



Welcome back from COVID-19! It has been a difficult and transitional time for all of us all over the world over the past few months. Some of us are still experiencing restrictions and taking extra care for the sake of our staff, clients, families, and friends. At Absolique Hair Health Clinic Brisbane, we have now safely reopened to see clients in clinic, with strict safety precautions in place for everyone's health protection.

With our [You Tube Channel](#) that has been ongoing for many years now, we were very fortunate to have online services in place to assist our interstate and overseas clients that could follow what we can offer in person in clinic. These services, along with Phone Trichology Consultations, have helped many clients during this difficult time and provided Absolique Trichologist more insight to what you need the most. The biggest questions and confusions were surrounding nutrition and absorption, so we dedicate this Newsletter to 'The Art of Absorption' and hope it helps many to connect the dots and make simple changes to get nutrition from food.

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## The Art of Absorption



At Absolique Hair Health Clinic, Trichologist Carolyn Evans-Frost must work closely with nutrition to help with hair loss, hair thinning, hair breakage and scalp conditions. We also use topical hair loss treatment applications and scalp treatments which are highly effective. But when the hair grows from within the human body and scalp skin, a result of cellular division from the inside to the outer, internal health and nutrition must be considered.

In nearly all cases of hair loss, hair thinning, hair breakage, and scalp conditions there are associated nutritional implications from diet to lows and deficiencies. When Absolique Trichologist assesses health and lifestyle factors, most people have a reasonable so called 'healthy' diet or way of eating. Most are also taking nutritional supplements of some form, however what is commonly found is the body is not absorbing for various reasons.

### The Art of Absorption:

- pH testing and alkalizing
- Food combining
- Nutrient robbers
- Only eat when hungry

Absolique Trichologist teaches the art of absorption to those who need to know how to help themselves. The knowledge is free to implement and practice, but we have been told it can be a bit confusing and even overwhelming to learn something you may have never considered before. So, we have had requests to cover all the various elements that contribute to the art of absorption in one place, which we have decided to make it our June 2020 Newsletter. Eventually we will combine all the elements in a document to hand out or email to help our clients make the adjustments to get the most from food and nutritional supplements.

It needs to be understood we are not just what we eat or take as a supplement, we are what we absorb. There is an art to absorption, and it does not necessarily apply to a healthy individual, but when we need absorption for the sake of treatment, it is very important to understand and apply the various methods which of course depend on your individual status and requirements.

Over the following articles we will cover the various levels for the art of absorption, all needed to implement at the same time for best results. Remember starting is the first step, so even if you only add one level at a time, it is still a start. The Art of Absorption includes; pH testing, creating an alkaline food environment, food combining, pH balancing and alkalizing, nutrient robbers and the things that cause malabsorption and leaky gut, food for ferritin, raw food power, clean hormone free food, eating for hunger not time, listening to your body, and intermittent fasting.

## pH Testing for Body Balance



Hopefully, you have heard about pH acid/alkaline and the pH scale. pH measures the liquid balance of water or a substance. For example, swimming pools, fish tanks, the ocean, hair and skin and the body, to mention a few. The pH scale measures from 0-14 with 0-6.9 being acid, 7 is neutral, and 7.1-14 alkaline. When the pH of a liquid or substance is out of balance it creates dysfunction. There is an ideal pH known for normal function for the above mentioned, when it is out of balance meaning more acid or more alkaline

than the ideal pH, it is out of balance and can cause damage. It is important to mention here the pH scale is logarithmic, meaning that an increase or decrease of an integer value changes the concentration by a tenfold. For example, a pH of 3 is ten times more acidic than a pH of 4. Likewise, a pH of 3 is one hundred times more acidic than a pH of 5.

