



Welcome to our December 2018 Summer Newsletter in this festive holiday edition. We let you know how we have settled into our new clinic and hair salon premises at Spring Hill and share our new services in case you have not heard about them. We still have some of our Grand Opening Special Offers available so be sure to check them out in the following pages! We love to share our Hair Loss Treatment success stories, so look out for them

along with product review OWAY hair care hair bath and mask and MODERE Liquid Biocell life which is delivering some impressive results. We share a summer festive recipe that is healthy and tick's the food for ferritin box, is gluten free, dairy free and can be converted to suit any eating plan. If you are travelling over the holidays and would like to have some options to minimise your hair loss treatment, please reach out and we will be happy to have a look where you are at and if we could make your hair treatment any easier over this time. As always, any questions or concerns please reach out, you can call us or email us any time, we are here to help.

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Settled in and New Safe Hair Care Services



Welcome to the new Absolique Hair Health Clinic where we can now offer complete hair care services along with our hair loss treatments, hair thinning treatment and scalp treatments. If you have not yet visited us in our new hair clinic with private hair salon or heard about our move and new hair care services, we will share some more information here and go into a bit more detail in the following articles.

We have now been in our new clinic and purpose-built one of a kind, private hair salon for 12 weeks. It

was a big move and took team Absolique a little while to settle into our new home. We had lots of training to do with our team of qualified hairdressers to bring them up to speed with our new safe hairdressing and safe hair care services. What we do and how we do it is very different from a visit to a regular hairdresser, everything we do is about gentle hair care and safe scalp treatment with guidance from Absolique Trichologist whom has over 30 years in the hair industry.

Settled in and New Safe Hair Care Services:

- Safe hairdressing, hair cutting services
- Safe hair colour, organic hair colour
- Hair breakage treatment hair rebuilding
- Laser hair loss treatment
- Safe hair additions, hair extensions for hair volume

We understand it is just as important to be happy with your hair appearance when you have any kind of hair or scalp concern. We can now combine our diagnostic and consultation Trichology services addressing symptoms and causes along with safe hair care for a complete holistic healthy hair approach.

Hair style, hair colour, hair breakage and thin hair can be concerning whilst experiencing hair loss, hair thinning, scalp problems or when undertaking hair loss treatment or scalp treatment. We can now help you with every hair or scalp concern in a safe hair care environment in our private hair salon. Please feel free to reach out and ask any questions about our new hair care services and safe hair care product range with Organic Way OWAY. All the hair care products and safe hairdressing services match our philosophy of no harmful ingredients and now diving deeper into environmental sustainability.

We are offering complimentary 15-minute consultation to discuss how our new hair care services or hair care products could help you along your hair health journey. Booking are essential and can be in clinic or over the phone for existing clients. We welcome new clients, but we are not a regular hair salon and focus on hair and scalp health as our main priority. Call 07 3229 3242 or email info@absolique.com.au to book.

Hair Cutting Service and Grand Opening Special Offer

Having a haircut in a normal hair salon when experiencing hair loss, hair thinning or a scalp condition



can be an ordeal. Hairdressers are trained to cut healthy growing hair into a hair style, but don't have the training to maximise hair volume or balance out hair regrowth or treat scalp conditions. There are areas on the scalp where the hair naturally grows thinner, too often I see these areas left long where hair breakage is noticeable, or layers are too short or too long and is not maximising the hairs potential or there is no style at all.

Absolique qualified hairdressers understand all the problems associated with hair loss, hair thinning, hair loss treatment and then with hair regrowth how to balance out the new healthy hair with the hair breakage left on the ends as a result of hair thinning and hair loss. Sometimes we may need to provide shape and style to your hair and other times simple little trims may be all that is required to balance hair regrowth.

