



Welcome to Absolique Hair Health Clinic's Autumn/March 2021 Newsletter. While it seems like a distant memory, we hope you all had a happy and safe holiday. In this edition you will find a nutritional guide to the 'Dirty Dozen' and the 'Clean Fifteen', an introduction to a new product company that we are loving, an exciting new way to experience laser therapy, a mood-enhancing book review, this seasons favourite recipe, and of course, our favourite hair loss treatment stories. We hope you enjoy this season's newsletter. If there are any topics that you would like to see covered in future newsletters, please let us know. Happy reading!

Autumn/March 2021 Topics:

1. Introduction
2. The Dirty Dozen
3. Scalp Treatment – In Clinic
4. Nutra Organics
5. New Laser Cap, Laser Therapy for Hair Growth
6. Activation Products, Perfect Press Oils
7. Recipe, Easy Chicken Rissoles
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The Dirty Dozen

When teaching my clients nutrition, I often get asked if it is best to eat organic produce. In general, for vegetables and fruit, I recommend avoiding the dirty dozen, which is a list of foods that show they contain varying levels of pesticide residue, some extremely high. The list to avoid, last updated in 2020 includes apples, cabbage, strawberries, capsicum, tomatoes, celery, lettuce, mushrooms, nectarines, grapes, cucumber, and oranges. The best advice I can give here is to use organic produce when purchasing these vegetables and fruit.



There is also the clean 15 to help balance out the shopping cart but it is mainly USA-based, as there are quite a few foods that are not tested in Australia. The clean 15 list is much less than 15 for this reason. The clean list in Australia includes sweet peas, onions, bananas, carrots, frozen corn, and watermelon. Just a word of caution with corn, many corn crops in the USA are genetically modified organisms (GMO), so look for where the corn is grown or if it is labelled GMO free. This is also important for soy products which can also be from GMO crops.

The Dirty Dozen and Clean Fifteen:

Another rule of thumb is when juicing, pureeing, or eating a food in abundance, it should be from the clean list or organic. Many people follow juicing practices, using organic safe produce is especially important here so you are not contaminating yourself with your healthy practice. Another safe thing to do here is eat a variety of foods and not the same thing every day.

We have talked about animal foods before but a quick reminder to eat clean protein. This means hormone and antibiotic free. Look for organic and/or pasture raised eggs, wild caught fish (salmon in Australia is farmed), same goes for seafood, hormone free chicken, grass fed beef, lamb is not really labelled here so do your research. We get the nutrients from protein if the animal ate its natural diet.

It is also a good idea to eat vegetables and fruit that are in season, so they are as fresh as they can be and not grown as a crop all year round. As mentioned earlier, variety is the key so do not fall into the habit of eating the same thing every day. This is general nutrition information and will not grow hair back on its own, but we always work with your food when helping with hair loss, hair thinning and scalp conditions. For more information about nutrition and how we can help you, [email Absolique Trichologist](#). To receive a free eBook, [sign up to Cultivating Wellness](#).

[Cultivating Wellness: Debunking the Clean Fifteen and Dirty Dozen](#)

[Natures Health Store: 2020 Clean Fifteen and Dirty Dozen](#)

Scalp Treatment – In Clinic



When people visit Absolique for help with hair loss, hair thinning, and scalp concerns, we use a microscope to view hair growth and scalp status. This usually uncovers a scalp condition, which can present as scalp scale, scalp oil build up in hair follicles or trapped in the scale, scalp irritation, scalp sores, or all the above.

To begin our safe treatments, it may be required to do an in-clinic scalp treatment to clean up the scalp. This is a gentle scalp treatment designed for your individual scalp condition which also respects the hair status in case of current hair loss or hair thinning. The process involves active ingredients that are organic and natural, yet effective. It is like doing a facial scrub but for the scalp, and when applied by a professional, will clean the scalp without any further irritation.

As we are removing the scalp treatment in clinic, we will teach you how to use your recommended home care scalp cleanser, to maintain the results. The scalp treatment in clinic is not required for all clients, but many need this initial treatment to remove all the scalp debris we find in our first microscopic diagnosis. Home care scalp cleansing and topical treatment that follows is usually all that is required to maintain scalp health, if there are no associated nutritional deficiencies.



