

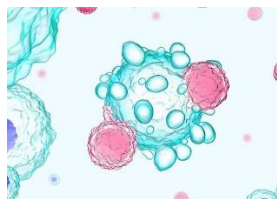


Welcome to Absolique Hair Health Clinic's Spring/September 2019 Newsletter. It's warming up here in Brisbane following our moderate winter. Spring has sprung and it is feeling like summer already. The theme of our 33rd newsletter edition is autoimmune. Absolique Trichologist has noted the increase in autoimmune hair loss, hair thinning, and scalp conditions, and feels it needs to be discussed along with the allergies, sinus, and hay fever that comes with Brisbane's Spring weather. Please see these editions topics below with full articles on following pages. We hope you enjoy and as always, we appreciate your recommendations if you would like any topics covered in our Summer/December edition. Please note: Activance Practitioner's price increase on page 13 below Team News.

1. Welcome
2. Autoimmune
3. Blood Tests for Autoimmune
4. Food, Autoimmune and Inflammation
5. Autoimmune Health – Restoring through Nutrition and Food
7. Autoimmune and Allergies
8. Recommended Reading - Gut Health and Wheat Belly
9. Autoimmune Alopecia in Children
10. Coconut Milk Recipe
11. Women's Hair Loss Story – Post Cancer Happiness
12. Men's Hair Loss Treatment Success Story
13. Hair or Scalp Concerns, Where to Start?
14. Team News



Autoimmune



Autoimmune is a common word in Trichology. Absolique Hair Health Clinic's Trichologist has been helping people with autoimmune hair and scalp problems over her 20 plus years practicing Trichology. The main point noted with autoimmune is that it is on the increase. An example is autoimmune Alopecia Areata which was considered a rare condition over the past decades with the incidence and diagnosis uncommon with maybe a few each year. Currently, Absolique Trichologist diagnoses and treats autoimmune hair and scalp problems a few times a week.

What is autoimmune? Immune system disorders cause abnormally low activity or over activity of the immune system. In cases of immune system over activity such as Alopecia Areata, the body attacks and damages its own tissues (autoimmune diseases). Immune deficiency diseases decrease the body's ability to fight invaders, causing vulnerability to infections. In response to a trigger, the immune system may begin producing antibodies that instead of fighting infections, attack the body's own tissues. Treatment for autoimmune diseases generally focuses on reducing immune system activity.¹ However there is mounting evidence and treatment success by supporting the immune system and cellular health.

- Autoimmune is on the increase
- Alopecia Areata, the body attacks and damages its own tissues
- There is mounting evidence and treatment success by supporting the immune system

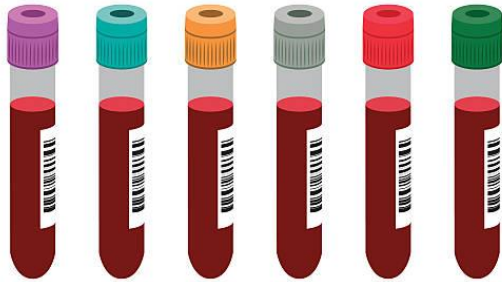
There are now more than 80 known autoimmune diseases. Here are some of the most common ones that affect health, hair and scalp: Type 1 Diabetes, Rheumatoid Arthritis, Alopecia Areata, Frontal Fibrosing Alopecia, Psoriasis, Multiple Sclerosis, Systemic Lupus Erythematosus, Inflammatory Bowel Disease such as Crohn's Disease and Ulcerative Colitis, Addison's Disease, Graves' Disease, Sjögren's Syndrome, Hashimoto's Thyroiditis, Pernicious Anemia, Celiac Disease, Seborrheic Dermatitis, Asthma, Sinusitis and Tonsillitis.

Why is autoimmune on the increase? There are many environmental factors contributing to lowered immunity and autoimmune responses including but not limited to chemicals, toxins, pesticides, fertilizers, and genetically modified organisms (GMO'S). All the above contribute to breaking down our microbiome, which is much larger than originally thought of the immune system and digestive tract bacteria. Food plays a big role here in supporting the immune system or in the case of gluten, breaking down the immune system leading to all sorts of other problems including nutritional deficiencies.