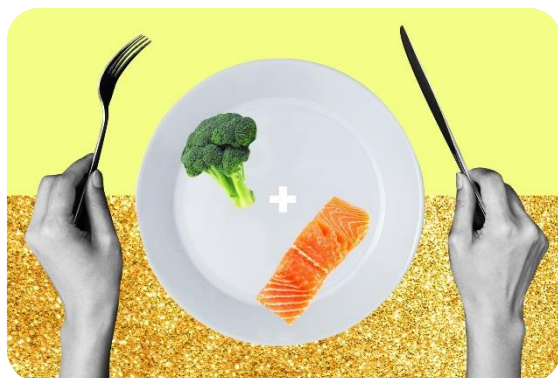
Relate this to a swimming pool, if the pH is out of balance the pool is unsafe to swim in. For a fish tank when the pH is out of balance the fish will not survive. For the hair and skin, personal care products are pH balanced so they complement the desired function. When it comes to the body, we are 80% liquid and our general body pH has an impact on digestion, absorption, healing, repairing, transporting, alkalizing, and detoxifying. These essential body functions will be out of balance and dysfunction when general body pH is out of balance.

The first step is testing general body pH to learn your individual body function. The goal general body pH is 7, which is neutral, anything lower is too acid and higher is too alkaline. For general body pH testing we need to test urine leaving the body first thing in the morning. For this we use litmus paper. It is when we sleep that our bodies try to perform the essential functions, 7 hours straight through uninterrupted sleep in the subconscious mind is required. Many are not getting the required sleep or have broken sleep which contributes to the lower pH result.

Sometimes you can help with sleep by practising sleep hygiene, in other cases it may be a sleep disorder that has no simple treatment. In both scenarios you can balance pH by practising pH testing, learning how to use acid buffers and following the Easy pH test kit Booklet.

The main message here is to test your pH, we use and recommend Easy pH Test Kit which is available from Absolique. Test your pH and start to make some changes where you see possible as laid out for you in the information booklet that comes with your test kit. Once you identify where you can make some changes such as; changing to filtered water, avoiding common chemicals in household and personal care products, how stress impacts pH, and food combining you may see and improve your pH, or you may need to add some acid buffers to assist. Either way, testing and then balancing is the place to start. Remember the general body pH goal is 7, under and over 7 is also out of balance. Hair and skin general pH is 4.5-5.5, stomach acid pH is around 2.2, pools, fish tanks and other liquids and substances all have their own unique pH for best function, not everything is of neutral pH. The next article will cover pH and food combining.

## Food Combining



Many have not heard of food combining yet it is so important to digestion and absorption. Incorrect food combining can create an acid pH and a competing environment for digestion and absorption resulting in a meal loaded with calories but with no nutritional value. Understanding and practising food combining is super important when trying to use good quality food for nutrition to help with health, hair loss, hair thinning, hair breakage, and scalp conditions.

We have talked about pH testing; you should now know your pH or have ordered your pH test kit and booklet. Now you should begin to understand how pH impacts your body and be ready to make some changes to help balance your pH and the cheapest thing to do which makes a big impact is food combining. There are some rules which will impact most comfort dishes, but please tune in as change can be gradual, it does not have to happen all at once.

Here we go... with correct food combining for pH balance, assisting alkalising, digestion and absorption, acid foods need to be combined with alkaline foods. Your Easy pH booklet has a double page table of the acid and alkaline foods to use as a guide. For an example, beef, seafood, and chicken (like most animal proteins) are acid, this is not a problem and they are healthy, but they need to be combined with alkaline food such as alkaline vegetables. So, animal proteins and vegetables are a perfect balanced meal without the carbohydrates.

Most grains and cereals (carbohydrates) are acid so should not be combined with another acid. Meat and potato are an acid combination and will form acid and a competing environment for absorption. Let me break this down a little more, animal proteins require certain digestive enzymes to break them down into the functional form of amino acids, whereas carbohydrates break down to sugars which have many different digestive pathways in the body. Combining both animal proteins – amino acids, and carbohydrates – sugars, in the same meal, create a competing environment and all you will get from it is a calorie value, sugar energy, an acid environment and no nutrition.

Ok, now you have got that no animal proteins with carbohydrates or even high glycaemic index foods (GI), look at your daily meals; what is the combination? Most people are eating what is considered a healthy diet but when you look at these food combinations, how do you score? Let us start with breakfast; eggs on toast are tasty, but an incorrect food combination, instead consider organic eggs (not just free range) with vegetables such as tomato, mushroom, spinach etc. Get creative and think outside of your normal.

