

News & Views

Absolique Hair Health Clinic

24th Edition June 2017



Welcome to Absolique Newsletter Winter Edition. We hope you find some interesting articles within and learn a little thing or two. We try our best to share and shed some light on the most interesting questions that have come from our clients in the past three months, so please enjoy and let us know if there is anything you would like us to cover in our next Spring Edition.

Here is what you will find in this June 2017, Winter Edition. See topics and page numbers for easier reference to the articles that may interest you the most and enjoy!

1. Welcome to Winter (Australia) June 2017 Newsletter
2. Why Filtered Water? – by Irene O'Neill
3. Hair Transplants – Are They for You?
4. Coconut Milk Coffee – by Irene O'Neill
5. Vitamin C Book Review – by Kendall Wright
6. Recipe – Warm Lentil and Root Vegetable Salad with Coconut Tzatziki
7. Results – Men's Hair Thinning Treatments
8. Results – Women's Hair Thinning Treatments
9. Product Review – Modere Digestive Enzymes
10. Pyrrole Disorder
11. New 30 Minute Trichology Consultations
12. DHT – High or Low is not the Problem
13. Absolique Team News



Why Filtered Water? – by Irene O'Neill



H₂O; the nectar of the Gods, makes up most of the Earth and majority of its organisms. Water, composed of two elements; hydrogen and oxygen, is important for survival on our planet. No water equals no life.

Its functions include, but are not limited to; hydration, temperature control, transporting oxygen and other nutrients to cells, organ protection, flushes waste from body, aids in digestion and conversion of food into energy and so on.

Interesting Facts about Water:

- Water is composed of two elements, hydrogen and oxygen
- The planet Earth is seventy five percent water
- Living trees are seventy five percent water
- Ninety percent of human blood is made of water
- The human brain is made of seventy five percent water
- By the time you feel thirsty, your body has lost over 1 percent of its total water amount
- Unsafe water kills 200 children every hour¹

It is vital that humans consume an average of 10 glasses of water each day, for sustenance. But how do we know if what we are drinking is safe? In Brisbane alone, the water supply contains organic sediments, bacteria, metals and, numerous inorganic chemicals², many of which can be harmful to human health, long term.

To ensure you are drinking the purest, safest water that is beneficial to your overall health, Absolique use and recommend a 7 stage charcoal water filter. Whilst being cost effective and environmentally friendly (no plastic bottles), charcoal water filters are antibacterial, remove impurities from tap water, adjusts the water to an optimum alkaline pH level, restores essential trace minerals, removes odour, leaving the water clean and tasty.

Filtration systems come in many shapes and sizes and there is certainly one that will suit any type of household/office space and budget. For travel, there are jugs and bottles with an internal filter available, making it easier for you to have your Green Drinks anywhere, anytime! When looking at water filters, be sure to do enough research, find out what the filter can and cannot filter out and whether the bottles or jugs are BPA-free.



¹ <http://www.seametrics.com/blog/water-facts/water>

² <https://www.aquasafe.com.au/-quality-in-your-suburb.html>



Hair Transplants – Are They for You?

Hair transplanting has been around for a long time. But, like all technology and medicine, it has greatly improved since its inception in the 80's. The simple idea behind hair transplants is to take donor hair from a location on the scalp and transplant it to another location, generally where there is hair thinning or baldness.

The methods used nowadays in hair transplants are single follicular transplants that are undetectable even with Absolique's microscope, amazing and intricate work. Gone are the unsightly donor site scars and transplant site plugs and tufts of hair. These days it is microsurgery and nothing but spectacular, when done right.

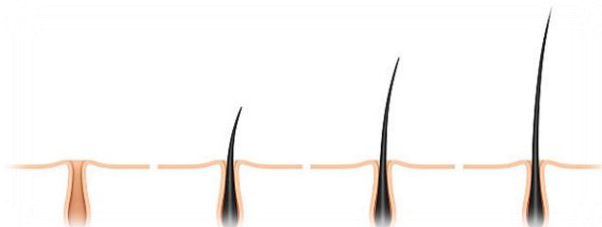
Hair Transplants, what you need to know:

- How healthy is your donor site?
- How healthy is the transplant site?
- What is the cause of your hair loss or hair thinning?
- Have you addressed the cause of your hair loss or hair thinning?
- What is your recovery plan?
- What is your maintenance plan?

