

News & Views

Absolique Hair Health Clinic

21st Edition September 2016



Welcome to our September Newsletter. At Absolique we are all a bit coconut crazy at the moment having learnt facts about the benefits of organic coconut products. Hope you enjoy all the topics we have chosen to share in this Spring Edition. Thank you to all those who provide positive feedback from our past Newsletters. You really do encourage me to keep writing. Carolyn Evans, Absolique Trichologist.

Here is what you will find in this Spring September 2016 Edition. We have now provided page numbers for easier reference to the articles that may interest you the most. Enjoy!

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Coconut Benefits ~ 3 Tablespoons a Day

Coconut Cures by Bruce Fife N.D. is a must read for anyone wanting to prevent and treat common health problems naturally.

After reading this book I began practicing some of the suggestions of coconut product consumption and external application with quite astounding benefits.

As Absolique Trichologist I have to be very diligent in my research and suggestions to my clients when assisting with hair loss treatments. After reading and understanding all the positive studies and reports about coconut and trying it personally, I am excited to recommend coconut products (only organic with no harmful additives) for my clients to incorporate as a part of healthy lifestyle in combination with our natural hair loss treatments.

Coconut benefits:

- Is an alkaline food
- Helps balance blood sugar
- Enhances the immune system
- Is a good antioxidant
- Boosts energy and increases metabolism
- Great source of fiber assisting irritable bowel conditions
- Kills disease causing bacteria, viruses and fungi
- Protects skin against free radical damage

Interesting that coconut is actually a seed. It is reportedly very rare that anyone is allergic to coconut, even those with the most sensitive nut allergies. For the most of us, coconut tastes good too. There will always be some who don't 'love' the taste of coconut, and for those there are many ways of incorporating coconut into your diet with the abundance of coconut products readily available today.

Here are some of the coconut products I have come across so far; coconut oil, coconut water, coconut milk, coconut cream, dried shredded coconut flesh, dried shredded roasted coconut flesh, coconut flour, fresh green (young coconut) and fresh brown (mature) coconut. Be sure to be diligent about reading the ingredient list of all coconut product as I have found some to be very misleading. One would think with this big wrap about coconut that all coconut products are good. Not so, I found all sorts of nasties added to coconut milk in the supermarkets. Every one of them in the milk isle had additives! I did find one with only added water in the herbs and spices isle, go figure. Another caution is choosing only organic, don't use the canned products where possible and don't choose the 'light' versions as that means the oil has been removed, and that is the best part for our health.

Have fun with my new favourite food, coconut. Read on for suggestions of how to use coconut products or feel free to call us or drop us and email to find out more about how to use coconut.



Green Qi with Coconut

Absolique Hair Health Clinic use Green Qi as our alkaline food to facilitate the absorption of nutrients with our hair loss treatments and scalp treatments. We do this because most of us have an acid pH and we need to have an alkaline pH for effective absorption. Many hair and scalp problems stem from malabsorption and deficiencies. An imbalanced pH is commonly the stem problem of the malabsorption.

Green Qi is a simple and easy way to assist with absorption when raising body levels to correct hair loss and scalp conditions. Problem is, it does not taste good. This is typical of the adage 'If it is good for you it probably doesn't taste good'. With our new knowledge of coconut and its benefits, including being an alkaline food, we have trialed tasty coconut milk added to the Green Qi with an amazing results, it makes it taste like a milkshake! Try the below recipe and see for yourself how something good for you can also taste so very good.

Green Qi with Coconut Recipe:

- 150 – 170ml cold filtered water or coconut water
- 50 – 30ml coconut milk
- 200ml of liquid in total of water and coconut milk
- 1 heaped teaspoon of Green Qi
- ½ to 1 teaspoon Vitamin C powder
- Liquid minerals as directed in your treatment plan
- Cacao powder (if you like a chocolate milkshake)

Be sure to only use organic coconut water, coconut milk and cacao powder. Also read the labels and ingredient lists as there can be many additives that one would not expect to find. Don't use canned coconut products as there are questionable toxins in the lining of canned products. The purity of the products is the key. We do recommend using a protein shaker to make your mixture and if you are adding powder probiotics to Green Qi mix for autoimmune conditions, add it to the water before you add the coconut milk.

