



News & Views

Absolique Hair Health Clinic

22nd Edition December 2016



Welcome to our December Newsletter. At Absolique we are still coco crazy about coconut and will share more hints, tips and recipes along with holiday tips. Hope you enjoy all the topics we have chosen to share in this Summer Edition. Thank you to all who have provided positive feedback from our previous Newsletters, you really do encourage me to keep writing. Carolyn Evans, Absolique Trichologist.

Here is what you will find in this Summer December 2016 Edition. See topics and page numbers for easier reference to the articles that may interest you the most. Enjoy!

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Holiday Hair Loss Treatments

It's that time of year again. Feels like it comes around faster every year! Depending on what phase of hair loss treatment you are in, we can possibly make things a little easier over the holidays. When you are past your first 4 months' hair loss treatments, things get easier. The first 4 months is the hardest but also the most important in creating the base support and we have a lot to fix.

If you are in your first 4 months of hair loss treatments, the treatment plan you have been provided is not negotiable. It is so very important you stick to your provided plan for best results. After the first 4 months, we would have checked your results and provided a maintenance plan. For those now in a maintenance plan, we can make holiday hair loss treatments even easier for a bit without effecting your results.

Holiday Hair Loss Treatments:

- First four months, stick to your provided plan
- Maintenance plans can be made easier
- Always stick to the basics 'BSCA'
- Brush, Scalp Cleansing, Activance

For scalp health and to support hair health always continue the basic hair washing routine we have taught you; Scalp Brush Therapy, Scalp Cleansing and Activance. Use hair shampoo and conditioner as needed only if the hair is longer than 15cm and always keep off the scalp. We recommend you perform this basic hair washing routine every second day or 3 times a week for stability.

Once holidays are over please resume to your provided plan to obtain best results at your next scope session. For those in the first 4 months of hair loss treatments, please stick to your plan. If you have any questions or concerns about your treatment plan, holidays and travel feel free to contact Absolique Hair Health Clinic and we will provide some guidance.

"YOU DON'T HAVE
TO SEE THE WHOLE
STAIRCASE, JUST
TAKE THE FIRST
STEP."

MARTIN LUTHER KING



Holiday Nutrition

Nutritional therapy is a big part of Absolique Trichologist treatment plans for hair loss, hair thinning and scalp conditions. If you are in the first 4 months of nutritional therapy hair loss treatments with Absolique, you must stick to your plan exactly, no exemptions. Following your first 4 months we would have checked your results and provided you with a maintenance plan.

Nutritional therapy maintenance is much easier and flexible for holidays. In the first 4 months, we are raising levels to support cellular function and hair growth using 'Supplementary Range' (SR). Once SR is achieved we need to maintain with 'Recommended Daily Intake' (RDI).

Sometimes we are still helping you to

address deficiencies, if that is the case, things are not so flexible for you, so please follow the plan you were provided.

Holiday Nutrition:

- Not flexible in the first 4 months
- Can be flexible when on maintenance plan
- Need to maintain 'Recommended Daily Intake' (RDI)
- Not flexible when addressing deficiencies

The key here is maintaining RDI. If you have access and desire to eat nutritious, raw organic food in the correct food combination in a pH alkaline environment... you may obtain RDI from food. If you like to have fun on your holidays, as I do, then I would eat and drink sensibly but fall back on The Green Qi with base nutrition at least 4-5 days a week, once a day, on a hungry empty tummy.

It is simply an easy back up plan and can be arranged around any holiday or travel plans. Have fun, but be careful not to fall off the bandwagon. Once home and routine life returns, pick back up where you left off with your nutrition treatment plan for best results at your next scope session. If you have any questions or concerns about your holiday nutrition please contact Absolique Hair Health Clinic.





Acid Buffer – Summer Storage, X-mas Cheat, Make Your Own

Just a reminder about storing Absolique Acid Buffer. The formula does not like humidity at all. It is best to keep refrigerated at all times, where possible. The instructions state to 'Store in a cool, dry place', 'Store below 25°C', 'Keep

container tightly sealed' and 'Refrigerate after opening'. In warmer climates, we suggest you keep it refrigerated always.

