

News & Views

Absolique Hair Health Clinic

23rd Edition March 2017



Welcome to our March Newsletter. At Absolique, we are all about hair and health. We share important information as well as hints, tips and recipes. We hope you enjoy the topics we have chosen to share in this Autumn Edition. Thank you to all who have provided feedback from our previous Newsletters, you really do encourage us to keep producing. - Carolyn Evans, Absolique Trichologist and Team Absolique.

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

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Food for Ferritin

Ferritin is a type of protein that stores iron in your body. Ferritin releases some of its stored iron when blood levels get low. Ferritin maintains a steady supply of iron. Iron is an essential element for blood production. Around 70% of body iron is found in red blood cells (hemoglobin), and in muscle cells (myoglobin). Hemoglobin is essential for transferring oxygen in your blood from the lungs to the

body tissues.

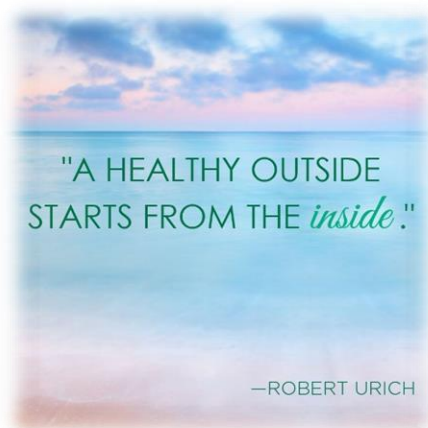
Ferritin fills the gap on the days when diet does not supply enough iron. If your consumption of iron is consistently low, or you have a medical condition that effects your iron, ferritin levels will drop and you will be at risk of iron deficiency which can cause hair loss. The best way to maximize ferritin is to get an adequate amount of iron regularly.

Food for Ferritin:

- Food contains two types of iron, heme (animal) and non-heme (plant)
- Heme iron is absorbed 2-3 times more than non-heme
- You can still build ferritin with non-heme iron
- Combine non-heme iron with vitamin C rich foods
- It's not just about how much iron you consume, but how well you absorb it

Heme iron is found in meat, poultry and fish. Non-heme iron is found in green leafy veggies, seeds, nuts, legumes and grains. Legumes contain Phytic Acid which reduces absorption of nonheme iron so always combine with vitamin C rich vegetables and fruit. Some non-heme iron sources, like leafy greens, broccoli and tomatoes also contain vitamin C. Don't include milk, dairy products, coffee or tea with non-heme iron, they will inhibit absorption.

Iron deficiency is the most common nutrient deficiency and can cause hair loss. Knowing and understand your iron studies is important to balance iron and ferritin levels in conjunction with hair loss treatment. Iron supplements may be required to assist deficiency and arrest hair loss. Using the right type of iron is essential. Elemental iron is used for iron deficiency and organic iron is for low ferritin. Supported by a diet rich in the iron of your choice, will certainly assist in raising and maintaining iron levels.





Ferritin Food Recipe

This recipe was inspired by our food for ferritin article. We love sharing recipes and the challenge to change up any recipe ingredients to suit you and your family. The focus is on ferritin rich foods for vegetarians and vegans but is good for omnivores too. However you choose to eat, it is recommended to have at least 2 vegetarian days each week.

When iron or ferritin deficiency is identified, supplements are the preferred way of raising levels to overcome the symptoms quickly, such as hair loss. Lifestyle and dietary changes will also benefit if you have the time or inclination to make ferritin rich meals. The goal would be to have a variety of ferritin rich food in each meal. We will use the code (Fe) for the ferritin rich foods and (Vc) for Vitamin C rich food that is beneficial for iron/ferritin absorption.

Recipe – Roast Vegetable Salad, serves 4:

- 1 red onion, quartered
- 2 carrots, cut lengthways in quarters
- 1/4 pumpkin, cut into 5cm pieces
- 1 small broccoli, cut into florets (Fe)
- 2 cups baby spinach or shredded spinach (Fe)
- 1 cup quinoa, red lentils, beans or chickpeas (Fe)
- 1/4 cup pumpkin seeds (Fe)
- 1/4 cup sunflower seeds (Fe)
- 1/2 green capsicum (Vc)
- 1 tsp cumin
- Salt and pepper
- Olive oil
- 1/2 cup walnuts

It's easy and fun to use alternative ingredients to suit your taste or supplies. I used split red lentils instead of quinoa. 1 cup red lentils, 3 cups hot water, 1 tsp turmeric, pinch salt. Bring to the boil then simmer for 10-15 minutes, set aside. For the roast veggies I used red onion, carrots and pumpkin seasoned with 1 tsp cumin, 1 tsp olive oil, 1 tsp balsamic vinegar, salt & pepper.