Adding more than 50ml of coconut milk makes the drink too creamy to easily take your nutritional supplements. Personally I find 30ml is more than enough alter the taste to make Green Qi a pleasant experience. The Vitamin C powder is not essential, but also enhances the flavor with many other health benefits such as an antioxidant, immune support and collagen support for healthy skin.

Try out this recipe and let us know your thoughts and any further recipe suggestions by calling our friendly and helpful reception team on 07 3229 3242 or email info@absolique.com.au



Coconut Products

Staying with the theme of coconut, we want to share our research into coconut products. It is very important to us at Absolique Hair Health Clinic that if we provide a recommendation, it will help you not harm you. As always, we do a lot of research into finding safe and cost effective products. What we quickly realized with coconut products is that it has already become an industry. As with any industry, demand can affect quality of supply.

I personally learnt about the power of coconut whilst on holiday in Koh Samui, an island of Thailand. I was surrounded by natural fallen coconuts every day and fresh green young coconuts were readily available to purchase for less than AU\$2.00. This organic, local and fresh young green coconut would provide up to 500ml of coconut water and around 300g of delicate, soft, delicious coconut flesh.

Coconut products precautions:

- Check if it is organic
- Don't use cans or tinned products
- Check the ingredients
- Don't use if there are additives
- Check the use by date
- Is it watered down and by how much?

An example, I went to two popular mainstream supermarkets to look for coconut and coconut products. To find the coconut milk I ventured to the long life milk aisle to find at least 6 brands on offer. Selecting each carton at a time I diligently read the ingredients, and much to my disgust but not surprise, found additives such as sugar, corn oil, chemical preservatives and lots and lots of water. The value and benefit of the healthful coconut is lost amongst this ingredient list.

In the same supermarkets I looked at coconut water. This is an interesting one because there seem to be no additives, but, why does it taste so much different to the fresh, delicious and not too sweet coconut water I was spoilt with from the fresh green coconut in Thailand? The label does not tell me but my taste buds do. One can learn about coconuts and understand the older brown coconuts have much sweeter coconut water, but the yield is very different. You would only extract 20-50ml at most of the sweeter coconut water from an older brown coconut. Would industry really work that hard to create mass amounts of sweet coconut water from the older coconuts?

The young green coconuts and the older brown coconuts are both available at a reasonable price here in Brisbane Qld Australia for @ AU\$3.50 each. From this you can extract the water and flesh in various states of maturity to create coconut products yourself, but it of course can take time and learning how to open the darn things.

Absolique Hair Health Clinic are currently researching many coconut products and hope to soon have them available for you to purchase directly at a good price for trusted and researched products. Watch your emails for our coconut news. In the meanwhile, happy coconut hunting and remember the only danger coconut has to your health is to your head... Don't stand under a coconut tree :o)



Coconut Recipe - Thai Coconut Hummus

This was a challenge I put to myself to deliver a yummy nibbles dish at a family function with adults and kids alike who don't particularly get what good food is all about. For them it must look good and taste good. I wanted to use coconut, my new favorite food, but also make it tasty, healthy and incorporate curry as an influence from my recent trip to Thailand.

Online is an amazing resource of information and recipes. One must get good at being able to interact and swap ingredients to save time, money and also deliver a more healthful result utilizing vegetables that don't particularly look or taste like vegetables.

Coconut Recipe - Thai Coconut Hummus:

- 1 1/2 cups cooked chickpeas (rinsed well if you're using canned) or replace with 1 1/2 cups grilled cauliflower
- 3 cloves garlic, minced
- 2 tablespoons Tahini
- 3 tablespoons fresh lime juice
- 1-2 tablespoons Thai red curry paste (more or less depending on spice preference)
- 1/4 cup + 1 tablespoon full-fat coconut milk
- 1 tablespoon Coconut Oil
- Water to thin, if necessary
- Salt and pepper, to taste

Check out original recipe and method here... <http://ohmyveggies.com/thai-coconut-curry-hummus/>

Chickpeas are the traditional way to make hummus, but canned products contain harmful substances and soaking takes time. So I decided to use another recipe I had played with using grilled cauliflower. Simply chop cauliflower in to even bite sized pieces, place in a bowl and toss to coat with a little balsamic vinegar and coconut oil, season with salt and pepper. Grill at 180 degrees until lightly browned. Place in food processor with the rest of ingredients except for the chick peas.

