



Welcome to our Winter in Australia Newsletter!

In this season's newsletter you can read about the importance of addressing the causes to relieve symptoms. We have some exciting news to share about the Lord Mayor's Women in Business Grant, as well as an update on our recently launched Absolique Online Shop. As always, we share some real-life happy hair and scalp treatment stories, the release of a new product, and a delicious (and healthy) recipe tried and tested by our very own Absolique Trichologist.

If there are any topics you would like us to cover in next seasons newsletter, [please send us an email](#) to let us know. We are forever grateful for your continued support and commitment from those on their journey to happy hair and health.

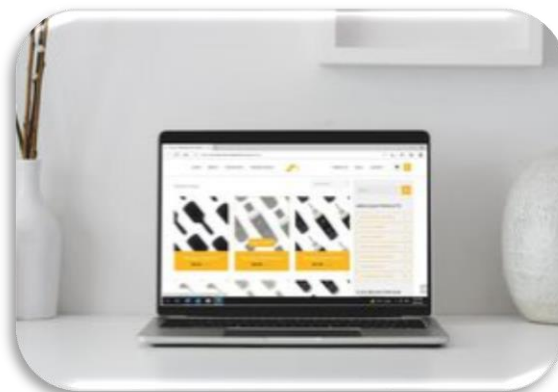
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Absolique Online Shop – More Products Now Available

Absolique Online Shop has now been open for over three months. We have had a few teething problems in the beginning, but things seem to be working well now and now we are able to add more of your favourite products, with more to keep coming. Please let Absolique know if there is a specific product you would like us to add to Absolique Online Shop.

You do need to set up an account to order online, and if you are wanting to purchase prescription only Activance Clinician or 5% PG Free Minoxidil, you will need to let us know to activate this for you. For prescription only products purchased online, set up your account, then [email Absolique Trichologist](#) with your account name. We can then activate for you and let you know when it is ready to go. In most cases we can do this on the same day.



To set up an account with Absolique Online, go to our [website](#). At the top menu of all pages, just right of centre is 'Account Login', This is where you can set up your online account and login. This may not show up if you are doing it on a mobile device, in that case scroll all the way to the bottom of the page and on the bottom left is also 'Shop Login'.

If shopping online is not your thing, you are always welcome to [email orders to reception](#) or call reception on (07) 3229-3242. If you would like to pick products up in person, please arrange payment and a pick up time prior with reception. Our reception is not always open to walk-ins, and we don't like to disappoint with a closed-door welcome.

When reception is closed, Absolique Trichologist is with a client, and the front door is locked for privacy. It is unfair to leave any client to serve another, so we have the 'prearrange product pick up policy' to be fair for all. It is important that you stick to your arranged product pick up time please, as we do run to a schedule. When reception is closed, there is no one to monitor email and phones calls at that time. We appreciate your understanding.

Click for the link to: [Absolique Online Shop](#)

Lord Mayor's Women in Business Grant



We are so grateful to be one of the winners of the Lord Mayor's Women in Business Grant. This is such an exciting opportunity for us, and we cannot wait to put it to good use!

For Absolique this is a wonderful opportunity to increase our online services to reach and help more people suffering hair loss, hair thinning and scalp conditions. We often get told 'wish I had found you years ago', and 'I did not know who to see, or where to go', or 'there was no help or understanding from my doctor or dermatologist'.

Whilst it is never too late to help with hair loss, hair thinning, and scalp conditions, we could reduce so much stress and anxiety if people could find our trichology services sooner.

That is where we are using the funding to dig deep into how we can be found easier online and put together some online questionnaires to get things started before in clinic visits are required. It is a goal and long-term vision to add this next level to Absolique and we thank the Lord Mayors Women in Business Grant for the funding which has made this possible.

We were chosen from a group of exceptional women in business and are very happy for the consideration. We will keep you updated by our newsletters and emails with our progress, we are currently in the online audit process and are excited by the things that have been found that we can improve on for our existing and new clients out there looking for help.