If you want to continue with the carbohydrates, such as gluten free bread, it needs to be combined with vegetable proteins or vegetables, not animal proteins. For correct food combining do not have animal proteins and carbohydrates (bread, pasta, rice, potatoes, corn, peas, sweet potato, other grains) in the same meal. I hope this helps and makes some sense. Get started by looking at all your meals and start with one at a time to correct the food combination and you will notice a change in your digestion very quickly if you implement this and the articles to follow. Next, we will talk about fruit.

## Food Combining and Fruit

Fruit is healthy right? Absolutely! It is rich in vitamin c, some are high in antioxidants, fibre and are good for you! Yes, this is all true but when you really understand fruits, it can become complex. What is fruit? It is a natural sugar as well as all the benefits mentioned above. So, an orange is part of the citrus family, so is a lemon, however, they are from quite different families, they are not even distant cousins. When you combine fruit with other fruit, you can create a competing environment which will inhibit absorption.



With pH and food combining, fruit should not be eaten with any other food or any other fruit. Eating fruit on its own will allow you to get the nutritional benefit of the fruit and the other food. Why, because fruit breaks down to sugar, and then must go through its unique digestive cycle in the body. Combining fruits can confuse this process and cause a competing environment, an acid environment and inhibit absorption.

Food Combining and Fruit:

- No fruit with any other fruit
- No fruit with any other food
- Wait until you are hungry before and after eating fruit
- Do not put fruit in your smoothies

Let us look at a common 'healthy' breakfast which could include oats (carbohydrate), milk or yoghurt (dairy) and a topped with sliced banana and blueberries (different fruit sugars). What appears to be healthy is now creating a competing environment for absorption. What could change here is you would have a singular fruit group and have it with its own, meaning the same type of fruit. Yoghurt, whether it is dairy or non-dairy will be secondary to digestion and absorption in the presence of fruit.

The solution and correct food combining is to eat fruit on its own and only with the same type of fruit, for example enjoy the punnet of strawberries but do not make a fruit salad. Do not even add nuts or seeds to your fruit, that will create a competing environment. Fruit should be eaten on its own, with the same fruit and not combined with any other food for the purpose of absorption.

Then you ask, how long before or after eating fruit can I have other food, the answer is in listening to your body. When you are hungry, you get these things called hunger pains. Do you remember them? When you are hungry firstly your body is telling you that you are thirsty so drink some filtered water and lots of it (within reason, up to 2 litres a day). Then when you establish you are not just thirsty but hungry, you can have some fruit of the same type, and wait again until you are hungry to eat again. If you had to put a time on it, I would say minimum half hour but the longer, the better. This will eliminate the competing environment and you can get some nutritional benefit from the fruit (depending on where it comes from), and you are not compromising the next or previous meal. Read on to learn about acid buffers.

## Alkalizing and Acid Buffers

So you're pH testing, working on food combining acid with alkaline, animal proteins (heme iron) with alkaline vegetables, no fruit with any other food or any other fruit, drinking enough filtered water yet your pH won't budge from 6.0 or never reaches the goal of 7.0? This is where you should re-read the Easy pH Booklet, consider all the hints and tips and start to think how much the body accumulates toxins.

Simply starting to make changes does not necessarily change the body's internal environment straight away. We accumulate toxins and heavy metals over time which can inhibit body functions and lower pH. If your pH is not responding to small changes, it most likely means you have some level of toxic load. This can be difficult to test for so pH is an easy guide to toxic load and level of free radicals, both which will lower pH and damages cells.



This is not all doom and gloom news and does not mean do not keep trying, but you may need a little more help to 'buffer' your pH by using acid buffers. You can call this cheating, but it does help you to understand further about your own body and how it responds. Acid buffers are taken before bed to help buffer your pH during sleep with the intention of raising morning pH. If your morning pH is lower than 6.8-7.0 you can use an acid buffer that night before bed.

