

News & Views

Absolique Hair Health Clinic

17th Edition September 2015



Hello and welcome to our September Newsletter. Here is what you will find in our Spring Newsletter: Absolique GRN – Treatment Options, Sleep and your Body pH, Intermittent Fasting - Just Old Fashioned Eating, Blood Tests – A Good Measure of Health, Stubborn Scalp Scale? How to use Activance Shampoo as a Scalp Treatment, Women's Hair Loss Treatments Results, Men's Hair Loss Treatments Results, Modere, The New Look Neways, Listen in – Super Synbiotics by John Ellerman, Recommended Reading – Wheat Belly By William Davis, MD, How often should you wash your hair?, Tip of the Spear - The 2015 Australian Tour with Phillip Day and last but not least, Check up and Check in for Changes. Enjoy!



Absolique GRN – Treatment Options

Please consult Absolique Trichologist for your best treatment option with Absolique GRN – Grow . Revitalise . Nourish
The prescriptive scalp preparation will be unique for your individual hair and scalp concerns and level of hair loss treatment and also depend on where you are at with your nutrition which we will gauge from your blood test results, your pH results and of course lifestyle influences including stress and emotional situations which sometimes cannot be avoided. Absolique GRN has three levels of treatments outlined in the following steps.

Grow . Revitalise . Nourish

1. In the first 4 months of hair loss treatments ideally you would use GRN hair loss treatment product for maximum effect in combination therapy following your diagnosis. This would include your individual nutritional program and topical treatments every second day or three times a week with the following scalp preparation:
 - Scalp Brush Therapy
 - Absolique Scalp Cleanser
 - Absolique Scalp Tonique
 - Microneedle Therapy
 - Activance Practitioner Formula where prescribed
 - Absolique GRN – Grow . Revitalise . Nourish

Microscopic analysis should take place after the first four months of treatment to view results and drop down to a maintenance program that will depend on your future expectations and individual lifestyle.

After the first four months of hair loss treatments things get easier, most of the time you have perfected your topical treatment regime or you can share your dislikes, so you may wish to continue the same regime, or drop it down to two times a week.

2. Another alternative is to continue on every second day or three times a week, but drop out the microneedle and do one full treatment a week and on the other days use the following scalp preparation:
 - Scalp Brush Therapy
 - Absolique Scalp Cleanser
 - Absolique Scalp Tonique
 - Activance Practitioner Formula where prescribed
 - Absolique GRN – Grow . Revitalise . Nourish
3. When you have reached your satisfactory and natural hair density, you can simply maintain your results or use as preventative hair loss treatment product with this simple regime and following scalp preparation:
 - Scalp Brush Therapy
 - Absolique Scalp Cleanser
 - Activance Practitioner Formula where prescribed
 - Absolique GRN – Grow . Revitalise . Nourish

You may also have other topical hair loss treatments prescribed to use in conjunction with the above hair loss treatment regime, this will be outlined in your individual 'Treatment' instructions sheet. It is a good idea to check in with Absolique Trichologist every four, six or twelve months to ensure everything is going well with your health and hair and to make any treatment changes depending on results.





Sleep and Body pH

Some people say they can function on four to six hours of sleep each night, but research shows that adults who get fewer than seven hours of sleep, whether for just one night or over the course of days, weeks, or months... have more difficulty concentrating and more mood problems than people who sleep seven plus hours a night.

There is a strong relationship between sleep and health, and it will affect your pH. The amount of sleep we get as adults has in general been declining. We could simply put it down to the price we pay for the pace of modern life. We all tend to lead these frantic lives and we have busy jobs and kids and sports practice and so on. To fit everything in sleep is what tends to get left out, but it is the one thing our bodies need to process the very life we are living. A continued lack of sleep can affect our overall health. It is also noted that as we get older, sleep can become less satisfying and less restorative.