If you don't already, you can follow along on our social media pages and website: [Instagram](#) | [Facebook](#) | [Website](#) | [Twitter](#)



New Product - Activation Perfect K2D3

Vitamins K2 and D3 go hand in hand and help to regulate calcium metabolism, a process that supports the movement of calcium into and out of your gut. Vitamin D3, also known as the sunshine vitamin, is naturally synthesized when our skin is exposed to sunlight. It plays a vital role in calcium absorption in the intestine. Almost 99% of your vitamin D supply is used to regulate calcium, with the remaining supply used to strengthen the immune system and help maintain muscle strength.

Without sufficient levels of vitamin K2, it is difficult for calcium to be deposited into our bones. When not deposited in our bones, excess calcium can be deposited in the cardiovascular system, where it can have harmful effects. Vitamin K2 prevents this from happening.

Calcium is a powerful bone builder. Combining vitamin D3 and vitamin K2 promotes healthy calcium metabolism and therefore healthy bone and teeth mineralization, muscle strength and recovery, cardiovascular health, and immune system function. Both vitamins are necessary to prevent your soft tissue from calcifying and help deliver calcium to all the right places in your body. Most people are deficient in vitamins K2 and D3. K2 and D3 are not easily bioavailable in the foods we eat. That's why it's important that you supplement the two vitamins for optimal health.

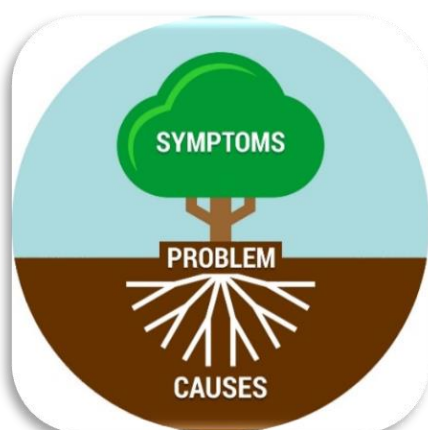


Calcium is the most abundant mineral in your body, 99% of calcium occurs in bones and teeth. The remaining 1% found in the blood and soft tissues. Calcium is what helped your bones grow during your childhood. Adequate intake of calcium combats the decline of bone mass, supports bone recovery, and prevents fractures. Research shows that a 10% increase in bone mass at the end of adolescence can lead to a 50% decrease in the risk of fractures later in life. This alone shows the importance of getting enough calcium intake throughout all stages of life, especially among post-menopausal women, in children, and older adults.

The typical diet does not contain a sufficient amount of vitamin K2, and as such, supplementation is beneficial to everyone. Simply squeeze 17 drops directly on the tongue, or into a glass of water (green drink) and mix well. Taking 0.5ml/day is the optimal dosage. We recommend monitoring the body's response in the first days of taking K2D3 and reducing the dosage, as needed. Vitamin K activates proteins that play a role in blood clotting, calcium metabolism and heart health. One of its most important functions is to regulate calcium deposition. Vitamin K2 as MK-7 activates the greatest proportion of osteocalcin. Once activated, osteocalcin binds calcium in the bloodstream for transport into the bone matrix, and it also activates the Gla protein which helps to ensure calcium is transported to bones and not to areas where it can be harmful.

Serving Size: 0.5 mL (17 drops per day) = 1000IU, 25mcg Vitamin D3 Cholecalciferol (Vitashine, vegan) 125% daily value, Vitamin K2 200mcg (menaquinone-7, K2VITAL) 167% daily value, 100% Organic MCT Oil. 30 servings per bottle. If also taking Vitamin D supplements discuss your daily dosage with Absolique Trichologist. This product is now available in clinic 15ml \$56 or online at [Activation Australia](https://www.activationaustralia.com.au/).

Bioenergetics – Why You Can’t Target Symptoms



“Our culture has the idea ingrained that Western medicine is the superior mode of healthcare. It’s just how most of us were brought up. As health issues arise from the everyday cold to acute injuries we go to the doctor. They assess our symptoms and prescribe medication.

The problem with this approach? It’s kind of like playing a game trying to address the symptoms while new medication side effects pop up and the root cause remains.

The worst part, a lot of those side effects are bigger issues than the original problem, yet medication is still the standard. For example, let’s say you have anxiety, and you start taking medication to manage it. The next thing you know, you’re dealing with nausea, mystery rashes, and muscle pain. Perhaps the anxiety could have been managed through meditation and exercise, but now you’re facing issues that require a more complex approach.