Original recipe used kiwi fruit for the Vitamin C, but understanding food combining (no fruit with any other fruit or any other food), I used green capsicum. I also used spinach instead of baby spinach and added basil leaves.

Personally, I still think it could have more flavor, this could be achieved by using a tasty dressing. A Thai style or sweet & sour would work well using coconut sugar for a healthy sweetener. I always make my own dressings, and play with swapping ingredients, it is easy and fun. Always used cold pressed oils.

Follow this link for original recipe and method...

<http://www.theunprocessedpantry.com/index.php/roasted-quinoa-salad>

Enjoy and try to incorporate ferritin rich foods with Vitamin C rich vegetables with each meal.



Essential Fatty Acids – Omega 3 and Krill

Omega-3 fats are Essential Fatty Acids. They are called ‘Essential’ as your body cannot make them yet they are essential for many body processes and functions. You must get them from food. There is much controversy about which Omega-3s are required for health. Both plants and marine animals, like fish and krill contain Omega-3. Fish are often high in mercury and other environmental toxins that pose dangers to health. Fish synthesize omega-3 fatty acids from consuming a natural diet of phytoplankton and algae. Most fish we consume these days is farmed, so fish and fish oil are now questionable sources of Essential Fatty Acids.

Essential Fatty Acids – Omega-3 and Krill:

- Krill are a zooplankton
- Krill feed on phytoplankton
- Krill have a short lifespan reducing environmental exposure
- Only Antarctic krill contain the unique lipid profile

Zooplankton may not be vegan friendly because they feed on phytoplankton or other zooplankton. The problem for vegans is a new chemistry discovery that krill is the best source of omega-3 with unique properties.

This article is the tip of the iceberg, so to speak, about the purity and bioavailable Omega-3 found within Antarctic Krill. This article points out in detail why plant sources of Omega-3 do not provide the same benefits as the Omega-3 found in Antarctic Krill. As a Trichologist and Nutritionist of 20 years, I found this information new and a bit of a missing link in the chemistry of Omega-3 Essential Fatty Acids. It simply makes sense. Don't take my word for it, follow the link and read the article from one of my favorite and trusted bloggers, Dr. Mercola... [The critical differences between Omega-3 fats from plants and marine animals.](#)

Absolique Hair Health Clinic use and recommend Modere Krill Complex. The primary source of omega 3 is krill oil made exclusively from the species *Euphausia superba* or Antarctic Krill sourced from the pristine waters of the Southern Ocean – a harvest of less than 0.04% of the available biomass. To boost the health benefits, Modere has added additional nutritional support with the plant based ingredients cranberry seed oil – a wonderful source of omega 3-6-9 – and chia which is also a potent source of omega 3-6-9 as well as providing antioxidant benefits with a high ORAC value of 8,100 vitamin E equivalents. Further nutritional support is provided by evening primrose oil; *Linum usitatissimum* (linseed) seed and r,s-alpha lipoic acid.

Modere Promise: 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. <https://www.modere.com.au/productdetail/efa-krill>



Birth Control, Hair Loss and Hair Thinning

I have written about this many times, but I have requested once again to cover this common and confusing topic. Starting, stopping or changing any medication can trigger diffuse hair loss. Diffuse hair loss is also known as telogen effluvium. When diffuse hair loss is triggered by a change in the body, you will experience the hair loss three months after the change. Once triggered the hair loss will continue for 3 months. You cannot stop it as the cause was three months ago.

This is a self-correcting type of diffuse hair loss, meaning the cause was the change in medication three months earlier. Once the hair loss stops after the three months, the hair should then recover over the following 12 months. This is where many get confused. Because the hair is falling, you may get scared, and actually stop the medication, which can trigger another bout of hair loss in three months! The key here is not to panic and check the timeline.