What happens within your body when you sleep:

- Digestion
- Absorption
- Healing
- Repairing
- Transportation
- Alkalising

During the seven hours of sleep, the body processes all that it has taken in on any one day, not to mention the things we may have accumulated over the years. It is important that the sleep is deep and uninterrupted for the body to digest, absorb, heal, repair, transport and finally alkalise. Our immune systems are mostly not optimised from the exposure to many elements throughout our lives, and this very immune system is working extremely hard for you each and every night to choose the right processes so you can function the next day.

Imagine if you have continued broken sleep, your pH will be low and limited body processes will be the result. This tends to be a common denominator with the cases of hair loss and hair thinning I come across. Most are not eating a healthful diet of nutritious food, and other who are, the nutrients are not being processed or transported because the body is fighting a losing battle every night.

Watching your pH and working on good sleep patterns are essential for good health and in turn healthy hair. In the first four months of hair loss treatments we always help you to create the alkaline environment so we can get results, but we do hope you will take on some healthful lifestyle changes and appreciate that it is not just the food you eat or the water you drink, but also the stress you experience, the emotions you feel, the toxins already in your body and the constant daily toxins we are unfortunately exposed to... that do effect our pH and our amazing bodies are struggling and then we don't get enough sleep.

Intermittent



Fasting

Intermittent Fasting – Just Old Fashioned Eating

Intermittent fasting is a powerful and old fashioned approach to eating that is becoming very popular because it can help you stabilise your metabolism, lose weight without feeling hunger, plus help reduce your risk of disease. When followed correctly with base nutrition in place, intermittent fasting can also lead to better sleep and lots more energy.

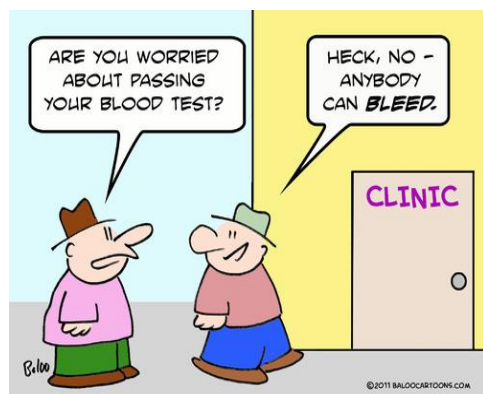
So far, research is supporting that the ‘three meals a day’ is not really how we were designed to eat. It is rather interesting how modern society has dictated when we should eat to suit schooling and working environments. The approach of intermittent fasting may do wonders for your health if it suits your lifestyle, metabolism and body type. Intermittent fasting and scheduled eating was practiced by our ancestors, since they did not have availability or access to food that we have now, so it’s not a new fad.

Intermittent fasting is an eating plan where you adjust your normal daily eating time frame to be within certain hours, allowing a longer window of time without food without cutting calories. The suggested timeframe to eat is between 12pm and 6pm but some can push it out to 8pm and still feel the benefits. This allows the body the full function of elimination in the mornings whilst adding back fluid balance. In the mornings drink water, tea or even black coffee (no sugar) and listen to your body, wait to see when you really get hungry, you may be surprised. When you do feel hungry, drink more water, you could also have a piece of fruit but once again wait till you feel hungry again before eating your first meal. Keep in mind if you are one who needs breakfast or feel faint or unwell at any time you should eat.

For the purpose of alkalising and using the green drink for Absolique hair loss treatments, intermittent fasting suits many people with lots of healthful stories floating back to the clinic, as well as healthy hair growth of course. However there are some things to be aware of when practicing intermittent fasting. Intermittent fasting is not calorie restriction. It's should make you feel good and if it is making you feel unwell, you need to stop. Fasting can start from 14 hours. The easiest way to do this is to skip breakfast & have lunch and dinner within a 6-8 hour time frame with dinner at least 3 hours before bed. Fasting helps your body burn fat instead of carbs. Eating this way should be done gradually. Once your body has adjusted to fat burning it will be easier to fast for longer without hunger. Cravings will slowly disappear and managing weight will become simple. It is not a good idea to practice intermittent fasting while your diet is filled with processed foods. Practicing healthy eating before you try this is recommended. When intermittent fasting you should pay close attention to your body and energy levels especially if you are hypoglycemic, diabetic, or pregnant/breastfeeding. In these cases you should avoid calorie restriction until your blood sugar or insulin levels are normal.

