



News & Views Absolique Hair Health Clinic 26th Edition – Summer/December 2017



Welcome to Absolique's Summer/December 2017 newsletter. As the Silly Season quickly approaches us, we have stuck to the theme and shared information relevant to holiday treatments, projects we have been busy with and of course, our favourite success stories from the past three months.

We hope you find some information in the articles listed below in this season's newsletter and if there are any subjects you would like us to cover in future editions, please let us know. Happy holidays and happy reading!

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Silly Season and Topical Hair Loss Treatments



It's that time of year again, preparing, wrapping and maybe packing. Whatever you have planned for the Christmas break, there are a few things to consider if you are in your first four months of hair loss treatments. Just because it's holiday time, you can't have a break, just yet from your recommended hair loss treatment plan if you are in the first four months as there is a lot of ground work going on. Having a break from your hair loss treatment now will affect your results.

Stick to the plan and if you feel it will be difficult with travel or staying as a guest, contact us at Absolique so we can make some suggestions to make your hair loss treatment plan work for you during this time. If you are considering starting hair loss

treatments at this time of year, always consider your holiday plans. Sometimes it is best to wait a few weeks and start your hair loss treatment plan in the new year when we also tend to have renewed determination to make positive changes.

Silly Season Hair Loss Treatment:

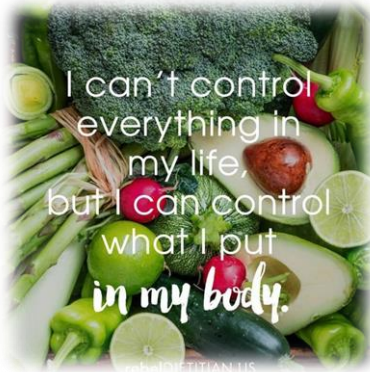
- Not flexible in the first four months of hair loss treatments
- If starting hair loss treatment, consider holiday plans
- Maintenance hair loss treatments are more flexible
- Ask Absolique about your individual hair loss treatment plan

Maintenance hair loss treatments are much easier and flexible. If you are following maintenance hair loss treatment plan, you can afford to alternate your recommended hair loss treatment with the suggested Basic Topical hair loss treatment to fit in with your plans. The first four months is building the foundation for hair growth, after that we are maintaining the result or going for further improvement. This would have been discussed at your first four-month check-up appointment.

For those well beyond the first and second four months of hair loss treatments, you can simply go back to Basic Topical hair loss treatment without any fear of losing the results achieved so far. The key is to get back to your individual hair loss treatment plan once the Silly Season is over. For any questions about your recommended hair loss treatment plan and how to fit in during holiday time, call or email Absolique Hair Health Clinic.



Nutritional Therapy at Holiday Time



Nutritional Therapy has the same first four-month rule as topical hair loss treatments. Absolique Hair Health Clinic use Nutritional Therapy with hair loss treatments when help at a cellular level is required. Most causes of hair loss, hair thinning, and scalp conditions stem from a cellular level and correction needs to come from within. It is difficult to use food alone to get the nutritional requirements for cellular correction. The nutrients are either not in the food, lost from the food and you must eat the food types that have them in a particular combination and quantity.

Generally, what is good for you, may not be your favourite type of food, nor will it be the Silly Season, this can include party-time kind of food that is present at many Christmas parties or at the family festive dinner. In the first four months of nutritional therapy with hair loss treatments, you are required to take two green drinks each day to facilitate the absorption of nutritional elements used for cellular correction. The green drink must be taken on a hungry, empty tummy, away from food, even on Christmas day.

