



News & Views Absolique Hair Health Clinic 28th Edition – Winter/June 2018



Welcome to Absolique's Winter/June 2018 newsletter. As always, we have been busy working behind the scenes we have been looking for a new place to call Absolique home. Holding a Facebook LIVE session every week to go over our eBook 1 topics, as usual 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 subject you would like us to cover in future editions, please let us know. Happy reading!

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3. Vitamin C to Saturation Safely
4. The Essential Guide to Vitamin C Book Review by Shea Weaver
5. Women's Hair Loss and Hair Thinning Story
6. Men's Hair Thinning Treatment Story
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New Location and Services

Absolique Hair Health Clinic is on the move! We are relocating to a larger premise to offer Total Hair and Scalp Care services. We currently offer diagnosis and consultation services but are limited by our office space to help you further with total hair and scalp health, hands on hair loss treatments, hair thinning treatments, scalp condition services, hair repair, hair additions, hair replacement and safe hairdressing services.

We would like to thank you, our clients and readers for encouraging us to make this big step to help you in every way when it comes to Total Hair and Scalp Care and Hair Loss Treatments. We hear some very sad hairdressing stories during the difficult times surrounding hair loss, hair thinning and scalp concerns. Because we understand your individual journey, we will now be able to provide you with complete holistic hair loss treatments, scalp treatments and hair services.

New Location and Services:

- Safe hair colouring services
- Individualized hair cutting
- Hair loss treatments lessons
- Hair additions
- Hair replacement
- Laser hair growth treatment

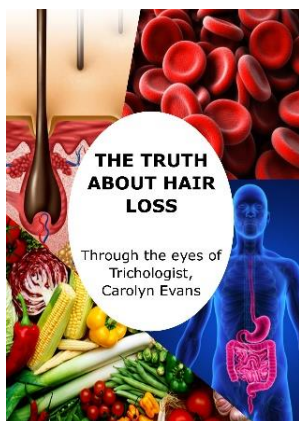
The new location will provide a private and confidential environment to service all your hair and scalp needs from in clinic hair loss treatments to helping you get the best out of your hair with hairdressers who understand your individual hair and scalp concerns. We will be offering safe hair colouring services, individualized hair cutting services, hands on lessons to teach you your home care hair loss treatments along with new hair replacement and hair addition services.

Our new services are only available to our unique client's needs and we will not be offering general hairdressing services to the public. These services will be tailored to your individual hair loss, hair thinning and scalp conditions only after microscopic diagnosis so we are all aware of your individual hair growth and scalp condition situation. For existing clients who have had a microscopic diagnosis, we have what we need to safely help you with Total Hair and Scalp Care. For those interested in our new services but have not yet had a [Hair Health and Scalp Check](#) microscopic diagnosis and consultation service, please contact us to find out more and book your appointment to begin your hair and scalp health journey.

Keep an eye on your emails for our move date, grand opening invitation, address which is in Spring Hill along with parking and public transport information.



Facebook LIVE



I would like to share LIVE on Facebook my first eBook to help you uncover The Truth About Hair Loss. Talking you through some of these topics may be easier to understand. I will go through one chapter each week on Facebook LIVE so please check your emails for dates and times to tune in for helpful information.

On the 9th May 2018 we covered hair loss related to the Hair Cycle, Diffuse Hair Loss and Telogen Effluvium, and on the 16th May 2018, we covered The Truth about Pattern Hair Thinning. 23rd May 2018 we covered Diffuse Hair Thinning and on the 30th of May we covered Understanding Alopecia. If you missed any of these LIVE sessions follow the links below to watch playback. Next week's topic is Scalp Conditions.

- [Watch our first ever Facebook LIVE Here](#)
- [Watch Reply of Facebook LIVE 1. The Truth About Hair Loss Here](#)
- [Watch Replay of Facebook LIVE 2. The Truth About Pattern Hair Thinning](#)
- [Watch Replay of Facebook LIVE 3. The Truth About Diffuse Hair Thinning](#)
- [Watch Replay of Facebook LIVE 4. Understanding Alopecia](#)

The topics to be covered over the following weeks on Facebook LIVE will follow the chapters in the FREE eBook1: The Truth About Hair Loss, Pattern Hair Thinning, Diffuse Hair Thinning, Understanding Alopecia, Scalp Conditions, How Hair is Connected to Health, Hormones and Hair, Nutrition for Health not just Hair, Nutritional Deficiencies, Body pH and Absorption, Basic Scalp Health and why getting a Correct Diagnosis is the most important thing you can do for your Hair Loss, Hair Thinning or Scalp Concerns.