Autoimmune hair and scalp problems are most commonly caused by a trigger that we can find in your individual story, with stress long and short term, depending on the severity playing a part. What Absolique Trichologist finds in most cases is the relation to existing deficiencies such as ferritin, vitamin D, and vitamin B12, which you may not be aware of. It is difficult to get a deficiency diagnosis from a GP because of the reference ranges, if you are at the lowest end but 'still in range' you are deemed normal. Normal is not good enough to prevent and treat autoimmune conditions and Absolique Trichologist can help you to learn about your individual immune requirement levels if you are affected by autoimmune conditions. For help with autoimmune hair and scalp problems please contact Absolique Hair Health Clinic Trichologist.

¹ <https://www.webmd.com/a-to-z-guides/autoimmune-diseases>

Blood Tests for Autoimmune



Blood tests are super helpful to Absolique Trichologist when helping with autoimmune hair and scalp problems. Generally, hair and scalp concerns are not taken seriously by the GP and simple contributing factors are commonly overlooked. Technology and pathology are brilliant but can also only test for autoimmune disease which in most cases comes back negative, but you are still experiencing autoimmune hair loss or a scalp condition.

Looking at other indicators in the blood tests results help to uncover lowered immunity and inflammatory markers, even when you return a negative result for a specific disease. This is good news and it shows you don't have a disease but does not rule out the autoimmune attack. Absolique Trichologist works very closely with many autoimmune effected clients with great results when we look at the human body and the immune system.

General health blood tests that should be covered by the Australian medical system, Medicare, are all that is required. We ask you to work with your GP to ensure all the general blood tests are included, as they all tell a story about your total health and immune system status. In general we would request Iron Studies, B12, Haematology, Vitamin D, Cholesterol (Lipid profile), Chemistry and Thyroid as basic testing, if your doctor can elaborate to include some further inflammatory markers such as CRP and ESR, that is also very helpful but not always covered.

Remember here your GP should be your partner in health and you need to let them know about first; your health concerns and second; your hair and scalp concerns when requesting blood tests. Hair and scalp can be deemed "cosmetic" by the medical system and may not be reason enough for your GP to validate blood tests. When you have had past deficiency or hereditary health problems this should be mentioned to your GP, it all makes a difference.

To understand the importance of all this; ferritin is the storage tank for our iron, which is required for oxygen, energy, many cellular functions, and immune function. Ferritin reference range is 30-300. If your ferritin is 30, you are considered low but not a danger. This low range topped with other triggers such as stress, illness, injury, or surgery is a recipe for an autoimmune attack. Another example is Vitamin D; reference range is 150-300. However, most pathology departments are still using the age old range of >49. So, if your Vitamin D is at 60 your deemed fine, but science now knows we need Vitamin D for immune function as well as many other functions including hormone production.

There is a story and contributing factors in every one of us particularly when dealing with autoimmune hair and scalp problems. We are cellularly connected in every way and unless you have studied the science it is hard to imagine how much everything is related. For a copy of a list of bloods to include please email Absolique Trichologist at info@absolique.com.au.

Food, Autoimmune and Inflammation



The driver of our immune system is in our digestive system. Food does contribute to autoimmune conditions, incidence and attack on our cells. A perceived healthy way of eating can be very different to how we should eat when there is an active autoimmune attack present. Active autoimmune in the case of Alopecia Areata and Frontal Fibrosing Alopecia, means we have identified with a microscope that the attack is current or recent and things may get worse before they get better.

Autoimmune has been a mystery for decades but with modern science and microscopic diagnosis what used to appear to have no cause, now commonly is associated with food, allergies, deficiencies, stress, and inflammation. Understanding the foods that hinder immune function and can trigger immune attack is free to learn and implement along with addressing deficiency, providing cellular nutrition and immune support.