Hair Cutting Service and Grand Opening Special Offer:

- Complimentary 15-minute hair cutting consultations
- Includes Scalp Brush Therapy, safe Scalp Cleansing, Activance application*
- Prescriptive hair shampoo and hair conditioner with OWAY safe hair care products*
- Hairstyle dry and finish
- Cost \$120 and allow one hour in private salon for full service
- Grand Opening Special Offer, Buy One Get One ½ Price

We now also offer mini hair cutting services because we don't all need a style cut all the time especially when recovering from hair loss and undertaking hair loss treatment. Services such as a 'Split Ends Trim', can take 30 minutes at the minimal cost of \$60 and change the appearance of dry hair. A simple ends trim or a fringe trim every 6 weeks can be much more effective and affordable than a big snip every 12 weeks or as many of my clients have done in the past, completely avoiding hairdressing altogether!

Hair anxiety is a real thing and we can help you through this in our private hair salon where we take the time to listen to your hair and scalp concerns. Having some style to your hair and a personal hair management plan during and after hair loss and hair thinning can make the world of difference to how you feel and your self-confidence. We do request your hair cutting consultation and hair cutting services are NOT on the same day, so we know in advance what is possible with your hair. Bookings are essential. [Click here for Grand Opening Special offer and more information.](#)

*Scalp brush therapy, scalp cleansing and Activance application will depend on your prescriptive home care hair loss treatment, scalp condition on day of service and if there are any colour service on the same day. Prescriptive hair shampoo and hair conditioner will also be decided on the day and will depend on hair condition and hair length.

Safe Hair Colour Service and Grand Opening Special Offer



Being happy with your hair colour can be just as important as your hair style when experiencing and recovering from hair loss, hair thinning and scalp conditions. For many people the first thing they do is stop colouring their hair when the actual cause of their hair loss, hair thinning and hair breakage is not understood. With our new Trichology Clinic and safe hair salon, we can offer safe hair colour services that will not damage the hair during and after hair loss treatment to get your hair into full recovery.

Absolique qualified hairdressers will be honest about what is possible with safe hair colour. Because we are commonly dealing with hair growth problems, broken hair with poor hair structure, high fashion colours, hair lightening and overlapping hair colour can be dangerous and cause hair breakage. We will not perform any colour service if it will compromise your hair condition.

Safe Hair Colour Service and Grand Opening Special Offer:

- No heat, free from ammonia, PPD, resorcinol, alcohol and mineral oil
- Full colour, regrowth, hair line and part and foil safe hair colour services
- Pricing starts from \$120/hour, full colour could take up to 2 hours = \$240
- Complimentary 15-minute safe hair colour consultations
- Grand Opening Special Offer, Buy One, Get One ½ Price saving \$120!

Poor hair growth is commonly associated with hair colour fading and brassy hair colour with orange and gold undertones. It is a common complaint and the cause is the hair structure has no room to hold the hair colour pigment or there is no hair cuticle to lock the hair colour into the hair structure. As we are dealing with mostly hair breakage, we may need to work on your hair overtime to overcome the fading end syndrome and neutralise brassy overtones.

We have chosen a natural hair colour product with OWAY Hnectar safe hair colour infusion and hair replumping. The gentle nature of this organic hair colour product and green chemistry will deliver subtle colour infusions without the harsh block coverage generally associated with regular hair salons. 100% grey coverage is not possible with our chosen safe hair colour product, but we believe the grey coverage is more than enough to blend and disguise grey hairs and can leave the hair looking thicker.

To make sure we can achieve your safe hair colour dreams, we are offering complimentary 15 minute in clinic or phone consultations for existing clients. New clients are welcome, but we will need to meet you in clinic to establish your hair condition for safe hair colour results. [Click here to see our Safe Hair Colour Service Grand Opening Special Offer](#). Consultations and safe hair colour services cannot be performed on the same day, bookings are essential to maintain our private hair salon.



Hair Breakage Treatment Hair Rebuilding Service and Grand Opening Special Offer



Hair breakage is commonly associated with poor hair growth, a side effect of hair loss and hair thinning and the number one hair complaint when embarking on hair loss treatment. As Absolique Trichologist, I can find the reasons for your hair loss and hair thinning and then offer to address both symptom and causes with our holistic hair loss treatment options, but I have not been able to repair the existing hair breakage as I work through the scalp at a cellular level to get to the root of the problem.

