



News & Views Absolique Hair Health Clinic 40th Edition – Winter/June 2021



Welcome to our June/Winter 2021 Newsletter. In our 40th edition, we have published our recent client testimonials and not one or two, but three hair loss treatment stories. We chat to Diane Mayes from EsthetiqueNY about PRP. We have two new product releases, one that will benefit you nutritionally and the other, cosmetically. We also have a new service to offer that will further enhance your chances of positive results. We touch on the facts and myths of Australian farming, and of course have included a tasty recipe for you all to try! We hope you all enjoy the articles in this season's newsletter, if you would like to read more about a specific topic, please let us know. Stay safe and warm this winter!

1. Welcome
2. Client Testimonials - Sharing the Stories
3. Post Hair Transplant Hair Thinning Treatment with PRP
4. Explaining PRP interview
5. Alopecia Areata Super Model Story
6. Women's Hair Loss and Ageing
7. Introducing NES Body Field Scanning
8. Modere New Green Drink Phytogreens and Gold
9. Seedy Tamari Crackers Recipe
10. Product Review - Dushi Hair Building Fibres
11. Australian Farming – Non-GMO Wheat and Grass Fed Dairy
12. Team News



Client Testimonials - Sharing the Stories

In a world of social media, we are asked to leave feedback, write a review, or give a testimonial for every little thing we do. We at Absolique understand this, so appreciate even more when our clients take the time to write about their experience and results with Absolique hair and scalp treatments and services. It is interesting when I meet my clients for the first time, they often say 'I wish I had known about you sooner'. Your testimonials really do help us to help others, so a big thank you!

We wanted to share some of our most recent testimonials that have touched our hearts, we are so proud of our clients' achievements.

"Having experienced frustrations of fine hair all my life, I was at a loss to understand why it was getting much thinner and less of it, I felt like if I did not do something soon, I must as well shave it all off! As I recalled a much earlier conversation with a friend of mine, who mentioned Absolique and what they do, I promptly rang to book an appointment and further discuss my concerns. On immediately implementing the advice and treatment plans, within few short months felt the body and texture in my hair and scalp start returning, as well as family and friends noticing my hair looked healthier. Nearly a year later, my hair continues to grow feeling thicker with more body, than I had experienced since I was a child. I can't thank the Absolique team enough for turning not only my hair around, but at the same time the nutritional benefits being felt inside and out." **Janine, 44, Maritime**

"Fantastic information. Rests my mind. Can't wait to start." **Courtney, 22, Support Worker**

"I received a very clear explanation from Carolyn about my hair concerns. I now feel confident about what is going on not only from a hair and scalp perspective but also from a health perspective." **Justin, 23, Electrician**

"Thank you Carolyn for putting my mind at ease and being empathetic to my circumstances. Really means a lot to me." **Amanda, 34, Admin**

"Both my husband (who was present) and myself were astonished by the depth of knowledge displayed during the analysis of my hair loss cause and effect and by the scope of the recommendations given to address the problem. Superbly professional." **Elizabeth, 84, Retired**

"Lovely staff and facility. Thorough consultation and upfront with fees and product pricing." **Melissa, 41, Teacher**

"Working with Carolyn has improved my entire family's health. Thank you!" **Isabelle, 45, Analyst**

"Always great talking hair and health with Carolyn. Very insightful and honest advice." **Nalese, 26, Student**

Thank you so much Carolyn for putting my mind to rest. I walked in feeling anxious and walked out with relief and happiness knowing help was available.

Angela, 72, Retired

If you would like to leave feedback or write a testimonial, we have a visitors' book in our Brisbane Clinic reception, you also receive an email after every appointment in clinic or online, or you can [email Absolique Trichologist](#).

Post Hair Transplant Hair Thinning Treatment with PRP



This is an interesting story with great results. This client contacted me interested in PRP treatment. Discussion uncovered he had hair transplants around 8 years earlier, which was a success. Hair transplants were followed by a series of PRP treatments but there had been no treatment now for over 5 years. The hair transplants are still in place but the surrounding hair, in the typical male pattern hair thinning areas, was rapidly thinning.

This is the thing with hair transplants, the transplanted hair is safe, but protective methods need to be in place to maintain the hair surrounding the transplanted hair, or they will also succumb to the DHT related miniaturising of male pattern hair thinning. We discussed this and the client realised PRP alone is not going to protect against the causes of male pattern hair thinning, hereditary, hormonal, environmental and free radical effect.