Nutritional Therapy at Holiday Time:

- Two green drinks a day in the first four months
- Must be taken on a hungry, empty tummy, away from food
- Planning ahead will make it easy to fit in both of your green drinks
- Heathy food choices can be festive too

Planning ahead will make it easy to fit in both of your green drinks. If you have a traditional Christmas breakfast, enjoy, but be aware not to eat too much so you can allow yourself to get hungry for morning tea or lunch and have your first green drink. Generally festive meals are larger than our usual daily portions, so you may consider only having two meals instead of three on this day. Another scenario may be like the popular intermittent fasting, forfeit breakfast and have the green drink when you feel hungry then you would be ready to eat lunch. Don't eat too much as you will need to get hungry for your second green drink.

Heathy food choices can be festive too. Choosing carefully will ensure you join in but can also fit in both of your green drinks. You will feel better for it and not disrupt your hair loss treatment nutritional therapy. Contact Absolique if you have any questions or concern about how to fit in your green drink or how to travel with your nutritional therapy.



How to Buffer Christmas Festivities



Holiday time brings out all sorts of temptations and stretches of our normal limitations. The main thing we want to avoid here is the thought of restrictions, like when on a diet. Lifestyle changes take time, and balance is the key. It is ok to let your hair down, so to speak, and have a good time without feeling like you're missing out.

When you know you have food sensitivities, it is best to go easy on the things that cause upset or pain. Learn to listen to your body and decide if the side effects are worth the indulgence. Remember, balance is the key. One day or one meal may not make a big difference to you, unless you experience ongoing side effect from exposure to the allergens.

How to Buffer Christmas Festivities:

- Balance is the key
- Be aware of food sensitivities
- Check your pH
- Use Acid Buffer as required

When exposed to foods and drinks that may not be within the guidelines of pH balance, alkaline eating or correct food combining, you can help your body to buffer the acids by using an acid buffer. Absolique have a readymade acid buffer that can be used in festive situations. It simply helps to buffer you through the night to help achieve a better body pH balance in the morning.

It can be difficult to balance pH in any normal environment, some of us struggle. However, holidays can be more difficult with all that comes with celebrations. The acid buffer can help if morning pH is lower than 7 or if you have had acidic foods, beverages, have been exposed to stress, or all of these. By taking acid buffer before bed, this may help to eliminate any 'side effects' in the morning. We suggest to use Absolique Acid Buffer or follow the recipe below to make your own. Most of all, happy holidays and enjoy your festivities.

Homemade Acid Buffer Recipe

Equal parts:

Bicarb Soda (1 tsp)

Powdered Vitamin C (1 tsp) or Lemon or lime juice – for flavour

Mix equal parts of Bicarb Soda and Vitamin C Powder into 60-100ml of cold, filtered water (be careful not to use too much water). Drink just before bedtime. Brush teeth, go to bed.



Women's Hair Loss Treatment Results



A wonderful story to share of how correct diagnosis can get directly to the cause of the hair thinning problem. Many who have had hair loss from a past event end up with all over (diffuse) hair thinning. When you don't understand what is happening, it can appear to be ongoing hair loss. Microscopic diagnosis can demonstrate this to you and explain the differences.

In this story, we have addressed the underlying causes that resulted from a long term stressful time that impacted health and in turn, hair. Because the stress was over and blood results showed within reasonable normal levels, we could offer some simple solutions to assist the hair returning to normal. The main concern we faced was correcting the hair cycle and health of the hair cell.

Women's Hair Loss Treatment Plan:

- Trichology consultation
- Microscopic diagnosis
- Discover diffuse hair thinning
- Not actual hair loss now
- Basic topical to stabilise hair cycle
- Nutritional therapy to assist with cellular correction



Ongoing hair thinning demonstrates that the required nutrition is not reaching the site of the hair cell to do what is required to grow healthy hair. We always offer individual steps to address both your causes and symptoms. The first step offered here was to stabilise the hair cycle through a safe hair washing regime including a topical treatment, all our products have only safe ingredients. Side effects are happy scalp and hair.

