



Welcome to our March, Autumn in Australia Newsletter. We have had a devastating, extreme weather event to start the season here in Queensland and New South Wales, our thoughts go out to all those effected by these unforgiving floods.

In this season's newsletter, we are excited to announce the launch of our new online shop. We talk nutrition and have even updated one of our nutrition guides. We have three positive hair stories, and we are revisiting our exclusive scalp treatment. If there are any other topics you would like us to cover in our future newsletters, please let us know.

As always, thank you for your commitment and support and we hope you enjoy this season's newsletter.

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New Online Shop Now Open



For our loyal followers, lovers of Absolique products and new clients, we are excited to announce the opening of our new online shop. With technology we have been able to create a safe place for you to purchase Absolique products and access to prescription only products when they have been recommended by Absolique Trichologist.

Create your free account through the top banner 'Account Login', once set up you have access to Absolique Online Shop at your own convenience. No more missed phone calls or email tag, order and pay in one safe place with delivery in 2-3 business days, for most capital cities within Australia.

Absolique Online Shop Products:

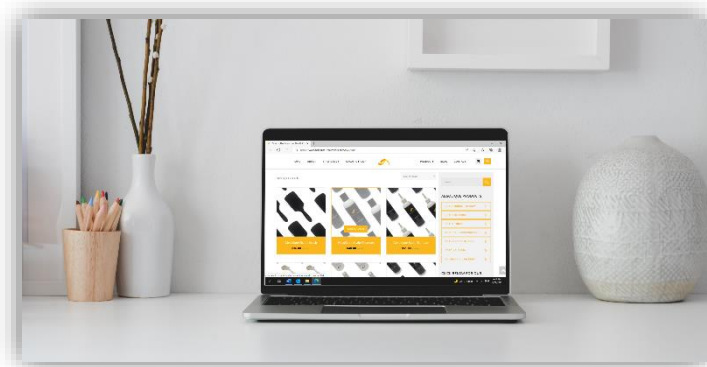
- Absolique Scalp Brush
- Absolique Scalp Cleanser
- Absolique Scalp Tonic
- Absolique Microneedle
- Absolique GRN
- Activance Clinician
- 5% PG Free Minoxidil

The safe payment method is PayPal. When using your credit card via PayPal, please select 'send money to a friend' to avoid a service fee charged to Absolique. In the event a fee does occur, we will need to charge the fee back to you and require payment of the fee before releasing the order. PayPal in 4 is also available as a buy now, pay later option. Just follow the instructions in the PayPal check out.

Please note – Prescription only products: Activance Clinician and 5% PG Free Minoxidil require Absolique Team to register you before you can purchase them through the online shop. To do this, set up your account with username, password, and email address, then [contact Absolique via email](#). Once you are registered, you will have full access to these products as long as they have been prescribed for you. This registration process may take up to 3 business days, so please allow enough time for your order and the administration. We thank you for your patience.

There may be some products you are using that were recommended by Absolique Trichologist, not yet available online, please email us and we will endeavour to add them as soon as we can. It is a work in progress, and we thank you for letting us know about your experience with our New Online Shop. We appreciate all the feedback.

[Click Here to Shop Online](#)



Price Increase



Due to on-going cost increases of ingredients, packaging and transport, Activance Clinician and 5% Minoxidil PG free have had a price rise. Activance Clinician is a prescription only product available by recommendation from Absolique Trichologist. If you are in your first four months of treatment, it is important you continue to use Activance Clinician as directed for the entire four months to achieve

the desired result. The price increase is from \$95 to new price \$96.

If you are following maintenance treatment with Absolique Trichologist you can drop down from Activance Clinician formula to Activance Professional Densify 3 formula. Densify 3 still contains the main ingredient rhodanide but does not have all the extra ingredients we use in earlier stages of hair loss and hair thinning treatment. It is used the same as Activance Clinician and is available from Absolique for \$76.