- Combination therapy male pattern thinning treatment
- Supplementation and dietary nutrition
- Topical hair thinning treatments
- Advanced PRP with three sessions over the four months



We identified the terminal donor area was not functioning as normal, this represents hair cell and hair cycle dysfunction. If there is a cellular dysfunction and you are trying to protect against DHT binding and reversing miniaturising from DHT for hair regrowth, you will get minimal results. With this knowledge and a copy of blood tests, we found we had an otherwise healthy individual with low Vitamin D. With the hormonal implications of Vitamin D, this needed to be addressed along with some base nutrition to achieve a cellular

correction enabling hair regrowth.

Treatment was proposed in combination therapy to address underlying causes and symptom of hair thinning. Combination therapy hair loss treatment included nutritional supplements, learning about food, food combining, the art of absorption and avoiding hormones in food, along with a topical home care routine to stimulate hair growth, and we also used PRP.



This client was eager to correct the problem and wanted to do everything possible, so we used the full combination for 4 months with impressive results. Visually there is a significant improvement, but microscopically, there are so many new baby vellus hair ready to transition back to terminal hairs. This takes time and we will continue with some simpler maintenance treatment and check in every 4 months to take more images to track results. There is no reason why we cannot achieve a full head of hair here again, so stay tuned and we will keep you posted.

[Please contact Absolique Trichologist](#) if you resonate with this story and need some help restoring the hair surrounding your hair transplants. We also work with clients pre hair transplants to maximise health of the donor and transplant sites.

Explaining PRP Interview



At Absolique we are seeing some significant results with our combination therapy hair loss treatments including Advanced PRP. Diane Mayes is a Cosmetic Practitioner and Registered Nurse at EsthetiqueNY and is our preferred provider because of her method and unique care when implementing PRP hair loss treatment.

We want to drill down more on PRP and get the science and as much information for you about PRP hair loss treatment. In this interview, Diane explains PRP, Platelet Rich Plasma, what it is and the difference in separating the plasma to enhance the effect and usability. It is a combination of the extra time Diane takes to mix your plasma along with the generous quantity she uses for the hair loss treatment. Diane also makes the treatment more comfortable than it would usually be with gentle numbing enhanced by LED light which is also relaxing. Diane's Advanced PRP also finishes with skin needling or derma pen to infuse every last drop of your rich plasma.

PRP hair loss treatment frequency is one a month for three months followed by maintenance treatments one every three months, depending on your other associated hair loss treatments with Absolique Hair Health Clinic. Once ultimate hair growth is achieved, treatment top up could be as low as one every six months. There is special pricing for Absolique clients so be sure to mention us for \$600 per treatment with the skin needling, it is extra \$50 for the latest derma pen.

Contact Diane Mayes – Cosmetic Practitioner and Registered Nurse at EsthetiqueNY to ask any questions before booking your PRP hair loss treatment. Call Diane on 0424446522 or email diane@e-n-y.com.au check out the website <http://e-n-y.com.au/>. Diane also travels to Mackay every second week if that location helps you.

In conclusion, we at Absolique find best results are achieved in combination therapy hair loss treatments, starting with correct diagnosis, and then addressing symptoms and underlying causes. [Email Absolique Trichologist Carolyn](#) to see if PRP can work with your hair loss treatment. [Watch the interview here.](#)



Alopecia Areata Super Model Story



Alopecia Areata is an autoimmune driven type of hair loss that can be difficult to treat. In some cases, the immune system seems to attack the hair for no obvious reason in an otherwise healthy individual. In this case, we had many reasons to work with which was promising from the beginning. From the onset, microscopic diagnosis showed it was a non-scarring type of alopecia areata, which means the hair follicle remains intact, so hair regrowth is possible.

When we found this, it was a relief, but at the same time we found active exclamation mark hairs surrounding the existing patches of hair loss and diffusely all over the scalp. Sadly, this means things are going to get much worse with more hair loss before we can attempt hair regrowth. Other factors were found in blood test results with very low ferritin at 5 and iron at 4 six months earlier. Ferritin was now 36 with supplementation, but the autoimmune attack still taking place because of the dramatic low 6 months ago.

- Many deficiencies related to lowered immunity
- Autoimmune Alopecia Areata, non-scarring
- Calming scalp soak and topical treatment
- Nutritional therapy, supplementation, and dietary changes

Blood test results also showed very low vitamin D at 33, where at minimum it needs to be at least 150. The haematology and thyroid function were fluctuating. Vitamin B12 was low end and there were inflammation markers. These factors represent lowered immunity and therefore were contributing factors to current active alopecia areata autoimmune attack on the hair. Interesting with these deficiencies, the client's body was trying to suffice, and she was craving and eating uncooked rice!