Please feel free to ask any questions in the comments so I can try and cover over the coming weeks. To gain access you will need to Follow us on [Facebook](#). You can read along with your own free copy of my eBook 1 The Truth About Hair Loss, email free eBook 1 request to reception@absolique.com.au or simply request a copy in the comments once you follow us on Facebook.



Vitamin C to Saturation Safely



I'm sure we have all heard of Vitamin C. The cure for scurvy, the historical mystery sailor's ship voyage killer disease pre-Captain Cook. Common day symptoms of scurvy surround us such as anaemia, debility, exhaustion, spontaneous bleeding, pain in the limbs, and especially the legs, swelling in some parts of the body, and sometimes ulceration of the gums and loss of teeth.¹

With our abundant society, one would think we could not possibly be Vitamin C deficient. We assume to get the daily recommended intake from food but to help us receive the little talked about additional health benefits of Vitamin C we need to look at the work of chemist Linus Pauling to understand the many associated benefits of this amazing vitamin that is required for cellular collagen formation, is an antioxidant, cold and flu support, antimicrobial, antibiotic, supports cardiovascular function, reduces strokes, helps with hypertension, cancer, Alzheimer's, cataracts, gout, immunity and much more.

Vitamin C Safety and How to Use It to Your Individual Requirements:

- Recommended Daily Allowance (RDA) for adult males is 90mg/day, females 75mg/day
- Tolerable Upper Intake Level (UL) for adults 19 years and older is 2000mg/day
- The Linus Pauling Institute Recommends at least 400mg/day for adult males and females²

They are big variations which I hope will represent the safety of increasing your daily vitamin C for collagen formation and the other health benefits. Vitamin C is water soluble in the body so if you have too much, your body will simply eliminate in the form of a loose stool. If this does occur, just reduce your dose. In times of extra need such as cold and flu, you can make larger dose increases to support your immune system and note interestingly, your body will hold on to the vitamin C.

It is recommended when increasing vitamin C intake to use foods rich in vitamin C, be aware it is lost when heated, and supplementation. Foods and or supplementation should be spread throughout the day as this results in better plasma absorption of this powerful nutrient. We recommended vitamin C powders above tablets mainly for the reduced buffers. Absolique have a few brands of vitamin C for sale and we recommend mixing in with your Green Drink and or Acid Buffer to separate dosages. If you do fall sick, you can increase dose to every few hours until saturation is reached, then start reducing again.³

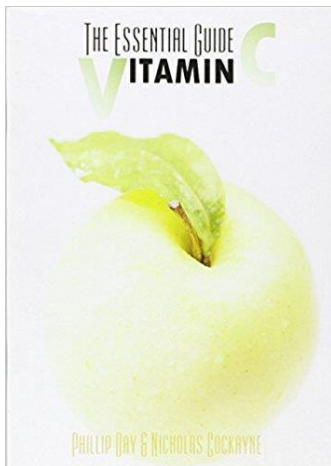
When increasing vitamin C to find your own saturation level, do it gradually. To start with it may be ½ teaspoon with each green drink or twice a day, then increase after say three days to ¾ teaspoon twice a day. Keep increasing after every three days until you notice any changes, then reduce to a safe level for you. In times of need you can increase the dose quicker and for a short term for the required immune support, this method has been reported to squash cold and flu without antibiotics, cheaper and better for your immune system in the long run.

¹ <https://www.medicalnewstoday.com/articles/155758.php>

² <http://lpi.oregonstate.edu/mic/vitamins/vitamin-C>

³³ <https://articles.mercola.com/sites/articles/archive/2015/11/23/vitamin-c-curative-power.aspx>

The Essential Guide Vitamin C – Book Review by Shea Weaver



I have always been a bit blind to the topic Vitamin C, as a child I have always thought the vitamin C tablets my parents gave me were some kind of treat I got with my breakfast. But after reading this book it really has opened my eyes to what Vitamin C really does and how important it is.