You see, once the hair has grown, has passed through keratinisation, it is a hardened hair, it could not be fixed. There are all sort of cosmetic solutions to help, but they only mask the problem, there was no way of actually rebuilding the hair structure, until now. With poor hair growth the layers that make up the hair are compromised and incomplete leaving the hair strand exposed to physical and environmental factors resulting in damaged hair and hair breakage.

Hair Breakage Treatment Hair Rebuilding Service and Grand Opening Special Offer:

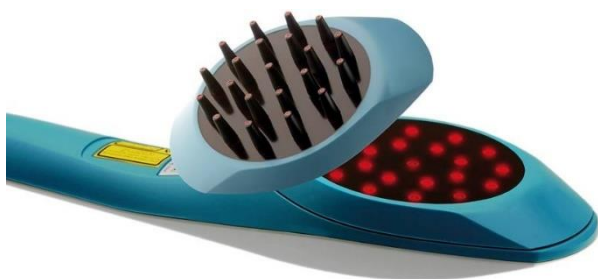
- Complimentary 15-minute hair analysis to form hair rebuilding plan
- Professional in clinic hair breakage treatment take up to one hour each
- 4 – 6 hair treatments may be required over 4-8 weeks
- Rebuilds the hair from the inside out
- Grand Opening Special Offer save \$295

This is not obvious at the time, it is as the hair gets longer that you may notice the hair feels different, maybe frizzy hair or unusually dry hair. This can then be further exposed following hair loss and hair thinning as the surrounding healthy hairs fall out leaving the previously unnoticed damaged hairs. There is also straight forward hair breakage from various hair styling methods and hairdressing practises.

We now can rebuild the hair from the outside in on the actual existing hair stand. In my mind this is a miracle hair breakage treatment, however it is not magic. Just as things break down gradually, rebuilding takes time and various elements. Firstly, we identify through consultation what your hair concerns are and then form a plan of what to use for your individual hair concerns to rebuild the hair. The hair breakage treatment needs to be applied professionally in our private hair salon over four to six weeks. We won't know exactly what is required until we can analyse your hair.

This hair rebuilding hair breakage treatment will not make you hair feel soft and shiny because it is not cosmetic simply leaving a coating on your hair. It will take the mentioned weeks of treatment to rebuild and eventually notice reduction and elimination of hair breakage along with better hair behaviour. Hair rebuilding may also be required to prepare hair for safe hair colour when hair colour fading is due to hair breakage and poor hair growth. [Click here for Hair Breakage Treatment Hair Rebuilding Service and Grand Opening Special Offer](#). Consultation and services cannot be on the same day in our private hair salon and bookings are essential.

Laser Hair Loss Treatment and Grand Opening Special Offer



Laser Therapy has been around for over 15 years and has been proven as a helpful therapy for pain, skin rejuvenation and to assist hair growth. As Absolique Trichologist Brisbane I have used laser hair loss treatment for many years and have undertaken much research in the arena of suitable laser types, required frequency, amount of laser diodes and application to deliver a result.

The biggest mistakes I see with most laser hair loss treatments are; it is promoted as a stand-alone treatment, does not address symptoms and causes of hair loss and hair thinning, is targeted to pattern hair thinning alone not focusing on the most common diffuse hair loss and diffuse hair thinning (all over the head), energy is lost from the laser diode to the target site of the scalp through too much space meaning the diodes don't make contact with the scalp, the scalp is not prepared properly and can reflect the therapeutic laser light, the frequency of the laser light and application are not consistent to create the desired cellular energy.

Laser Hair Loss Treatment and Grand Opening Special Offer:

- Best used in combination therapy
- Can promote further hair growth
- Complimentary 15-minute consultation for existing clients
- 12 x 15-minute treatments weekly within 16 weeks
- Grand Opening Special Offer save \$240

Laser light is safe energy that can be safely applied to the scalp to assist with hair loss treatment, but only in combination therapy for best results. This means we start with correct diagnosis, so we know the causes of your hair loss, hair thinning or scalp condition so we can address them directly or indirectly depending of individual circumstances. Once the causes are being addressed laser hair loss treatment can be very beneficial to connect cellular energy with laser hair loss treatment.