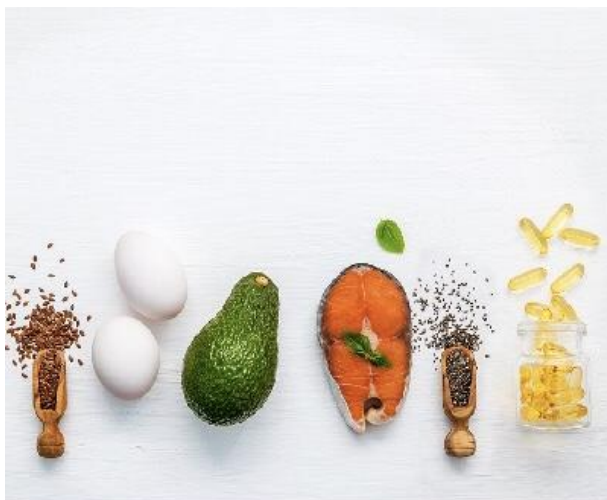
- Most common autoimmune deficiencies, ferritin, B12, and Vitamin D
- Avoid gluten, dairy, and sugar
- You are not what you eat but what you absorb

The most common deficiencies related to autoimmunity are ferritin, B12 and Vitamin D. Ferritin is a derivative of iron and needs B12 to assimilate many other functions. If we are not getting these through our diet, we will struggle to help the immune system. But is one thing to adjust your diet and another to make sure you are absorbing what you eat, especially if you have gone to the effort to make positive changes.

Gluten, found mainly in wheat, will cause malabsorption of whatever it is consumed with it. Nooooo you say, but it is true. Gluten is GMO meaning a genetically modified organism, and blocks many pathways in our immune system as well as causing damage to your gut lining leading to leaky gut which allows particles into your blood stream, where they do not belong, so your immune system will create antibodies to otherwise normal healthy cell. Not a good idea when you already have the autoimmune attack going on.

The biggest dietary changes recommended by Absolique Trichologist in presence of an autoimmune condition and an attack, are to avoid gluten, dairy (lactose and casein), and sugar. As mentioned above with gluten, most people's immune systems cannot handle the lactose and casein found in dairy and on its own, can trigger an autoimmune attack. Then there is sugar, the man-made stuff, it does your body no favours, delivers no nutrition and can give the bad bugs of the immune system power to feed of it. Gluten, dairy and sugar also cause inflammation not just of the immune system but in turn the body. Inflammation is related to autoimmunity so avoiding any associated foods are only of benefit to your immune system, digestion, absorption and overall health. Please contact Absolique Hair Health Clinic for more information.

Autoimmune Health – Restoring through Nutrition and Food



There are certain nutritional elements required to restore health and most importantly, autoimmune health. They are in order of importance; body pH balance for correct digestion, absorption, healing repairing, transporting and alkalising the general body. Minerals; every cell and every human need 60-80 essential minerals per day, every day, for normal cellular function. Essential Fatty Acids (EFA's), Vitamins; both fat and water soluble required to make our own antioxidants and good bacteria in the form of pre and probiotics.

Food alone is not able to cover all these elements in the environment we live. We can use food but also will need trusted supplement support along the way and to address any existing deficiency. It is surprising to most that simply addressing the found deficiency is not enough. This is because the body cells and immune system require so much in the right balance. If anything is missing, the function for the immune system and cellular function will not be complete.

- Body pH balance for correct digestion
- 60-80 essential minerals per day
- Essential fatty acids that we cannot make
- Immune support with pre and probiotics

As mentioned earlier, supporting the immune system at the time of attack is important, but providing the correct cellular base is also essential especially when addressing deficiency. For instance, if you are ferritin deficient, you will require all the other minerals to support the ferritin raising. The same goes for B12, it needs all the other water-soluble vitamins to function properly in the body. Vitamin D is a fat-soluble vitamin and needs the other fat-soluble vitamins along with essential fatty acids to absorb in the right pH environment.



To be noted here; we cannot manufacture minerals, essential fatty acids, or some vitamins, therefore they must come from the diet or supplementation. A combination of diet and supplementation is the best approach as well as rebuilding the immune system with good bacteria. Understanding pH balance and the importance of an alkaline environment for absorption is the first step along with understanding food combining for maximum absorption. Carbohydrates and animal proteins don't work together as they will compete for

absorption into their broken-down forms. Fruit will not work with any other fruit or any other food. Then remove the gluten, dairy and sugar so it is not competing with your food for breakdown and causing malnutrition.

Absolique Trichologist can evaluate your individual nutritional needs and offer a combination of required supplementation and food choices. Minerals are no longer in the soil and need to be obtained by consuming only organic grass-fed animal sources, organic and trusted sources of coconut products, 3 tablespoons a day with the addition of ½ teaspoon of trusted Himalayan or similar pink salt, and 2 litres of water.