When we are dealing with ongoing and undiagnosed scalp conditions, the in-clinic scalp treatment is a great relief for scalp itch, scalp scale, and scalp oil. It is important to know that we do not have oily hair, the oil is from the scalp, so it is an oily scalp and a problem with the scalp oil gland, attached to the hair follicle on the head. The in-clinic scalp treatment significantly will clean the scalp now allowing for quicker results from your new home scalp and hair washing routine.

In-clinic scalp treatment can take from 45 minute to 1 hour and the cost varies from \$90-\$120AUD depending on the time and product required. As we mentioned earlier, it is a pleasant experience with a cooling scalp feel, then a gentle (and enjoyable) scalp massage to remove the scalp treatment followed by prescriptive scalp cleanser, and hair shampoo and conditioner used and demonstrated off the scalp where required. For more information about Absolique Scalp Treatment – In Clinic service or help with your hair loss, hair thinning or scalp condition, [contact Absolique Trichologist](#). Apologies for the before and after images, they are graphic but it demonstrates how powerful (yet gentle) the in-clinic scalp treatment is.

Nutra Organics Collagen Beauty, Skin, Hair, Nails and Gut

As clients of Absolique, you would have heard me talking about Nutra Organics over the last 2 or more years. I researched the company and products for personal use to start with, as I am always interested in improving my own health. Over these years I have watched the company and product range grow, whilst maintaining quality and integrity. There are a few specific products I have been using, and some of my clients too, that are showing many benefits for hair, skin, nails, and gut. In addition, the products are from wholefood sustainable sources and can support good nutrition.



Our focus here at Absolique Hair Health Clinic is healthy hair and scalp. We help people treat hair loss, hair thinning and scalp conditions. Most people have tried a hair, skin and nails supplement which did not work. The reason is because it does not directly address the underlying cause, this is where we come in to find out what it is you are experiencing and then what are your individual causes.

Once we know more about you and your individual condition and underlying causes, we can make recommendations to help stop, stabilize, and then correct the condition. This will always include some talk about nutrition, we are what we eat after all. This is where Nutra Organics have become part of my recommended supplement line, where required.

Many people need the full nutrition routine for cellular correction to get hair to regrow or to correct scalp skin conditions. Others just need a little help to correct gut health and provide the body with nutrients for normal hair regrowth. Here I am loving Nutra Organics Collagen Beauty Range and in particular the lemon/lime or unflavoured product. [Download the product brochure here..](#)

Another benefit is the inclusion of collagen from safe sources but is of bovine nature so may not be acceptable for vegans. For those, we can make other recommendations. For many of my clients we are helping with low iron storage, so the collagen derived from the safe bovine source provides the powerful building blocks of the amino acids for protein. As a combined or singular supplement, Nutra Organics Collagen Beauty Skin, Hair, Nails and Gut is a positive addition to any nutrition program we have set for you and is simple to add to your green drink as it is in powder form. This product is now available from Absolique \$42 for 300g which should last 1-2 months depending on our dose recommendation. We are working with the company to provide our clients with a code so you can buy direct and get a discount, so watch out for our emails and June 2021 newsletter. For any further information or to see if this product is suitable for you, [email Absolique Trichologist.](#)

New Laser Cap, Laser Therapy for Hair Growth



Laser therapy for pain management, healing and hair growth has been around for decades now with increasing compelling results and data. The problem with laser therapy for hair growth was the application, it was in a handheld device that needed to be applied by the user, frequently, to deliver a result. I found many clients could not find the time for the required application to obtain a result.

For years Absolique Trichologist had a handheld laser supplier that was honest and provided a good product at a good price.

Sadly, this collaboration ended when the supplier suddenly and sadly passed away. The remaining company decided to discontinue the laser, so we were at a loss, and began looking for better options for our clients to conform to the required treatment.

After many years of further research, we are excited to announce the new laser cap, laser therapy for hair growth available from Absolique for AU\$1000. We are excited to introduce this new hair loss treatment option to our repertoire of treatment options. However, it is only a cap so does not cover the entire scalp which will make it unsuitable for some clients. Many laser caps are available online, but cost is usually up around the \$3000 mark.