As a Trichologist, in the hair industry for 30 years, I have seen loads of hair transplants. Good bad and horrific. Even with all the techniques today, and the impressive results, transplants fail to answer many questions of your individual hair loss or hair thinning concerns. My main concern is seeing tens-of-thousands of dollars spent on transplant surgery without even addressing the underlying cause. Recently, I met a female client with the most amazing single follicular hair transplants that were simply falling out because she was so iron deficient and had a strong hereditary influence of Female Pattern Thinning.

Sure, the transplants made her hair look better for a short time, before they all fell out. Thankfully in this case there is no scarring so it is possible that we may be able to regrow hair out of the transplanted hair follicle, time will tell. In another case of amazing transplant surgery, no maintenance was provided so the hair continued to thin all around the transplants, this is not ideal. Simple measures can be put in place by Absolique Hair Health Clinic Trichologist to get the best out of your hair transplants, pre-and post-surgery to maximise and retain your results.

In my humble opinion, transplants are best used when there is no hope of hair regrowth, as in the cases of scarring alopecia, extreme pattern hair thinning when left unattended for many years and verging on baldness. When hair follicles are still open, alive and receptive to natural hair loss treatments, why not give that a go? Certainly this will save you a load of money and improve your health and awareness along the way with Absolique Hair Health Clinic Combination Therapy Holistic Hair Loss Treatments.





Coconut Milk Coffee – by Irene O'Neill

Whether you like it hot, iced, black, white, sweet, strong, or decaffeinated, coffee has been a popular component to many of our morning rituals for decades.

As someone who less than two years ago, enjoyed a milky coffee, adopting a vegan lifestyle proved to make my usual coffee order a little different and for months, I happily ordered a double shot-long black. Still craving that heart-warming, creamy coffee in the cooler, winter months, I recently decided to take myself to breakfast at one of my favourite local cafes, I noticed they had a colourful selection of dairy-free milk alternatives. Being a fan of all things coconut, when I saw coconut milk on the coffee menu, I jumped right at the opportunity to indulge in a strong, flat white with coconut milk and all I can say is, life-changing.

Coconut Milk Coffee:

- Creates a milky, creamy coffee
- Dairy free milk alternative
- Good for lactose free, vegetarians and vegan
- Packed with nutrients
- Creates a coffee that is good for you

Coconut milk, derived from the flesh of a mature (brown) coconut, has many benefits topically and orally. High in fiber and loaded with vitamins, essential minerals, and healthy fats, coconut milk is a perfect alternative for vegans, people with a lactose intolerance, or anyone who is just looking to cut down on their dairy intake. Coconut milk also had a lower fat, sugar and calorie count and more added calcium than cow's milk.

With my new-found addiction in place, I decided to try a replicate the coconut coffee at home. I chose to use a BPA-free, canned, organic coconut milk, which I found in the international aisle at my local supermarket. I found this was a perfect consistency to replace cow's milk when preparing an instant coffee and didn't have an overly empowering fatty, coconut flavour either while still maintaining a beautiful, creamy taste. One can makes between 3-5 coffees, I would suggest decanting the contents of the can into a BPA-free bottle and refrigerate.

However, you like to prepare your coffee, it is easy to ditch the dairy without compromising flavours and textures. Just give it a good shake, add to your warm drink, like you would with cow's milk and enjoy!





Vitamin C Book Review – by Kendall Wright

I have reviewed the book – The Essential Guide Vitamin C written by Phillip Day and Nicholas Cockayne. While reading this informational and factual, easy to interpret book I came across a lot of information that I didn't actually know. When I thought of Vitamin C I thought oranges... and I found out that's just the start. Day and Cockayne cover; What Vitamin C is, How much is enough, Causing controversy, Diseases, Questions and conclusion.