Essential fatty acids can be obtained by consuming organic eggs, avocados, nuts, seed and the related cold pressed oils. Vitamins can only be obtained when the vegetable is eaten raw. Probiotics can be obtained through apple cider vinegar with the mother, fermented vegetables and the ever-increasing popularity of Kimchi, Kefir, Kombucha, Miso and Tempeh, if you like the taste. Additional support can come from Vitamin C powder and collagen with my favoured provided by bone broth incorporated in your cooking.

Absolique Trichologist will help you to tailor your individual nutritional regime to your requirements and lifestyle with a combination for supplements and food based on your pH and blood test results and level of autoimmune activity. Please contact Absolique Hair Health Clinic if you have any autoimmune hair, scalp or health concerns.



Autoimmune and Allergies



Allergies put strain on our immune system not just on our bodies, at the time we feel the symptom of the allergy, but well before you are aware of it. The immune system will be working hard to defend from the allergen but also may see something that is normal as the enemy and cause an allergy to something you have always safely been exposed to. When the immune system is constantly defending, the bacterial army is always at battle, the firemen are putting out the fires, and the emergency department is always on alert.

Our immune system is always at work defending us but when put under constant strain from allergens and toxins it can end up in a state of dysbiosis. The required bacteria are out of balance and the essential nutrients such as essential fatty acids, Vitamin D, ferritin and B12 are used up with nothing left over for cellular health. Your body will keep operating with you unaware this is happening within until you may feel a symptom.

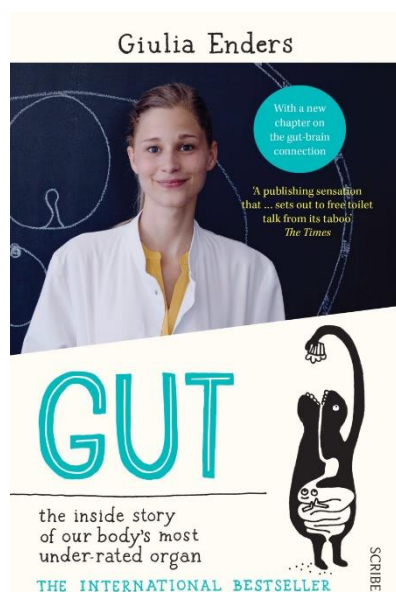
- Allergies put strain on our immune system
- Our immune system is always at work
- Most autoimmune conditions have a history of various allergies

Most autoimmune conditions have a history of various allergies that you have become aware of over the years. This is a clue or a piece in the puzzle along with blood test results that point to lowered immunity on paper, which explains why the autoimmune attack may possibly be occurring. It is rare these days to come across straight forward genetic autoimmune conditions, there are always contributing factors now science is understanding more about our microbiome.

Supporting and rebuilding the immune system can help to address unwanted allergy symptoms and reactions. Avoiding the allergen or culprit long or even short term would be a wise thing to do. Most of the common immune enemies such as gluten, dairy, sugar, GMO, toxins, certain chemicals and pesticides are doing long term damage to our immune system and in turn health and are not doing us any favours and should be avoided.

Many people live with the symptoms of allergies and simply accept it as so and become accustomed to using various medications to squash the symptoms. Things such as antihistamines and antacids may very well relieve the symptom but are doing further damage to the immune system. We forget to listen to our bodies, the symptom is a sign something is wrong, don't ignore the sign. Avoiding the allergens and rebuilding the immune system with base nutrition including well-balanced pre and probiotic, such as [Modere Probiotic Support](#) will go a long way to recover from the autoimmune attack and prevent future recurrence. Click here for a free copy of [Absolique Toxic Decoder](#) to give you somewhere to start with your personal care products or email request to Absolique Trichologist at info@absolique.com.au

Recommended Reading – Gut Health and Wheat Belly



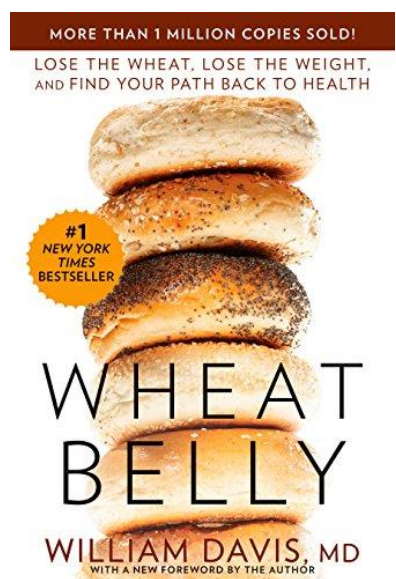
[‘Gut’ by Giulia Enders](#)

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 not so nice subject fun and interesting.

