



News & Views Absolique Hair Health Clinic 27th Edition – Autumn/March 2018



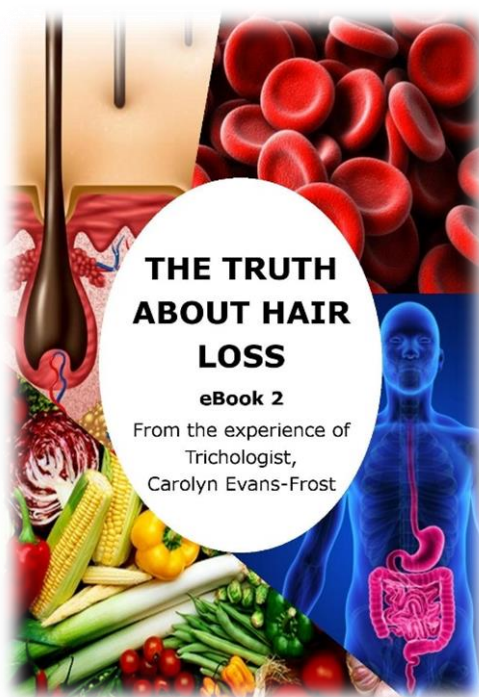
Welcome to Absolique's Autumn/March 2018 newsletter. As always, we have been busy working behind the scenes publishing the second edition to our eBook, The Truth About Hair Loss, helping and achieving amazing results with our dedicated clients, and keeping you up to date with relevant information.

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 reading!

1. Welcome to Autumn (Australia) 2018
2. The Truth About Hair Loss - eBook 2
3. Autoimmune Alopecia Areata
4. Seborrheic Dermatitis
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The Truth About Hair Loss – eBook 2



If you have read my first book you will know who I am. For those who missed it, I wrote and shared, for free, 'The Truth About Hair Loss'. I am a Trichologist, Trichology is the study and science of the hair and scalp. I have been in the hair industry for 30 years and 20 of those years as a certified, qualified hair and scalp specialist.

My personal experience with hair loss and the information I've learnt, is what I want to share in my second book. The study of Trichology is not simple. It is a science, and to remember and absorb the elements required to understand and complete such a course, one should have not only an interest but a passion.

When I studied and qualified as a Trichologist I was in my early-mid 20's, the untouchable age. Meaning, we did not think the world would have any impact on our health, regardless of our knowledge. I understood the science, it was quite simple for me. I was a young, new Trichologist, wanting to help people with hair loss, hair thinning and

scalp conditions, and what I began to slowly realize was, the science helped me to uncover the potential problem, but there were limited treatment options available.

To read more about my story, journey, hair loss, hair thinning, the hair cycle, pattern hair thinning, alopecia, autoimmune, cellular health, digestion and absorption and much more, email reception@absolique.com.au to request a free copy of The Truth About Hair Loss - eBook 2.



Autoimmune Alopecia Areata

Alopecia Areata Alopecia Totalis Alopecia Universalis
Patches of hair loss No hair on head No hair on body



The word alopecia means hair loss, but it is also used to describe the type of hair loss, such as alopecia areata. Alopecia areata is an autoimmune type of patchy hair loss where the immune system causes destruction to the hair follicle and hair loss is the result typically starting in small, round patches that can occur anywhere over the entire head.

Alopecia areata is generally a temporary condition where the hair follicle can recover and regrow. It is important to establish the state of

the hair follicle when alopecia areata is noticed. Alopecia areata can occur for unknown reasons but it can also be traced back to an environment in the body of lowered immunity. Autoimmune is a topic that is gaining a lot of interest in the science world as many autoimmune conditions are being uncovered.

Autoimmune Alopecia Areata:

- Alopecia means hair loss
- Alopecia areata means patchy hair loss
- Alopecia areata is generally a temporary condition
- Alopecia areata is autoimmune
- Autoimmune can be balanced with life strategies

We can be born with genetic autoimmune tendencies, but we can also be exposed to environments that can lead to autoimmune situations. Either way it is important to understand how to support the immune system to protect and prevent autoimmune conditions where possible. Most cases of alopecia areata I come across are temporary and full recovery is possible, but we also want to educate how to prevent recurring alopecia areata.

Lifestyle and nutrition play a big role in autoimmune alopecia areata. Supporting the immune system, maintaining above normal nutritional status, stress management, understanding and avoiding environmental exposure are good life strategies to overcome and prevent most cases of triggered alopecia areata. Read more about autoimmune alopecia areata and the immune system in our recently released eBook 2. Email reception@absolique.com.au to request your free copy. As always, correct diagnosis is the key!