Vitamin C is an essential nutrient that keeps you healthy, helps to prevent illness and fights disease. There are also active properties that fight scurvy, we would fall apart without Vitamin C. As mentioned in the book the medical system is 'dropping the ball in modern medicine'. We all need more Vitamin C in our daily diets because our human body suffers a genetic deficiency which prevents us from generating Vitamin C. Even though our bodies can't create Vitamin C it does have a unique genetic code that compensates for the defect by having red blood cells specifically designed for increased absorption of the vitamin. Our only hope to get this powerful nutrient is through our diets. It is 'famously' known in citrus fruits such as oranges but did people realise Vitamin C is present in foods such as leafy greens, rosehip, blackcurrants, peppers, kiwis and guavas to name a few. There are many different options to source and to create healthy meals every day. However, a good tip to remember is that cooking and heating destroys many of the active components in Vitamin C, so we have to be careful not to overcook our vegetables to lose the nutrients. A did you know fact – Vitamin C content gradually decomposes which means that an orange left in the fruit bowl will lose 50% of Vitamin C content in 2 weeks! So, as Phillip Day and Nicholas Cockayne say 'Fresh is best!'

Another incredible factor that this vitamin has is that it strengthens our cardiovascular system, a deficiency will lead to heart disease which affects 1 in 2 people. Even if we eat correctly with foods rich in Vitamin C as well as supplementing, once we get stressed or ill the Vitamin C is then compromised as it is the catalyst for the production of adrenalin in our body. People require more Vitamin C if they are injured, pregnant, diseased or unwell. So, the next time I feel unwell, instead of going for the over the counter medication I'll be bumping up the dosage of Vitamin C enriched food sources and supplements to get myself better. Dr Klenner advocated the therapeutic usage of vitamin C is 350mg per kg per day in divided doses. Cancer is another disease that is benefited by large quantities of Vitamin C as the vitamin strengthens the immune system and provides a surprising level of pain relief as well as the ascorbic acid strengthens the collagen which holds the healthy cells together and hinders the spread of an existing tumor.

In concluding the book review, I would strongly recommend this book to everyone. I have thoroughly enjoyed learning an incredible amount of new beneficial information I can use in my meal preparations to get the most Vitamin C intake as well as keeping myself healthy.

[Follow this link to view book](#)





Recipe – Warm Lentil and Root Vegetable Salad with Coconut Tzatziki

Team Absolique are always looking for healthy, complete, nutritional meals that also tick the boxes for Food for Ferritin, Food Combining and are pH balanced. This recipe is a delicious warm dish that is perfect for a vegetarian or vegan main dish or as a side dish for the omnivore.

We personalized the recipe to suit what was on hand and to increase the ferritin rich foods as well as the Vitamin C rich food for ferritin absorption. We swapped out the olive oil for coconut oil to roast the vegetables and pan cooked the broccoli. Then we used cold pressed olive oil in the Coconut Tzatziki to be sure the dish was packed full of healthy fats.

Warm Lentil and Root Vegetable Salad with Coconut Tzatziki, Absolique version:

- 1 Cup red lentils
- 4 medium carrots, cut into 5cm pieces
- 1 sweet potato, cut into 5cm pieces
- 6 brussel sprouts halved
- 1 small head broccoli, slice from stem end into thick steaks
- 3 teaspoons ground cumin
- 3 teaspoons ground coriander
- 1 teaspoon chilli powder
- Himalayan pink salt & pepper
- Coconut oil to toss vegetables and pan cook broccoli
- 1/3 cup lemon juice
- 1 1/2 cups chopped fresh herbs – mint, coriander, parsley

See the link to recipe below for instructions and note how we have swapped and added to the original recipe to make it more nutritious and suit the current vegetable season. We pan fried the broccoli steaks for a point of difference and they turned out amazing. Be sure to save the florets and stems to use in another dish. The lemon juice and chopped herbs should be added just before serving.

The Coconut Tzatziki was a lovely, fresh compliment to the warm dish, served alongside, but is a standalone dish, totally indulgent. See link to recipe for ingredients and instructions and save it somewhere safe! Other additions I made to the salad just before serving were; chopped rocket, sundried tomatoes and pumpkin seeds. Have a play with the recipe and enjoy!

[Warm Lentil and Root Vegetable Salad with Coconut Tzatziki link](#)

Results – Men's Hair Thinning Treatments



We share these results to demonstrate how correct diagnosis and basic hair thinning treatment is all that is required to deliver some results. This case could have easily been mistreated as typical male pattern hair thinning if he had not sought professional advice.