Another option in maintenance treatment phase is Absolique GRN - grow, revitalise, nourish. GRN is a topical serum product that promotes hair growth and can prevent hair loss. Used in maintenance phase it can deliver the same results as Activance. Many clients prefer Activance spray with the added benefit of volume and ease of application with no residue left on the hair. GRN is applied with an eyedropper and required more accuracy, it is only applied after scalp cleansing, is applied to damp hair and should be dried into scalp for best results.

Absolique GRN price is \$176 which is more expensive than Activance but it last much longer. The bottle is 90ml, the maintenance dose is up to 3ml once or twice a week, providing over 15 weeks of treatment. Activance Clinician and Densify used at maintenance dose should last 2 months for one 200ml bottle.

Absolique preferred 5% Minoxidil formula is compounded to be PG (propylene glycol) free and contains other specific ingredients assisting with hair growth and effective safe absorption. Minoxidil is only necessary to use with male and female pattern hair thinning which is a gradual miniaturisation of the hair in the typical pattern thinning areas of scalp, recessions, front, top and crown. Absolique only recommend the use of minoxidil to assist with reversal of the pattern thinning, it is used in conjunction of our safe scalp preparation. We always work on the hair cycle, so we don't get the dread shed associated with over-the-counter minoxidil formulas. 45ml 5% PG Free Minoxidil is now \$88 at Absolique. To discuss your treatment options [email Absolique Trichologist](#).

Does Your Food Pass the Healthy Test?



Food plays a big role in hair loss treatments at Absolique because the various types of hair loss, hair thinning and scalp conditions are always somehow related to either nutritional low, deficiency, autoimmune conditions, harmful ingredients, and lack of nutrients in modern day food.

As Absolique Trichologist most clients tell me they have a healthy diet, but when we get into each meal, we find many nutrient robbers and incorrect food combining. Nutrient robber's gluten, dairy, and sugar, when included with your food will rob you of any nutrients at that meal. Incorrect food combining, which is combining animal protein with carbohydrates and fruit with other foods, also robs you of other nutrients in that meal. Following simple strategy can help you get the most from your food, but many struggle with this. So, I would always ask you to start working on one thing at a time, and one of the most important to avoid is gluten.

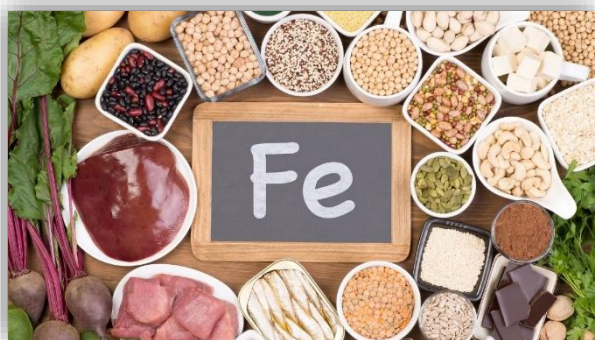
Dr Osborne – The Gluten Free Warrior is helping the world to understand the enormity of how damaging gluten is. Dr Osbourne wrote “To be a true Gluten Free Warrior battling to restore health, it will require a different approach. That means you are looking for first for healthy food and second for gluten-free choices. The first requirement automatically eliminates most ‘gluten-free’ labelled foods, which are typically just as processed as the ‘food’ that comprises 95% of what you find on supermarket shelves.”

“Processed ‘gluten-free’ food is rarely made with true organic ingredients and typically contain GMO soy flour, soy and other manufactured ‘vegetable’ oils, added sugars, and other grains. To make your food pass the healthy test, follow these guidelines: Make it organic whenever possible, less processing, packaging, the better. Read ingredient lists and avoid anything full of chemicals (if you can't pronounce it, don't buy it).”

“Remember, you can't get healthy eating unhealthy food. If you are needing some substitute suggestions try this: instead of milk, try organic coconut "milk" or almond "milk" (use only unflavoured, unsweetened products without carrageenan gum). Instead of Oatmeal, try ground organic flaxseed with coconut milk. Instead of cereal, try ground organic nuts, shredded organic coconut, or fruit. Instead of rice, try wild rice (a grass, not a grain) or cauliflower rice. Instead of Pasta, try spaghetti squash or shredded zucchini. Instead of white and rice vinegar, try organic cider vinegar or balsamic vinegar. Instead of soy sauce, try organic coconut aminos (made from fermented coconut).”