Acid Buffer is our night time alkalizer. Use acid buffer if your morning pH is below 7.0 or if you have anything acid during the day. Acid things can be food, stress, lack of sleep, alcohol and overeating. These things are typical of holiday times, so Acid Buffer is a good way to buffer your pH while having a bit of fun.

Absolique Acid Buffer:

- Night time alkalizer
- Keep refrigerated
- 1 heaped teaspoon
- Small glass filtered water
- Take at bedtime before brushing teeth

Depending on where you live, we may not be able to ship Absolique Acid Buffer. If this is the case for you, here is how you can make your own; 1 heaped teaspoon bicarb of soda (organic if possible), mix into small glass of filtered water. It is not very tasty, so you may like to add some lemon or lime juice or a safe Vitamin C powder. This formula will work the same as Absolique Acid Buffer.

It is a good idea to keep an eye on your pH even during holiday time. It is interesting to see what different foods and environments do to your pH. Use Acid Buffer as required to help let your hair down a little and enjoy holiday time. Acid Buffer will buffer the acid helping the body to be more alkaline in the morning, but will not fix an acid pH on its own. Only you can do that :o)





Holiday Trading Hours

Absolique Hair Health Clinic like to give all our team a good break for the holidays. We will be closed for the week between Christmas and New Year. Please see below schedule for exact trading hours and closures.

Make sure you have all you need to continue your treatment plan during this time. Pop in, phone and email orders all welcome. Phone 07 3229 3242, Email reception@absolique.com.au

Holiday Trading Hours:

- Monday 19th December – Closed
- Tuesday 20th December – 10am -5pm
- Wednesday 21st December – 10am – 6pm
- Thursday 22nd December – 10am – 6pm
- Friday 23rd December – 10am – 4pm
- Saturday 24th December – Closed
- Sunday 25th December – Closed
- Monday 26th December – Closed
- Tuesday 27th December - Closed
- Wednesday 28th December – Closed
- Thursday 29th December – Closed
- Friday 30th December – Closed
- Saturday 31st December – Closed
- Sunday 1st January – Closed
- Monday 2nd January – Closed
- Tuesday 3rd January – 10am – 5pm

We will close at 4pm on Friday 23rd December and reopen on Tuesday 3rd January 2017. For any urgent matters, please email info@absolique.com.au we will do our best to respond. Happy Holidays!





Prescriptive Products

All Absolique products used and recommended have a prescriptive purpose and instructions to obtain a particular result. Not one of the Absolique products are a standalone hair loss treatment. Everything we do works in some form of combination therapy. When treating hair loss, hair thinning and scalp conditions, we must address symptoms and causes to get a result.

To understand symptoms and causes, we need a correct diagnosis. Occasionally we have requests to purchase our products without a diagnosis. As a rule, we will not sell any of our prescriptive products without correct diagnosis and teaching you exactly how to use our products with a

one on one program induction, individual written instructions and instruction videos.

Prescriptive Products:

- Absolique products have a prescriptive purpose
- Absolique products are not stand alone hair loss treatments
- Combination therapy works best
- Address all symptoms and causes
- Must have correct diagnosis

Absolique prescriptive products also have very selective ingredients. We do not use or recommend any products containing chemicals or harmful ingredients. Therefore, you must use our prescriptive products exactly as directed for your individual diagnosis of your own hair loss, hair thinning or scalp condition. Without the proper scalp cleansing routine, our chemical free products will not absorb.

Prescriptive nutritional products need to be taken in the right dosage and right combination in a correct pH balance to effectively absorb. Contact Absolique Hair Health Clinic to arrange your correct diagnosis if you are interested in using any of our prescriptive products that we share on YouTube, in our Newsletters and on our websites.