Fasting in various forms has been common practice throughout history and has formed some traditions. Today modern science has proven that fasting delivers many health benefits check them out here with Dr Mercola, one of my favourite health resources:

<http://www.mercola.com/infographics/intermittent-fasting.htm>



Blood Tests - A Good Measure of Health

Blood testing is commonplace when visiting the doctor to get a snap shot of what is going on inside your intrinsic body systems. The problem is most blood tests are not compared to past blood tests to look for constant low levels, fluctuation levels and high levels. Blood test results help me as Absolique Trichologist to see where you are at with general health, especially if you don't have constant healthy stable levels, which in most cases of hair loss and hair thinning, you don't.

Hair loss treatments combination therapy with nutritionals can also be gauged by blood tests and help us to drop nutritionals and swap out for food, and also to be aware if any deficiencies are present, as our nutritional treatment regime is not designed to address deficiency, simply to support the body. So if we find deficiency levels are not improving, then we know pointed treatment with your doctor may be essential. It also shows the effect of your dosage and absorption.

General Health Blood Test, please ask to include:

- Iron Studies
- Thyroid Studies
- Vitamin D
- Vitamin B12 and Folate
- Zinc, copper, magnesium
- Cholesterol
- Blood Sugar/Glucose where possible

In the case of iron, ferritin and Vitamin D to keep thing simple, commonly I see clients taking iron supplements, yet the ferritin is not raising, or taking Vitamin D and the same, is not raising. And I also see a lot of supplementation that is not at the right dose for the deficiency, not taken regularly and stopping of the supplement before checking in with the doctor again. For healthy hair, you need to have a healthy body so looking in at the big picture helps us to help you, and we show you how to read your blood tests to look for the signs that may indicate things are getting out of balance and also returning to balance so you can adjust things in life accordingly.

Whether you are visiting Absolique Hair Health Clinic for the first time or coming back for a check-up appointment, please bring you most recent blood tests with you and kindly ask your doctor to list your past results on the same sheet, as we will find interesting things to show you to look out for your future health and healthy hair.





Stubborn Scalp Scale? How to use Activance Shampoo as a Scalp Treatment

At Absolique Hair Health Clinic we are big fans on the Activance leave in treatment spray, and particularly the special practitioner formula we can prescribe after microscopic diagnosis. Many may not know Activance also has a shampoo in its product range. For most hair loss treatments we use Absolique Scalp Cleanser to prepare the scalp for absorption of the individual hair loss treatments, but for some with sensitive scalps or stubborn scalp scale I will recommend Activance shampoo that can be used as a safe scalp cleanser and also a scalp treatment to address stubborn scalp scale.

Activance are renowned for their safe ingredients protocol, so you can be 100% confident that it fits our holistic approach. The difference is it is not as cleansing as our Absolique Scalp Cleanser, so we only recommend Activance shampoo when we have a scalp concern and it can double as a hair shampoo for most individuals, unlike our scalp cleanser that is not a hair shampoo for hair longer than 15cm.

How to use Activance Shampoo as a scalp treatment for stubborn scalp scale:

- Start with scalp brush therapy to begin exfoliation of the scalp scale
- Scalp brush therapy should always be performed on dry hair and scalp before getting into the shower and only on hair washing days, never do this if you cannot perform your hair washing regime directly after
- If the scalp is open, irritated, sore or weeping in anyway, do not do scalp brush therapy
- Wet the hair down in the shower as if you were going to wash your hair
- Place a 20-50cent piece size of Activance shampoo into your palm, distribute between both hands and then apply to scalp, making sure product is in contact with the entire scalp
- Gently massage the product over the scalp being very careful not to rub or scratch the scalp
- Its best to use fingertips and never your nails
- Move product around realising it is probably not foaming
- Rinse from hair
- Apply again, this time distribute all over the scalp and simply leave it there, just let it sit for 2-5 minutes, this is the scalp soak
- You will need to plan your shower to allow for this time
- The more scale, the longer the soak, maximum in the shower is 5 minutes, but can be left on the scalp for up to 20 minutes
- When the time is up, add water to the scalp and emulsify Activance shampoo until it forms a lather then rinse again
- Follow with another wash with Activance shampoo if required to remove scale or use your desired hair shampoo off the scalp of course
- Use hair conditioner as required