We created a treatment plan to first calm the scalp, we could not use anything invasive while we could see autoimmune activity. We introduced our safe scalp soak and topical Actavance Clinician treatment along with nutritional supplementation to support the deficiencies and base nutrition for cellular support. There were significant dietary changes to make, we had to teach food combining, food for ferritin, the art of absorption and avoid gluten, dairy and sugar, to a client who was not really interested in food. This was our biggest hurdle, but she was driven to achieve for the sake of her hair.

The hair loss did get much worse as we expected, but we kept chipping away at treatment both topical and nutritional, we also tracked bloods and could see slight improvements along the way, we were checking in every 4 months. We recently did our one year check in and we were all so happy to now have a full head of healthy hair, even better quality of hair than before and no signs of any alopecia areata. Many lessons are learnt along the way with Absolique hair loss treatments as we try to teach you about health and lifestyle to protect your hair. At our last session it was smiles all round and this client told me she was my super model and I agree, thank you.

If you relate to this story, have alopecia areata or know someone who does, please reach out to Absolique Trichologist as we have many ways of helping you with this and other types of autoimmune hair loss.

Women's Hair Loss and Ageing



As Absolique Trichologist, I meet many women in my clinic and online who have been told their hair loss is simply 'a part of the ageing process' and 'you should just accept it', also 'there is nothing you can do about it' and 'don't be so vain'. Thankfully, the women I meet know there is more to hair loss, they can reason that their hair has significantly changed, but it is not happening to all women.

When I gather history on life, health and hair, there is always a story, and we can track the hair changes back over 20 years

in most cases. Changes to the hair are gradual, it is normally something more significant that makes you notice the hair changes. In this case it was a combination of circumstances that had sped up the hair thinning, including low levels of Vitamin D on top of family stress and the personality of a natural worrier, a big fall and injury with antibiotics and a two-month recovery.

Microscopic diagnosis found the hair cell and hair cycle were in reasonable order and blood test showed we had an otherwise healthy individual, but there was significant miniaturisation occurring at the recessions and front of head hair. So what we actually had was female pattern hair thinning and not hair loss. Hair loss is hair physically falling out, you see this hair. Here, we did not have hair loss, but the hair was getting smaller and thinning only at the front of the head. My client had seen a similar thing happen to her mother and she was so worried about the same thing progressing for her, she had even visited a wig shop! Thankfully, Maree at Hair Illusions is a colleague and could tell the hair thinning could most likely be treated with no wig required, so she referred the client to me.



We took a simple approach to this female pattern hair thinning, with the biggest part of the treatment instilling confidence in my client that this was completely treatable and nothing to fear. Many women fear this female pattern hair thinning, also called androgenetic alopecia, with no need. With the right information you can not only prevent it, but also reverse it. We teach you where it comes from and how you can protect yourself with a simple prescriptive hair washing routine and some lifestyle and diet changes.

Some of the biggest lessons come from learning about hormones in our food and xenoestrogens in our personal care and household products. This client was so relieved, she was more than happy to make some healthful changes for the sake of her hair and was also excited to have clear direction with a written treatment plan and many resources provided with pH test kit and free toxic decoder. Treatment timeframe is 4 months to see any changes and we were all so pleased to see the hair responding superbly along with now safe levels of Vitamin D. We continue to monitor every 4 months to make sure things stay on track. If you relate to this story or hair concerns about hair loss or hair thinning, do not ignore the signs, it is not a normal part of ageing, contact Absolique Hair Health Clinic.

Introducing NES Body Field Scanning



As Absolique Trichologist, I am always putting my client's needs, health and results first. When I diagnose and offer treatment solutions, it is based on the best thing to help you at that time. Hair loss, hair thinning, and scalp treatments take 4 months, we can get relief earlier, but results take 4 months. As a trichologist for 25 years now, I know what to expect from the treatments I offer. In some cases, we may not get what we expect, or we may find for example that we have helped to stop the hair loss and have achieved hair regrowth, but the ferritin stores will not raise and there are no medical reasons why. Or it could be the thyroid not responding as we intend and medication not helping to balance. It could be the adrenal glands under the pump or a strange skin rash, tummy upsets or unexplained low body pH, or various other things.