How We Prevented Post Partum Alopecia with Hair Loss Treatment for Women

Post-Partum Alopecia (Post Pregnancy Hair Loss), is a part of every pregnancy. In the last trimester of pregnancy women don't lose their daily quota of hair. This results in a lush head of hair related to the pregnant glow. However, 3 months after baby is born, 3 months after cycle resumes or 3 months after breastfeeding ceases, women lose double the daily quota of hair.

Post Pregnancy hair loss will continue for 3 months once it begins. Your hair type and health during this time will determine if you notice this hair loss. It is part of pregnancy, but some women notice it more than others. Absolique Hair Health Clinic are always researching, testing and trialing. We had the opportunity to run a trial with a pregnant woman to see if working with the hair cycle during and after birth, could we prevent Post-Partum hair loss?

How We Prevented Post-Partum Alopecia with Hair Loss Treatment For Women:

- Check and correct hair cell function
- Stabilize hair cycle
- Check blood work and health
- Start trial at beginning of 2nd trimester



Trial consisted of topical treatment that became an easy hair washing regime. We followed a full treatment once a week and a mini treatment once a week to make trial time effective. Full treatment consisted of Scalp Brush Therapy, Scalp Cleansing, Scalp Tonique, Hair Shampoo & Conditioner, Microneedle Therapy, Activance Practitioner and GRN Grow.Revitalise.Nourish. Mini Treatment consisted of Scalp Brush Therapy, Scalp Cleansing, Scalp Tonique, Hair Shampoo & Conditioner, Activance Practitioner and GRN.

We tracked trial with the microscope every 3-4 months to see typical hair density increase in 3rd trimester and 2 month post pregnancy and again 6 months after birth. Where cycle had resumed and breastfeeding ceased all around same time, 3 months after birth. All the triggers for Post-Partum hair loss happened at the same time. If Post-Partum were to occur, it would certainly be at our 6th scope session. There was no sign of Post-Partum hair loss at all.

This is a breakthrough for women who have had Post-Partum hair loss and wish to avoid it for future pregnancies or for those who have had hair loss or hair thinning and cannot afford to lose more hair during Post-Partum hair loss. We could also use this preventative method when starting/stopping medication or to support medical health conditions that trigger hair loss.



Men's Hair Loss Treatments Results

October 2015, male aged 26 presenting with obvious male pattern thinning but was early onset and microscope found hair cell and hair cycle were interrupted. Described hair loss, receding hairline and thinning on the crown. Father has hair thinning but did not start till way into his 30's. When the hair cell and hair cycle are not at their optimal, it will compromise the immune system of the cell and allow for pattern thinning to begin at an earlier age, 'early onset'.

Mr C was an otherwise healthy individual but consultation and blood work uncovered highs and lows in nutritional elements, sleep, eating habits and stress. These types of things over longer periods of time such as 3 years in this case, will affect health and in turn hair.

Mens Hair Loss Treatments Results:

- 1st four months, Basic Topical, simple prevention
- 2nd four months add Hair Cell and Hair Cycle Topical + MPT Topical
- 3rd four months add Nutrition and natural DHT inhibitor
- Awesome results at the 12-month mark



1st four months. Mr C's main concern was to stop the hair thinning and keep the hair the same as it was. This is quite simple using Absolique Basic Topical – Scalp Brush Therapy, Scalp Cleanser and Activance Practitioner. The Basic Topical replaces your hair washing and needs to be repeated every 2nd day or 3 times a week minimum. Digital tracking at 4 months proved hair thinning had stopped and improved.

2nd four months. With such impressive results, Mr C asked what more would be required to re-grow hair at recessions. We added further topicals – Scalp Tonique, Absolique GRN and PG Free Minoxidil.

This was added to Basic Topical and included in hair washing regime every 2nd day or 3 times a week. Microscopic tracking began and booked to check in another 4 months.

3rd four months. Again, results were impressive and Mr C had made many personal healthful changes based on his knowledge of his pH balance. Bloods still showed some highs and lows and microscope still uncovered some hair cell problems in terminal area. Nutrition was discussed and decision to progress to this level for cellular support was made.