Follow Dr. Osborne - The Gluten Free Warrior and check out his [live show](#).

Updated Food for Ferritin Recipes



We had a look at if your food passes the healthy test, how did you go? Now we are going to offer some meal planning support called Food for Ferritin Recipes. As the title suggests, it is specifically to help with ferritin, which is our bodies storage of important iron, but it also is based on healthy food, real ingredients, correct food combining, avoiding the nutrient robbers, gluten, dairy, sugar and what we call, the Art of Absorption.

Originally compiled in 2016, we have made minor changes over the years, but have now completely reviewed and added many more recipes that are suitable for meat eaters, vegetarians, vegans, and keto followers. The focus for ferritin is complete protein, if you are not sure what this is, ask us for a copy of our Food for Ferritin. Please adjust the recipes to suit your chosen way of eating being careful to keep the protein combinations complete with correct food combining.

The recipes represent a variety of ingredients which is the best way to eat for nutrition. Too many of us fall into the trap of eating the same convenient food every day or only having a handful of recipes. Variety is the key so please try something different, you will be surprised how easy these recipes are and may just enjoy something new.

We test all our recipes first, with one of my new and unexpected favourites, Zucchini Bread on page 4. This was a simple recipe chosen to use up an abundance of zucchini left over from summer growing. I did not think the ingredients would go well together, especially the rosemary, but I had nothing to lose. What a pleasant surprise, the bread held together well, once cooled I could slice it like a loaf, and it was delicious on its own or add some toppings keeping with correct food combining. Suitable for breakfast, lunch, or a snack, and can even be an alkaline nibble while making your green drink.

For a FREE copy for Food for Ferritin Recipes and Food for Ferritin, [email Absolique Trichologist](#). Please remember food alone or supplements alone are not enough to raise a deficiency. Always follow your health care providers advise and if you need help with hair loss, hair thinning or autoimmune conditions along with your low ferritin or iron, Absolique Trichologist can help you. We can help people all over the world with Zoom Trichology Consultations where it is common to spend up to one hour with clients discussing their nutrition to provide helpful guidelines for deficiency and health.

More Results from New Hair Growth Treatment at Absolique



In our last newsletter (December 2021) we shared a new hair growth treatment at Absolique. The product is called HRP which stands for [Hair Recovery Program](#), and we are using the Silver Kit HRP SP55 which includes 3 products, phials, ampoules and a spray lotion. We had noted hair growth much quicker than we usually see which is why this product stands out as a success, along with being minoxidil free.

Here we have a new client, which means he had not done any previous work with us on health or the hair cycle. His diagnosis was early onset male pattern hair thinning, meaning it was occurring at a much younger age that hereditary factors indicated. He was only 24 and recessions were progressively thinning, creeping the hair line back. He wanted results and had tried some generic online treatment for a year or so with limited results.

We checked in on health and the hair cycle, all of this was in place with just a few minor changes made, such as adding scalp brush, scalp cleanser and our Activance Clinician formula to prepare the scalp and help treat the dry scalp scale. Blood tests were also checked, and we found low level of vitamin D, we need sufficient vitamin D levels for healthy hormones, male pattern hair thinning can have hereditary and hormonal influences, so we always make sure levels are optimum. We started basic topical to prepare and clean the scalp, then added the silver kit three weeks later. We were doing target treatment as we only needed result in areas of concern, the front hair line, and recessions.



At Absolique we are here for you, we check in at 2 weeks to see how you are going and make sure you have no problems with your home treatment. Then we check in again at the halfway mark, this was eight weeks into the silver kit treatment. The client said he did not feel things were working, which is common when you are doing treatment every day and looking for results. We suggested a digital comparison to see how things were looking from our perspective against the photos we took at beginning of treatment.

We were all impressed with what we found in the digital before and afters and he still has half a kit worth of product left. We are looking forward to the results in his April 2022 scope session and another digital comparison. If you are interested in trying the silver kit, for existing and new clients, [contact Absolique Trichologist by email](#).