The second step was to support the body for cellular health, so the body could get what is required, and have some left over, to grow healthy hair. This is what we call Nutritional Therapy. We use supplements for this for four months as it is difficult to get all we need from food or to eat the food that is required, in the quantity required, and in the state and duration needed to reach supplementary range. Simply meeting recommended daily intake won't be enough. The side effects are good health, good energy and healthy hair.

The presented plan was to change the basic hair wash into a topical treatment every second day, which also assisted clearing up the scaly/oily scalp. Nutritional Therapy entails two drinks a day taken with some powders, liquids, tablets and capsules, on a hungry empty tummy away from food. We always pH test and to check blood results to be sure everything is in working order and then we track your results every four months. Here are the results of the first four months work, another happy hair story.

Men's Hair Loss Treatment Results



A story that demonstrates how a little bit can deliver a lot. Most young men in their early 20's who visit Absolique are focused on the online recommendations without really understanding what the problem is. There were some hair loss treatments tried as recommended online, but with little result and a side effect of hair loss.

This story is about male pattern thinning that has a hereditary background. Seeking real advice is always the best step to put your mind at ease. A lot of what you read when looking for online solutions, is marketing, not really the whole truth, and is there to trigger you into action.

Men's Hair Loss Treatment Story:

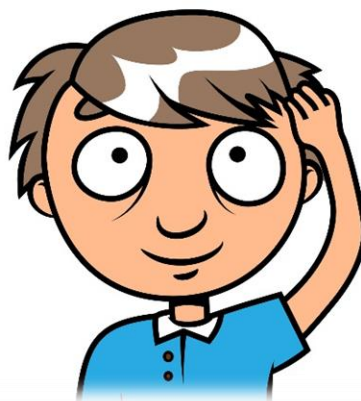
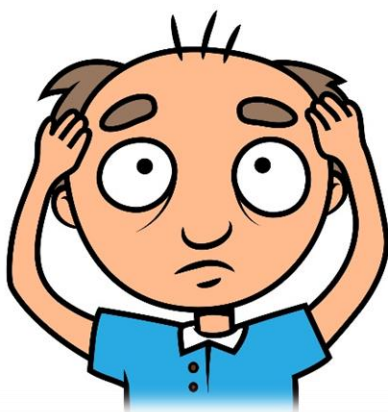
- Family history male pattern thinning
- Tried Nizoral
- Attempted over the counter minoxidil
- Experiencing hair loss and hair thinning



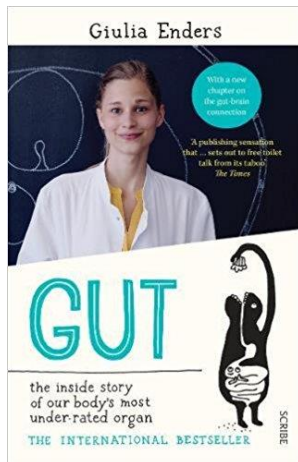
The understanding of male pattern thinning has come a long way in the past 20 years. There are many more options and natural solutions than there were available back when this may have begun for your dad or grandad. The best thing Absolique can do for you is help you understand your options, you do have many more these days.

The solutions are no longer only of the prescription medicine kind with side effects. There is recent research that proves antioxidants can indeed hold back the effects of male pattern thinning, in an otherwise healthy

individual, with the use of antioxidants. This story represents the use of only topical antioxidants on a clean scalp following safe scalp cleansing. We tracked the result for the first four months and happy with the result with simple prevention just by changing your hair washing regime and a safe topical antioxidant.



Book Review - 'Gut' by Giulia Enders



I believe knowledge is power. The power to be in charge of your own destiny. For us at Absolique it is taking your health seriously and helping your body to help itself. Knowledge is acquired from studying, reading, watching, practising and putting into place. Over my 20 years as a practising Trichologist, I have never read a book that has delivered such powerful messages and information.

Published in 2015, Giulia Enders' book 'Gut – the inside story of our body's most under-rated organ' covers some of the latest scientific studies and shares how this is just the beginning of understanding the extent of our gut, digestive system and microbiome. Even though it is very science based, it is an easy and enjoyable read. Author, Enders makes such a serious and a not so nice subject fun and interesting.