I chose to serve with fresh and blanched vegetables (snow peas, capsicum, fennel, broccoli and carrot) and some gluten free pita bread chips. To my surprise the veges went first! The feedback was because the dip was so good. Always try to use organic ingredients where possible, including the salt and pepper.

Check out Absolique Facebook page for more recipes and interesting health articles as we are finding and posting new and interesting articles every day. Follow some of the blogs we follow for your own personal stream of healthful information.

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



Hair Loss and The Hair Count

When one has hair loss you would expect to lose double your normal daily falling hairs. Normal daily hair loss is between 70 and 160 hair strands released every single day because there is a new hair growing. When one has hair loss, anagen growing hairs are pushed prematurely into the Telogen falling phase

and are also released. This results in up to 320 hair falling every day. This type of hair loss is diffuse hair loss. Diffuse hair loss is scary but needs to be understood that hair loss happens for a reason. You need to find the reason for you.

We can talk symptoms and causes here. The symptom is the hair loss, now we need to find the cause. When you notice ongoing hair loss, think back three months before the hair loss, this is where you look for the cause. Hair loss today was caused in the body three months ago. Once the hair loss starts, it will continue for three months. Hair loss does not fluctuate on a daily basis. It will always seem you lose more hair on hair wash days, but you don't. You are only collecting hairs that have already fallen. Fact.

Hair Loss and the Hair Count:

- Normal hair loss is between 70-160 hair strands daily
- Diffuse hair loss is up to 360 hair strands daily
- You will always notice more hairs on wash days
- If you wash every second day you may collect up to 720 hair strands
- If you wash once a week you may collect up to 1,120 hair strands
- Washing your hair does not make your hair fall out
- Avoiding washing and brushing your hair will not stop hair loss

To do an accurate hair count you will need to be doing Scalp Brush Therapy, watch video here... <https://www.youtube.com/watch?v=ceckIZtwyIA> Scalp Brush Therapy does not cause or enhance hair loss, it is simply collecting hairs that have already fallen. Make sure the brush is clean and free of any hairs before beginning. Brush over an area will make it easy for you to collect the hairs like a clean tiled floor, a towel or even over the bath. Collect these hairs and put aside, do not roll into a ball, we will be counting these hair strands later.

Now wash your hair as you normally would or follow the Scalp Cleansing instructions we have provided if you have an Absolique diagnosis. Collect all hairs that fall during this process. Follow your normal hair drying and styling regime whilst collecting these hairs too. Now put all the collected hairs together ready to count. We want to separate the hairs into separate piles of 1. Hairs with bulbs (white dot) 2. Shorter hairs with no bulb (hair breakage) 3. Longer hairs with no bulb. For shorter hair styles you probably won't have any shorter hairs with no bulb.

Count and record the piles 1, 2 and 3. The number of hairs in pile one is the important number. Now roll all of the hairs from all of the piles into a ball, this will give you a visual size so you know around how many hairs have fallen by seeing this rather than counting every time. The hair count is an important tool to track your hair loss and hair loss treatments. You can count or collect once every few weeks until you note hair loss is back too normal. If hair loss continues past three months seek professional help.

Digital Tracking for Hair Loss Treatments

We at Absolique Hair Health Clinic can now help people all over the world with hair thinning treatments and hair loss treatments. We still have in clinic services available in Brisbane and Sydney. For those whose geographical location makes it either difficult or impossible to visit us, we have perfected our online service using emails, Skype and phone communication.

Once we have established your diagnosis and you have decided your direction to take with hair thinning treatments or hair loss treatments, we need to start tracking your results. The easiest way to do this is with digital images. Any device can be used to take the images as long as you follow our instructions and template images.

Digital Tracking for Hair Loss Treatments:

- Digital images should be taken at the beginning of your chosen treatment
- Follow the templates
- Front hairline, middle part, left and right recessions, crown and back of head
- Additionally, capture patches or other areas of concern
- Try to use only 5x zoom
- For dark hair use a light background
- For light hair use a dark background
- Try to take in same location and at the same time of day with the same light

Once you have taken the photos, please ensure you email them to us so we can make sure they are what we need. No second chances here. If they are not quite right, it will ruin the comparison we need to do for you in 4 months' time. All hair thinning and hair loss treatments at Absolique Hair Health Clinic run for 4 months. Four months is the time frame for the hair at cellular level to reach the surface of the scalp to be visual and captured by digital image.