Seborrheic Dermatitis



Seborrheic Dermatitis is an autoimmune scalp condition that results in inflamed oily scale. Seborrhoea is excessive discharge of oil from the sebaceous glands. Every hair follicle has its own sebaceous gland. Seborrheic dermatitis is an inflammatory skin condition that causes flaky, white to yellowish scales to form on oily areas such as the scalp, face or inside the ear. It can occur with or without reddened skin.

The cause of seborrheic dermatitis can be genetic, environmental, and hormonal and have immune system factors. Once triggered the response is autoimmune which can be helpful to help control this condition that is commonly associated with itchiness. The inflammation and oil go on to further irritate the skin causing a cycle if itch, scratch, irritate, oil, and so on.

There are no cures for seborrheic dermatitis that can manifest in infants as cradle cap, but it can be controlled by understanding the needs of the immune system, particularly the required levels of essential fatty acids and vitamin D. It sounds strange that a deficiency of the right oils, essential fatty acids and the fat-soluble vitamin D can result in an oil drives skin condition.



Proper scalp health is also required for the control of seborrheic dermatitis. Simply obtaining a correct diagnosis to then use the right product on the skin, and address any deficiencies that are present, may be all that is required to help you stop this skin condition cycle. Combination therapy will always deliver the best results. We cannot suggest any topical treatment for seborrheic dermatitis without microscopic dermatitis because of the intrinsic nature of the scalp skin. Sometimes the cycle has resulted in scalp sores that will need help to heal

before the actual controlling treatment can be used.

Many over the counter treatments contain harmful ingredients that will actually keep the awful cycle going. It is also important not to self-diagnose and again to get a correct diagnosis as treatment for psoriasis or dandruff can also make seborrheic dermatitis worse.

“A healthy
outside
starts from
the inside.”

Robert Ulrich

Women's Hair Loss Treatment Story



Here is another success story we are happy to share following Absolique Hair Health Clinic combination therapy hair loss treatment. This case reported that the hair had always been fine, but it had gotten worse over the past year and a half. Consultation uncovered stopping and starting of various medications, study and work stress that lead to poor lifestyle choices and then low iron to the point of an iron infusion.

It is common to find such stories that make perfect sense and explain why the hair has changed. As a

Trichologist I am trained is the art of consultation and counselling to find the reason behind your hair loss, hair thinning and scalp concerns. Things that you may never consider having an impact can tell a different story of hair health decline.

Women's Hair Loss Treatment Story:

- History stopping and starting medications
- Long term study and work stress
- Lowest iron leading to iron infusion
- Both nutritional and topical hair loss treatment



All the causes had led to diffuse hair loss and then diffuse hair thinning as well as a small percent of female pattern thinning. We addressed the main causes, the broken-down hair cell and hair cycle knowing it would also address the secondary female pattern thinning. Hair loss treatment time is four months to make the required changes at a cellular level. Base nutritional health was addressed as well as supporting the deficiencies that were found.

Check-up appointment at four months showed the hair had responded as expected showing improved hair growth. Check in on current blood showed there were still some low level nutritional concerns that may indicate an absorption problem which could have been the cause of the original low iron. Follow up hair loss treatment services are important to make sure we get continued results because we are all individual. When was the last time you had a scope session and scope comparison to check in on your results?

We also aim to make your hair loss treatment as easy as possible to follow with an individual maintenance plan that may include some nutrition where diet may be lacking or if absorption shows to be a concern. It is all about getting the result from your hair loss treatment then holding onto it. Unlike many over the counter products you don't lose our hair loss treatment result if stop as long as some supporting elements remain and we will help you to decide what is the easiest for you.

Men's Hair Thinning Treatment Story



In this story we are demonstrating how simple, targeted hair thinning treatment can prevent further hair thinning and provide gradual hair growth. The photos we share with this story are from the second four months of hair thinning topical treatment in an otherwise healthy individual along with support from a healthy, alkalising green drink to take a men's health supplement that also supports preventing any further hair thinning from hereditary factors.

Original diagnosis found there was a hereditary influence noted in grandfather, father and brothers.

Microscopic diagnosis found the reported hair loss, hair thinning, and dry hair were due solely to male pattern thinning. Male pattern thinning can be caused by genetic factors, hormonal influence, and environmental exposure and can also be a free radical effect.

Men's Hair Thinning Treatment Story:

- Targeted male pattern thinning treatment
- Prevention plan in place when hereditary factors
- Men's health supplement may be included
- Address both symptoms and causes



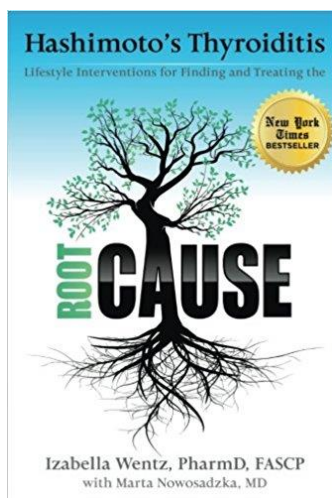
Male pattern thinning is a dominant trait when there are genetic factors, this means there only needs to be one gene from either fathers or mothers side, for you to show the trait. Nowadays, this is not a curse but more a choice of what to do to prevent it if you so wish. Prevention is the first step following correct diagnosis before attempting any regrowth.