The laser cap will cover the top of head, recessions, and crown of an average sized head. For those needing full head treatment, we are still looking at laser brush options and expect some samples to come in soon. Quality and cost are always a concern with these products, generally made in China. We have established a relationship with a company who will provide a one-year warranty on the laser cap.

Laser is energy and alone, is not a treatment for hair loss, hair thinning, or scalp conditions. Used in combination therapy, addressing your individual underlying causes, laser energy can take your hair loss treatment results to the next level. It is an investment of money, but now the time is easy at 30 minutes wearing the cap 3 times a week in the first four month of use. The laser cap is powered by USB and needs to be plugged in to work. You can do your treatment while working or relaxing. If you would like more information about our new laser cap and how it could work for you, or our pending laser brush, [email Absolique Trichologist](#).

Activation Products – Perfect Press Oils



Healthy oils are good for us and can provide essential fatty acids (EFA), which are required for health and the immune system. We cannot make essential fatty acids, so it is important that they come from our food. Helping people in my Trichology clinic with hair loss, hair thinning and scalp conditions, I often find the signs of essential fatty acid deficiency.

Essential fatty acid deficiency can cause dry hair, dry scalp, scalp scale, oily scalp and dry hair and hair breakage. When we use the microscope and see dry scalp skin with excess scalp oil (which are opposite and should not be found together) it is a clear sign there is essential fatty acid deficiency. This deficiency is commonly found with other skin problems and autoimmune conditions.

Activation Products – Our Favourite Perfect Press Oils:

- Five Seed Blend, a fusion of sunflower, sesame, pumpkin, flax and coriander seed oils
- Sea Buckthorn, great for helping skin repair and recover
- Amaranth Oil, celebrated for its beauty-enhancing properties
- Styrian Pumpkin Oil, supports smooth skin and lustrous hair

Reading blood tests also show when we see these signs of essential fatty acid deficiency, there is generally high or low cholesterol, both are a problem as we need the good protective HDL cholesterol, but the LDL can build up when eating the wrong types of foods and fats. Essential fatty acids will also help to support our fat-soluble vitamin D, required for health and healthy skin/scalp and hair. EFA's can also act as antioxidants protecting against the free radical effect.

Essential fatty acids can be provided by safe supplements such as our [Modere EFA Krill complex](#), but we can also try to get some from our food. It is important when using supplements and food to get essential fatty acids, that you know the source and how it was processed, as the sensitive molecules can easily be damaged by heat and turn rancid, which can now be harmful for health. Some safe food sources of EFA's are organic/pasture raised eggs, wild caught fish, avocado, nuts, seeds, coconut, and cold pressed oils. Cold pressed oils will be damaged by heat so lose their beneficial properties when used for cooking.

Activation Perfect Pressed Oils - Every bottle contains the oil of thousands of Perfectly Pressed™ organic seeds. The unique pressing process ensures that there is no damage to the nutritional properties. The finished product is stored in UV-protective Miron glass bottles to maintain quality over time. Zero damage equals zero rancidity. Use Activation Perfect Pressed Oil as a food supplement, on your food or in your daily green drink. There are 7 types of oil available from Activation all with other health benefits. Check them out [here](#) and use our promo code ABSOLIQUE to get a 10% discount.

Easy Chicken Rissoles



These tasty chicken rissoles are super easy to make and are great for dinner and leftovers for lunch the next day. They are gluten free, dairy free, follow our food for ferritin and the art of absorption, when combined with salad or vegetables, avoiding the carbohydrates of course. Makes 6 generous rissoles.

Ingredients:

- 500g hormone free chicken mince
- 1 medium brown onion grated
- 3 cloves garlic crushed
- 2 tablespoons dried/fresh herbs, oregano, thyme, parsley
- 1 small or ½ large zucchini grated
- ½ cup almond meal