Professional clinical laser hair loss treatment can be much more effective than home lasers because of the increased number of laser diodes delivering the same energy in much less time. For instance, a home laser such as our recommended Hair Beam would require up to one hour a week of laser treatment to deliver the same amount of energy as our in-clinic Power Twin 21 professional laser can achieve in 15 minutes. Of course, there is a big difference in cost between home laser and professional laser devices.

Absolique Hair Health Clinic's new hair salon was purpose built so we could reintroduce laser hair loss treatment to incorporate into your homecare hair loss treatment. Laser energy can be compared to working out, the repetition is required to provide a result at a cellular level. For hair regrowth the time frame is four months to see hair growth from three months of laser hair loss treatment. This looks like 12 x weekly 15-minute treatments within 16 weeks. Complimentary 15-minute consultations are available to discuss the option of adding laser hair loss treatment to boost your hair growth results, for existing clients. New clients are welcome but would need to have microscopic diagnosis and Hair Health and Scalp Check consultation service first. Bookings are essential. [Click here to view Laser Hair Loss Treatment and Grand Opening Special Offer.](#)

Hair Additions Hair Extensions for Hair Volume



Experiencing hair loss and recovering from hair thinning can leave the lengths of the hair looking very thin hair. Hair loss treatment must work at the root cause which can take a while for healthy hair growth to reach longer hair. Using safe hair extensions as hair additions for hair volume can balance out thin hair appearance which can be a self-esteem saver during the recovery from hair loss.

As Absolique Trichologist having worked in the hair industry for over 30 years, I have developed an application method for hair extensions as hair additions that is safe on fine and fragile hair

and will not damage the hair or cause any hair breakage. We distribute safe hair weight ratio between donor site and hair addition to maintain this then the hair additions need to be safely removed every 6-8 weeks.

Hair Additions Hair Extensions for Hair Volume:

- Not clip in hair extensions
- Complimentary 15-minute consultations
- Reusable and affordable at only \$30 each with an average of 5 required
- Removal, cleaning and reapplication services available at \$120/hour*
- Colour matched to your hair or can be used to add highlights

As part of our Grand Opening Special Offers, we are offering complimentary 15-minute consultations in clinic or over the phone for existing clients to discuss how Hair Additions Hair Extensions for Hair Volume could help you. We will design a plan for you, so you can see how they work and colour match for your desired result. When you decide you would like to proceed, it can take up to a week to order hair and book the hair addition fitting which is included in the purchase price of \$30 each.

New clients are welcome, but we will need to perform a [Hair Health and Scalp Check](#) first to be certain we are not causing any damage and addressing the causes of your hair loss or hair thinning concerns at the same time. Absolique hair addition hair extension application method is designed to work with our homecare topical hair loss treatments, so they don't inhibit addressing the causes of hair loss and corrective hair loss treatment services.

Absolique Hair Health Clinic Trichologist Brisbane is very cautious not to use hair additions hair extensions to disguise the symptoms of hair loss, hair thinning and hair breakage without addressing the causes. If you are curious about our new hair additions consider the complimentary 15-minute consultation, bookings are essential. *Removal, cleaning and reapplication @ 2 hours \$240 every 6-8 weeks and cannot all be booked on the same day.

A little
progress
each day
adds up
to **big**
results.

Men's Hair Loss Treatment Story with Laser Therapy



These digital photos before and after Men's Hair Loss Treatment with Laser Therapy demonstrate the power of adding laser energy on top of your existing hair loss treatments. Laser therapy has been around for a long time and is a proven safe, therapeutic pain management treatment and hair loss treatment when delivered in the right environment. Laser Therapy hair loss treatment should not be used as a stand-alone hair loss treatment because it does not address both symptoms and causes, however, it is a complimentary hair loss treatment to be combined with your individual hair loss treatment program.

Laser therapy hair loss treatment can be expensive and time consuming which is why Absolique Hair Heath Clinic Trichologist would always address the obvious hair loss and hair thinning causes and symptoms first. We have always used laser therapy hair loss treatments in extreme hair loss cases but can now offer it as an affordable option in our new total hair care clinic location at Spring Hill.