It is sadly a common story based on online misinformation, for a young man to attempt hair thinning hair regrowth without understanding all the actual causes. Hair loss and hair thinning have very

different causes so one must be clear on what they are treating to for the right hair thinning treatment plan and be sure it is not health related hair loss.

We have provided an easy and affordable hair thinning maintenance plan to continue to improve whilst also preventing further male pattern hair thinning at the same time. In the first year of men's hair thinning treatment, we check in every four months to make sure health and hair growth are on track and can then drop the hair thinning treatment down where possible for easier maintenance. Have you had your correct diagnosis or check in yet? We will always tailor your treatment to your individual needs and lifestyle changes at any time of your life.

Book Review – Root Cause by Izabella Wentz, PharmD, FASCP



Hashimoto's Thyroiditis, lifestyle interventions for finding and treating the root cause by Izabella Wentz, PharmD, FASCP with Marta Nowosadzka, MD, is an amazing book to help you understand there is more to hashimoto's than just hypothyroidism. What I love about this book is the medical and science background on top of personal experience.

The author is familiar with the symptoms patients with hashimoto's present with and the fact that many regular medical testing methods fail to prove a diagnosis or address many of the symptoms or indeed the root cause. She explains how it can take years of nonspecific health problems and lifestyle choices for the condition of hashimoto's to develop.

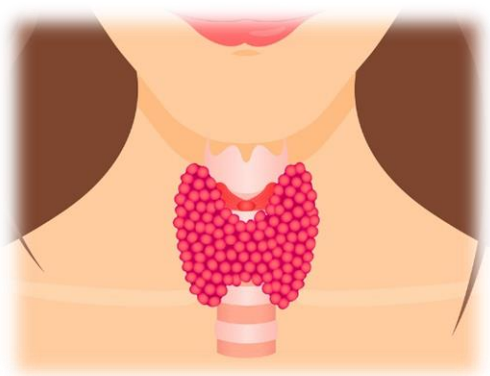
Book Review – Root Cause by Izabella Wentz:

- An amazing book
- Helps you understand there is more to hashimoto's than just hypothyroidism
- Addresses many symptoms and root causes
- Learn what is harming your immune system
- Educate yourself to learn how you can help yourself

As Absolique Trichologist and avid reader of health books, I find this book to show the same consistent underlying information about supporting health through nutrition and avoiding the things we are now learning are harmful to our health and immune system. Both hypothyroidism and hyperthyroidism have underlying autoimmune causes.

This book could be yet another tool for you to identify the triggers and also how to protect, prevent and get out of the deep hole one can fall into when facing the many common symptoms of these problems. My motto is to educate yourself to help your own body, as nobody knows it better than you.

As all of the other book reviews we have done at Absolique, I highly recommend this good read to help you to understand the choices you have and how you can choose your own direction with the help in finding a functional practitioner who also has the same ethos as you do. This book also covers many science based findings and common misconceptions about the overload or deficiency of iodine related to thyroid function. If you or anyone in your family have any thyroid or autoimmune concern, I highly recommend reading this complete guide to the start of a new beginning.



Recipe - Spaghetti with Prawns, Pesto & Pistachios



A versatile delicious recipe that uses zucchini spaghetti making it gluten free, prawns can be replaced with tofu or broad beans to make it vegan and try to grow your own organic basil and mint to the fun of it but also flavour bust and save dollars and waste of store bought herbs.

Ingredients:

4 tablespoons coconut oil

700g wild-caught raw prawns or shrimp, shelled and deveined, with tails intact

4 to 5 zucchinis (about 700g in total), spiralized into thin noodles

Pesto:

2 garlic cloves, chopped

1 large handful of basil leaves, plus extra to serve

1 large handful of mint leaves

60g pine nuts (activated if possible), toasted, 1/2 cup olive oil

1½ tablespoons lemon juice, sea salt and freshly ground black pepper

To serve:

Extra virgin olive oil

80g (1/2 cup) pistachio nuts (activated if possible), toasted and roughly chopped

lemon wedges

chili flakes (optional)

Method:

To make the pesto place all the ingredients in the bowl of a food processor and whiz until the herbs and nuts are finely chopped, taste and season with salt and pepper.

Melt 2 tablespoons of coconut oil in a large frying pan over medium-high heat. Season the prawns or shrimp with salt and pepper, then cook, in batches, for one minute on each side until just cooked through.