The authors of '[The Essential Guide Vitamin C](#)' by Phillip Day & Nicholas Cockayne go into detail on how vitamin C helps fight against some diseases and help prevent some illnesses. Knowing we cannot live without vitamin C was a big eye opener for me, I feel like this book has changed my outlook on vitamins all together.

The Essential Guide Vitamin C – Book Review by Shea Weaver:

- Opened my eyes to what Vitamin C really does and how important it is
- Detail on how vitamin C helps fight against some diseases and help prevent some illnesses
- it's not just food like oranges or any kind of citrus food that can supply us with the vitamin C
- Understand the benefits of vitamin C and what it actually does to help keep us healthy

Also learning that it's not just food like oranges or any kind of citrus food that can supply us with the vitamin C, we can also get it from our leafy greens and meats such as liver. Learning that liver is one of the best source for vitamin C, but they say it loses up to 100% of its vitamin C when cooked and I know myself eating raw meat isn't for me at all and I'm sure most people feel the same about that. I have also been a massive believer in fresh is better and reading the experts think and say the same if a huge relief.

There is so much I have learnt from this book, I am so glad I have had the chance to read it, as I now have a lot more knowledge when it comes to vitamin C. I feel like most people should try and read this book and understand the benefits of vitamin C and what it actually does to help keep us healthy. I defiantly will be jumping back on to the vitamin C train after learning so much, and just in time for winter. The Essential Guide Vitamin C – Book Review by Shea Weaver, Absolique Hair Health Clinic Assistant to Trichologist.

[Link to the book here.](#)



Women's Hair Loss and Hair Thinning Story



This story describes women's hair loss, hair thinning and slow hair growth. These concerns had been increasing over three years with a history of operations, pain management, pregnancy and birth, the birth control pill, insomnia and shift work. Check over recent blood test showed moving iron studies and low B12 levels. Post-partum alopecia had occurred as it will with every pregnancy, along with the surrounding circumstances contribute to the diffuse hair thinning.

Hair loss treatment plan started with a topical plan to stabilize the hair loss as it was noted to be current hair loss. There was also underlying hair thinning with 90% of the hair not growing to the genetic hair type which also indicated a disturbed hair cycle. Also found scalp scale and oily scalp consistent with hair thinning, along with minor female pattern thinning which is common along with the diffuse hair thinning but is a secondary concern.

Women's Hair Loss Treatment Story:

- Hair loss treatment plan started with a topical plan to stabilize hair loss
- Check over recent blood test
- Add nutritional side of Absolique holistic hair loss treatment
- Scope session microscopic and digital check in at four month mark



Following further blood test for other health concerns with GP, client decided to add the nutritional side of Absolique holistic hair loss treatment. This was added in 6 weeks after initial hair loss treatment and continued for four months before checking in with digital and microscopic images. Here we share the results of the first four months of combination hair loss treatment addressing both symptoms and causes both topically and nutritionally.

Check in at four months shows encouraging results and allows check up with GP to ensure all blood levels are in order which supports health and hair growth. Absolique will suggest a maintenance plan at this four-month mark to continue with results and make homecare hair loss treatment suitable to fit into busy lifestyles. At Absolique our goal is to help you with your individual hair loss, hair thinning and scalp condition concern along with making them easier and wean of hair loss treatments and nutritional therapy where ever possible whilst preventing the problems from reoccurring.

Men's Hair Thinning Treatment Story



This story is about a young man noticing hair thinning and hair loss at the front of the scalp. The changes had been happening for three years and there was no family history of pattern hair thinning. When we see hair thinning in the typical pattern hair thinning location of the front, top, recession or crown of the head with no family history, we need to look carefully for associated causes.

Trichology consultation revealed the use of prescription medication for acne, known to be associated with hair loss along with three to four-year daily use of a typical muscle building protein powder. Microscopic diagnosis found 30% of the terminal hairs (genetic hair at the back of the head) well away from the pattern thinning area, were not growing properly.