12-month mark. We share this story to demonstrate how a little can make a result but progressing into further combination therapy can make a big impact. We normally go in with full combination therapy in the 1st four months so it was impressive even for us to see such an outstanding improvement by adding in nutrition and lifestyle changes.



PRP – Platelet Rich Plasma

Technology abounds us. Medical research with technology is advancing all the time. PRP – Platelet Rich Plasma has been researched, documented and applied as an injection to stimulate healing since 1998.

http://bebevida.pt/ficheiros_artigos%5CMarx%201998%20oral%20and%20maxillafacial.pdf

Because of the reported healing actions, PRP is now becoming a popular hair loss treatment option. “PRP therapy for hair loss is a treatment that involves withdrawing a patient's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into the scalp. PRP contains essential proteins that stimulate natural hair growth.”¹

PRP – Platelet Rich Plasma:

- Reported healing action
- Processing to enrich cells
- Injected into the scalp
- Becoming a popular hair loss treatment option

The basic idea behind PRP injections is to deliver high concentrations of growth factors to the scalp with the hope of stimulating hair growth. The problems I can see with PRP is the fact that it does not address the symptoms and causes. I have seen good results from PRP documented, but have also seen some of my clients spend a lot of money on the course of injections, with no result because they have not addressed the actual hair loss or hair thinning cause.

PRP, like all other Hair Loss Treatment options should address all symptoms and causes at the same time following correct diagnosis. There is simply no point using PRP alone for hair thinning, as a standalone treatment for hair loss or as a singular hair growth treatment. PRP could very well be a positive addition to hair loss treatment for women and men, but please be sure to understand and address your individual thinning hair and hair loss causes. Contact Absolique Hair Health Clinic Trichologist for correct diagnosis.

¹ <https://www.realself.com/prp-for-hair-loss>



Book Review – Digestive Health

Digestive Health Author Phillip Day is a journalist and researcher who has just recently come to Australia on tour providing awareness about health, modern medicine and self-healing etc. We, the Team at Absolique were lucky enough to go and listen to his very interesting and insightful talk. I am reviewing his book Digestive Health (and the magnesium oxide bowel-cleansing system) first published in 2005 by Credence Publications. I thought this was a very good book to start off with as my family has a history of digestive complaints including diverticulitis.

Phillip Day starts off by saying in his introduction that, in today's society "the World is sicker than it has ever been". Which I agree with 100%. Food is getting more processed and easy to get (fast food). More sugar and flavour enhancers are added and people are not exercising nowhere near as much as they should. He goes

on to state, people are neglecting the basic six metabolic process which the body needs to be in to live a healthy lifestyle – "Optimum Nutrition, Optimum Hydration, Optimum Absorption, Optimum Assimilation, Optimum Elimination and Optimum Relaxation."

Phillip touches on Digestive Disease Profiles such as Leaky Gut Syndrome, Crohn's Disease and Diverticulitis to name a few. Which you do hear being spoken about today but do we really know what it is and how it's effecting the body and limiting quality of life. He lists the chief causes of digestive disease for example – gluten, fungal infections, processed diets, stress and emotion upsets, sugar and grains, antibiotic abuse and coffee/carbonated beverages and alcohol to name a few.

Thus, knowing this information, it really made me think twice about my food and beverage intake – Do I really need this or am I only satisfying my taste buds short term and for a long term of digestive complaints and pain. It really pays to listen to your body's reactions to foods and the effects it has on the skin, intestines and bowel. An interesting point he did make is about Chronic Constipation and ITT (Intestinal Transit Time) which is ideally around 24 hours, from consuming the food to a bowel movement and he states that "In many, this period is extended dramatically up to 48-72 hours because of over consumption of low fibre meats and grains." His next section of the book talks about Parasites in our bodies which eat out food we have consumed and leave their toxic wastes. Examples of symptoms are poor immune function, food sensitivities, thrush, chronic bloating and gas and many more to list.