Book Review 'Gut' by Giulia Enders, some topics:

- The gateway to the gut
- What we really eat
- Allergies and intolerances
- The nervous system and the gut
- The amazing world of microbes

The long process of what we put in the mouth and how it translates to evacuation is no meal time topic but important to respectfully understand the complexities and how it can affect so many systems in the body. The world of microbes will make you see yourself and your inner world very differently, you are an ecosystem.

As a Trichologist I understand how much body balance affects health and hair. This book connects the body in ways you never would have imagined. This research has and will continue to uncover and help us understand the extent of our precious immune system. You start to quickly see and appreciate the constant battle happening within. 'Gut' is a health handbook that is a must read for anyone struggling with pH levels, autoimmune conditions, digestion and absorption problems and allergies.



The Celiac Iceberg



Celiac Disease (CD) is no longer considered rare. Celiac Disease is now found throughout the world at a rate of up to 1 in every 100 people¹. Research is uncovering why modern wheat is making us sick. A growing number of studies are suggesting Celiac Disease may not be genetic, rather a normal response of the immune system.

Celiac sufferers may very well be normal! Their body is doing the right thing in response to an emergency where receptors in the gut identify

wheat as an allergen and not something that can be safely broken down by the digestive system. Earlier book review of 'Gut' by Giulia Enders describes the connection and the body's natural response to harm.

The Celiac Iceberg is uncovering:

- Celiac Disease is only the tip of the iceberg
- CD is not in the genes, but what they are exposed to
- What we eat and what we are exposed to affects our DNA and its expression
- CD can be characterized by gastrointestinal symptoms, malabsorption and malnourishment

The lesson that is being learnt is that we can't blame our DNA for causing disease, it may very well have more to do with what we and our DNA are exposed to. This can empower you to look and limit exposure to harmful ingredients that come in contact with or enter into your body. When exposure is removed the defence mechanism won't take place.

This is powerful research for all the autoimmune problems faced these days. It would serve us all to support the immune system, protection with phytochemicals (antioxidants), avoid nutritional deficiencies, and adapt to a grain and wheat free diet. Even non-Celiac's will benefit greatly from following such a simple regime. Please read the article in full by following the below link.

[The Dark Side of Wheat - New Perspectives On Celiac Disease and Wheat Intolerance - by Sayer Ji](http://www.greenmedinfo.com/page/dark-side-wheat-new-perspectives-celiac-disease-wheat-intolerance-sayer-ji)



¹ <http://www.greenmedinfo.com/page/dark-side-wheat-new-perspectives-celiac-disease-wheat-intolerance-sayer-ji>

Food for Ferritin & Recipes



Here at Absolique, we not only look after your hair and scalp concerns but the causes of these problems. When addressing common iron deficiency or low ferritin, it is important to pair your recommended supplements with a good diet and lifestyle.

Food is the obvious way to obtain iron and then ferritin, but many individuals struggle to raise levels this way. We have put together 'Food for Ferritin' to help you hopefully discover some hints and tips to enhance iron absorption from your diet.

Food for Ferritin & Recipes:

- Heme vs non-heme iron
- Enhance iron absorption
- Avoid tannins before and after meals
- Maintain healthy pH
- Recipe ideas including Vitamin C

To compliment 'Food for Ferritin' we have put together some recipe ideas. Food for Ferritin Recipes is a handful of delicious, and most importantly, nutritious recipes that may assist you with raising and maintaining your iron/ferritin levels. Sticking to the simple rules of nutrition (refer to Food for Ferritin and Easy pH Information Booklet), suggestions have been given to provide you with nourishing meals that have variation, balance and flavour.