Absolique consultation and microscopic diagnosis service uncovered more than usual hair loss with recession areas becoming thinner. There was no history of hair loss except for a gradual hair thinning for male family members around middle-age. Mr G was only 21.

Results – Men's Hair Thinning Treatment:

- Hair loss was caused by a stressful time that resulted in poor diet, poor sleep and tummy upsets
- Hair loss had stopped, stress, diet, sleep and tummy had returned to normal
- Hair loss uncovered early onset male pattern hair thinning
- Hair loss and lowered nutritional status had disturbed the hair cycle



Understanding the real cause, not focusing on the obvious pattern hair thinning, was the key to this successful result. It is far too common that people jump to the wrong conclusion and waste time and money treating the wrong thing and causing further hair loss and scalp damage in the process.

Professional diagnosis will look at the big picture especially health and blood tests. A microscope should always be used to assess hair health, scalp health, status of hair cycle and presence/absence or percentage of pattern hair thinning compared to diffusely thinning hairs representing the hair cell function.

With all the right information, all we needed to do was Basic Topical hair thinning treatment for 4 months to deliver this result, with healthful changes, of course. We were all happy with this result, we have decided to continue the basic topical simple hair washing regime the Absolique way to maintain healthy scalp and hair and prevent the onset of pattern hair thinning.

EAT
HEALTHY,
SLEEP WELL,
BREATHE
DEEPLY,
ENJOY LIFE.

Results – Women's Hair Thinning Treatments



We would like to present another demonstration of how addressing both symptoms and causes with a natural hair thinning treatment approach can prevent further hair thinning and deliver positive results. Ms D was concerned about the hair thinning particularly showing in the typical pattern of hair thinning.

Microscopic diagnosis found the hair cycle was not functioning at optimal as well as presence of vellus and transitional hairs related to pattern hair thinning. The main objective was to prevent any further hair thinning. Health and lifestyle were

checked and discussed. We had a very rare, very healthy individual aware of pH balance and creating whole food from scratch.

Results – Women's Hair Thinning Treatment:

- Basic topical
- Hair cell and hair cycle topical
- Female pattern hair thinning topical and oral
- pH testing and alkalizing
- 4 months



In a healthy individual, simple topical hair thinning treatments are all that is required to make a few scalp changes for simple hair thinning treatment. We provided a plan to follow suggested hair thinning treatment three times a week for a four-month time frame. Digital images are used for tracking before and after in the first four months.

Digital tracking clearly demonstrated not only prevention of further hair thinning but also hair re-growth in the areas of concern. We were all very happy with this result and have now provided a maintenance plan for the next four months to achieve further improvement.

Maintenance hair thinning treatment will always be easier than the first four months whilst still delivering a result. Absolique hair thinning treatment plans are based on your individual hair concerns and level of health.

Please also remember hair thinning is not directly age related. The results we share here are from a very healthy, vibrant, early 70-something years young, lady. It is never too late to seek hair help.



Product Review – Modere Digestive Enzymes

Digestive Enzymes are a commonly forgotten link in the process of digestion. Our Digestive System uses natural enzymes to break down carbohydrates, fat and proteins into smaller molecules to assist absorption by the body.

The process of digestion begins with saliva in the mouth which starts the process of breaking down carbohydrates. Food then passes to the stomach where proteins begin to get broken down. From there the remainder of food passes into the small intestine where fats begin to get broken down and further work is done on protein. 90% of digestion and absorption takes place in the small intestine. ¹

Our Natural Digestive Enzymes:

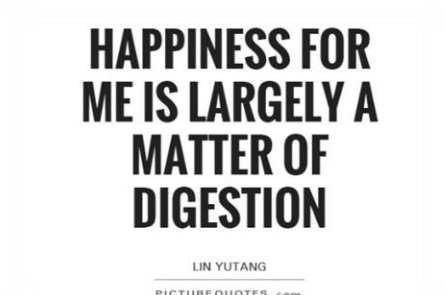
- Amylase breaks down carbohydrates for digestion
- Protease breaks down protein for digestion
- Lipase breaks down fats for digestion
- Additional enzymes cellulase, maltase, lactase, phytase and sucrose

Cellulase breaks down fiber, maltase converts complex sugars to glucose, lactase digests milk sugar, phytase helps with overall digestion and sucrose digests most sugars. Digestive enzymes are one way the body breaks down food to provide cells with the energy and nutrients they require, including the essential minerals, fatty acids and vitamins we need daily.