Fungi, Yeasts and Candida another troublemaker for the body and the associated complaints – psoriasis, depression, cancer and many, all having dire consequences on the body and the causes of Candida overgrowths are prolonged exposure to these examples - antibiotics and other drugs, Cigarette smoking, acidic diet and more. Phillip Day includes the benefits of Detoxing and provides a Four-Week Cleansing Program to help "Kill parasites and fungal/yeast infections, Clear out the bowel, and replenish with healthy probiotics.

In conclusion, I highly recommended this and I found the book Digestive Health incredibly interesting, easy to read and very factual. Every person who reads this can take a snippet out of this book review their own body and dietary habits. He wants to improve awareness to all with this information and create a longevity in a healthy balanced lifestyle. Book review by Kendall Wright, Absolique Hair Health Clinic Team member, Receptionist and Assistant to Trichologist.



Recipe ~ Creamy Coconut Dressing

The soft white flesh of young coconuts make a nutritious and delicious base for dairy free and mayonnaise free creamy dressings. We suggest using raw vegetables that won't wilt with the dressing if making in advance, such as leek, capsicum, snow peas, radish, mung beans, cabbage, carrot, cauliflower, broccoli, fennel goes well with this too.

If adding dressing at time of serving, you can use softer, leafier vegetables such as kale, lettuce, spinach, rocket, tomatoes, cucumber, mushrooms, alfalfa, zucchini, or cooked pumpkin. Mix things up a bit by adding nuts and seeds like pepitas, sunflower seeds, walnuts, cashews, almonds or pecans.

Creamy Coconut Dressing Ingredients:

- Soft white flesh of 1 young coconut
 - 1-2 teaspoons mustard powder
 - 1 teaspoon smoked paprika &/or turmeric (optional)
 - 1 tablespoon vinegar of choice
 - Himalayan rock salt & black pepper to taste
- Herbs of choice (optional)
 - 2 tablespoons coconut water or cold pressed olive oil

Method; Blend all ingredients together in Nutri bullet, blender or like until smooth. The only limit is your imagination! Have fun and for non-vegetarian add roast beef, chicken or a boiled egg. Please share your favourite recipes with us using our star coconut. Psst, you can add shredded coconut to the salad too!





Coco Jack

Absolique Hair Health Clinic are still coco crazy, (if you can't tell). We are loving all the coconut products we have discovered. The personal challenge is to consume minimum 3 tablespoons of coconut products every day from a variety of sources. One of our favourites is fresh young coconuts. Problem is, they are so difficult to open.

Solution, The Coco Jack. We found the Coco Jack online and instantly wanted one. At the time, it was not yet available in Australia. Now it is! We have our own Coco Jack and can confirm it works and is as easy as it looks saving so much mess and fuss. We recommend the Coco Jack to anyone who likes fresh young coconuts.

Coco Jack:

- A safe, easy way to open coconuts
- 30 Day Money Back Guarantee
- 1 Year/1000 Coconut Warranty
- Food Safe Materials
- Never Needs Sharpening
- Free Return Shipping
- Works on brown coconuts too

Coco Jack – “Coco Jack & Scoop are Internationally Patent Pending and Coco Jack comes with a 1 Year/1000 Coconut Guarantee when purchased with our Coco Mallet. Coco Jack also comes with a specially designed shock absorbing grip, whose material was originally developed to absorb the vibration from motorised lawn mowers! They will help protect your hand from excess vibrations if you're opening a lot of coconuts at once. Besides being rugged and durable, The Coco Jack is also designed with aesthetics in mind. Every measurement was calculated using the ancient Fibonacci proportions to create a beautiful, balanced, and "harmonious" tool.”²

² <https://www.coco-jack.com.au/pages/about-us>



Niulife Coconut Products

Coco crazy Absolique Team have been researching once again. We set out to find safe, sustainable and ethical coconut products to use and share with you. Niulife ticked all our boxes and after tasting the coconut oil, coconut sugar, coconut flour and shredded coconut, we are happy to share the joy.