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.



[Wheat Belly by William Davis, MD](#)

Wheat, sometimes the only sustainable foodstuff available for families pre-twentieth century, now present in many staple items in most modern households worldwide. ‘Wheat Belly’ touches on the difference between wheat today and wheat 50 years ago, the link between modern wheat and common diseases, weight gain and mental disorders, and the benefit of cutting wheat out of our diets, all together.

So, what is the problem with modern wheat? Today, the business of farming has become more about quantity, over quality – increased yields, to increase profits. Thus, resulting in the structure of a typical wheat plant to be manipulated in such a way that is now almost unrecognizable when compared to the original structure and compromising the health of consumers, however this hybrid still goes by the name ‘wheat’.

The most important information I am going to take from ‘Wheat Belly’ is that wheat is a major contributor to many diseases and ailments that affect all parts of our being – physically, mentally and emotionally and just by cutting down or even better, cutting out wheat products we can reduce some of these symptoms in just a matter of days!

Autoimmune Alopecia in Children



more than normal hair loss.

Sadly, autoimmune Alopecia Areata is now common in children. As Absolique Trichologist, I now have at least one case a week of alopecia areata in children age 4-10. On a positive note, all cases present with open follicles which means the follicle is still alive and hair regrowth is possible, if we can stop the autoimmune attack. Alopecia areata normally starts with a singular round patch of hair loss that may go unnoticed. As the autoimmune attack continues more patches can appear and the parent may start to notice

This is when the now multiplying patches are discovered. The first reaction from parents is normally to visit the GP whom may tell you it is stress, temporary and nothing to worry about. You may be referred to a dermatologist and recommended steroid creams. This is all good and well, but autoimmune attacks do not normally happen for no reason and getting to the underlying cause, I find is the best solution with the best outcome for hair regrowth now, and to prevent further attacks in the future.

- Autoimmune alopecia areata is common in children
- Alopecia areata tends to be non-scarring meaning temporary
- Finding many common denominators

Some common denominators I am finding in children's alopecia areata are lowered immunity from birth meaning the use of various medications and antibiotics during the first 3 years of life when the immune system is being built for the child. Another now proven factor is lowered immunity in children delivered by caesarean birth and no or limited breast feeding. Then there is the use of cow's milk on a lowered immunity which begins to create allergy to dairy and the start of autoimmune response.

Add to this fussy eaters and exposure to wheat (gluten) because this is easy food and what the child will eat. Genetic also play a role here, if there are any autoimmune conditions in the immediate or secondary family, there is a possible autoimmune predisposition. Other common factors are low ferritin and low Vitamin D. Ferritin is the storage of the bodies iron which is required for oxygen, energy, growth and many other important actions within the cell. Both low ferritin and low Vitamin D lead to lowered immunity.

It can be difficult to establish deficiencies in children as blood testing is not common in this age range. In the presence of autoimmune attack, parents and GP may consider blood testing valid. If so, always test iron studies and Vitamin D, if nothing else. Growth spurts can also drain ferritin low storage tank and Vitamin D is difficult to get with our safe sun smart society. If we can establish deficiency, we can adjust food, absorption and use safe children's supplements to help raise levels, support and rebuild the immune system.

Absolique Trichologist understands how hopeless parents can feel when it comes to the limited understanding and assistance available from the medical system. I want to reassure you I can help to explain why and how the alopecia occurred and how many choices you have to address it, there is much hope. Please contact Absolique Hair Health Clinic Trichologist to find out more about our autoimmune alopecia areata children's services info@absolique.com.au

Coconut Milk Recipe



Coconut as a food is very nutritious, providing minerals, good dietary fats, vitamins, antioxidants, dietary fibre and helps to regulate blood sugar. Incidence of allergy to coconut fruit is rare making it a safe food choice. Coconut is available in many forms these days, just be careful to always read the label as some companies are sneaking in additional and unnecessary ingredients such as dairy, sugar, flavours, colours and thickeners.