To get a copy of Food for Ferritin and/or Food for Ferritin Recipes, email info@absolique.com.au. While we do not recommend using these guides to treat any medical deficiencies or conditions or intend for this to replace the advice of your medical practitioner, we do hope you can use them to get some guidance in getting nutrients through food.



Food for Ferritin Recipe



The ingredients below and all the Food for Ferritin Recipes are interchangeable to suit your individual dietary preferences, omnivores, vegetarians and vegans. Omnivores should combine iron/ferritin ingredients with Vitamin C rich foods. Vegetarians and vegans should combine a few different types of non-heme of iron/ferritin ingredients with Vitamin C rich foods to create complete proteins.

Food for Ferritin Recipes comes with codes to clearly see if the recipes are gluten-free, nut-free, vegetarian, vegan and with vegetarian/vegan options. There is also a dot colour code which we have used in the below recipe, Chicken and broccoli super salad.

Here is this recipe dot code; red = iron/ferritin, yellow = Vitamin C, green = healthy fats, blue = calcium.

Chicken and Broccoli Super Salad – Serves 4-6

Ingredients:

- 1 large broccoli ●●
- ½ cup red onion, diced ●
- ½ cup pumpkin seeds ●
- ¼ cup hemp seeds, sunflower or sesame ●
- ½ cup sliced almonds ●
- 200g chicken breast ●
- 200g butter beans, rinsed and drained ●
- 1 capsicum, roughly chopped ●
- salt and pepper
- 1 tbsp. coconut oil ●

Dressing:

- ½ cup plain coconut yoghurt ●●
- 2 tbsp. coconut sugar or coconut syrup
- juice of 1 lemon ●
- 2 tbsp. red wine vinegar
- 2 tbsp. chia seeds ●

Directions:

1. In a medium sized bowl mix together wet dressing ingredients, once mixed thoroughly, add chia seeds and refrigerate until needed
2. Panfry or oven bake chicken breast in coconut oil and season with salt and pepper to taste. Once cooked through and tender, cut into bite-sized pieces
3. Wash and cut broccoli into bite-sized florets and in a large pot of boiled water, taken off the heat, blanch broccoli for 30 seconds. Drain and add to a bowl of ice water. Drain again
4. Place broccoli into a bowl with chicken, onion, capsicum, pumpkin and hemp seeds, and butter beans. Stir dressing into ingredients until everything is evenly coated. Refrigerate until needed. Right before serving add sliced almonds

Recipe suggestions; Add spinach or other dark leafy greens for extra iron, chicken can be replaced with seared beef or tofu, butter beans can be replaced with chickpeas, black beans or lentils, add fresh/dried herbs and spices for seasoning and extra iron, almonds can be replaced with cashews, brazil nuts, pine nuts. For a complete copy of Food for Ferritin Recipes, email info@absolique.com.au

Modere Green Qi



For our clients following Nutritional Therapy with hair loss treatments, we use Modere Green Qi as our preferred green drink to facilitate absorption. It is all about creating the right environment for the nutritional supplements to do their work. Modere Green Qi creates the alkaline food environment required for this to work, with only safe ingredients which is important too.

Toxins can compromise the good work of the greens, so it is important that the green drink is toxin free. We can't just assume the ingredients are safe and toxin-free these days, we have to delve deeper into each individual ingredient, where are they from? How were they grown? Are they all certified organic or safe and toxin-free?

Modere Green Qi green drink:

- Facilitator for absorption of Nutritional Therapy
- Is important that the green drink is toxin-free
- Modere have strict safety standards
- Should be back in stock by end of December
- Contact Absolique for alternative green drink recommendations

One of the main reasons we chose Modere for our green drink and nutritional supplements, is that they do not compromise quality or safety. They test each ingredient of every product every batch. Because of this strict testing, there are sometimes ingredients that fail. This has happened with Modere Green Qi in the past and is the current reason it is out of stock. As inconvenient this may be, I am happy for the safety and standards. We have been advised Modere Green Qi may not be back in stock until the end of December.