Remove the prawns or shrimp from the pan and set aside, cover to keep warm. Wipe the pan clean and place over medium heat. Add the remaining coconut oil and the zucchini spaghetti and sauté for two minutes until the zucchini is almost cooked through.

Season with a little salt and pepper. Remove from the heat, add the cooked prawns and the pesto and toss to combine.

Transfer the spaghetti mixture to a large platter or serving plates, drizzle on some extra-virgin olive oil, sprinkle over the pistachios, add a squeeze of lemon juice and scatter on some basil leaves and a few chili flakes, if desired.

Serves 4.



[Click Here for Spaghetti with Prawns, Pesto & Pistachio Recipe](#)

[Click Here for Pete Evan's Spiralise!](#)

Supplement Awareness



Recently, I came across a report about adverse effects from [ultra-high dose of Biotin](#). Just like any other nutritional element, balance is the key. Balance comes from understanding how minerals, essential fatty acids and vitamins work together to produce the function required at cellular level. It is a complex chemistry equation.

High doses of biotin can interact with other processes, including possible limited effect of anti-thyroid medications used for Grave's disease. The

report proposes to stop the biotin supplement for one week and retest if interference is suspected. However, there is no reason why one would need to take high levels of biotin on its own anyway.

Absolique Hair Health Clinic nutritional program is balanced between recommended daily allowance (RDA) and supplementary range (SR), we have no need to go any higher to reach the levels of therapeutic uses. We may combine some biotin in two separate supplements for a purpose, but it is still well within range and only ever for the first four months of hair loss treatment before checking your levels once again.

A word of warning, many over the counter hair, skin and nails products have high amounts of biotin and are not well balanced for cellular health, they may indeed make hair grow faster, but they won't correct thinning hair growth or hair loss. Plus, one must question where the ingredients came from and will it even absorb?

Self-prescribing is something I see a lot of sadly, by doing so without understanding the intricate balance may indeed cause further body imbalance and do nothing to help the actual hair loss, hair thinning or scalp condition. Please always get a correct diagnosis and professional recommendation before taking medication and nutritional supplements.



Product Review – Modere Pea Protein Powder



Change the way you think about protein shakes. This delicious, easy-to-mix supplement delivers crucial protein that your body needs for your exercise routine. Plus, the gluten-free and vegan friendly formula thinks about the whole you, not just your muscle mass. Two flavours vanilla and chocolate will suit all taste pallets.

Absolique Hair Health Clinic offer the Green Qi alkalizing green drink to take your supplements, where recommended, to support health, deficiencies, absorption and hair growth. Every single one of us has our own unique metabolism, so the green drink may fill us up for a varied amount of time. For the faster

metabolism or when try to increase protein intake, Modere pea protein shakes can be added to your green drink for added flavour and protein.

Product Review – Modere Pea Protein Shakes:

- Gluten free
- Vegan friendly
- Safe and tested ingredients
- Could assist nutritional iron support
- Can be mixed with Green Qi

Many causes of hair loss and poor hair growth stem from low iron, low ferritin and moving iron studies. This can in turn effect appetite, digestion and absorption. Adding a safe protein to your green drink can increase your protein intake while assisting to overcome the green taste that naturally comes with a health green drink.

Please don't think any protein powder is a replacement for your iron supplements nor does it replace a healthy diet. Modere products are tested to make sure they never contain any harmful ingredients which we is why choose to use and recommend Modere nutritional and safe home products. Gluten free and vegan friendly, this could be your new protein powder to use when you need that little bit extra.

"The Modere Pea Protein Shake is a plant-based protein source that is gluten-free, easy to digest and contains protein to help muscle recovery after regular intense training. This is a key Modere product that keeps my muscles up and my skin folds down. I couldn't train at the same level without it". –

Glenn Rypp, Modere Sponsored Athlete and Brand Ambassador

For Modere's Pea Protein Powder: <https://www.modere.com.au/ProductDetail/vanilla-shake-pea-protein>



Team News



While it seems like dream now, Mr and Mrs Frost are six months post-wedding and as expected, are still in absolute marital bliss. Our friendly reception girls, Irene and Kendall are nearing the end of their pregnancies and are preparing to add two little members to the Absolique family. You may have seen Tessa back in clinic, getting ready to take over the reigns at reception, and you will soon notice a new face behind the desk.

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. Or you can email Trichologist directly at info@absolique.com.au.

Don't forget if you can't visit us at our Brisbane clinic, Absolique does travel to North Sydney. We do also offer Skype, phone and email microscopic diagnosis and consultation services.

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

Easter Hours: The clinic will closed for Easter break from Friday 30th March and reception will be back from 10am on Tuesday 3rd April. Please call reception prior to visiting the clinic for information on our opening and closing times, as they are subject to change.