At the four-month mark we need you to copy the original images, preferably in the same location, with the same lighting. Email these photos to us and we will compile them into a 4-month comparison so you can clearly see your result. Treatment is a choice and there are many choices. Some clients are doing simple prevention, other are in the full combination therapy hair thinning treatment and hair loss treatment. Whatever hair treatment you have chosen, or maybe you have not chosen yet, be sure to start your digital tracking. Email reception team for templates and further instructions at reception@absolique.com.au





Female Hair Thinning and Hair Loss Treatments Results

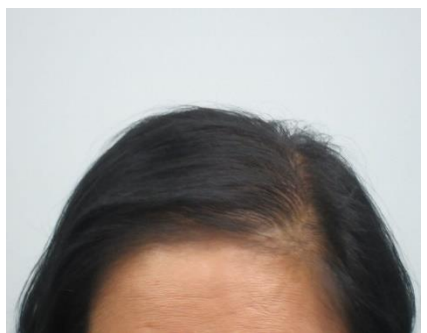
With hair thinning and hair loss treatments at Absolique Hair Health Clinic, it is common to see the best results from the worst cases. This happens because we use correct microscopic diagnosis and through consultations to know and understand exactly what all the symptoms and cause are. Absolique hair thinning and hair loss treatments combination therapy address all symptom and causes at the same time to deliver,

time and time again, impressive results.

For this case we were helping a breast cancer survivor currently under supervision of her Oncologist with post cancer medication. She also used medication for long term high blood pressure under supervision of her GP. The cancer and chemo took place 2 years prior but the hair had not grown back properly. Microscopic diagnosis found the hair cycle and hair cell were not functioning normally which had also triggered female pattern thinning on top of a dry scalp.

Female Hair Thinning and Hair Loss Treatments Results:

- Correct diagnosis
- Address all symptoms and causes
- Combination therapy
- Chemical free hair thinning and hair loss treatments
- Takes four months to see changes



Absolique Trichologist put forward a plan including a topical hair washing regime and a nutritional program to be followed for 4 months. The topical treatments are easy to do with personalized program induction, instruction sheet and instruction videos. Practice makes perfect here and we ask to get it right before getting faster. For this full combination it would take up to 1/2 hour to do the treatment initially and now only takes 10 minutes. All treatments are performed by yourself in the privacy of your own bathroom.

The topical treatment must be performed every second day or three times a week for the first four months. Some clients need to wash every day, and that's ok too, we just teach you how to turn it into a treatment. All products used and recommended are chemical free and contain no harmful ingredients. This is very important for cancer survivors and in the environment of a dry scalp.

We hope you can appreciate to improvement we have achieved for our very happy client in only four months. We will continue to improve with a simple maintenance hair thinning and hair loss treatment plan in place for the next four months. Watch our blogs and before and after's web page to see the future improvements.

<http://www.hair-loss-treatments.com.au/blog/>

<http://www.hair-loss-treatments.com.au/before-and-after-images/>



Male Hair Thinning and Hair Loss Treatments Results

This time we are sharing results 8 months from the beginning of Absolique Hair Health Clinic Combination Therapy hair thinning and hair loss treatments. All of our hair thinning and hair loss treatments are within four-month time frames as this is the time it takes to make changes at a cellular level to be seen at scalp level. In the first four months we always have a lot of work to do

topically and at a cellular level nutritionally.

At the four-month check in we do digital comparisons, begin microscopic tracking and check nutritional status and health through blood tests. For this case all was in order and this client had introduced and enjoyed many healthful changes to diet and lifestyle, which always helps. We put in place a plan to continue improving as we were addressing the squeeze of DHT (dihydrotestosterone) related to male pattern thinning that had been notably present for at least 4 years.

Male Hair Thinning and Hair Loss Treatments Results:

- First four months addresses all symptoms and causes
- Second four months maintains results achieved and focuses on further improvement
- Third four months is an individual choice of maintenance and/or further improvement
- Healthful lifestyle choices assist minimizing DHT triggers, even if hereditary
- DHT builds up slowly and has to be removed in the same way
- Natural hair loss treatments require patients but deliver sustainable results



At our second four-month mark we recreated the original digital images and first microscopic tracking to honestly see how the hair thinning and hair loss treatments were progressing. The images we share here are from beginning of hair loss treatment to the eight-month mark which is the second set of 4 month increments. Please remember the first four months are the hardest (and most find it easy) and things do reduce over the second and third 4 months.