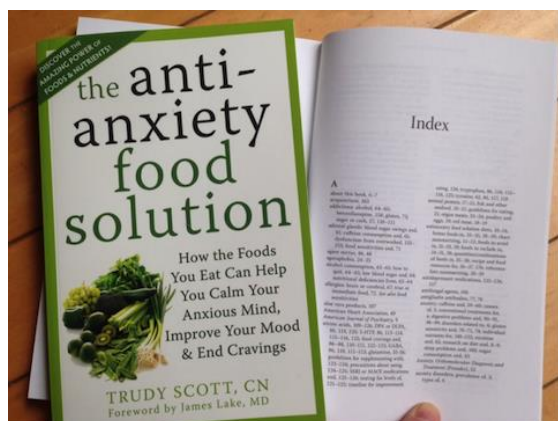
Method:

1. In a large mixing bowl, add all ingredients. Mix to combine until all ingredients can stick together to form a ball.
2. Refrigerate for 20 minutes.
3. Preheat oven to 200 degrees Celsius. Line baking tray with baking paper.
4. Remove mixture from fridge and form into 6 rounds, gently flattening and placing on baking paper.
5. Bake for 10-15 minutes each side, watching until slightly browned.
6. Serve warm or cold with side of vegetables or salad.

These rissoles are so simple and hold together well. They could even be frozen for another quick lunch or dinner. Play around with the flavours, try grated ginger, fresh or dried chilli, lemon zest and always season with good quality salt and pepper.

Tip: Make sure when grating the vegetables, you keep all the juices in the mixing bowl, this is what helps to hold the rissoles together without an egg. Make a double batch when possible so you always have leftovers!

Book Review - The Antianxiety Food Solution by Trudy Scott, CN



As Absolique Trichologist I have been following Trudy Scott's work in nutrition for many years now. I have gained high respect for her approach to food and nutrition to help with anxiety, mood, and cravings. Many of my clients have a combination of these concerns as a side effect of nutritional lows and deficiencies. This book is a hand guide on how to eat to help your health and address these underlying symptoms.

In my clinic I always discuss food as it makes a big impact on your health. Trudy's advice and

questionnaires will help you further to implement the strategies and measure your results as the symptoms fade away. Our focus is of course hair loss, hair thinning and scalp conditions, which we can help with, but one must address the underlying causes which present with the symptoms of anxiety, mood, and cravings. I highly recommend this book to help with health and in turn healthy hair and scalp.

The Antianxiety Food Solution summary:

- Figure Out Your Optimum Antianxiety Diet, foods to include and avoid
- Avoid Sugar and Control Blood Sugar Swings
- Avoid Caffeine, Alcohol, and Nicotine
- Address Problems with Gluten and Other Foods
- Improve Your Digestion

It is remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us do not realize how much our diets influence our moods, thoughts, and feelings until we make a change.

In *the Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings*, you will find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This easy-to-use guide helps you choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You will soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way!

In the Antianxiety Food Solution, you will discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients, foods and nutrients that balance your brain chemistry, which anxiety-triggering foods and drinks you may need to avoid, easy lifestyle changes that reduce anxiety and increase happiness. **Trudy Scott, CN**, has a nutrition practice that focuses on food, mood, and women's health. She lectures extensively, both at live events and via teleseminars. She is President of the National Association of Nutrition Professionals and a member of Anxiety Disorders Association of America, the Alliance for Addiction Solutions, and the National Alliance on Mental Illness. Find out more or [purchase the book here](#), an eBook is also available.

Low Ferritin Hair Loss Story



This female hair loss story had a 7-year history of hair loss, hair thinning, hair breakage, and dry hair. She noted the hair was getting thinner every year with increasing hair breakage and was told she had a minor iron deficiency which we found was actually extremely low ferritin. The hair was also naturally curly which makes it dryer than genetically straight hair, but the curl was changing, and the hair could no longer hold the curls and was more like frizz.

Microscopic diagnosis showed over 50% of the hair was not growing to its normal hair structure which is common with low ferritin. When this happens, it represents a change has taken place at a cellular level, low ferritin can be responsible for this. The low ferritin had been down as low as 10 and under 30 for at least 3 years that we could track by blood tests. Low ferritin levels below 30 are a state of hair loss. Ferritin levels in Australia are 30-300 with a range of 70-100 required for health and normal hair growth.

