life once again easy and affordable to deliver the best results and most importantly prevent this from happening again.

Please don't accept hair loss, hair thinning or changes in your hair and scalp as the norm, it is a sign something is wrong in your body, don't ignore the signs! Mums lives can be so very busy and sometimes they miss the signs, that's ok too, if you notice things with you hair or scalp please contact Absolique Hair Health Clinic and book your appointment to correct hair and health. Above digital and below microscopic images are 4 months apart.



IT'S NEVER TOO LATE TO
BEGIN

Men's Hair Loss Treatments Results Before and After



Most men are concerned about their hair too. Men have so many choices available to them but they tend to be short term, medical or chemical. With so much more information available these days' men can choose health and a holistic approach to overcome and address hair thinning and hair loss with positive side effects.

Mr J age 22 described hair thinning that had increased over the last 6 months and long term dandruff problems. Medication had been used for a few years to help with acne, plus working away on site with limited food choices and a stressful job role. Microscopic diagnosis found the hair cell and hair cycle were not functioning at optimal and male pattern thinning was also present and active mainly at the recessions of the scalp.

Things to understand about male pattern thinning:

- Male pattern thinning is not hair loss
- Male pattern thinning is caused by dihydrotestosterone (DHT)
- DHT is not the enemy
- DHT is part of every human body
- DHT will bind to the androgen receptors of the hair bulb when triggered
- Triggers are hereditary, hormonal, environmental and free radical effect

DHT related hair thinning takes time, it is a gradual build up causing gradual hair thinning in the typical pattern thinning areas. If the pattern of thinning is reducing quickly then there may be something else going on. The other thing to check for is hereditary background, if this is happening earlier in life that your relatives then there is something else going on. Focusing on health, the hair cell and the hair cycle can protect against DHT binding. A weak hair cell has no immune system to protect against DHT so it can cause the thinning to happen faster.

To address all symptoms and causes we used combination therapy for 4 months as required to see results. As mentioned the side effects are health and hair and the digital, microscopic images show you what can be achieved and then maintained when you implement little changes over time.

To find out more about our natural approach to male pattern thinning contact Absolique Hair Health Clinic. Above digital images are 4 months apart.



Introducing Our Award Winning Neighbors – Tsiknaris Hair

Tsiknaris Hairdressers Brisbane won the Australian Hair Fashion Industry Award in 2012 and 2013 as Queensland Hairdresser of the Year, and was a finalist in 2014. In addition, younger brother, Dimitri Tsiknaris

has been finalist for the Qld Hairdresser of the Year for the last three years. If you want the best hair go to Tsiknaris, 669 Brunswick St, New Farm.

Tsiknaris Hair consider your needs but also your lifestyle, hair type, texture, face and body shape providing full hairdressing and colour services. All services begin with a complimentary consultation to discuss your individual requirements

The Tsiknaris Hair team regularly provide comment to national and international media. Their opinion on the latest in hair care trends is highly sought after. Call 07 3358 5588 to have a chat to the Tsiknaris Team or book an appointment.

Note from Editor: Loving my new look, Thanks Bill Tsiknaris!



Help us to Help Others with Hair Loss and Hair Thinning

Please help us to help others with hair loss and hair thinning by writing a review about your experience or journey with us at Absolique Hair Health Clinic. To thank you for your help you will receive a FREE GIFT!

For your 1st Review we will give you an Absolique Conditioner

For your 2nd Review we will give you an Absolique Scalp Cleanser

For your 3rd Review we will give you an Absolique Scalp Tonique

You can email your review to info@absolique.com.au or fill out our review form when in clinic. Don't forget you also get an email after each visit with an option to write a review and receive a \$25 voucher to use at your next service. You can do both, but words need to be different :o)



Clinic News and a Reminder of New Brisbane Trading Hours

It's a boy! Congratulations to Colette and Dane and a big welcome to baby Owen. Lots of Love and Thoughts coming your way.

Team member Tessa is all over your orders, appointments and emails. She is doing an awesome job looking after everyone, including me! Thank you Tessa, you go beyond your duties to make sure everything

is running smoothly and look after all that goes on behind the scenes to make sure Absolique Hair Health Clinic is functioning to the highest of standards. We also welcome Angela to our team, she has only been with us a short time and is finding the work interesting and has so many valid questions with a willingness to learn all about what we do. Sure you will get to meet, speak or email with Angela soon as she progresses through her training to support Team Absolique.

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

We are here to support you through your hair health journey so please feel free to email reception on reception@absolique.com.au or call the clinic on 07 3229 3242. Please leave a voice message if we don't answer as things can get crazy on the phones sometimes. We always get back to you! To email Trichologist direct info@absolique.com.au

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

North Sydney: 83 Walker St. 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

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.