- Towel dry hair and always apply Activance leave in treatment all over the scalp to finish the treatment

In summary, the more stubborn the scale the longer the soak. Always start with on Activance shampoo on the scalp to soften the skin and allow water to work with the product. For more stubborn scale the soak can be longer or even repeated on the same day, but be careful never to scrub or scratch scale off the scalp as this can damage the scalp and cause hair loss. Always end the treatment with Activance leave in treatment once out of the shower on towel dried hair. Without this last step you will never fix the problem, Activance leave in treatment acts to put the balance back into the scalp to slow the scale returning plus soothing the scalp.

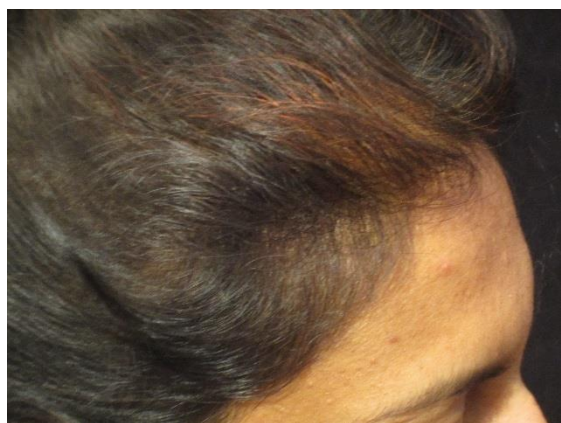
For more information on this technique or to begin with a correct diagnosis so you know you are addressing all symptoms and causes contact Absolique Trichologist.



Women's Hair Loss Treatments Results

Another round of results from Absolique Combination Therapy Hair Loss Treatments. We share as much as we can to encourage those who have tried a bit of this or a bit of that, to learn and appreciate one must start with correct diagnosis and address all causes and symptoms at the same time. And then once you see and feel the positive hair growth and health benefits, that you will understand you are only human and your body needs certain things for healthy hair to grow, which is a healthy body.

Mrs T. presented with a diffuse hair cycle problem, 15 hairs per centimeter were not growing properly and she also had Female Pattern Thinning which had progressed quickly from the weakened hair cells, scalp scale and oil that are usually associated with the above problems.



Women's Hair Loss Treatments Results addressed:

- Past diffuse hair damage
- Interrupted hair cycle
- Female Pattern Thinning
- Empty hair follicles
- Vellus hairs
- Transitional hairs
- Scalp scale and scalp oil with follicle blocks
- Current low iron and low Vitamin D

The reasons for this were obvious as she has 2 young children, low iron and low Vitamin D. Absolique Combination Therapy was accepted and implemented for 4 months which includes pH testing, alkalising, topical treatments to be incorporated in your prescriptive hair washing

regime and nutritional therapy with guidance from the doctor on treating low iron and Vitamin D. As expected we achieved significant results and now guide Mrs. T through an easy maintenance program for continued results.

The difference here at Absolique is we educate you how to know your health and hair and never go back where you came from. The cost and time drops back to an affordable and easy level that simply becomes the way you wash your hair, and we hope you will get nutrients from your food, be guided by your doctor on deficiencies and we check in every 4-6 months to make sure all is on track, because we really, truly care. Before and after images are always 4 months apart.



Men's Hair Loss Treatments Results

At Absolique we always like to share the love so here is another successful story of hair loss treatments results. 32 year old male, MB, describing hair loss and hair thinning that was becoming more noticeable over the past 4-5 years resulting in a gradually receding hair line. Similar patterns of hair thinning were noted in family history on mother's side, father and brother.