There are various acid buffers such as lemon juice, apple cider vinegar and bicarb of soda (sodium bicarbonate). These are the most common, safe and can also offer other benefit. You can take lemon juice in the morning or throughout the day, but as a buffer should be before bed. Use juice of ½ a lemon in some filtered water, always brush your teeth after taking lemon juice as it has an acid effect on teeth enamel. Lemon juice is a very gentle acid buffer so won't have a big effect on your pH but is also nutritional with vitamin C, helps with gently detox when taken first thing in the morning and also triggers stomach hydrochloric acid and digestive enzymes.

Apple cider vinegar, organic and with the mother, is also a gentle and nutritious acid buffer. Take approximately 20ml in some filtered water before bed or use before meals as a digestive enzyme also providing a level of probiotic. Bicarb of soda, organic and aluminium free, is a strong acid buffer. Start with ½ teaspoon in a small amount of water and take before bed. It is not very pleasant, so I add a little magnesium powder to help relaxation and sleep and some vitamin C powder for collagen and immune support, now I have a tasty, beneficial acid buffer.

There are also premade acid buffers, we have one available at [Absolique](#). Acid buffers should be taken before bed so use only a small amount of water, always brush your teeth, go to the toilet then go to bed. They can assist sleep and should have some positive effect on your pH. You should not use acid buffers if you are not pH testing, buffering to be over alkaline is out of balance and will cause other problems. You can also use acid buffers if your pH is 7.0 in the morning, but you have an acid day; stress, acid foods, poor food combining or alcohol. Do not just cheat with acid buffers, the key is to see your body naturally alkalizing because you are proving the ideal environment.

## Nutrient Robbers



There are certain foods that are nutrient robbers no matter what you eat them with. They are genetically modified organisms (GMO) wheat and gluten, dairy, processed sugar, and GMO foods. Modern wheat has been modified unless it is labelled otherwise and contains gluten which causes and inflammatory response in every human, it is the symptoms that vary. There is so much scientific evidence of the damaging effect gluten has in the body and particularly the digestive system, it is surprising many still don't know the deep damage that is happening to the body every time gluten is consumed.

Someone diagnosed with celiac disease has a major allergic reaction to even one grain of gluten and the terrible side effect can continue for up to 3 months after the exposure. Many people test negative for celiac disease, but we are all having serious consequences from consuming gluten. A Harvard university [study](#) tested 4 groups of people, celiac, gluten intolerant, gluten-sensitive and so called 'normal', whom have no symptoms after consuming gluten. The study found the exact same inflammatory response was occurring in all 4 groups, it was just the symptoms that varied. Those with no symptoms have been linked to dementia, Multiple Sclerosis, and many other autoimmune conditions up to 20 years later.

For the sake of absorption, GMO gluten is a nutrient robber for everyone, creating inflammation and breaking down methylation pathways required for natural detoxification. It is not doing anyone any favours and is also addictive. Gluten can be found not only in wheat but many other grains, I would first suggest avoiding GMO gluten but if symptoms persist, look at becoming grain-free. Oats are traditionally gluten-free however cross contamination with gluten is common because of storage and transportation with other grains.

Other common GMO crops are corn and soy, both should be avoided because of the damaging properties. Be careful and read your labels, corn and soy are called all sorts of names such as xanthan gum, natural flavours, cellulose, oil/cooking oils, shortening and more, and all have the same damaging effect. GMO's can also mimic our hormones creating all types of cascading health problems, there is nothing good about it at all. Look for organic and GMO free and if your favourite products are not labelled accordingly, contact the company, and ask some questions.

Dairy, particularly modern milk, and milk products such as cream, sour cream, and cream cheese all contain milk proteins, lactose and casein. These proteins are to build baby cows into big cows and are indigestible by a human, even if you are not lactose intolerant. They cause inflammation and malabsorption every time consumed so should be avoided for the sake of absorption. Organic butter, ghee and good quality pure cheeses are an exception in moderation if using all the other rules of food combining.

Processed sugar, the man-made kind is also a robber adding no nutritional benefit, it feeds bad bacteria, candida, yeast, parasites, and cancer. It is addictive and is usually combined with nutrient voids foods. Sugar provides false energy, can spike insulin, and is commonly associated with type 2 diabetes. Any healthy diet should avoid processed sugar and all the food like products that contain them. Instead use natural sugars that will not harm and some also have nutritional benefit such as organic honey, coconut sugar (in moderation), stevia, monk fruit, and real fruit. Interesting to note here that sugar cravings are related to mineral deficiency, not sugar deficiency. A good wholefood way of eating along with supplementation where required will curb, and then rid you of the sugar craving.