Hair Loss Treatment with Laser Therapy:

- Laser adds energy at a cellular level
- Proven safe and therapeutic
- Not a stand-alone hair loss treatment
- Laser hair loss treatment works best in combination therapy
- Always address hair loss symptoms and causes



Laser therapy hair loss treatment can be expensive and time consuming which is why Absolique Hair Heath Clinic Trichologist would always address the obvious hair loss and hair thinning causes and symptoms first. We have always used laser therapy hair loss treatments in extreme hair loss cases but can now offer it as an affordable option in our new total hair care clinic location at Spring Hill.

We have professional clinical laser therapy equipment which can be used in our new private hair health clinic. Laser energy hair loss treatments need to be applied consistently to gain a result. Many years of trialling and tracking laser therapy hair loss treatment has demonstrated 12 weekly professional grade laser therapy hair loss treatments are effective to assist hair regrowth when in combination therapy, over a 16-week time frame.

Laser therapy hair loss treatment is suitable for those embarking on hair loss treatment for the first time and for those on maintenance hair loss treatment but would like to see quicker results or when we have contributing factors that are difficult to treat such as Thyroid issues and stubborn hereditary pattern hair thinning.



Female Hair Thinning Success Story



History of naturally thin hair that has progressively increased over the years to hair loss, hair thinning, bald patch and hair breakage. Long history of health problems, surgery, medications and deficiencies. Also, chronic and lifelong endometriosis symptoms, use of birth control and irritable bowel symptoms. Sadly, a common story these days with all the health problems contributing to the hair loss and hair thinning which was fuelling the female pattern hair thinning.

Incorrect diagnosis lead to use of singular product that initially cause hair loss and don't address any of the underlying causes. The key point to this story is to get a correct diagnosis from a Trichologist, a hair specialist who can look for and help to address the underlying and actual causes.

Dermatologists generally treat the symptoms not the causes and they really are not trained in the hair cell and hair cycle which was disturbed in this case.

Female Hair Thinning Success Story:

- Correct diagnosis was the key to forming hair loss plan
- Focused topical hair loss treatment and pattern hair thinning
- Diet and lifestyle changes suggested and supported
- Four monthly check in service to check in on health and hair growth progress



Once we had a correct diagnosis various hair loss treatments and hair thinning treatments were offered. We decided to work topically as there were many diet and lifestyle changes to be made. Absolique Hair Loss Treatment is always individually tailored to you. We track the progress of each hair loss story every four months and have seen progressive changes in this case, along with supporting nutritional deficiencies and assisting with lifestyle change support and information.

At our most recent catch up scope session where we compare microscopic and digital hair loss treatment before and after images, it was very encouraging to see the most stubborn spot related to female pattern thinning responding. The images we share are not in the typical pattern hair thinning areas of the recessions, front and crown, but are still in the related pattern thinning area on the diagonal behind the ear toward the crown. To obtain this result we had worked in the background on the hair cell and hair cycle to finally have impact on female pattern thinning.

With more room to improve, as pattern hair thinning is a gradual hair miniaturisation not actual hair loss, we need to keep working on reversing the hair miniaturisation as well as supporting the hair cell and hair cycle. I am so pleased with the results in this case and the efforts made by the client to support deficiencies, lifestyle and health, it really does make a difference. As Absolique Trichologist I am here to support not just hair loss treatments but also your journey to health and healthy hair.

Introducing OWAY Hair Care



Absolique Hair Health Clinic and Trichologist Brisbane are so proud to team with OWAY Hair Care Products as they meet with our strict philosophy and standard of organic, safe and sustainable along with the extra benefits of being biodynamic, the use of essential oils safely and gently extracted, hydrolates (Flower water) and pure micronized plants from biodynamic farming.

We have been working with these products hands on in our new private salon for twelve weeks now and we are all impressed. Please understand how much due diligence goes into choosing any new product at Absolique, they must pass

many tests on ingredients, where and how they are grown and derived, how the essential elements are maintained to be active and importantly, what harmful ingredients are not included. Once the tests are all ticked off we then need to establish if the hair care products work.

OWAY Hair Care:

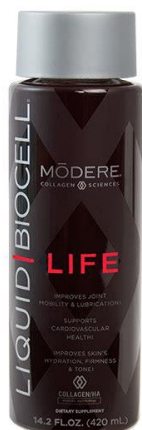
- Prescriptive hair care recommendations
- Active ingredients with essential oils
- Organic way
- Only safe ingredients, no synthetics
- It actually works!