This type of pattern hair thinning would appear to be your typical male pattern thinning caused by the androgen dihydrotestosterone (DHT). This androgen has many functions in the body and is essential for our integumentary system which forms our protective layer, our skin, which holds us together.



However, DHT can be triggered to bind to the hair bulb receptors resulting in gradual hair thinning. The triggers are: Hereditary, Hormonal, Environmental and Free radical effect. Wherever the trigger comes from the resulting hair thinning is the same, but what if you have more than one of the above triggers present? This was the case for MB, the hair cycle and hair cell were not functioning normally with 18 miniaturized hairs per centimetre in the terminal area. This represents 18 hair in every centimetre all over the scalp with a compromised immune system, so no chance of combating the free radical effect of the binding

DHT. So the usually gradual male pattern thinning will move much faster as I was in this case.

We found diet and health related issues that had contributed to this now common combination of causes and we addressed all symptoms and causes with our hair loss treatments 4 months combination therapy. These images represent what we achieved in the first four months and MB is now on a simple maintenance program which is a simple hair washing regime and basic nutrition to achieve further hair regrowth.

If you feel you are seeing a typical pattern of thinning, always check out your hair cycle to understand all symptoms and causes for best results, correct diagnosis is the key and allows for holistic hair loss treatments that work and can be sustained.



Modere, The New Look Neways

Absolique have teamed with Neways for many years now because of their dedication to safe products and the level of research and resources they pour into all of their product development maintaining only safe ingredients. The nutritional products specifically are what Absolique use and recommend for our combination therapy hair loss treatments.

Many of you have your own Neways membership which makes it more affordable for you to purchase products. For those with Neways membership you should have been receiving a series of emails sharing the exciting transition from Neways to Modere. This is a global transformation and should make things easier for the future with product uniformity and simplicity. If you don't already have the new Modere website link, here it is: <https://www.modere.com.au/> Simply Login and fill out your email address and password and you're ready to order.

Most of the products have had name changes and have a new look, however they remain the same on the inside. Sadly some of our favorites may be out of stock for a while, such as a C-Pil Plus and Green Qi which will return late September so keep an eye out and if in doubt contact Absolique so we can check your prescriptive hair loss treatments to ensure everything is in place during this time.

Product name changes you may need to know:

Neways Product Name	Modere Product Name
5iber	Fiber
C-Pil Plus	Hair Skin and Nails
EFA Krill	EFA Krill
Feroxin	Natural Mineral Drink
Lactoflora	Probiotic
Neways Authentic Hawaiian Noni	Hawaiian Noni
Neways Green Qi	Green Qi
Neways Prostate Health	Prostate Health
Orachel	Adult Multivitamin
Revenol	Antioxidant

Some other nutritional products and personal care products have been discontinued, we can email you the list if you need it and assist where possible to advise an alternative. Please let us know if you have any questions, concerns or challenges during this transition as we are always happy to help wherever we can.

M̄ODERE



Listen in – Super Synbiotics by John Ellerman

A super CD to have for your health knowledge that discusses things we take for granted related to health. There are literally trillions of bacteria living inside your intestines – and most of them are essential to your wellbeing!

These bacteria can be broadly divided into two categories: ‘good and bad’. Those bacteria which are good are commonly referred to as probiotics and they play a huge role in our wellbeing. The beneficial bacteria perform many useful functions including fermenting indigestible carbohydrates, producing B-group vitamins and vitamin K and helping to maintain or enhance digestive function.

However, when the balance of bacteria in the gut is upset the corresponding rise in the amount of potentially harmful bacteria can lead to digestive disturbances and other imbalances. The balance of bacteria can be negatively influenced by alcohol intake; consumption of processed, fast and fatty foods; stress; as well as some medications. When this occurs, a quality supply of probiotic bacteria can help to restore a proper bacterial balance within the digestive system. Check out the CD and health related interesting information by following this link...

<https://proactivehealth.net.au/MXKart/index.php?catid=44>

The Modere solution – Probiotic with beneficial bacteria fibres.