Useful coconut products include coconut water, coconut milk, coconut cream, coconut yoghurt, coconut oil, shredded coconut, coconut flakes and coconut flour. Most coconuts are still from relative organic origins as they are not farmed like many other fruits. They are still being collected from their natural environment. Coconut products are a great substitute when removing harmful dairy and gluten from your life, with many healthful benefits.

- Coconut as a food is very nutritious
- Incidence of allergy to coconut fruit is rare
- Coconut products are a great substitute to dairy and gluten

As Absolique Trichologist, I personally use a lot of coconut milk in my cooking, but I have found it difficult to find a reputable source as most coconut milk is in cans which have harmful BPA, and the powdered available from the supermarkets contain dairy substances. I came across this recipe for coconut milk using coconut flakes which are a staple in my kitchen used in all sorts of dishes and as a tasty topping. This recipe makes about three cups of coconut milk.

Ingredients: 2 cups coconut flakes (unsweetened), 4 cups water (lukewarm), 1 tablespoon maple syrup (optional). Tools: Blender, Bowl, Kitchen towel, Measuring cups, Measuring spoons, Strainer, Mason jar (optional). Instructions: Combine the coconut flakes and water in the blender, adding maple syrup if you want a sweeter taste. Cover the blender with its lid, then a kitchen towel to avoid splashing. Blend the ingredients on high speed for two minutes, or until everything is well-blended. Turn the blender off, remove the towel and lid, and use a spoon to make sure the mixture is smooth. If it is, taste a bit to check the flavour. Pour the mixture into the strainer over a bowl and press out as much liquid as possible. You can save the leftover pulp for cake or smoothie recipes. If you're not using pulp right away, you can refrigerate it for a few days.

Now that you're done, you can drink the coconut milk immediately or store it in your refrigerator inside a sealed container like a mason jar. It'll keep for three or four days in the fridge. When you take it out to drink, make sure you shake or stir it. Due to the lack of preservatives in homemade coconut milk, the mixture can separate, making for an unpleasant drinking experience. Have a go making coconut ice cream with your home-made coconut milk.

Follow the link for: [Home-made Coconut Milk](#)

Women's Hair Loss Treatment Story – Post Cancer Happiness



This story represents resilience and hope through very difficult times. This client presented with very thin hair all over the head and further frontal hair thinning. The sad story was of breast cancer, surgery, chemotherapy and radiation. One year later a brain tumour, surgery and radiation to the brain. As we know hair loss can be a side effect of chemotherapy and normally grows back, and it did, but not quite the same.

Then a miracle happened with pregnancy and childbirth. Post-partum alopecia is post pregnancy diffuse hair loss which occurs three months after childbirth, ceasing breast feeding or when the women's cycle resumes. This is a natural part of pregnancy and occurs with every pregnancy unless prevention steps are put in place well in advance. Following post-partum alopecia, if nutritional status is sound and there is normal cellular function, the hair regrowth should occur within 12 months.

- Breast cancer, surgery, chemotherapy and radiation
- Brain tumor, surgery and radiation
- Pregnancy and childbirth
- Hair loss treatment success with combination therapy



In this case, two and a half years later the hair had not regrown and now was diffusely thinner all over the scalp and was worse than following the cancer treatment. This occurs when there is damage at a cellular level which can be uncovered for the hair with a microscope. Absolique Trichologist uses a 60x magnification microscope and scalp level to read how the hair should be growing and establish if the hair is not growing properly. Microscopic diagnosis here established 50% of the general hair was not growing properly along with many dormant follicles meaning the hair had not regrown but the follicle was open.

We also had more than 6 hairs per centimetre that had no visual structure and could only be seen with the microscope at the dermal level. Sounds like a lot of bad news but as Absolique Trichologist, I find this all good news as all the hairs are still alive, the human growing the hair is healthy and alive and all we need for hair regrowth is to re-establish cellular health so hair can grow back to its normal hair structure as determined by your DNA.