Whatever may be out of order, I wanted to find a way to help my clients further without having to go for expensive and extensive testing. I lean towards the functional medicine wholistic approach and have found a system that I have researched and then studied for two years now. It is called NES Bioenergetic Wellness System (BWS), is based on the science of energy and links back to Traditional Chinese Medicine and acupuncture points, has loads of research and some lifechanging results. NES Bioenergetic wellness system is exciting with the ability to scan the entire body field to find those missing links where the body systems that are **most in need of support** at that time.

Introducing the NES scan, now available at Absolique in clinic and online, we have a physical scanning device and can also do voice scanning no matter where you are in the world. Here are some links to how NES works and what it is.

- [How NES Scan Analyses your Body-Field](#)
- [Bioenergetics Wellness System Demo](#)
- [Infoceuticals, what are they and how they work](#)
- [Can You Use Bioenergetics to Cure \[Name that Disease\]?](#)

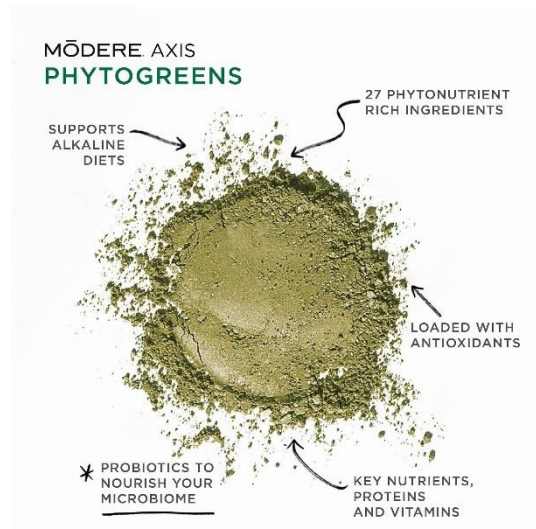
I am so excited with this new addition to my personal qualifications and additional service for my Absolique Clients. As an introduction to NES scanning at Absolique I will offer a ½ price scan and review, normally \$120 for only \$60 to provide you with an insight and overview into your body system and energy functions. The scan takes no more than a minute, but the review takes around 45 minutes and we do it by Zoom so we can screen share to take you through the NES Bioenergetic Wellness System and the amazing and interesting aspects it can show within our bodies including energy source, strength, flow and immunity, mind/body, environment, and nutrition.

The results of this scan are relative – this means the system is looking for aspects of the Human Body-Field that are **most in need of support** in the moment of the scan when compared to other areas of the Body-Field. It is not a diagnostic tool, more about gathering information on functionality and energy system connectivity. Once scanned, the system will decide the most important energy fields requiring help at that particular time to work on with the corrective supplements called Infoceuticals. Infoceuticals are \$33 each and the scan system will choose the most important 5 areas to work on at any one time. These infoceuticals last for 3 weeks where you would retest with a scan to see the changes. It is one of the most interesting things I have been involved with since I studied Trichology 25 years ago! It is really the future of supplementation but does not replace good nutrition and lifestyle. The scan screens which you will have free access following a scan review, will offer many lifestyle changes for you to follow and choose along with the scan review suggestions. It is such a powerful tool for every person to unlock your own health potential.

Modere New Green Drink Phytogreens and Gold

Absolique have used and recommended Modere Green Qi as our favoured green drink for many years. We use a green drink to create the alkaline food environment at the time of taking nutritional supplements to ensure effective absorption, we call it the facilitator. For many, this is a particularly important part of your hair loss treatments. You may have noticed it has been out of stock lately. The good news is it is back and with an improved formula and new name Axis™ Phytogreens.

Modere Axis™ PhytoGreens helps optimise antioxidant intake and support alkaline diets, digestion, and a balanced microbiome. More than a superfood, it delivers 27 highly bioavailable and bioactive ingredients including 10 marine and leafy greens. It also contains avocado oil to increase the bioavailability of certain phytonutrients found in green foods like spinach and kale, as well as additional digestive aids and pre- and probiotics.



Modere Axis™ PhytoGreens supports digestion, supports alkaline diets, avocado oil increases bioavailability, supports a balanced microbiome and supports a healthy diet. Key ingredients are spirulina, chlorella, green tea, oat hull and apple fruit fibres, licorice, eleuthero and ginseng roots, shiitake mushroom, aloe vera, dandelion leaf, actobacillus acidophilus.

Eating a more colourful diet is always good advice. And by supplementing your diet with plant-based Modere Axis™ Phytos, you can optimise your diet and support your overall wellness. Every ingredient in PhytoGreens and PhytoGolds is concentrated and formulated to be highly bioavailable and bioactive. This means that all 34 ingredients found in Modere Axis™ Phytos can be absorbed and actively used by the body to support antioxidant intake, anti-inflammatory diets and a balanced microbiome.