Female Pattern Hair Thinning Story



This young female at age 28 had been experiencing hair loss and hair thinning with the hair thinning more noticeable at the front. She used to part her hair down the middle but could no longer do this as there was so much scalp showing. This had been progressing for 3 years and during that time she had visited a dermatologist who recommended Spironolactone, an anti-male hormone (anti-androgen) medication. This had helped for a while originally but now there was no further improvement.

There was also the birth control pill used to control acne since early 20's, this is not a normal age for skin problems, so we suspected something else was going on. Also uncovered was an unexplained heavy cycle for 1 month which resulted in changing the pill, she remembers feeling very tired around that time.

Absolique Trichologist always checks bloods to make sure we are offering individual treatment that addresses your underlying causes. We found a slight low ferritin level at 64, not a state of hair loss and nearly enough for normal hair growth, we used food for ferritin. B12 was very low at 198, again we used food and a multivitamin, also low Vitamin D at 73 out of 150, the biggest contributing factor for hormonal hair thinning, hormone skin problems and healthy hormones. Past bloods showed the ferritin had been as low as 6 – 16 over a 2-year time frame 5 years earlier.



What people forget is ferritin at such low levels even 5 years ago create damage at a cellular level and this disturbs the hair cycle and causes changes to the hair cell. We could see this with the microscope which found we had near 50% of the total head hair diffusely not growing normally, we call this diffuse hair thinning. This was also happening in the female pattern hair thinning area which means the hair was battling two things in this area, this accelerates the pattern hair thinning at front, top and recessions.

Now understanding there were two things going on and work to do on nutrition, we put together a combination therapy approach addressing all symptoms and causes at the same time for 4 months. At our check in we could see improvement in the hair, which is very exciting, but there is still work to do. This client was honest, she got into a routine at first but dropped off after 2 months and had many other life and health things happening at the same time. We can just imagine how much more she could have achieved if she stuck to the treatment plan. With renewed excitement, she set off for another 4 months determined to do better, knowing it will achieve the results.

If you relate to this story reach out to Absolique Trichologist but be prepared to work not just topically but with your health as well, there are no miracles when it comes to hair growth, there is always a reason why it has gone wrong. [Email Absolique Trichologist today.](#)

Male Pattern Hair Thinning Story



This story is about direct male pattern hair thinning that could have hereditary influence. My client was 35 at the time of diagnosis and had tried various therapies but on their own without understanding the cause of pattern hair thinning. He tried red light therapy, caffeine spray, and other online treatments targeted towards hair loss. He had not tried medications or minoxidil as he preferred a natural approach and did not like the side effects reported of these commonly used treatments.

He was in otherwise good health and the hair cycle was stable, we decided to focus on the male pattern hair thinning. He wanted to stop the pattern thinning progressing and gain some hair regrowth, so we put a treatment plan in place. We also addressed some scalp conditions that were present with basic topical treatment, scalp brush, scalp cleanser, and Activance Clinician.

We added targeted treatment with Scalp Tonique, Microneedle Therapy, and Absolique GRN for hair regrowth. We also used our compounded formula PG free 5% minoxidil once we explained how we use it safely without side effects of hair loss. Thankfully, we do not need to keep using it to maintain results, as we are always looking after the hair cycle and maintaining good health.



The recommended treatment time frame is four months as it takes this long to see hair growth changes as scalp level. The treatment was performed at home, this is the most cost-effective way to do it with the frequency of application, two-three times a week included with the basic hair washing routine we also introduced. There were also diet and lifestyle changes recommended.

During the four months of treatment the client ran into some stress with added workload and additional study. With all of this he continued to make healthier food choices avoiding processed food and trying to only use hormone free animal proteins. We share these results in hope you can see how little changes can still deliver a result. He has decided to continue a more targeted treatment focusing on the crown and recessions to make treatment easier and quicker and should continue to gain more hair regrowth. The goal is to be able to wear the long curly hair down without having to hide the crown, and we are all excited to see the next lot of digital comparisons photos as we get closer to achieving the goal.