## Food for Ferritin



into the storage form which is ferritin. The body does this because we cannot function without the iron.

The most common deficiency related to hair loss and hair thinning in women is low ferritin. In mainstream you will hear more about low iron, but it is really the bodies storage of iron, ferritin that can be a huge problem. We get iron from what we eat, this provides some energy and oxygen which is important to body function, so important that the body has a chemistry equation to convert iron

A women's menstrual cycle is a contributing factor for loss of iron and using up the storage tank of ferritin. When the cycle is heavy, changeable or in the presence of hormonal problems, it can drain the ferritin, even if you are consuming the right types of iron from food. Additionally, the wrong type of iron supplement can also rob the body of ferritin. And to halt diffuse hair loss and hair thinning from low iron and ferritin, you need to do more than just raise your ferritin. This is where Absolique Trichologist can help to find the right type of iron for you and help you with iron absorption with food for ferritin and the art of absorption.

It can be impossible to find out what came first, low iron, low ferritin, or absorption issues. So, when we identify low iron and or ferritin, we will suggest the right type of supplementation and food for ferritin. Food for ferritin covers the different types of protein, both animal (heme) and plant (non heme). Animal proteins are complete on their own and will provide the iron and then ferritin if combined with the right foods following food combining. Animal protein is not required in high amounts to get what we need (even once a day 4 days a week with approximately 90g is more than enough) but it is more about the absorption. Red meat is not the highest in protein as advertised unless eaten raw and is the most difficult protein for the body to break down, taking up much digestive energy. Using a variety of animal and combined plant proteins is the ideal way of eating along with good, clean, wholesome food.

Plant proteins are incomplete on their own, they need to be combined with another plant protein to be complete and form the required amino acid profile. Absolique Hair Health Clinic have compiled a document outlining '[Food for Ferritin](#)' and is a free guide to help you begin understanding and addressing low ferritin and absorption. It is important to follow the food combining principles here to assist with absorption, this includes removing gluten, dairy and sugar from your diet. To help here we have also created '[Food for Ferritin Recipes](#)' to give you a place to start. You should also be pH testing to understand if your body is absorbing, balance where required with acid buffers and use the digestive enzymes, either natural or supplemental, with your main meal of the day.

Food for ferritin requires a combination approach and will you also need to address contributing factors such as low vitamin D, low B12 and autoimmune influences. This is not just for the sake of stopping hair loss, addressing hair thinning and scalp conditions, but for overall human health. The art of absorption and food for ferritin is good health information for everyone who would like to be healthy, have healthy hair, scalp, skin, and nails. But one must also remember the whole nutritional profile needs to be met for cellular health which includes pH balance, minerals, essential fatty acid, all fat- and water-soluble vitamins, antioxidants, and probiotics. That is the cellular health recipe along with addressing deficiency.

## Intermittent Fasting



Continuing the topic of the art of absorption, one of the simplest things we can learn to do that allows the natural digestive process is intermittent fasting. Intermittent fasting can look various ways, but the general idea is to listen to the body and only eat when you have a hungry, empty tummy. You want those hunger pains to tell you the body has completed or at least moved the last meal on from the stomach. The process of digestion is like warfare in your digestive system with your immune system protecting and dissecting the food, this takes time and a lot of energy.

When we keep piling food on top the last meal, you can inhibit digestion and lose nutritional benefit as well as causing all sorts of stomach and digestive symptoms such as bloating, cramping, heartburn, reflux, and flatulence. The science is saying only eat when you are hungry, this is a sign your body is ready to work on digestion again. When you first feel a hunger pain, drink some water, then wait until you really feel the hunger pain, it is a good feeling many have forgotten about.