Modere Axis™ PhytoGolds is more than a superfood, it delivers 7 highly bioavailable and bioactive ingredients including fermented turmeric and fermented ginger with black pepper. Ginger and turmeric are even more impactful when they are fermented, a biological process which may enhance the bioavailability of active phytonutrients in these roots. The natural flavour profile of PhytoGolds is unique in that its blend of spices including vanilla bean and cardamom seed combined with plant milk to create a tasty golden supplement with calming benefits.

Modere Axis™ Phytos mix easily with water in smoothies. Axis Phyto formulas are non-GMO, dairy-free, vegetarian and keto-friendly, each formula is 99% sugar free when used as directed. Follow Absolique instructions in your Treatment Plan for how and when to take your green drink. If you have a Modere account, these products are now available online. If you would like a Modere account to try these products, [contact Absolique Trichologist](#) and we can set you up.

Seedy Tamari Crackers Recipe



Delicious seedy crackers, perfect for those following food combining. The alkaline seeds are a great substitute for the acid grains. It can be combined with the acid heme proteins such as eggs, fish, chicken, and beef. These crackers are so good you can eat them on their own and they are an alkaline snack that you can have at the same time as your green drink. Also delivering 3g of protein per cracker.

Makes 16 serves, can be stored in airtight container for 1 week. Preparation 10 minutes. Cook time is 50 minutes. Note: Tamari is a gluten free Japanese style fermented soy sauce, use organic where possible.

Ingredients:

- 2 teaspoons tamari
- 1/2 cup sunflower seeds
- 1/2 cup pepitas
- 1/4 cup linseeds
- 1/4 cup chia seeds
- Salt, pepper and herbs and spices to season as desired

Method:

Preheat oven to 180°C and line a baking tray with baking paper.

Combine all ingredients with 1 cup water in a medium bowl and stand for 5 minutes to thicken.

Spread mixture thinly on tray and bake for 30 minutes. Remove from tray and cut into 16 squares. Turn squares over carefully, return to oven and bake for a further 15-20 minutes or until just brown at the edges and crispy. Cool completely before storing in an airtight container for 1 week.

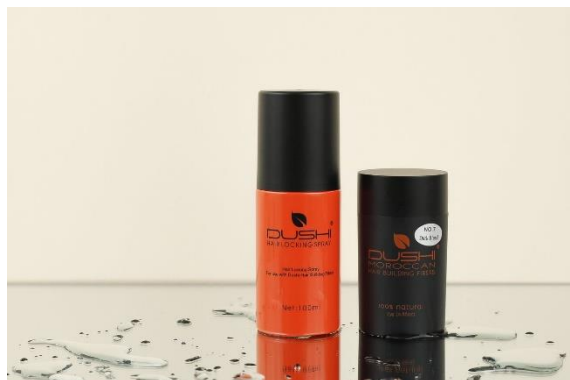
I found the squares were not exact and could break the crackers into rustic looking pieces which are just as tasty. Save any leftover crumbs to top your salad and vegetable dishes.

Top Seedy Tamari Crackers with:

1. Tuna in Springwater, sliced spring onion, chutney of your choice
2. Tomato and basil, just like a bruschetta
3. Cucumber, cottage cheese, alfalfa sprouts
4. Avocado, rocket, and hemp seeds
5. Yummy healthy dips
6. Make your own and let us know your favourite!

Original recipe courtesy of Woolworths: [Seedy Tamari Crackers](#).

Product Review - Dushi Hair Building Fibres



Absolique are always on the lookout for new ways to help our clients with their hair concerns. Hair fibres and dry shampoos are not new, but this Dushi product has a great range of colours, is easy to use, are natural fibres extracted from plants and is cost effective. Dushi hair fibres will not fall out, they will withstand wind, sweat and rain. Dushi fibres are colourfast and will not stain clothes, bed linen or your scalp. If the fibres accidentally drop onto a surface, simply dust them off.

We now have Dushi in stock so you try out the colours at your next in clinic appointment. If you don't have an upcoming appointment, just contact reception to tee it up when you are next dropping by to pick up product. We will allow some extra time to help choose the right colour to match your hair and show you how to use it if you have never used hair fibres before. Dushi Hair Fibres and Lock in Spray duo are \$45 from Absolique.