At Absolique we always have a back-up plan because your results are as important to us as they are to you. Synergy 100% Organic Super Greens Powder 200g for \$45.00. This product is a temporary replacement for our favoured Modere Green Qi. There are only five ingredients in Super Greens as opposed to 25 ingredients in Green Qi. However Super Greens has proved to be 100% Certified Organic and will serve our purpose of creating the 'alkaline food' environment required for effective absorption of our recommended nutritional supplements. Please contact Absolique Hair Health Clinic to order this alternative green drink. [Check out ingredients and directions here.](#)



Nutrition and Pregnancy



Nutrition is more than calories for energy. Nutrition is what food types are broken down to for cellular function. The elements we need to obtain, in order of importance are; minerals, essential fatty acids, vitamins, antioxidants and good bacteria. Having good nutrition will assist avoiding nutritional deficiencies. Deficiencies occur when there is poor nutrition whether it be from lack of the right food or digestion and absorption issues.

We all need good nutrition for optimal health. This is just as or more important when trying to fall pregnant, during pregnancy and post-partum whether breast feeding or not. When the body is nutrient deficient, it will be more difficult to fall pregnant. There are many cellular functions required to conceive, if there is limited nutrition available, say little iron or ferritin for energy and oxygen, things can go wrong.

Nutrition and Pregnancy, what your body needs:

- Nutritional elements not just calorie value
- Minerals, essential fatty acids, vitamins, antioxidants and good bacteria
- Address deficiencies
- Take a pre-pregnancy safe supplement
- Avoid high levels of Vitamin A

During pregnancy it is important to get enough nutrition for both of you. This does not mean eating for cravings, rather eating for the nutrients required. Cravings are called pika and indicate a mineral deficiency. When experiencing morning sickness, it may be difficult to keep or even consume required nutrition. This is where importance of preparation comes in. Just say you have practised good nutrition through food and supplementation prior to pregnancy, then things may be a little easier to maintain during difficult pregnancies.

Deficiencies must be addressed also particularly low levels of iron and ferritin as these will be drawn on by your growing baby. A safe pre-pregnancy supplement is also recommended. Watch your blood tests and assist moving levels with food where possible and safe supplements. Always let your doctor know if you are taking supplements, just so they know and avoid high levels of Vitamin A as commonly found in hair, skin and nail supplements. Also avoid all chemicals and anything to do with blocking, stopping or addressing DHT, both oral and topical.

Absolique Trichologist can safely guide you through pregnancy for both health and hair and to also avoid the post-partum hair loss, that is a normal part of pregnancy. The more work we do to prepare and ensure nutritional levels are in place, the less likely it is to happen or with a lessor timeframe and importantly, quick recovery.

Team News



The day we were all waiting for finally arrived, the wedding of Absolique Trichologist, Carolyn Evans to Daniel Frost. It was a beautiful Spring afternoon at Brisbane's historical Customs House, the happy couple looked absolutely incredible and the day couldn't have gone any more perfectly than it did. Past and present Absolique team members attended to help with celebrations. Thank you to our loyal clients for all your well wishes and thoughts.

Absolique take a holistic approach to health, which seems to also create the perfect environment for pregnancy. Two of our team members, Irene and Kendall are both pregnant and only one week apart! Both are doing very well with their baby bumps gradually appearing. You will see a familiar face back behind reception, Tessa who will helping out along with a new addition to the team in the New Year.

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. If we do miss your call, please leave us a voice message, as things can sometimes get little crazy on the phones. We will always aim to 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

Please note: The clinic will closed for Christmas break from the afternoon of Saturday 23rd December and reception will be back on Tuesday 2nd January. Trading hours are subject to change in December and January, please call reception prior to visiting the clinic, for information on our opening and closing times.

And don't forget, if you can't visit us at our Brisbane clinic we do travel to North Sydney, and also offer Skype, Phone and Email microscopic diagnosis and consultation services.