Men's Hair Thinning Treatment Story:

- Correct microscopic diagnosis
- Check current blood work to eliminate any health problems and address deficiency
- Topical hair loss treatment to stabilize the hair cycle
- Additional topical hair loss treatment targeting male pattern thinning
- Vitamin D supplementation recommended in alkaline environment for deficiency



The location of these diffusely thinning hairs indicates problems at the hair cellular level and in turn, disrupted hair cycle. As this is diffuse, it will also be occurring in the pattern thinning areas. This means there are two problems which drive early onset male pattern thinning. The contents of the protein powder are suspected to also be influencing the hormonal and environmental factors contributing to male pattern thinning.

The images we share are from the first four months of combination hair loss treatment and pattern hair thinning treatment focused topically. We check our clients recent blood work from check up with doctor to see if everything was ok, we found Vitamin D deficiency along with high LDL cholesterol, which go hand in hand. Basic pH testing was also recommended along with positive diet changes for an otherwise healthy individual. There were some other slight high levels in blood work that we are watching along with GP to ensure we have correctly identified the causes. My client has decided to continue another four months topical hair loss treatment for further results even though we were happy with our digital results.

Alkaline Snacks



Absolique Hair Health Clinic use the Green Qi to create the ideal alkaline food environment to ensure absorption of nutritional supplements when assisting with hair loss treatments. When performing cellular correction to achieve change, we would need to use higher doses that are best separated for ideal raising of levels. In the first four months of Absolique Hair Loss Treatments we would use two Green Qi away from food on a hungry empty tummy.

After the first four months we would drop down to one Green Qi but may still need to separate some of the nutritional supplements to get the benefits. There may be a time where you need to look at either your meals or your snacks to be sure they are alkaline and in the right food combination to ensure this complex absorption mechanism works. After lengthy discussion with many clients, we have established alkaline snacks may be easier to achieve.

Alkaline Snacks:

- Chia Pudding
- Roasted Chickpeas
- Coconut Yoghurt (sugar free)
- Crispy Kale Chips
- Coconut Energy Bombs
- Soup

The first place to turn for alkaline food for snacks is your pH test kit booklet. There are many foods listed to choose from. If you want to get a bit more creative and remember change is the key, don't eat the same thing every day, check out our free Food for Ferritin Recipe Booklet, you will find alkaline snack suggestions to try. Email reception@absolique.com.au for a copy.

To help with your creativity, consider adding alkaline nuts, seeds, shredded coconut, herbs, Himalayan salt and alkaline vegetables to your snacks. Try to stick with organic and when preparing, make big batches and freeze (where possible) for convenience. Simple alkaline soups make great snacks and quick meals during winter, add extra benefit with organic powdered bone broth.



So Easy Fish Curry Recipe by Jamie Oliver



We are sharing this recipe because it is healthy, nutrition and delicious as well as being quick and easy. Just a few tips to make it even better for you; use organic tomatoes, only use wild caught fish, farmed fish contain hormones and antibiotics, also the smaller the fish the less likelihood of heavy metal contamination. For the curry paste and lime pickle, read the ingredients and avoid preservatives and numbers in the ingredient lists, you can also make your own and store for when required.

For the coconut milk, be sure it is organic and if in a tin, must be BPA free. We are still coconut crazy but you have to be sure your source of this wholefood is safe. I also suggest using coconut oil to blister the tomatoes and add any other vegetables to cook with the fish to make it a more satisfying dish.

So Easy Fish Curry Recipe by Jamie Oliver:

- 500g Ripe mixed colour cherry tomatoes
- 500g White fish fillets, such as haddock, skin off, pin boned
- 1 Heaped tablespoon korma curry paste
- 1 Tablespoon lime pickle
- 1 x 400g Tin of light coconut milk

Place 1 tablespoon of olive oil in a large shallow casserole pan on a high heat. Halve the tomatoes, adding them to the pan skin side down, blister for 2 minutes without moving them while you chop up the fish into 4cm chunks.

Stir the fish, korma paste, lime pickle and coconut milk into the pan. Bring to the boil, then simmer for 6 minutes, taking care not to break up the fish. Taste, season to perfection with sea salt and black pepper, dish up and enjoy. Serves 4.