If you relate to this story and would like assistance with your hair thinning, [email Absolique Trichologist](mailto:email@AbsoliqueTrichologist.com).

Modere Adult Multivitamin and Antioxidant Back in Stock



Absolique treatment may include nutritional supplementation recommendations. When we are recommending anything for our clients, we need to know they are safe for you. Not all supplements are alike, and we need to do our due diligence to understand the ingredients used are what they say, and they have been 3rd party tested.

One of our chosen companies is Modere because they test every ingredient, every batch, so we are certain the product is up to standard and safe for you. Due to this frequent testing regime, products may temporarily go out of stock, this is the case for Adult Multivitamin and Antioxidant.

[Modere Adult Multivitamin](#) is now back in stock. If you were using the Adult Multivitamins with Botanicals, please revert to Adult Multivitamins once you have run out. For the synergy of nutrients used for cellular correct, cellular support or support of nutritional lows and deficiency, Modere Adult Multivitamin is our chosen product.

[Modere Antioxidant](#) is also now back in stock. If you were using Antioxidant Sustained Release one tablet a day with green drink, and you prefer this over the two tablets of Antioxidant, you can alternate between the products. The reason for this is the products have different ingredients. Antioxidant is a powerful antioxidant with various active ingredients delivering the impact we need and can safely be used in conjunction with Adult Multivitamin when we need to meet a nutritional balance profile.

[Modere Antioxidant Sustained Release](#) contains other minerals that may not be needed if also using Natural Mineral Drink. It also contains an amino acid that some individuals can be sensitive to and affect sleep quality.

Nutritional supplementation is based on synergy and always aiming to create the best balance, also along with healthy food. Absolique Trichologist recommends your individual nutritional plan based on your blood's tests and reviews this with you at every scope session. As things will change so will your nutritional needs. Too little and too much of a good thing can be a problem, balance is the key. If you are not due for a scope session or if hair and scalp are stable but you would like a nutritional review, email your blood tests to Absolique Trichologist. If you are an active client still purchasing products, a nutritional bloods review is free. For inactive client's there is a small fee of \$96 for up to 30 minutes including updated written instructions. Service can be performed in clinic or by phone. [Email Absolique Trichologist to chat about a nutritional bloods review.](#)

Scalp Treatment at Home – Survey



Absolique Trichologist has developed a scalp treatment for at home use. We need your help to choose the correct name and let us know if it were a product that you would consider purchasing? To participate in the survey simply email info@absolique.com.au or message on [Facebook](#) with your preferred name (options below) and YES or NO to future purchasing of the scalp treatment product.

Scalp treatments are usually designed for professional use only, but this has not been possible with all the restrictions we have faced over the past two years. Many scalp conditions require

a regular scalp treatment to remain healthy and symptom free. We had already constructed and trailed a scalp treatment product in past years but now feel it could be the right time to go into production.

Absolique scalp treatment could also be called a scalp exfoliant or a scalp scrub, all descriptions are correct in the action of the product, please state which name you prefer from the following:

- Scalp Treatment
- Scalp Scrub
- Scalp Exfoliant

Would you purchase a scalp treatment for home? YES or NO

Scalp conditions such as scalp scale, dandruff, built up scalp scale with oil, psoriasis, seborrhoea dermatitis, and pityriasis amneantacea, generally require a professional in clinic scalp treatment to begin to get things under control to be maintained at home with scalp cleansing procedures. For some stubborn scalp conditions, repeated professional scalp treatment is required to keep things under control. This can be expensive and time consuming, or impossible for some locations.



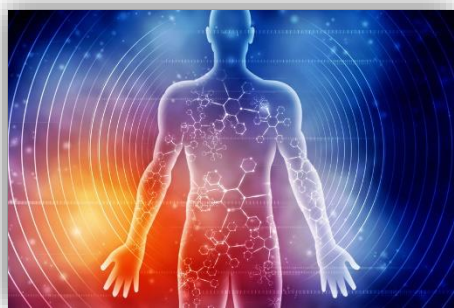
Absolique Trichologist helps many with scalp conditions along with hair loss and hair thinning, first with correct diagnosis, identifying any related deficiency and then recommending prescriptive individualized scalp cleanser. We aim to address both symptoms and underlying causes for best results. Here we also consider hair health because scalp treatments and scalp cleanser are not hair products.