With 30 billion beneficial bacteria packed in every dose, Probiotic contains a proprietary synbiotic blend of pre and probiotic ingredients to help maintain an optimum balance of ‘good’ bacteria within the intestines. Probiotic contains the probiotic bacterial strains Bifidobacterium lactis LAFTI® B94 and Lactobacillus acidophilus LAFTI® L10. The Bifidobacterium lactis LAFTI® B94 strains work in synergy with the Lactobacillus acidophilus LAFTI® L10 and the prebiotic fibres. The prebiotics in Probiotic are non-digestible fibres that stimulate or ‘feed’ the probiotics to help them multiply and restore the bacterial balance of the gut. Probiotic’s innovative dual sachet packs separate the probiotics from the prebiotics until they need to be taken, prolonging the product’s shelf life. Readily soluble with a slightly sweet taste, Probiotic is designed to blend well with water or Green Qi. View fact sheet by following this link... <https://images.modere.com.au/australia/prod/fact-sheets/probiotic.pdf>

At Absolique we also have a CD loan library if you would like to listen in to John Ellerman discussing the creation and efficacy of this unique product. We also keep Probiotic in stock at all time as it is commonplace treatment for Auto-immune hair and scalp related problems along with our Combination Therapy Hair Loss Treatments. You can also purchase from Modere but we would need to send you an invitation to join, so drop us and email info@absolique.com.au or give us a call on 07 3229 3242.

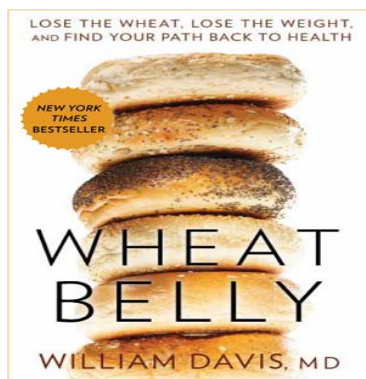
Tummy Buddy



Vs

Tummy Baddy





Recommended Reading – Wheat Belly by William Davis MD

Some extracts from the book, Autoimmunity and wheat. Autoimmunity occurs when your own immune system is no longer able to distinguish friend from foe. It means that antibodies, lymphocytes, killer T cells, macrophages and inflammation-mediating proteins can't tell the difference between, say, the protein of a fungal wall from proteins in your liver or joints. It's as weird as a mother not recognizing her children, sometimes as tragic as friendly fire.

Depending on which tissues in which organs are attacked, the misdirected immune attack of autoimmunity can express itself as autoimmune hepatitis (liver tissue), primary biliary cirrhosis (bile ducts), type 1 diabetes (pancreatic beta cells), uveitis (iris of the eye), skin (psoriasis), platelets (autoimmune thrombocytopenic purpura), muscles (polymyositis), thyroid (Hashimoto's thyroiditis, Grave's disease), or just about any other organ or tissue.

Wheat consumption has now been confidently identified as both the *initiating* process in autoimmunity, as well as a *perpetuating* factor.

Autoimmunity is just one way that tells us that this “food” was never appropriate for human consumption in the first place. First consumed in desperation 10,000 years ago, after not consuming grains for the preceding 2.5 million years, then altered by the efforts of geneticists and agribusiness, increased wheat consumption accounts for the increasing landscape of multiple autoimmune conditions, especially type 1 diabetes in children (and, now, adults), Hashimoto's, and inflammatory bowel diseases.

So what is it about modern wheat that can cause such misguided immune responses? There are several reasons:

- **Increased intestinal permeability**—Dr. Alessio Fasano and his team, working at the University of Maryland (now at Harvard) have worked out the complex path by which gliadin, when remaining intact, opens the “tight junction” barriers between intestinal cells, allowing foreign substances entry into the bloodstream and thereby organs. Among the substances that can enter: intact gliadin, gliadin-derived peptides, wheat germ agglutinin (a large and highly inflammatory protein), lipopolysaccharide from bacterial cell walls, and others.
- **Gliadin peptide toxicity**—While some gliadin remains intact, some also gets degraded to peptides. Some of these peptides can enter the bloodstream to exert opiate effects on the brain, while other fractions are toxic to the intestinal lining.
- **Wheat germ agglutinin**—Humans cannot digest the roots, stalk, leaves, or husk of wheat because it is a grass. For that reason, humans only consume the flour ground from the *seed* of wheat. We can only efficiently digest the amylopectin and amylose of the seed endosperm, the carbohydrates. Wheat germ agglutinin of the seed, a component of all wheat flour, is an example of another indigestible component of this grass. This large 4-part structure is highly toxic to the intestinal lining, causing complete denuding of the villi in experimental models. If it gains entry to the bloodstream, it is a potent activator of the immune system.

- **Molecular mimicry**—As if this wasn't already strange enough, there are amino acid sequences in the gliadin protein of wheat (and thereby the secalin of rye, the hordein of barley, perhaps the zein of corn) that look just like sequences in some human proteins. To date, human proteins that resemble gliadin include transglutaminase (in muscle, liver, many other tissues), synapsin (in nervous tissue), and calreticulin (ubiquitous). The gliadin sequence activates an immune response, which can then launch an attack on the organs containing these cross-reacting proteins.
- **Dysbiosis**—Wheat changes bowel flora, not uncommonly causing *dysbiosis*, or changes in bowel flora characterized by decreases in healthy species, such as *Lactobacillus* and *Bifidobacteria*, and increases in pathogenic bacteria, such as *E. coli* and *Clostridium difficile*. Dysbiosis increases intestinal permeability, especially to the lipopolysaccharide component of bacterial cell walls, a powerful activator of inflammation.

Note that NONE of these phenomena leading to autoimmunity require the presence of celiac disease or gluten sensitivity. The abnormal intestinal permeability induced by gliadin, for instance, develops in 80-90% of people; the toxic effects of wheat germ agglutinin affect *everybody*.

Anyone diagnosed with an autoimmune condition should avoid wheat, as well as its nearly genetically identical brethren, rye and barley (identical gliadin and wheat germ agglutinin sequences), as well as corn (some overlap of corn zein with gliadin) and rice (identical wheat germ agglutinin).

Also, vitamin D restoration (e.g., achieve a 25-hydroxy vitamin D level of 60-70 ng/ml or 150-180 nmol/L), omega-3 fatty acid supplementation, and correction of disrupted bowel flora (probiotics, naturally fermented foods, prebiotics) are all crucial steps in maximizing your hopes of reversing your autoimmune condition.¹

Check out Wheat Belly and other associated and interesting books by following this link...
<http://www.wheatbellyblog.com/books/>



¹ <http://www.wheatbellyblog.com/2013/12/autoimmunity-and-wheat/> By Dr. Davis | December 13, 2013



How Often Should You Wash Your Hair?

If I had a dollar for every time I have been asked this question... At the end of the day it is individual to your hair and scalp type. Some people need to control scalp oil and fine hair by washing and styling every day. Others simply need to wash their hair to feel clean every time they are in the shower. This is not right or wrong, but it is more about how you are washing your scalp and hair and what you are washing with.

Then there are others in fear of washing the hair because of the presumed associated hair loss. So we all lose hair every day, so of course you will notice more on wash days, the more days between washing the more hair you will see. So avoiding washing the hair to avoid hair loss will not work, if anything it will cause more hair anxiety on the days you do wash. And on top of that, scalp is actually skin. The reason most people choose the frequency of hair washing has more to do with what is or not happening at scalp level. Just stop and consider this; would you wash your face with a hair shampoo? Instead we need to separate the scalp and hair when washing for a clean scalp to receive natural hair loss treatments and manageable hair during the process of hair loss treatments.

Scalp cleansing procedure:

- Scalp Brush Therapy
- Prescriptive Scalp Cleanser
- Hair Shampoo off the scalp, only if hair is longer than 15cm
- Hair Conditioner off the scalp, only if hair is longer than 15cm

So how often should you do scalp cleansing and hair washing? That depends on the problem. If there is a stubborn long term scalp problem we may request you do a prescriptive scalp cleansing procedure every day until the scale subsides, the same goes for scalp oil. During the first 4 months of hair loss treatments and scalp treatments, I would always request the prescriptive scalp and hair washing regime be followed every second day or three times a week. If you need to wash daily we give you a basic washing regime and separate hair loss treatments washing regime.