With much hope we embarked on a four-month journey of combination therapy topical hair loss treatment and nutritional therapy for cellular correction. When addressing all symptoms and causes at the same time you can achieve great results as demonstrated in these before and after images. Please note, photographs of this client are not available for publication, due to respect of requested privacy.

We do still have more work to do to get all the hair growth back, so a maintenance hair loss treatment plan was provided, making hair loss treatments simple and cost effective. We will check in again in four months. To share your hair loss story and journey and to get help with hair regrowth please contact Absolique Trichologist at info@absolique.com.au

Men's Hair Loss Treatment Success Story



Suspected male pattern hair thinning describing bald patch and hair loss. Age 37, with family history from Dad whom has lost most of his hair on top and Mum also had hair thinning but not in the typical pattern hair thinning areas, more diffuse all over the scalp. Noticed hair seemed to be getting thinner over the last year and three months which was interesting because pattern hair thinning alone is a very slow progressing hair miniaturization, and not hair loss that is rapid.

In an otherwise healthy individual, there were some past sports injuries and hip fracture, but neither required surgery or medication. Absolique Trichologist always ask to check your recent or past blood test just to make sure everything is in order for healthy hair growth and normal cellular function. Bloods showed low Vitamin D which generally mean low EFA's (essential fatty acids), both required for normal functioning immune system, healthy hair, skin and nails and normal cellular function. Bloods also showed high end ferritin which needs to be watched as it can be associated with autoimmune hematomacrosis where your body stores too much iron and causes cellular problems.

- Family history male pattern hair thinning
- Diffuse hair thinning represents some cellular dysfunction
- Vitamin D deficiency and high iron stores can contribute
- Good results without minoxidil or DHT blockers



Microscopic diagnosis uncovered scalp scale and scalp oil also associated with an EFA deficiency. Microscope also showed up to 14 hairs per centimetre in the terminal area, well away from any pattern hair thinning related to hereditary factors. This represents diffusely the hair is not growing at its optimum, which can indicate past hair loss or hair thinning due to body imbalances, lows, highs and lowered immunity. There was also the presence of male pattern hair thinning with vellus hairs, and transitional hairs at front, top, recessions and crown.

Treatment options were provided from step one through to four, always starting with a simple hair washing routine to stabilize the hair cell, hair cycle and scalp along with protecting against further thinning from male pattern hair thinning. This simple approach in a healthy human can be enough to halt the hair thinning. In this case my client was looking for some hair regrowth, so we added another topical step to connect to the hair cell and hair cycle at a cellular level for hair regrowth from diffuse hair thinning and pattern hair thinning.

Absolique Trichologist will always use this safe step before using Minoxidil. There are many cases where we cannot use minoxidil for fertility and safety reasons, so it is refreshing to have safe alternatives such as with Absolique GRN – grow, revitalize, nourish. We check results every four months as it takes this long to grow hair, you will see the before and after photos of the hair regrowth. For help with your individual hair thinning, bald patch, hair loss, scalp problem, or autoimmune concerns, please contact Absolique Trichologist at info@absolique.com.au

Hair or Scalp Concerns, Where to Start?



Absolique Hair Health Clinic Trichologist will always start with correct diagnosis that includes microscopic analysis of the entire head, not just the perceived patterns of hair thinning, patches of hair loss or bald patches. Complete understanding of the hair cell, hair cycle and presence and level of pattern hair thinning, and scalp condition are all very important to establish a diagnosis along with recent or past blood tests and finding your story through Trichology Consultation.

Absolique Trichologist calls this unique service 'Hair Health and Scalp Check' which will uncover things about your hair, scalp and health that you could never have imagined. Hair Health and Scalp Check service performed by Trichologist Brisbane is a complete service that includes correct microscopic diagnosis and explanation of the diagnosis, as there is a lot of science involved and many people convince themselves they have something they do not. There are always hair loss treatment options, hair thinning treatment options, pattern hair thinning treatment options and autoimmune alopecia areata and frontal fibrosing alopecia treatment options. Absolique also have many scalp treatments options.