Birth Control, Hair Loss and Hair Thinning:

- Birth control in this article refers to the synthetic hormone types
- Starting, stopping or changing can trigger the hair loss
- Synthetic hormones can also trigger pattern thinning
- Pattern thinning is not hair loss
- Hair loss and hair thinning can occur at the same time

Pattern thinning is very different to hair loss but commonly confused. Pattern thinning can occur at the top/front and recessions of the scalp. This gradual thinning is not actual hair loss. Diffuse hair loss from starting, stopping or changing birth control can uncover pattern thinning that was gradually happening in the background. In many cases, recovering from diffuse hair loss sorts out the pattern thinning problem. But, in other cases, the pattern thinning needs to be addressed along with checking the health of the hair cell and the hair cycle.

Hair growth following diffuse hair loss will depend on the health of the body. When other health problems, highs, lows and deficiencies are present, the hair regrowth maybe diffusely thinner. When experiencing hair loss it is always recommended to visit your health care practitioner and get current blood tests, as a precaution. Always get a copy of your blood tests so you can check the ranges yourself as what may appear in (normal) range, may be low or high for hair growth. Example; iron studies.

Absolique Hair Health Clinic Trichologist can help to further explain Birth Control, Hair Loss and Hair Thinning and check your hair cell and hair cycle function along with reading your blood test results. With this information we can predict when the hair loss will stop, assist with hair thinning and predict health of hair regrowth.



Oestrogen, The Killer in our Midst - Chris Woolams

M.A (Oxon) ~ Book review by Irene O'Neill

Oestrogen, we are all aware of the sex-hormone but do we really know the dangerous effect it can have and how common it can be in your own home?

Oestrogen, the killer in our midst is an informative, eyeopening handbook covering the research of oestrogens and its link to numerous types of cancers in not only females, but males too.

Oestrogens, good and bad, can come in many shapes, sizes and levels of potency, human oestrogen, chemical oestrogen and plant oestrogen. ***Oestrogen, the killer in our midst*** breaks down the difference between the various types of oestrogens and their individual effect they have on a cell.

It is not only cancers that oestrogens drive, along with many other negative effects, oestrogens can greatly change your levels, bring on early menstruation in females, encourages PCOS, endometriosis and in males, is known to be linked to enlarged prostate and the decline of sperm count.

The scariest thing for me was reading about the most dangerous type of oestrogen, Xenoestrogens, what it is and where it can be found. Xenoestrogens are what is described as oestrogen-mimicking chemicals and can occur in pesticides, herbicides, solvents, plastics and cans, in your everyday soaps and cosmetics and even in your children's toys!

As well as being extremely educational with credible studies and sources, the book includes simple, but important, steps to reducing the amount of different bad oestrogens in your daily life, by changing your sleeping and eating habits to being aware of the ingredients your everyday household items.

These are steps that I would certainly be implementing to ensure I not only live a healthful, life with peace of mind but to also, so my body has a better chance of fighting disease.





Causes of Hair Loss in Men

There is a typical pattern of hair thinning that historically can cause gradual men's baldness. This is a dominant hereditary trait and is a gradual pattern of hair thinning. Pattern hair thinning is not actual hair loss. Hair loss is related to health, the hair cell and the hair cycle. Treating hair loss as pattern thinning will not deliver a result.

Hair loss related to the hair cycle is diffuse, all over the scalp. Diffuse hair loss can expose pattern hair thinning that was happening gradually in the background. Pattern hair thinning occurs at the top, front, recessions and crown of the head. Typically, men experiencing hair loss misinterpret it for the pattern hair thinning because it's right there in front of your eyes. Checking in on the terminal area away from pattern hair thinning locations can uncover the reality of the problem.

Causes of Hair Loss in Men:

- Male pattern hair thinning is a gradual pattern of hair thinning
- Men's pattern hair thinning is not actual hair loss
- Hair loss occurs three months after the cause
- Hair loss is normally diffuse
- Hair loss in patches is alopecia areata

Changes in the body, highs, lows, illness, medications, surgery and much more, can trigger hair loss three months after the event. Finding the cause is the key. If hair loss has uncovered pattern hair thinning there are simple things that can be introduced, but, won't work if the cause of the hair loss is left uncovered or unattended.