Intermittent fasting allows enough time between meals to digest and feel hungry along with a window of fasting that allows the body to complete the entire process of digestion. Understand here it can take 48 hours for some foods to be completely digested. Intermittent fasting works around sleep, when we sleep the body is digesting, absorbing, healing repairing, transporting, alkalising, and detoxifying. As an example, to use the sleep as the fast you would not eat any food later than 8pm, if you wake at 6am you have now fasted for 10 hours. Now the body will begin the elimination process getting rid of the waste. We should not eat first thing in the morning whilst the body is still detoxifying. Drink some water, you can even have a tea or coffee (no milk or sugar) but no food, push this out for as long as you can to feel those hunger pains.

Some do not make it past 7 or 8am before they must eat, that is ok. You have still fasted and allowed the body to eliminate. Now you can “break-the-fast” with breakfast, choose a small meal following all the tips included in the previous art of absorption articles. You can also break the fast with a liquid meal such as the Green Qi that Absolique use in some nutritional plans or a smoothie if it has the right ingredients. Intermittent fasting is very individual and depends on your own metabolism and thyroid function, there is no one rule for everyone, and it can change daily.

For some they can fast through to 10am or even 12pm. There is no wrong or right, just listen to your body. Once you figure out what works for you, you may only be having 2 meals a day to allow the fast, plus enough time between meals to get hungry. For example, that could look like 10.30am - break-the-fast with Green Drink, 12.30pm - 1<sup>st</sup> small meal, 3.30pm - snack or second green drink, 7.30pm - dinner. For others that need 3 meals a day, just be careful not to have big meals so you can feel the hunger before the next meal, if you are not hungry for the next meal, you can skip it and your body will be thankful for it. Gone are the days of 3 square meals a day and breakfast being the most important meal. [Doctor Mercola on Intermittent Fasting](#)

## Female Hair Loss Treatment Success Story



When I first met this client, she had current diffuse hair loss from medications taken 3 months earlier. Diffuse hair loss also called telogen effluvium which is abnormal hair loss diffusely all over the scalp, it is supposed to be temporary and self-correcting once the causative factor is removed. When you are experiencing hair loss, as in double the amount of hair shedding when you wash and style your hair, it is scary and hard for you to understand the cause.

Visiting a Trichologist can help identify a timeline to pinpoint the cause and check nutritional levels are

in place for the hair loss to stop and obtain normal hair growth. Diffuse hair loss of this type will never result in complete baldness, but hair anxiety related to hair loss and the constant shed for 3 months can make your mind think otherwise. A Trichologist can help explain why it is happening and provide reassurance and assist with quicker hair growth if necessary.

Microscopic examination and consultation uncovered this had happened in the past which we found had resulted in diffuse hair thinning. Diffuse hair thinning is when the hair is not growing to your individual genetic hair structure and type. This is common when we dive into health history and find long term low iron storage (ferritin) and low Vitamin D, both which were identified in this case.



When the hair falls out of its hair cycle, it takes time to come back into the hair cycle, if there is not enough nutrition, particularly ferritin, the hair does not grow back normally. We found here on top of the current diffuse hair loss, there was underlying 50% of the hair diffusely all over the scalp not growing properly. So the current hair loss was exposing a hair problem that we traced back over 10 years and was related to repeated tummy bugs, strong medications, low ferritin most like because of heavy menstrual cycle, long term headache

medication and long term low Vitamin D.

With all this information we created a hair loss treatment plan that was both topical and nutritional. We cannot stop hair loss that is already taking place from a cause three months earlier, but we do know how to stabilise the hair cycle and push the hair straight back into the growing phase. This alone will not work without cellular health, so we addressed the found deficiencies and supported them with nutritional therapy. Hair loss treatment takes four months to note the changes, so at our check in appointment we found the hair loss had stopped, the hair was regrowing, and the nutritional levels were all responding. Happy with the results we have now created a simple maintenance plan to assist more hair growth and keep working on select nutrition guided by the blood test results. If you relate to this story in anyway please [email Absolique Trichologist](#) so we can help you too.

## Men's Scalp Treatment Success with Side Benefit of Hair Growth



This was an interesting case with many concerns outlined in the Trichology Consultation form. There was hair loss, hair thinning, oily scalp, itchy scalp, folliculitis, and scalp sores. There was a history of medical treatments including antibiotic used to curb the suspected scalp infection and inflammation, but nothing was working on its own. The client's concern was that the scalp condition was causing or contributing to the hair loss.