- Always start with correct diagnosis
- Hair Health and Scalp Check
- 75 minutes and costs \$225
- Includes a complimentary 30 minute follow up appointment

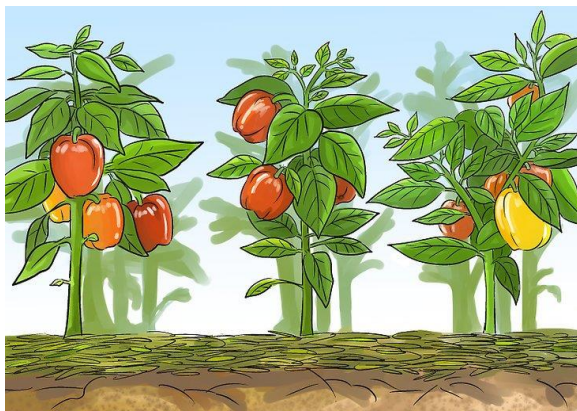
Hair Health and Scalp Check takes up to 75 minutes and costs \$225 which also includes a complimentary 30 minute follow up appointment, up to two weeks later to discuss your treatment options. You are also provided with individual information sheets on all treatment options. If any treatment is chosen you will also be provided with a complimentary lesson and written instructions and videos where applicable, to show you exactly how to apply your treatment at home.

Absolique hair loss treatments and hair thinning treatments are generally performed at home for cost and time effectiveness. Some scalp treatments and laser hair growth treatments need to be performed in clinic and you will be advised at your initial appointment Hair Health and Scalp Check if this is required for you. Depending on your diagnosis and blood test analysis you may also be recommended nutritional therapy which also comes with loads of information and a lesson if this treatment option is chosen.

It is very difficult to advise treatment pricing without a diagnosis, so we always recommend starting with the Hair Health and Scalp Check diagnosis service, so you understand exactly what is going on. In some cases, treatment is not required, simply understanding the cause and making sure it has been addressed or eliminated is enough. Most diagnosis will require some home pH testing to help understand your body functions further and comes with a test kit and information booklet for \$32 which includes many hints and tips for good health as well as a food guide. The pH booklet will be your future health handbook to refer to when needed.

Need to know more or ready to make a booking? Call 07 3229 3242, email Absolique Trichologist at info@absolique.com.au or go to our informative website <https://www.hair-loss-treatments.com.au/> for interstate and overseas help we offer Skype services which replicate our Brisbane Trichology Clinic Services, cost is the same, you just need to gather all the information and email across for correct diagnosis. We do this successfully all over the world. We also offer free 15-minute phone chats to answer any questions or concerns you may have before booking an appointment with us.

Team News



We welcome Vanessa to our team, make sure you say hi when you get her on the phone or email in reception. Vanessa has settled in nicely and is with us Tuesday to Friday on reception and in our organic hair salon. Sadly, we said goodbye to Natasha on reception but super happy to have her servicing client's hairdressing needs on Saturdays every eight weeks, by appointment only as she gets booked out well in advance. Irene and Edie are now working remotely providing our important scope session comparison results and much of the behind

the scenes work required to run Absolique Hair Health Clinic. Trichologist Carolyn and husband Daniel continue to work on their country property with much filling, sanding and painting going on to finish their old Queenslander. Planting is slow as it is so dry, but soil preparation has begun with the first load of organic soil.

Activance Practitioner Price Increase: This amazing product is simple to use and address many hair loss, hair thinning and scalp conditions because of its unique formulation. The manufacturer has held the price for many years now and we understand that a price increase is unavoidable and must be passed on. Activance Practitioner New Price \$95. If the new price is not within your budget, we do have another Activance option in the Professional range with cost \$75. Please contact reception to discuss your options.

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, we also offer Skype, Phone and Email microscopic diagnosis and consultation services. Web Site: Absolique Hair Health Clinic.

Absolique Hair Health Brisbane Clinic Hours:

Monday –	C L O S E D
Tuesday –	11am – 5pm Reception and Trichology
Wednesday –	11am – 6pm Reception and Trichology
Thursday –	12pm – 6pm Reception and Trichology
Friday –	11am – 6pm Reception and Trichology
Saturday –	10am – 2pm Trichology Only

Trichologist appointment hours differ from reception hours. Please call ahead of time for any product pickups. It is also a good idea to call and make sure products are in stock before you drop in as we can run low especially Activance, Minoxidil, Vitamin C, Vitamin D and Absolique Acid Buffer. Contact reception or email info@absolique.com.au for more information.