The initial focus for Absolique was prescriptive hair shampoo and hair conditioner to assist with hair management during hair loss treatment. Our focus is at the scalp level however we understand how important it is to look after the hair at the same time. As I write this, I reflect on an experience in our private hair salon today. I had a client with curly hair and current hair loss, losing up to 300 hairs a day and only washing the hair once a week. When I realized it was not only hair loss but also past diffuse hair damage, the hair was not growing as it should which compromises the structure of the hair. This can make the hair feel dry, appear as hair breakage and make the hair frizzy, tangled and difficult to manage the hair.

During our program induction, which is teaching one how to do the hair loss treatment at home, I applied my prescription of a moisture bath and mask with amazing results. The hair was much easier to manage as I worked through to reach the scalp to teach home care hair loss treatment. My client was so impressed she would not leave without the hair care products! Here at Absolique we do not sell anything, we are professionals and we only prescribe, and the products speak for themselves.

Trialling and testing OWAY Hair Care is inhouse, all team Absolique are involved. We put our hair washing regime on trial in our new salon and we have all fallen in love with the honesty of the OWAY ingredients and the amazing active ingredients that leave a lasting and accumulative effect on the hair shaft. To be direct, each time you wash your hair with our prescriptive OWAY formula, you are actually rebuilding your hair. Prescriptive hair shampoo and conditioner are based on your individual hair type and status of hair loss and hair thinning. Please reach out by phone or email if you would like your own prescriptive hair shampoo and conditioner.

Liquid Collagen with Modere Liquid Biocell LIFE



Everything we do here at Absolique Hair Health Clinic is about creating the right environment for cellular health for healthy hair growth. Most of our existing clients would be familiar with our base nutrition program where we provide through nutritional supplementation what we should be getting from food for recommended daily intake (RDI). We also create the right environment for absorption because we really are what we absorb, not just what we eat.

Base nutrition looks like this; Green Qi, minerals, essential fatty acids, multivitamins, antioxidants and probiotics. It can be beneficial to use additional supplements for a larger result such as our hair, skin and nails product which helps hair grow faster, or our Vitamin C powder to assist with immune function, iron absorption and collagen production.

Then there are always new products with the latest research that prove to deliver even more results, such as Modere Liquid Biocell Life.

Liquid Collagen with Modere Liquid Biocell Life:

- Base nutrition plus Liquid Biocell Life
- Liquid BioCell® is the next generation of naturally derived, type-II collagen
- Award-winning, super nutraceutical Liquid BioCell®
- positive healthful improvements of skin, stretch marks, body psoriasis, hair health and growth, gut health, nerve pain and muscle pain

Exclusive to Modere, Liquid BioCell® is the next generation of naturally derived, type-II collagen. Each product in the range – **PURE**, **LIFE**, **SKIN**, **PET** – is created using Modere proprietary Collagen/HA Matrix™ Technology and is transforming the way we feel about ageing. All that's required is 15ml, twice a day, of award-winning, super nutraceutical Liquid BioCell®, to nourish and support your joints and skin. What's more, their natural fruit-based flavours are packed with potent, phytonutrient-rich super foods including mangosteen, noni and acai berries to help enhance overall wellbeing from within.

There was a lot of excitement and interesting stories of positive healthful improvements of skin, stretch marks, body psoriasis, hair health and growth, gut health, nerve pain and muscle pain surrounding the launch of Liquid Biocell. As Absolique Trichologist, researcher and health advocate, I was curious to see what this collagen product could do for me and my clients on top of base nutrition. Personally, I have noticed positive skin changes, reduction in persistent back pain, and gut health improvement. I also tested on full body psoriasis case taking base nutrition with amazing remission results. I continue to hear positive stories about helping with leaky gut and consistent pain improvement.