Hereditary pattern hair thinning has a hereditary age of onset. If pattern hair thinning is happening to you at a much younger age than family history, it could be 'Early Onset Pattern Hair Thinning'. This commonly follows hair loss but is also related to hormonal and environmental exposure to [xenoestrogens](#) which are mimicking our own hormones. If you are concerned about hair loss or pattern hair thinning it is best to get a correct diagnosis quickly. Sometimes simply helping you to understand the cause is all we need to do to help you.





Results – Hair Loss Treatments for Men

We are sharing these results because they were quite surprising given noncompliance to our recommended hair loss treatment. What it demonstrates is how much more could be achieved by following our honest recommendations. Regardless, it is a good result!

Microscopic diagnosis was early onset male pattern thinning (MPT) with past reasons for breakdown of hair cells and hair cycle. Blood work showed we had a few current health concerns such as high cholesterol and low levels of ferritin to support stressful travel for work lifestyle. Because of the travel, we originally recommend simple basic topical for prevention.

Results, Hair Loss Treatment for Men:

- Basic Topical, Scalp Brush Therapy, Absolique Scalp Cleanser, Activance (PS)
- Added Absolique Scalp Tonic
- Microneedle Therapy
- PG free Minoxidil



As mentioned before, this is quite an unlikely result as hair loss treatment instruction plan was not followed. Client was travelling and contacted us concerned about the visual receding hairline which we were aiming to prevent any further recession, following instructions. Further products were purchased but nothing was applied as consistently as we would like. Nutrition was watched through food as best as you can when travelling for work. No supplements were used at all.

With all our usual rules broken, we are all very happy with the result 11 months later. We do like to check in every 4 months, but difficult with travel and loss of internet in many remote locations. We have recommended a consistent hair loss treatment plan now and hope it can be adhered to and expect to catch up again before 12 months is up.





Results – Hair Loss Treatment for Women

Late 20's female concerned about hair thinning most notable in last 2 months. History of birth control to treat acne and endometriosis. GP was treating low iron. We found additional low ferritin and anemic state upon viewing blood work. The hormonal influence of birth control can cause Female Pattern Thinning (FMPT). Low iron, low ferritin and an

anemic state can cause hair loss and result in hair thinning.

With a correct diagnosis, diffuse hair thinning, FMPT, low iron and low ferritin, we could form a treatment plan to assist alongside of GP. Absolique focus is always on symptoms and causes where possible. To support the hair cell, hair cycle and raising iron and ferritin, combination therapy was the best option.

Results, Hair Loss Treatment for Women:

- Clean and prepare scalp for safe hair loss treatment
- Support hair cell and hair cycle topically
- Use topical antioxidants to address FMPT
- Nutritional therapy to support iron and ferritin absorption



Absolique hair loss treatment runs for 4 months. This is how long it takes changes at a cellular level to reach the surface of the scalp to be seen as healthy hair. Topical treatment is applied every 2nd day or 3 times a week as part of your home hair washing regime. Nutritional therapy is taken twice a day on a hungry, empty tummy.

Results are checked at the 4-month mark with a digital comparison and the start of microscopic tracking. Both digital and microscopic images showed marked improvement. Blood results showed ferritin

was

raising, iron still needed some work and we were no longer in an anemic state, all progressive. Topically we remained the same for continued results and now decided to address FMPT topically only. Nutritional therapy reduced to once a day to support iron and ferritin and healthy hair growth along with positive diet changes. Next check in will be in 4 months with fingers crossed both iron and ferritin will be back in safe range.

Please take note from this story not to use birth control to treat acne or hormonal problems. Always ask for a copy of your blood tests and understand both iron and ferritin are important for health and hair growth. If your levels are in range but low, it can cause a hair growth problem.



Hair Colouring – Can You Colour Your Hair with Treatment for Hair Loss?

Yes. It is really important that you feel good about your hair and make it look as best as you can when undertaking Treatment for Hair Loss. We encourage you to have a regular hairdresser who knows your hair and understands the concerns you have with your hair loss, hair thinning or hair breakage. But, we do have some guidelines for you and your hairdresser.