The production of digestive enzymes required for breaking down food into absorbable nutrients decreases roughly 10% every decade after the age of 20. Reduced digestive levels of enzymes can lead to symptoms of poor digestion such as bloating, gas, flatulence, heartburn, reflux and malabsorption. Under these circumstances, a daily digestive enzyme supplement may help.

Modere Digestive Enzymes contains six different enzymes to break down fats, proteins, and fibrous foods in your system. Protease, amylase, lactase, lipase, and cellulase are found naturally in the body, while bromelain is a plant-derived enzyme that assist your body's enzymatic process. Combined, these enzymes help to aid in proper digestive function and absorption of nutrients.

Modere link: <https://www.modere.com.au/ProductDetail/digestive-enzymes>



¹ <http://articles.mercola.com/sites/articles/archive/2011/08/21/enzymes-special-report.aspx>



Pyrrole Disorder

This seemingly new disorder is appearing more frequently in health history of clients seeking help for hair loss and thinning hair at Absolique Hair Health Clinic. The frequency and relative effects on health and nutrition are certainly providing many with a reason for feeling the way they have, without success in finding out why.

Such a diagnosis can be relief for many because it all starts to make sense. In our world of technology and medicine, many are happy to know they were not imagining the way they were feeling. Modern

medicine now understands more about this disorder that was first noted in the early 1960's. There is much research and support now available of Pyrrole which is described as a blood disorder.

Pyrrole Disorder symptoms:

- Zinc deficiency
- Joint pain
- Fatigue
- Headaches and migraines
- Irritable bowel syndrome
- Depression

“Pyrrole Disorder is known by many different names including the commonly used names of Pyroluria, Kryptopyrroles, and the lesser used names of Kryptopyrroluria, Pyrroluria, Pyrolle Disorder, Mauve Factor and Hemepyrrole. Pyrrole Disorder can best be described as the abnormal synthesis and metabolism of the oxygen carrying molecule in your blood, called haemoglobin. All cells in your body produce waste or by-products and the by-product of haemoglobin is a metabolite called hydroxyhemopyrrolin-2-one (HPL) also known as Pyrrole. This metabolite was originally thought to be a Kryptopyrrole but further studies have proven this is not the case.”

“People who suffer from Pyrrole Disorder produce excessive amounts of HPL which, binds to or inhibits the nutrients; Zinc 1-7, vitamin B6 1-7, Biotin 8, and the Omega 6 Fat GLA from reaching their targets within your body. This effectively renders these nutrients unavailable. Supplementation with the above nutrients helps to reduce your HPL levels as well as the severity of the conditions, signs and symptoms”.²

Absolique recommend seeking professional help and advice if you can relate to the symptoms of Pyrrole or have had a diagnosis. We are the hair experts and can help to stabilise the hair whilst working with your professional to support your health.

² <http://www.vitalityandwellness.com.au/pyrrole-disorder>



New 30 Minute Trichology Consultations

Absolique Hair Health Clinic are offering a new 30-minute Trichology Consultation Service. We find some people simply need to understand the truth about hair loss and the difference between hair loss and hair thinning. The science and knowledge Absolique Trichologist can share with may be all you need to get past the hair anxiety related to hair loss and hair thinning.

This new service will look at your hair loss and hair thinning concerns and history to establish the potential causes. We will need a copy of blood test taken by your doctor in the past 6 months just to check certain levels related to hair loss and hair thinning. Even if your doctor said everything was in range, please get a copy. Absolique Trichologist looks past ranges to identify highs, lows and fluctuations that affect the hair.