Collagen plays such a significant role in all cellular health, so it comes as no surprise that there are so many healthful benefits of taking direct liquid collagen on top of base nutrition. Our recommendation is 20ml once a day with your green drink, so it is an additional benefit for overall health, skin and hair. We recommend buying direct from Modere and the best one for our hair and scalp clients is Liquid Biocell Life. Best value buy is the twin pack follow this link to see more

<https://www.modere.com.au/ProductDetail/liquid-biocell-life-2>

Recipe – Food for Ferritin, Summer Festive – Middle Eastern Spiced Chickpea Salad



Here at Absolique we are always on the lookout for healthful, affordable, adaptable and season related recipes. This one ticks all the boxes along with being easy to prepare and big batches can be made for a dinner and then used for lunch the next day. Nutrition plays a big part in hair growth so collecting and trying a good repertoire of various recipes always being mindful of correct food combining, pH balancing and inclusion of vegetables.

Protein delivers iron to the body to be converted to ferritin which is the storage tank when the body is in need. We can use animal and vegetable sources of protein for this, ideally both are the best combination. For our vegan friends it is a little more difficult to create complete proteins from only vegetable sources, I will make some recipe suggestions below to make this a complete protein meal or add it as a side dish to a vegan main meal with other grains, legumes, nuts, seeds or tofu.

Recipe – Food for Ferritin, Summer Festive – Middle Eastern Spiced Chickpea Salad Ingredients:

- Chickpeas, I prefer dried chickpeas, soak 1 cup for a few hours rinse, bring to the boil, simmer for 20 minutes or until tender, drain but make sure they are still wet
- Chickpea spices, 1 tsp ground cumin, 1 ½ tsp all spice, 1 tsp ground cardamom, ¼ tsp good salt (not general iodised table salt)
- Salad, ½ Lebanese cucumber diced, 2 ripe tomatoes diced, 1 small red onion diced, ¼ cup coriander leaves roughly chopped, ¼ cup parsley roughly chopped
- Dressing, 1 ½ tbsp vinegar, I used 1 tsp each of apple cider, red wine and balsamic, zest and juice of ½ lemon, ¼ cup cold pressed extra virgin olive oil, 1 tsp coconut sugar, 1 garlic clove smashed, salt and pepper to taste

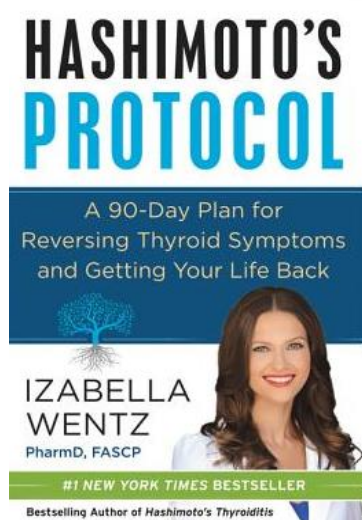
Instructions: Combine dressing ingredients in a jar and shake, set aside for 20 minutes to allow flavours to develop. Place chickpeas in a large bowl, scatter over spices, toss to coat, the wetness of the chickpeas will make the spices stick. Add the salad ingredients, toss salad again then add dressing before serving.

To make this a complete meal serve alongside roast pepper beef, lemon chicken fillet, grilled tandoori lamb, Cajun grilled fish, poached or boiled eggs. For our vegan friends, be sure to make a complete protein by adding grilled tofu, soaked chia seeds, quinoa, other nuts and seeds, spinach, kale, mushrooms and wild rice are other suggestions. For a festive touch add some red capsicum and green spinach leaves and impress your guests with the amazing flavours of spices and a great looking dish.

Once you start experimenting with salads and get the basics of cooking it is not difficult to create simple and healthful meals that can be made for one meal and used as left over for many others. An addition to the above recipe could be coconut yoghurt and other salad or cold blanched vegetables. Have fun, experiment and create. Try to use organic produce where possible, especially the animal proteins. Here is the link to the original recipe so you can see how easy it is to convert for your individual eating plan, but I must say my version was delish and even better for lunch the next day!

<https://www.recipetineats.com/middle-eastern-spiced-chickpea-salad/>

Book Review – Hashimoto’s Protocol by Izabella Wentz



Hashimoto’s Protocol by Izabella Wentz PharmD, FASCP is a 90-day plan for reversing thyroid symptoms and getting your life back. Dr Izabella Wentz has healed herself and thousands of others and compiled this evidence-based approach in this must have manual to reversing symptoms of thyroid disease.