If you are undertaking treatment for hair loss, there is a fair chance the hair is not growing properly. This can result in a thinner hair strand than your genetic hair type. If you have had diagnosis with Trichologist Brisbane, you would have seen this under the microscope. You will feel the change in the texture of your hair when this happens. Your hairdresser may not be that familiar with your hair and may not understand these changes.

Rules to Colour Your Hair with Treatment for Hair Loss:

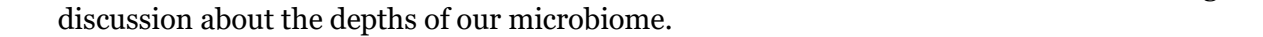
- Stick with natural shades, avoid fashion colours
- Steer away from blonde and bleach unless you are naturally very fair
- Don't double process, this is overlapping of colour
- Go for low or no ammonia products
- Ask your hairdresser if there is peroxide in the colour and what is the volume

Hairdressers are trained to colour hair based on the science of a 'normal' hair strand. They have no way of telling the 'structure' of your hair has changed and lost some of its layers. It is best to stick with natural shades as fashion shades generally require the hair layers to hold or lock in the fashion colour pigment. When the layers are missing, the colour will simply fade anyway, along with potential further damage to your hair shaft.

Understand foiling is a technique and does not tell you what is in the foil. It is indeed off the scalp, but hair colour will not cause hair loss or hair thinning alone unless it is chemical damage. You can certainly discuss the colour ingredients with your hairdresser and choose organic products if you like. Most hair colouring is every 6-8 weeks and will not impact your Treatment for Hair Loss.

Absolique Hair Health Clinic are more than happy to chat to you and your hairdresser about your hair colour choices. Absolique Team were all once hairdressers after all. Oh, when you visit the hairdresser, enjoy the experience and leave our recommended Treatment for Hair Loss at home.





As Absolique Trichologist I am on a never ending journey to understand the human body and why hair loss and hair thinning have increased and changed over the past 20 years. Science is learning new things about our bodies all the time and with technology, more is found and understood. I follow trusted sources of research and information and find recurring

We have all heard of good bacteria and bad bacteria. Probably understand what kills our good bacteria. Know our bodies cannot remake good bacteria. Have heard of probiotics. Maybe use probiotics. But it gets a bit more complex. Trillions of good bacteria are required to balance just the immune system with both pre and probiotics.

- Refined sugar, especially processed high fructose corn syrup
- Genetically engineered (GE) foods abundant in processed foods
- Agricultural chemicals, such as herbicides and pesticides
- Conventionally raised animal products; animals are routinely fed low-dose antibiotics and GE livestock feed
- Antibiotics (use only if necessary, and reseed your gut with fermented foods and a good probiotic supplement)
- Chlorinated and/or fluoridated water
- Gluten

- By Dr. Mercola – “The interconnectedness of your gut, brain, immune, and hormonal systems is impossible to unwind. The past few years has brought a scientific flurry of information about how crucial your microflora is to your genetic expression, immune system, body weight and composition, mental health, memory, and minimizing your risk for numerous diseases, from diabetes to cancer.

Absolique are a hair health clinic and we understand that health and hair are related. Looking after your base health and microbiome will go a long way to supporting your health and hair. Base nutrition providing your body the correct pH balance, 60-80 essential plant derived minerals, essential fatty acids, all of the fat and water soluble vitamins for your body to make its own antioxidant to combat free radicals to support your immune system, are required by your body every day. And then add the good fermented food and a trusted probiotic. Cleaning up the diet will be of great benefit too.



Thyme – New to the Activance Practitioner Formula

Activance Practitioner Formula is often recommended by Absolique Hair Health Clinic Trichologist. This unique Practitioner Formula assists many types of hair loss, hair thinning and scalp conditions. Activance Practitioner Formula contains a stabilized Rhodanide complex and MSM (dimethylsulfone) and is specially designed to help with allergies, hyper-sensitivities and scalp irritation.

The Activance brand is the brain child of Arthur Chan, a longtime friend and pharmacist with particular interest in hair and health. Arthur has been involved in assisting the hair industry in various ways for over 40 years and has developed pharmaceutical products with a focus on results without chemicals. Activance Practitioner Formula and its unique ingredients were designed to be used as a prescriptive product and is only available after professional diagnosis.