As a simple rule I would recommend everyone follow scalp cleansing and hair washing at least twice a week for a healthy scalp. Look at what you are washing your scalp with, a hair shampoo won't cut it just like a scalp cleanser is not for the hair. Separate your scalp from you hair and common scalp and hair problems will disappear. Ask Absolique Trichologist for your prescriptive scalp cleanser and your hairdresser should be able to recommend hair shampoo and hair conditioner for your hair type.

**Scalp is Skin! Only wash
the scalp with a Safe Scalp
Cleanser.
Would you wash you face
with a Hair Shampoo?**



Tip of the Spear – The 2015 Australian Tour with Phillip Day

About Phillip Day - Phillip Day was born in England in 1960. He was educated at the British establishments Selwyn and Charterhouse, and throughout his twenties had a successful entrepreneurial career founding businesses in sales and marketing. With a firm grounding in business and the ways of the media, Phillip's research career began after he became interested in wars going on in the realms of health and politics over issues that were being deliberately withheld or misreported to the public.

Today Phillip Day heads up the publishing and research organisation Credence, which collates the work provided by researchers in many fields. He is also founder of the worldwide citizen's advocacy movement, The Campaign for Truth in Medicine (CTM), whose free weekly Internet newsletter, EClub Healthy News, may be obtained by registering at www.credence.org. CTM's intention is to work with the establishments and organisations concerned to resolve health issues that are harmful to the public, and to provide the necessary information for citizens to make their own informed choices in these vital matters. Phillip's speaking schedule is exhaustive and takes him to audiences all over the world.

The 2015 Australian Tour with Phillip Day – Tip of the Spear

Using the SPEAR ANALOGY

SO YOU ARE SICK. What you can do for YOURSELF

Why most people WON'T DO THE OBVIOUS

Why doctors will ALWAYS FAIL with disease. UNLESS...

THE METABOLIC REVOLUTION: Are you on board?

'HATED' SUBSTANCES providing DRAMATIC RESULTS

What IS causing THE AUTISM EPIDEMIC?

The CUTTING EDGE LATEST on the BIG SIX diseases

The 'friendly' foods that are KILLING YOU SLOWLY

What's causing THE HYPOTHYROIDISM EPIDEMIC?

How to survive the medical system... BY NOT NEEDING IT!

The latest on VACCINES you're NOT BEING TOLD

The latest attempts to GAG FREE SPEECH ON HEALTH

Remove 80% of TOXINS in your body IN THREE WEEKS

...and much, much more!

IF YOU ATTEND JUST ONE TALK THIS YEAR...

...don't miss this fascinating updated seminar by one of the world's most well-travelled, entertaining and mind-bogglingly researched health authors!

More information and tickets at: <http://credence.org/OZ2015/>

From the previous articles you may realize things are forever changing and evolving. This too has positive impact on natural hair loss treatment choices and associated hair growth products. If you have had a past diagnosis with Absolique Trichologist Carolyn Evans or are following a basic topical hair loss treatment program of maybe you are in the maintenance phase of holistic hair loss treatments, it is a good idea to check in every now and then to see if your treatment can be simplified.

Microscopic Scope Sessions:

- If you have had a previous Scope Session this service will include a comparison which can be emailed to you and we schedule a quick complimentary phone or Skype chat to discuss the microscopic images and form a fresh hair loss treatments plan. This service is important is you are using Minoxidil or any DHT inhibitors as they may not be necessary for you anymore but you would not want to stop both at once and we do need to create a plan for you. Other times a little more treatment would benefit your hair growth or you hair may be affected by health and lifestyle changes.

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.

Check-In



Absolique Hair Health Clinic *Trading Hours*

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

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www.brisbanehairloss.com.au www.hair-loss-sydney.com.au

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**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**