Diagnosed with Hashimoto’s at twenty-seven, Pharmacist Dr. Izabella Wentz knows firsthand the effects of the disease. Drawing on her personal experience, her work with thousands of patients, and multiple years of research, Hashimoto’s Protocol delivers a much-needed accessible lifestyle intervention for identifying, healing and reversing the autoimmune damage at the root cause of the condition.

Hashimoto’s Protocol by Izabella Wentz – inside you will discover:

- The quick start two-week detox, including foods to eat and inflammatory foods to avoid
- Liver support, adrenal recovery and gut balance protocols
- A comprehensive self-test and personalized treatment plans
- Delicious recipes, success stories and more

Dr. Wentz writes “Wherever you are in your journey, I want you to know that things can get better, and you will get better, as long as you commit to take charge of your own health and make changes in your life. This book is the first step.”

As Absolique Trichologist Brisbane, a hair specialist, I can’t emphasise how important it is to have thyroid balance to stop the cycle of hair loss, hair thinning and regrow hair. The constant highs and lows associated with the medication only thyroid disease approach creates havoc on the hair cycle and inhibits hair regrowth. Specific nutrition support is essential for thyroid balance, rebuilding the gut, combating the autoimmune attack and regrowing hair.

Avoiding inflammatory foods is essential along with nutritional supplementation and addressing the associated deficiencies. This book will guide you through all the lifestyle changes you can make whilst I can help to support the nutritional supplementation, track the deficiencies rising to normal levels and implement hair loss treatments so we are addressing all symptoms and causes not just for hair growth but for health, happiness and longevity.

Book review by Carolyn Evans-Frost I.A.T. Trichologist “I read a lot of books in my research journey and this book is the most practical step by step guide to helping yourself heal that I have ever read. It is a must have for anyone with thyroid symptoms and thyroid medication for the sake of your health and your hair.”



Team News

Big congratulations to Tessa, she is having another baby! We all joke that there is something in the water here at Absolique as our team keep having babies. Happy Birthday to Shea and Klairissa who both celebrated birthdays recently. We are getting ready for a Christmas break, so please see hours below and make sure you pick up your homecare products before we **close on Saturday 22nd**

December and reopening on Thursday the 3rd of January 2019. If you are travelling for your holiday, remember we can design you a travel plan to make things easier, simply give us a call or drop us an email. Please be sure to contact us before dropping in to pick up products to make sure we have everything in stock and our open and close times may vary depending on appointments. We will not be able to take calls or emails during our holiday hours so for any emergencies relating to your hair loss treatment, scalp treatment or nutritional therapy, email info@absolique.com.au which will be monitored up until 26/12/18, no connection from 27/12/18 until 31/12/18.

Team Absolique would like to wish everyone happy and safe holidays and a Happy 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 message as things can get busy on the phones. We will always get back to you as soon as we can.

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 Holiday Hours: Resume normal hours from Tuesday 8th January 2019

Monday 17/12/18	CLOSED	Monday 24/12/18	CLOSED	Monday 31/12/18	CLOSED
Tuesday 18/12/18	10am – 5pm	Tuesday 25/12/18	CLOSED	Tuesday 1/1/19	CLOSED
Wednesday 19/12/18	10am – 6pm	Wednesday 26/12/18	CLOSED	Wednesday 2/1/19	CLOSED
Thursday 20/12/18	10am – 6pm	Thursday 27/12/18	CLOSED	Thursday 3/1/19	10am - 6pm
Friday 21/12/18	10am – 6pm	Friday 28/12/19	CLOSED	Friday 4/1/19	10am - 6pm
Saturday 22/12/18	10am – 2pm	Saturday 29/12/18	CLOSED	Saturday 5/1/19	10am – 2pm
Sunday 23/12/18	CLOSED	Sunday 30/12/18	CLOSED	Sunday 6/1/19	CLOSED

Our new location, Suite 5/71 Bradley Street, Spring Hill, Brisbane, QLD 4000.