The Niulife difference – “Niulife DME® Extra Virgin Coconut Oil is the only Australian owned, handmade certified organic oil that is 100% village-produced within an hour of the opening the nut with all profits going directly back to the communities that made it.”³

Niulife Coconut Products:

- Certified organic
- Sustainably sourced
- Ethically produced
- Organic wholefood ingredients
- 100% profits go back to equip villages with all they need to enjoy better quality of life

“Cheap coconut oils are often mass produced copra oil made in factories from coconuts that have been left open for days or even weeks. The oil is often low quality and requires refinement through bleaching and deodorizing with harsh solvents and chemicals. This process removes the natural anti-oxidants and volatiles that give pure coconut oil its flavour and aroma.”⁴

“Niulife DME™ Extra Virgin Coconut Oil is handmade in the villages where the coconuts are grown. The coconuts are hand-pressed within an hour of opening the nut, then triple filtered to ensure only the purest Extra Virgin Coconut Oil makes it into every jar of Niulife.”⁵

Niulife Coconut products are now available from Absolique Hair Health Clinic or look for them at your organic store and online. Check out this interesting video of how Niulife coconut oil is extracted <https://vimeo.com/192875389>

³ <http://www.niulife.com.au/the-niulife-difference/>

⁴ <http://www.niulife.com.au/the-niulife-difference/>

⁵ <http://www.niulife.com.au/the-niulife-difference/>



Phillip Day – Maximum Health Tour Review

The team at Absolique Hair Health Clinic had the privilege of attending a talk by Phillip Day about his latest 20 Great Discoveries. While he was very entertaining, Phillip covered some very serious topics such as Chronic Illness, Systemic Inflammation, steps to reducing risk of Cancers and much more. One of the most stand out of all the topics he spoke about was Vitamin D Optimisation. Vitamin D is important as it can influence many aspects of our health from common cold and flu, auto-immune diseases to even cancer prevention and treatment.

Did you know that most Australian's are Vitamin D deficient and don't even realise? Optimum Vitamin D

levels are measured at 150nmol/L however, on average our levels are sitting at around half that! In order to raise our levels and become Vitamin D optimised, we need to be taking at least 10-15 times the recommended daily dose of Vitamin D and then up to 5 times the recommended daily dose just to maintain the level you have. Another important area Phillip covered was Systemic Inflammation. Majority of Inflammatory Disease begin within your stomach, this can contribute to disorders such as chronic pain, obesity, heart disease, thyroid issues, cancer and so on.

Inflammatory disease not addressed can progress into Systemic Inflammation. Many things can cause inflammation within the gut; diet, medications, hormones, infections and stress for example. Where inflammation occurs, adequate absorption does not. Nutrients and vitamins vital to our health are not being absorbed and as a result we do not receive the benefits. Awareness and simple prevention can reduce your risks of inflammation that ultimately affect your overall health and lead to serious (and sometimes fatal) diseases.

Phillip Day's Maximum Health Tour was certainly an eye opener, uncovering the truths behind many issues and encouraged me to try become more in-tune with my body and what it might be telling me to ensure I "have a happy ride into the sunset".

Phillip Day – Maximum Health Tour Review By Irene O'Neill, Absolique Team Member, Receptionist and Assistant to Trichologist.





Modere Product Review - Toothpaste

Dr. Mercola – “Over the course of a lifetime, the average American uses about 20 gallons of toothpaste,¹ and even though you don't swallow it, [chemicals in the toothpaste](#) can make their way into your bloodstream, courtesy of the fact that your mouth has an absorption efficiency rate of more than 90 percent.² With this in mind, it's well worth considering what you're brushing your teeth with on a daily basis. Many popular brands contain highly questionable ingredients that are best avoided for long-term health.”⁶

Whether you squeeze toothpaste from the bottom or the middle, Modere Toothpaste is sure to please either camp. Made with gentle, water-soluble abrasives and natural peppermint oil for effective cleaning, stain removal, and fresh breath. You won't find any controversial ingredients or sugar in Modere toothpaste. This formula is fine for the whole family to use, although you might not want to share.