Absolique hair thinning and hair loss treatments are designed too easy and incorporated into your normal hair washing regime, with a few little Absolique tweaks. Most Absolique clients continue on to full hair recovery with a very basic hair washing and healthy lifestyle. We are your hair guides and check in for you every 4 months. Once you are 100% happy we then check in every 6 months and then push out to every 12 months. This delivers peace of mind that the simple thing we have taught you are all you need to do to maintain your healthy head of hair.



Unusual Hair Loss Problem – Tinea Capitis

As Absolique Trichologist I came across an unusual case recently that I thought worthy of sharing. We had various circular patches of broken hair at scalp level. Many would see this visually as Alopecia Areata. But when the patches were viewed with 60x magnification microscope, clinically it appeared very different to the common signs used to diagnose Alopecia Areata.

All the hair follicles were intact in the patches, but they had twisted, broken hairs at the dermal level, which on the surface looked like hair breakage or recovering Alopecia Areata. As a Trichologist of 20 years, this was not a text book case of hair loss and it was difficult to find a matching image and diagnosis as microscopes are relatively new to Trichology with limited industry microscopic images available. What did make this case a little more difficult was the typical redness, itching and swelling that usually is associated with Tinea Capitis.

Unusual Hair Loss Problem - Tina Capitis:

- Tinea Capitis is a fungal infection of the scalp
- Is also called Ringworm
- Is a dermatophyte fungus
- Common in children, less frequent in adults
- Dry scaling like dandruff but usually with moth-eaten hair loss
- Black dots where the hairs are broken off at the scalp surface

The diagnosis of tinea capitis was clear for me with the microscope. However, we had a very difficult time convincing the doctor of the same. Various doctors were adamant it was Alopecia Areata simply based on the circular patches. Tinea capitis requires medical attention and assistance of medication. We finally managed to get the correct diagnosis through laboratory tests confirmed by microscopy and culture of skin scrapings which one doctor humored us with. The lab results took at least two weeks to come back with correct diagnosis before any medical intervention could be taken. Tinea capitis is usually treated oral antifungal medicines. Hair loss should be taken seriously. If you are not getting any answers from your medical advisor, always seek other opinions. Had this case been left misdiagnosed, this young boy could have lost most of his hair and it could have further affected his health and that of family and classmates.



MTHFR Gene Mutation

We are going to share some light on the MTHFR condition as is becoming more common amongst clients seeking help for hair loss. An MTHFR gene mutation affects the body's ability to use folic acid or folate & increases risk of disease. There are many side effects to this mutation that can be detrimental to health and nutrition.

The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a role in processing amino acids, the building blocks of proteins. Methylenetetrahydrofolate reductase is important for a chemical reaction involving forms of the vitamin folate (also called vitamin B9). Specifically, this enzyme converts a molecule called 5,10-methylenetetrahydrofolate to a molecule called 5-methyltetrahydrofolate. This reaction is required for the multistep process that converts the amino acid homocysteine to another amino acid, methionine. The body uses methionine to make proteins and other important compounds.

<http://wellnessmama.com/27148/mthfr-mutation/>

MTHFR Gene Mutation Symptoms:

- High homocysteine levels: Caused by poor methylation
- Folate deficiency: A deficiency in folic acid (folate) could be linked to MTHFR and is worth checking out. Common symptoms include extreme fatigue, light-headedness, and forgetfulness
- Had a miscarriage: Many practitioners recommend testing for MTHFR mutations if you have had one or more miscarriages.
- Longstanding gastrointestinal issues: Such as irritable bowel syndrome
- An autoimmune disease: Such as fibromyalgia, although this is based more on anecdotes than solid science
- Long history of anxiety or depression: Based more on anecdotes than solid science.
- It's important to note that an MTHFR mutation itself is not inherently dangerous... but any form of genetic variance has the possibility to affect your health
- <http://www.dietvsdisease.org/mthfr-mutation-symptoms-and-diet/>

The MTHFR mutation test may sometimes be ordered when a person has elevated homocysteine levels, especially when the person has a personal or family history of premature cardiovascular disease or thrombosis. It may sometimes be ordered when a close relative has MTHFR gene mutations, although it may not be useful if that relative has normal homocysteine levels, and some laboratories and organizations recommend against using it for thrombophilia screening. Results typically are reported as negative or positive and, if positive, the report will name the mutation(s) present. Often, an interpretation of the results is also provided.