If you have an existing scalp condition diagnosed by Absolique Trichologist and would be interested in this product, please participate in this survey. If you have a scalp condition and

would like help from Absolique Trichologist, you are also invited to participate in this survey and let us know more about your scalp concerns in your email or message so we may begin to help you with some scalp relief. Diagnosis service can be online or in clinic, location is no longer a restriction.

[Email Absolique Trichologist](#) or [message Absolique on Facebook](#). Thank you in advance for your participation.

Bioenergetics at Absolique



In addition to Trichology services, I now also provide services in the emerging field of bioenergetics. This means assessing and correcting the body's energy and communication systems. Doing this improves the body's own ability to heal and stay healthy.

I do this with a wellness scan that takes just seconds but shows an incredible amount of information. Then I can use a handheld technology called the [miHealth](#) to get the body's energy moving. Finally, I provide liquid remedies called

[Infoceuticals](#) that help to optimize the body's energy and communication systems.

Things are changing rapidly, and we are all having to adapt to new ways of doing things and quickly. We know there is a lot of anxiety about what is happening and how that will impact our lives moving forward, especially from a personal health point of view. Prior to this, I invested in the NES Health BioEnergetiX WellNES System. My thought process at the time was to integrate NES into what I already offer. However, I've realised that the timing for introducing this bioenergetic system into my clinic couldn't be more perfect. I can continue to support my own health that of my family and clients, and all this can be done **remotely**.

So, what is this BioEnergetiX WellNES System? NES Health are the leaders in bioenergetics: the study, detection, and correction of energy in living systems. They have spent decades mapping out the energy and communication systems of the body. Collectively, these systems are called the human body-field, which acts as a control system for the body's physical activity. What does this mean for you? The scanning software can detect any underlying distortions in the human body-field.

I've seen an increase in under-powered or distorted fields related to the immune system thanks to the NES Health scanner. When combined with NES' revolutionary software, the scanner can address immunity and can provide ways to support your clients and yourself -- especially during these stressful times. With increased uncertainty around the world, the highest priority must be our mental, emotional and physical wellbeing.

The NES BioEnergetiX Wellness system is the perfect solution, and all this can be done in the comfort of your own home. In this [video](#), you'll hear about the journey of NES Health and their mission to provide the easiest and most effective health system for humanity. [Email Absolique Trichologist](#) if you're interested in how this can work for you and your family. Plus, I am offering the first scan for free valued at \$125.

Journey video: <https://youtu.be/tlcKEXUbYpU>

miHealth video https://www.youtube.com/watch?v=Yml1lcd_BDU

Infoceuticals video <https://www.youtube.com/watch?v=nar9qQYiW60>

Team News



Absolique Team, past and present, had a get lovely get together late last year at Carolyn's property. It was a joy to be together and see how much the children have grown and to meet some for the very first time. And in the spirit of Christmas, Carolyn kindly let the kids decorate her balcony with Christmas decorations. We all had so much fun we forgot to take a photo, but we hope to do it again soon!

Look at this picture-perfect giant zucchini from Carolyn's veggie patch, therefore we were making zucchini bread. If you have been to our Brisbane clinic, you may have noticed our sheep in Carolyn's office, a creative client took a fancy to the sheep and took photos of her microscopic hair pictures, then

presented us with this gorgeous card, our sheep is now our mascot 😊

Vanessa is all settled into her idyllic mountain home, the morning views through the sunshine and blue-sky clouds are the best way to start the day. Not so good in the rain with limited vision and landslides, she does have to trek carefully in the rain. Hannah is back at school and helping us out with blogs and back-room admin.

Alongside her beautifully chaotic life of motherhood, Irene continues to help us remotely with scope comparisons, webwork, and newsletters.

In celebration of International Women's Day on March 8th, we would like to express how grateful we are to be in the presence of strong, intelligent, generous, and inspiring women at Absolique, it is an honour to work along side you.