Microscopic diagnosis showed there was some hair follicle destruction from the folliculitis and some associated scalp scarring. The scalp had oil follicle blocks, oily scalp and hair, scalp scale that was also building up in the scalp oil causing visual seborrheic dermatitis. Oily scale seborrheic dermatitis is usually hereditary, but there was no history in this case, yet it was also occurring on the face. The microscope also showed the hair was not growing properly from a cellular level which generally indicates a nutritional problem and there was also the presence of miniaturising from early onset (age 30) male pattern hair thinning.



As a Trichologist, my first concern is always with my client's main concern, which was in this case, was the hair loss. However, to treat hair loss I need a healthy scalp, without that treatment we could cause more harm and potentially trigger the folliculitis into an active state again. For this reason we compromised and combined scalp and hair treatment together without anything that would irritate the scalp any further, rather balance the scalp, clean away the scalp oil and scale which we started to do with an in clinic scalp treatment. This

creates a clean scalp base and then we taught safe homecare with scalp soak and our topical Activance Clinician formula which helps with both scalp and hair health.

We also performed a Trichology Consultation which includes health history and checking blood tests. What we found was very low Vitamin D, low end ferritin and iron for a male and low B12. Combined all these lows contribute to scalp conditions, lowered immunity and low nutritional status in general that would be associated with the poor hair growth and early onset male pattern hair thinning.

The approach was to address the obvious scalp imbalance, stabilize the hair and address the deficiencies with supplementation. We targeted the deficiencies for a cost-effective approach and as mentioned earlier, a simple and safe topical scalp cleansing approach. I would have been happy to get scalp and hair stability in the four-month treatment timeframe. When we did the digital hair comparison, we were all happy to find the hair health has also improved. Checking current blood test, we could see the vitamin D responding but needed more help, along with discussing more about the importance of eating correctly for nutrition and using supplements to fill nutritional gaps. We are now also going for hair regrowth by adding another safe step and hope for much more in the next four months.

## Team News



Vanessa, Absolique's amazing receptionist has been juggling home schooling 3 children, her partners painting business and work at Absolique. We appreciate her so much and all the time she was able to give to our phone and email orders and daily visits to the post office, picking up products and keeping our clients product orders on track.

Irene has worked so much behind the scenes remotely to create all the email updates and is constantly updating our websites to keep everyone informed. If you were thinking that it had been a little while since we announced the addition of another Absolique baby, never fear! Irene and her partner, Joel are expecting their second baby in September this year.

Trichologist Carolyn left the clinic to allow Vanessa to continue working on reception during isolation and headed to their weekender country property. The property is not fancy, nor a farm, but is a place that is tranquil and away from the city. Carolyn just loves to grow, understanding hair growth and plants take time and need nurturing and nutrients. Carolyn was able to use Skype and Phone services with remote access to clinic files to help many clients needing help during those difficult times.

Please remember even with restrictions being lifted and the clinic reopening, we have strict safety measures in place to ensure the health and safety of everyone who enters the clinic. Please contact Absolique to see how this has affected appointments and product pickups.



Please see below for reception operating hours, opening hours are not yet back to normal but are generally consistent. Please call to arrange for product pick up in advance, as they can be subject to change.

|             |                            |                            |
|-------------|----------------------------|----------------------------|
| Monday –    | Clinic Closed              |                            |
| Tuesday –   | Reception Open 11am – 4pm  | Clinic Open by Appointment |
| Wednesday – | Reception Open 11am – 4pm  | Clinic Open by Appointment |
| Thursday –  | Reception Closed           | Clinic Open by Appointment |
| Friday –    | Reception Open 11am – 4 pm | Clinic Open by Appointment |
| Saturday –  | Reception Closed           | Clinic Open by Appointment |
| Sunday –    | Clinic Closed              |                            |

We would like to thank every one of our clients at Absolique for your support and patience during this period, we really do appreciate it! Yours in hair and health,

The Team at Absolique

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