<https://labtestsonline.org/understanding/analytes/mthfr/tab/test/>

Treatment for MTHFR can vary and needs to be individualized and guided by a physician who works with this condition often. The general advice tends to lean toward prescriptive supplementation along with good diet and lifestyle choices. If you suspect MTHFR follow the links we have included and visit your health care advisor. <http://www.mthfrsupport.com.au/>

Detoxing with Hair Loss Treatments

Detoxing is the body's cleansing reaction following positive changes internally and externally. "Detox; verb, abstain from or rid the body of toxic or unhealthy substances". By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health. The body eliminates toxin through the kidneys, intestines, lungs, lymphatic system, and skin.

Detox can produce some unpleasant side effects. Initially people may feel fatigue, nausea or diarrhoea as toxins are expelled from the body. Headaches are common when the body is going through caffeine and refined sugar withdrawals. The side effects are stronger with more radical detox plans such as juice fasting or eating only brown rice and water. Symptoms also vary according to your diet, living conditions and the amount of toxins you have.

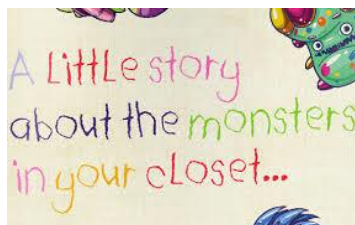
Detoxing with Hair Loss Treatments

- Rid the body of toxic or unhealthy substances
- Removing and eliminating toxins
- Feeding the body with healthy nutrients
- Protect from disease and renew ability to maintain optimum health

At Absolique we use pH testing to gauge your individual level of toxins. Most of us find we have an acid pH which indicates the presence of toxins. Whilst detoxing is a healthful thing to do, we are focused on helping you with your hair loss or hair thinning. In most cases we need to get started on hair loss treatments straight away so there is no time to go through a detox program to find your pH may still be acid. This is why we use the Green Qi powder.

Green Qi alone is not a detox. However, used in conjunction with our hair loss treatments nutritional program and pH positive diet and lifestyle changes, can in certain individuals cause detox symptoms. If you experience any detox symptoms for more than a few days, please contact us at Absolique so we can help you through. In some cases, we may suggest a process of elimination which entails stopping all recommended hair loss treatments (depending on your symptoms), allowing your body to get back to your normal and then reintroducing one element of your hair loss treatments at a time until we have stability and no symptoms. Detox symptoms may be experienced from topical hair loss treatments as this is an external cleanse, and/or from oral nutritional combination therapy. For the majority there are no negative detox symptoms at all.





Why You Should Wash New Clothes

If you know us at Absolique Hair Health Clinic you would know we are specialists when it comes to hair loss treatments and hair thinning treatments combination therapy. If you have had a diagnosis with us, you will now understand the cause of the hair loss or hair thinning came from inside the body. We teach you how

to address this through understanding pH and the importance of eliminating chemicals from not only hair and scalp products but also personal care products.

Now here is one chemical exposure you may not have thought about, New Clothes. I was reading an article by Dr. Mercola, one of my favorite health bloggers, and though this worth sharing because most would not consider this a risk. Dr. Mercola said “Depending on what country your new clothes were manufactured in; they may contain multiple chemicals of concern. Among them are azo-aniline dyes, which may cause skin reactions ranging from mild too severe. If you're sensitive, such dyes may leave your skin red, itchy and dry, especially where the fabric rubs on your skin, such as at your waist, neck, armpits and thighs. Formaldehyde resins are also used in clothing to cut down on wrinkling and mildew. Not only is formaldehyde a known carcinogen, but the resins have been linked to eczema and may cause your skin to become flaky or erupt in a rash. And there is also Nonylphenol ethoxylate (NPE), which is a toxic endocrine-disrupting surfactant used to manufacture clothing.”