For those who have not used hair fibres, they are a magic little camouflage sprinkled onto the hair and scalp resulting in a visual transformation that makes the hair look instantly thicker by covering the scalp. They are used on dry hair and scalp and will not interfere with your other hair loss treatments when used as advised. They do leave residue on the scalp, that is the idea, but they are in no way blocking or damaging the scalp. If you follow your recommended scalp cleansing instructions, you will easily wash the hair fibres away with each home treatment you do.

Hair fibres are not recommended to use as a stand-alone treatment covering up the hair loss or hair thinning but can be a welcome relief during hair loss treatment while you are following your home treatment regime addressing underlying causes and working with the hair cell and hair cycle.

Check out [Dushi Hair Fibres](#) online or [email Absolique Trichologist](#).



BEFORE

AFTER



BEFORE

AFTER

Australian Farming – Non-GMO Wheat and Grass Fed Dairy



Nutrition plays a big role in Absolique treatments as many of the problems we face with hair loss, hair thinning and scalp conditions have stemmed somehow from health, lows, deficiencies, and exposure to free radicals, at some point. Autoimmune hair and scalp problems are on a rapid increase as are the group of autoimmune health conditions.

We are constantly researching here at Absolique with a lot of our up-to-date information coming from summits, newsletters, blogs and books by doctors, specialists and professional researchers based in the USA and UK. Researching the situation in Australia can be difficult and a bit of a rabbit hole as we found out when looking at [‘The Cleans 15 and Dirty Dozen’](#) from our last newsletter.

Recently I had the pleasure of meeting an Australian Farmer who squashed a few important myths about Australian wheat and dairy. [Australian wheat is NOT genetically modified](#) as it is in other countries. [Australian Dairy cows are grass fed](#), not grain fed as in other countries. As an Australian and a health coach with a nutrition focus, this is valuable and wonderful news. So, I can happily take back any mention of wheat being GMO when it comes to Australian wheat. I can also take back my mentioning of cows no longer eating grass when it comes to Australian dairy.

Please click on the links above to read for yourself and come to your own conclusion. We recommend avoiding GMO as it can interfere with hormone related hair and scalp problems as well as the potential exposure to known carcinogen [glyphosate](#) used as a pesticide on GMO crops. Avoid wheat, soy and corn products from overseas unless they are organic or from a country stating these crops are not GMO. Just like science and technology, things are forever changing so be aware glyphosate is used as a pesticide in [Australia](#) and there are [GMO crop trial sites](#).



Regardless, if you have an autoimmune condition or low ferritin you should be avoiding gluten and dairy, no matter the source. Both gluten and dairy cause inflammation and malabsorption specifically in these cases and should be avoided. Autoimmune conditions we help with at Absolique are alopecia areata, frontal fibrosing alopecia, pseudopelade, psoriasis, seborrhoea dermatitis and thyroid related hair loss.

Team News

A big congratulations to Irene, mother of two who helps us with online work and scope comparisons. Irene has created her own product line Jeila Skin Co. 'natural skin care for babes of all ages'. Irene's website states *"our aim at Jeila skin co. is to create safe skin products for conscious families, from the littlest to the most lived member. Each Jeila skin co. product is handmade with love and intention on the Redlands Coast, Queensland, with nothing but real ingredients. Our products are free from artificial colours, fragrances, sulphates, parabens, and are not tested on animals."* Check it out here <https://www.jeila.co/> or www.facebook.com/jeila.skinco



In clinic receptionist, Vanessa could write a book about the last 3 months with all that happens daily with family of three children. We really try to support her working from home when necessary and being flexible with hours in clinic hours. We really appreciate Vanessa and love that she can keep smiling and enjoying helping Absolique clients.

Jemmah continues to help us in clinic with many varied tasks juggling university and we congratulate her on getting her licence 😊

Trichologist, Carolyn and husband, Daniel continue to enjoy the country property finding time to venture to surrounding towns finding some amazing organic ginger. Their garden also continues to supply daily organic greens with not much effort, hoping to encourage clients to try growing, even if all you have is a balcony.



Reception and Trichology hours remain by appointment only Tuesday – Saturday. We are proud to support our working mums, so our reception hours continue to vary. To arrange product pick-ups phone 07 3229 3242 or [Email Reception](#).

Absolique Hair Health Clinic | (07) 3229-3242 | Suite 5/71 Bradley Street, Spring Hill, QLD, 4000
[Email](#) | [Website](#) | [Facebook](#) | [Twitter](#) | [Instagram](#) | [YouTube](#)