- Time and cost effective
- Delivers the truth about hair loss and hair thinning
- Point out your individual causes of hair loss or hair thinning
- Help you understand the difference between hair loss and hair thinning
- General health check
- Hair loss treatment options

Finding the cause and understanding the science, is sometimes all we need to do to help you form a recovery plan. If we do need to help further we can upgrade to the full service 'Hair Health and Scalp Check', but only where you feel it is required. New 30-minute Trichology Consultation Service does not include microscopic diagnosis.

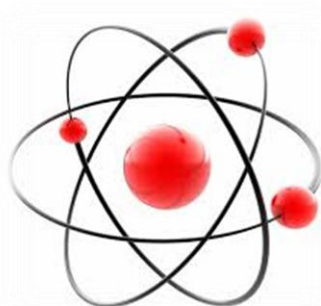
Absolique's new 30-minute Trichology Consultation cost is \$90 and includes a complimentary blood test check, complimentary program induction if you choose any of our hair loss treatment options and complimentary digital tracking of your hair loss or hair thinning, treatment and results.

Full service 'Hair Health and Scalp Check' takes up to 75 minutes and costs \$225 and includes microscopic diagnosis, comprehensive and in-depth explanation of diagnosis, symptoms and causes, many levels of treatment options and a complimentary 30 minute follow up appointment within 2 weeks, plus inclusions of 30-minute consultation service.

Contact Absolique Hair Health Clinic reception team on (07) 3229 3242 to learn more about our new 30-minute Trichology Consultation Service.

Accurate
information is
a key part of
motivation.

Mary Ann Allison



DHT – High or Low is not the problem

DHT, Dihydrotestosterone, is not a bad thing. Poor DHT has been given such a bad reputation. We all have DHT, we all need DHT, it is responsible for our integumentary system. That is our skin system, it is the largest system of the body and we would not be alive without it.

Pattern hair thinning is caused by a trigger. A trigger that directs DHT to bind to the hair bulb only in the typical pattern hair thinning area. The DHT is not the problem, it is the trigger. Our world is so reactive that people are running around having the DHT tested, this is not the point. You need DHT. Pattern hair thinning is not caused by high levels of DHT nor low levels of DHT. Pattern hair thinning happens when DHT is triggered to do what it was not intended to do.

DHT – Dihydrotestosterone – is not a bad thing:

- We all have DHT
- We all need DHT
- DHT is responsible for our integumentary system
- DHT alone is not a hormone
- What triggers the DHT to bind is the problem
- High or low DHT is not the problem either

Basic chemistry of DHT; 2% of Testosterone is converted by 5-alpha-reductase to DHT. This is the basic equation that takes place in everyone single human being. Of course, there are many other steps that we are now aware of, but for the exercise, let's keep it simple. If you have high testosterone it won't make you produce more DHT. Low testosterone may not allow for the conversion of DHT, which could affect other body systems.

High or low levels of DHT have been tested in relation to hair loss, and this is not relevant at all. DHT is related to pattern hair thinning, remember, the binding, this is not actual hair loss. The many DHT tests I have seen also come back well within range to prove it is not a concern. Most of the time, the actual problem is the hair cell and the hair cycle dysfunction leaving a compromised cellular immunity. DHT will bind much quicker to a cell that cannot protect itself.

Please embrace your DHT, it does so much good in your body and remember the triggers; Hereditary, Hormonal, Environmental and Free Radical Effect. Absolique Hair Health Clinic promote protecting your body from the Free Radical Effect by using natural and safe Antioxidants, topically and nutritionally. If you don't already know how we do this, drop us an email to Trichologist info@absolique.com.au





Absolique Team News

A big “Hi” to past team members Colette and Tessa for making the effort to catch up recently for dinner. We love keeping in touch and hearing all good news about life and children. Tessa’s Rhys turned one and Colette’s Owen is gorgeous and growing up.

Current Absolique team, Irene and Kendall are kicking goals all over the place with new skills working our fancy new camera and video recorder, new video making program and all the tech stuff that goes with it, well done! Both ladies are also lending a hand to writing newsletter articles and proving to be budding writers and researchers, very impressive.

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

Brisbane Clinic Hours:

Tuesday:	10am – 5pm
Wednesday:	10am – 6pm
Thursday:	10am – 6pm
Friday:	10am – 6pm
Saturday:	10am – 2pm
Sunday & Monday:	C L O S E D

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