This simple dish ticks many boxes for Absolique Holistic hair loss treatments, it has vitamin C from the tomatoes, iron/ferritin from the fish, essential fatty acids for the coconut and alkaline with the right food combinations with optional addition of other alkaline vegetables. Don't go spoiling it by serving with rice or adding potatoes.

[So Easy Fish Curry Recipe by Jamie Oliver](#) is from his book 5 Ingredients. It is a great book full of simple recipe ideas you can play with to make any meal more healthful, alkaline and with the right food combining. Always choose coconut oil to cook with and olive oil to serve. Swap noodles and rice for vegetable noodles and cauliflower rice. Add more greens to every meal and use an organic powdered bone broth in place of any stock. Enjoy!

The Gluten Confusion

We are going to discuss confusion about gluten, wheat and wheatgrass. Here at Absolique Hair Health Clinic have collected and compiled some information we hope will help to understand what you could tolerate when you have allergy and intolerance to gluten. Although wheatgrass comes from the same plant that produces the wheat grain used to make flour, wheatgrass is harvested before the plant matures and produces grain.

Wheat and wheatgrass come from the same plant. The term 'wheat' generally refers to the grain often used to make flour, while 'wheatgrass' refers to the young grass that grows before the grain is produced. When the grass is young, before it produces grain, it can be harvested and juiced or dried.

The Gluten Confusion:

- Difference between Wheat and Wheatgrass
- Wheat Plant
- Wheatgrass
- Wheat Grain
- Wheat Allergies and Wheatgrass

Many are surprised to see a product labelled 'gluten-free' but contains wheat grass and/or barley grass. Since wheat and barley are gluten grains, it's fair to ask how their grasses could be considered gluten-free.

Absolique have a three-page discussion and reference resource to decide for yourself if wheatgrass is suitable for you on a gluten free eating plan. For a free copy email reception@absolique.com.au and request 'The Gluten Confusion'. One last thing to note as with the seed contamination concerns, all grains need to be considered as potential gluten carriers or contaminants.



VS



Modere Colour Makeup



We wear make-up most days of our adult life, this means the ingredients in the makeup are in contact with our skin for at least 8 hours, five days a week = 40 hours a week or around 2,000 hours a year! As we start to learn how chemicals impact our body, we need to understand the chemicals are in our makeup and personal care products too. [Click here to watch 80,000 Chemicals](#)

Our makeup helps us to create the look that makes us feel good about ourselves, so the look and feel of the product we use is important. We have our trusted and favourite brands, but how do they stand up to the chemical test list? How safe are they for our skin and long-term health? Absolique Hair Health Clinic would like introduce you to the Modere Colour Makeup Range. The range is certified organic, vegan and cruelty free, Australian made, infused with botanicals, high quality makeup.

Modere Colour Makeup Range includes:

- Primer
- Mineral foundations, powders and liquids
- Eyeshadow and mascara
- Cheek colours and bronzer
- Lipsticks and lip glosses

For existing Modere members you can view the Colour Makeup Range online at <https://www.modere.com.au/Category/modere-colour> and feel free to reach out to us at Absolique Hair Health Clinic for any recommendations as director and Trichologist, I use both the skin care and make up ranges and happy to share my favourite products.

Absolique recently held a successful Modere Makeup test and try session where we all got to see what the colours looked like on our skin and play with textures and blending ideas. We would like to hold another one in August/September 2018 on a Saturday afternoon, 2pm. Please email your interest to info@absolique.com.au so we can put you on the reserved list as number to this intimate gathering will be limited.



Team News

If you haven't noticed already but we have had two new faces join the Absolique reception team, we would like to welcome Shea and Klairissa to the team. We also would like to welcome three new babies to the family, Irene, Kendell and Collette all just had their babies, Irene welcomed a little baby girl Edie, Kendell's bundle of joy is a little boy Jack and Collette also had a little boy Nate. Just a little reminder that we are moving the team can't wait to share with you where we are moving to. So watch this space.

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.

Web Site: Absolique Hair Health Clinic.

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

Other closures coming up for Absolique will be Ekka Wednesday 15th August 2018.