New Clothes may contain:

- Multiple chemicals of concern
- Azo-aniline dyes which may cause skin reactions
- Formaldehyde resins, formaldehyde a known carcinogen
- Nonylphenol ethoxylate (NPE), which is a toxic endocrine-disrupting surfactant

These questionable substances may not be directly related to hair loss or hair thinning, but when taking a healthful approach for natural hair loss treatments it will only assist you and your health to eliminate as many harmful substances as possible from your world.

Dr. Mercola suggests “Many experts do recommend washing new clothes when you bring them home from the store, maybe even twice. If the article of clothing cannot be machine washed, consider running it through a cycle in a hot dryer before wearing it. You may also want to keep on some clothes while trying on new clothing at a store (at least leave on your undergarments, and then wash those too when you get home). Washing your hands after shopping is also a good idea, as you've been handling clothing that could have any number of chemicals and other contaminants on them.”

http://articles.mercola.com/sites/articles/archive/2016/01/30/wash-new-clothes-before-wearing.aspx?utm_source=facebook.com&utm_medium=referral&utm_content=facebookmercola_ranart&utm_campaign=20160804_wash-new-clothes-before-wearing

Also be aware of what you are using to wash your clothes. Mother Earth News shares ingredients to avoid here... <http://www.motherearthliving.com/health-and-wellness/toxic-laundry-detergent-ingredients-zmez12mazmel.aspx>

Absolique Hair Health Clinic use and recommend Modere for safe Health and Wellness products, safe Personal Care Products and safe Household Products. Check them out for yourself here... <https://www.modere.com.au/Category/household-care>



Absolique Hair Health Clinic Team News

More congratulations are in order. One of our reception team members, Danielle and her partner Brohdie are expecting their second bundle of joy. Seems there is something in the water at Absolique as this is the third member of our reception team to become pregnant. Seems Absolique Hair Health Clinic may become a baby clinic! As much as it is sad to lose each team member, we manage to find another amazing team member to step up into the role. And lucky for us, everyone keeps in touch so we can plan to rotate roster around parenting. Recently we all caught up for lunch at The Continental Café around the corner on Barker Street. It was a lovely lunch and good to catch up with Colette and Owen, Tessa and Rhys, with Danielle, Irene and myself.

Here at Absolique we like to keep informed and subscribe to many health and wellness blogs. Please see the list below and feel free to check them out and subscribe to the ones that interest you for great information, facts and studies all relating to your health, direct to your inbox. One of my clients recently asked me to recommend a book with all this information, my reply was 'There is no one such book'. However, keeping an eye on interesting blogs will become your very own book. If this is all too much for you, simply keep an eye on our Facebook as we do post the most interesting or 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 enjoying tracking your results, health and hair loss treatments with positive results from your efforts. Our local, interstate and international clients continue to prove to us that with understanding, direction and dedication, hair loss and hair thinning can be helped, prevented and treated. The first step is correct diagnosis.

We have been offered the use of an office in North Melbourne for the purpose of our unique Hair Health Checks and correct microscopic diagnosis. Please let us know if you, friends or family may be interested in a Melbourne service so we can begin to make the necessary arrangements.

Brisbane Office Hours:

- 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 straight away. To email Trichologist direct info@absolique.com.au

Yours in Healthy Hair,
Carolyn Evans Trichologist and Team Absolique

\$25 Booking Deposit, 48 Hour Cancellation Policy and Cancellation Fee:

- Any appointment that's duration is one or more hours requires a \$25 deposit to be paid at the time of booking or on confirmation of appointment, at least 7 days prior.
- The \$25 deposit will be deducted from cost of the appointment on the day.
- The \$25 deposit will be retained as a cancellation fee if the appointment is cancelled with less than 48 hours' notice, if you fail to show up to your appointment or if you are more than 15 minutes late to your appointment.
- All \$25 deposits retained as a cancellation fee are non-refundable under any circumstance.
- Another \$25 is required to reschedule your appointment if you fail to comply with the 48 Cancellation Policy.

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

Sydney: 83 Walker St North Sydney. By Appointment Only. Ph 02 8014 6916

Melbourne: 488 Victoria St, North Melbourne. By Appointment Only. Ph 07 3229 3242

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**BE LIKE A
POSTAGE STAMP.
STICK TO A THING
TILL YOU GET
THERE.**

JOSH BILLINGS