Benefits of Modere Toothpaste:

- Fluoride free, tastes fabulous, without any sugar (yes, it can be done!)
- Gentle, water-soluble abrasives clean and remove stains without damaging tooth enamel
- Peppermint oil freshens breath (so you can indulge in that garlic pasta!)
- Contains a naturally occurring protein found in teeth
- Supports healthy teeth and gums

Key ingredients - Mentha piperita, (peppermint) oil freshens breath. Sodium Chlorite, (stabilized chlorine dioxide) used to remove food films from the teeth and to fight the bacteria that cause bad breath. Hydrated silica, a naturally occurring, fine, gel abrasive that with regular brushing, helps remove plaque and debris on tooth enamel surfaces. Casein, a naturally occurring protein in teeth, used for optimal cleaning. Xylitol, a sweetener that won't contribute to the formation of cavities.

Modere – “Sure, others claim to be safe, but have they been doing it for 25 years? We have. We pioneered safe, non-toxic products and demanded excellence from ourselves every day along the way. And still do. We don't compromise—you'll never see us use cheap ingredients, harsh chemicals, test on animals, or create lame products. This is our promise.”⁷

Absolique Hair Health Clinic use and recommend Modere Nutritional and Personal Care product because of their long-term commitment safe ingredients.

¹ Progressivehealth.com, Toothpaste

² [Cornucopia.org, Behind the Dazzling Smile: Toxic Ingredients in Your Toothpaste \(PDF\)](http://Cornucopia.org, Behind the Dazzling Smile: Toxic Ingredients in Your Toothpaste (PDF))

⁶ <http://articles.mercola.com/sites/articles/archive/2016/08/31/toxic-toothpaste-chemicals.aspx>

⁷ <https://www.modere.com.au/productdetail/toothpaste>



Absolique Team News

Congratulations to Danielle and partner Brohdie for the safe arrival of healthy boy Alfie. Alfie is the third Absolique baby boy in as many years, coincidence? As always, it is sad to lose one of our valued team members and wish Mum, Dad and bub happy days. Absolique Team had a farewell lunch at PonyCat downstairs (delicious) but as always we will keep in touch.

We welcome new team member Kendall Wright who you may have already met, spoken to or had email communication. Just like the rest of the

Absolique Team, Kendall fits in perfectly with our helpful and holistic approach.

Here at Absolique we like to keep informed and subscribe to many health and wellness blogs. See the list of some of our favorites below and feel free to check them out and subscribe to the ones that interest you for great information, facts and studies direct to your inbox. There is a wealth of knowledge and information to be gained by subscribing to our favorites or keep an eye on our Facebook Page as we do post the most interesting, relevant blogs there for you.

Dr. Mercola: <http://www.mercola.com/>

Natural News: <http://www.naturalnews.com/>

Credence Publications: <http://credence.org/>

Food Babe: <http://foodbabe.com/>

Absolique Facebook: <https://www.facebook.com/AbsoliqueHairHealthClinic>

Absolique Twitter: <https://twitter.com/AbsoliqueHair>

We continue to enjoy tracking your results and helping you with health and hair loss treatments. A big thank you to all who have connected with us this year 2016 for allowing us to help you and providing us with the most satisfying jobs, to help others. From the Absolique Team, Happy Holidays, Safe Travels, Happy New Year and see you in 2017!

Normal Brisbane Office Hours 3/669 Brunswick Street New Farm:

- Monday – Closed
- Tuesday – 10am to 5pm
- Wednesday – 10am to 6pm
- Thursday – 10am 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 on 07 3229 3242. Please leave a voice message if we don't answer as things can get crazy on the phones sometimes. We will always aim get back to you as soon as we can. To email Trichologist direct info@absolique.com.au

Don't forget if you can't come to us in Brisbane, we also travel to North Sydney and offer Skype, Phone and Email microscopic diagnosis and consultation services.