Thyme – New to the Activance Practitioner Formula:

- Thyme (*Thymus vulgaris*)
- Centuries old herb and medicinal agent
- Anti-microbial and healing properties
- Antioxidant and anti-inflammatory

Thyme (*Thymus vulgaris*) extract is the latest addition to the Activance Practitioner Formula. Thyme has been used for centuries as both a culinary herb and as a medicinal agent for its natural anti-microbial and healing properties.

It's major active constituents, thymol and carvacrol, have antimicrobial, antioxidant and antiinflammatory actions and have been found to assists in the treatment of folliculitis and various other inflammatory bacterial and fungal scalp conditions. Recent studies have demonstrated thyme's powerful antioxidant effects by protecting hair cells against UV induced damages and hair aging.

The addition of thyme gives the formula a different fragrance that disperses quickly, without a lasting scent. Be assured no other ingredient has changed in the Activance Practitioner Formula. The addition of Thyme will allow Absolique Trichologist to further assist with some of the more stubborn scalp problems.





Product Review – Modere Colour – Makeup Range

Keeping in the theme of reducing use and exposure to harmful ingredients and xenoestrogens, Modere have launched the New Modere Colour Makeup Range. Absolutely use and recommend Modere for our Nutritional programs because of their

commitment to safe products.

For women, we can spend 50% of the day with makeup on our skin. Stop and think about the ingredients. The most popular makeup brands contain many harmful ingredients which are not clearly labeled on the products or packaging.

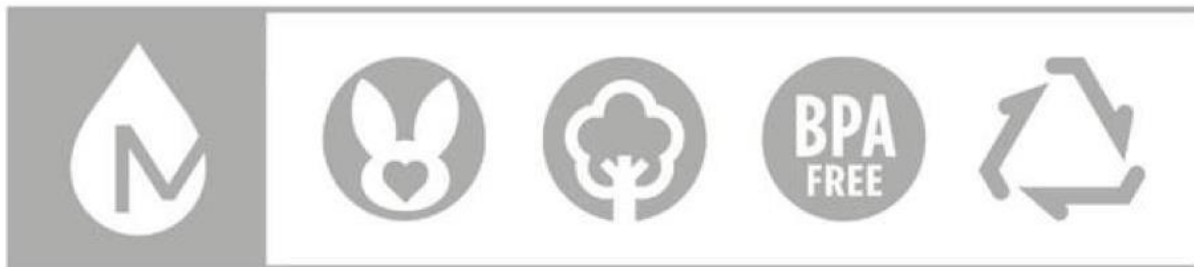
Product Review – New Modere Colour – Makeup Range:

- Safe
- BPA free packaging
- Natural mineral pigments
- Certified organic botanicals
- No potentially harmful ingredients
- No animal products
- No animal testing
- Affordable

In keeping with Modere philosophy, Modere colour boasts a full story of honest, bold, safer and botanically inspired makeup designed to go hand in hand with the existing skincare range – all created to enhance natural beauty from the inside out. Colour that's clean and safe, with BPA free packaging, natural mineral pigments and certified organic botanicals and without potentially harmful ingredients, animal products or animal testing.

We had the pleasure of a private viewing of the New Modere Makeup range. There is everything you could want for your base makeup kit. Primer, liquid and pressed powder foundations, great range of individual eyeshadows, cheek colours and bronzer, lipsticks and lip glosses, mascara and pencils to come. Do yourself and your skin a favor, make the switch to Modere Colour.

Check out New Modere Colour here: <https://www.modere.com.au/Shop/modere-colour>





Absolique Team News

It feels like a long time ago, but the Team at Absolique had a fantastic night at the Absolique Christmas Party, as you can see there were plenty of laughs!

Whilst we are back in full swing in clinic helping you with your hair and scalp concerns, the team at Absolique are also doing other things that make them happy. Kendall spent the Christmas break looking for a perfect place for her and her partner to call home and has settled in to the team

perfectly, Irene has stuck to her New Year's Resolution to stay committed to her health and wellbeing and Carolyn is kept busy planning her very special, wedding day in September, which we are all very excited about!

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.