Low Ferritin Hair Loss Story:

- Low ferritin is common in women
- Ferritin levels below 30 are a state of hair loss
- Health and hair growth require ferritin levels of 70-100
- Low ferritin can also cause hair breakage
- Other symptoms are low energy, brain fog, low immunity, anxiety and mood swings



Blood tests also showed the thyroid gland was also moving around (an organ of the endocrine system), which is also common with low ferritin as the body is trying to preserve energy. We also found low end B12 and low level vitamin D which are both required for normal ferritin storage. The client was currently at university with stress factors and broken sleep. She was trying to eat well but it seemed monthly menstrual cycle was long and heavy for as long as she could remember.

Having a few underlying causes to address we embarked on implementing the correct ferritin supplement as all iron is not created equal and addressing the other nutritional lows with combined nutrition to target and support deficiency. This is essential to provide the correct nutritional supplementation along with working with food for such deficiency. Supplementation or food alone will not work, it needs to be a combination approach.

We used food for ferritin, food combining, avoiding nutrient robbers such as gluten, dairy and sugar and a safe supplement regime along with a simple topical approach to achieve these results. We check in every 4 months and track the bloods as well as hair growth progress. Both B12 and vitamin D had improved but the ferritin was still low at 30, so we look at strategy and discuss food and cycle some more. In this case, even though the ferritin is still lower than required, we managed to get some good hair growth with the supporting supplementation and diet. If you relate to this story or would like help with low ferritin or hair loss, [email Absolique Trichologist](mailto:email@AbsoliqueTrichologist.com).

Male Hair Thinning Story and Results



This male hair thinning story and results represents treating underlying causes can provide great results. Most male hair thinning treatments include some form of minoxidil and/or medication that targets DHT (dihydrotestosterone). Many of Absolique Trichologist clients cannot or do not want to use these medical based products and wish to take a more natural approach, whilst still achieving results.

For this case we found there was a family history of male pattern hair thinning, so this needed to be considered. But what we also found with microscopic diagnosis, the hair cell and hair cycle were not functioning at optimal, so we had another angle for treatment. When addressing male pattern hair thinning there are the following factors: hereditary, hormonal, environmental and free radical effect.

Male Hair Thinning Story and Results:

- Male pattern hair thinning is not physical hair loss
- Hereditary factors play a role but you can protect against this
- You need to be an otherwise healthy individual for this to work
- No medications used
- Combination therapy, topical, nutritional and food



In an otherwise healthy person, we can protect against hereditary factors, if we check for any hormonal factors, remove environmental factors and protect against the free radical effect with correct cellular function and antioxidants. This client was knowledgeable about correct nutrition from food, we only had to make some slight adjustments. A big thing here is removing hormones from your foods, especially animal proteins.

Consider what the animal ate and if hormones and antibiotics were used at any time. We call it clean proteins: wild caught fish, organic pasture raised eggs, hormone free chicken, grass fed beef. This case also had low levels of ferritin for a male, so we included food for ferritin, and iron supplement, food combining and the art of absorption. We also took on a topical treatment taught to apply at home.

This protocol was followed for four months, the time it takes to make a change at a cellular level and then for the hair to grow to be seen at scalp level. The images show the result, there is still more work to do as male pattern hair thinning is a gradual hair miniaturisation, not hair loss. We need to work on reversing the miniaturising at every treatment. This case had been thinning for 6 years, so at least half that time, 3 years of treatment is required to get back the original hair. If you relate to this story or would like to take a natural hair loss treatment approach, [contact Absolique Trichologist](#).

Team News



We are all super excited to be catching up for a family day with Absolique Team past and present at Carolyn and Daniel's property. With partners and children there will be at least 22 of us! It is such a wonderful thing to be able to do and lovely that we are all still in touch. There is more exciting baby news, and we look forward to snapping some great photos to share in our June Newsletter.

We would like to wish a big happy 18th Birthday to Jemmah this week and thank you for continuing to help us out with IT and reception in

between university.

Trichologist Carolyn is in the final stages of her Energy Medicine Course and will have some new skills and treatment methods available soon.

Irene has been a mad scientist and creating a collection of natural skincare products in between busy mum life. And reception superstar, Vanessa had a birthday too and is having fun with indoor plants and juggling 3 children and work life.

We are proud to support our working mums, so our reception hours continue to vary. Thank you for your help here with product pick-ups arranged by phone 07 3229 3242 or [Email Reception](#).

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