This is not ALWAYS the case. We are not anti-medication. There’s a time and place for prescriptions – but the bottom line is that we meet way too many people in a scenario like the above: They were given medication when a natural intervention could have worked. What does medication really do? It suppresses symptoms while the root cause festers, until the problem is bigger than when you started. It’s sort of like ignoring the rock that’s in your shoe, rather than stopping to take it out.

In our busy lives, we just want something quick to help us get through the day. That’s understandable, but ultimately, ineffective at best and detrimental at worst. Medications have become a lifestyle. As we age, we wind up on several “lifestyle” medications – pills we need to simply cope with everyday life. What’s so bad about targeting symptoms? Symptoms are the body’s way of telling us something is wrong. If we suppress our symptoms for too long, rather than addressing the root cause, we’re essentially numbing out. We’re no longer connected to our bodily signals, so we have no way of knowing where we stand with our health.

We need symptoms. They are signals, pointing us toward the root cause. So, what’s the solution? No one wants to live with symptoms, right? The solution is resolving the underlying issue. Correcting health at the root. Restoring energy at its source – your cells. Your body is a brilliant operating system. Under perfect conditions, it runs by itself. If you can correct the faults in the system, you can restore your body’s natural ability to heal.

Sometimes, addressing a lack of nutrients or exercise might help. Other times, clearing toxins from your environment is the answer. Maybe meditation and breathwork are what you really need. What always helps? Restoring energy on a fundamental level. Your body is a field of energy and information, informed by what you consume, from food to oxygen. This field controls all your biochemical functions, from your sleep to your skin and everything in between.

When you’re not feeling your best, there’s a distortion in your energy field. Your system has been compromised. When we can optimize your system, we can optimize your health. How can we do this? Here’s a hint: What’s your body mostly made of? Water. 99% of the molecules in your body are water. Your cells float in water, contain water, and need water to survive. I’m not talking about ordinary tap water.

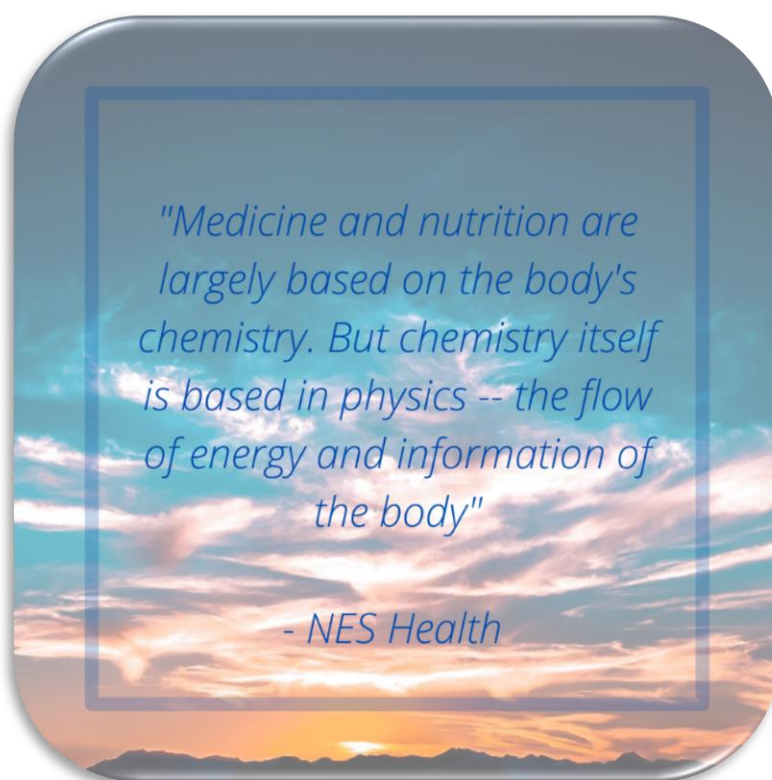
Most of the water in your system becomes structured, enabling it to store and exchange energy and information within your body-field. Since structured water has this ability, we’ve developed a proprietary method of imprinting water with the energy and information needed to restore the body-

field to optimal health. This information-imprinted water is what makes up our Infoceuticals. Each Infoceutical is imprinted differently, allowing it to correct different aspects of the body-field. Infoceuticals restore the flow of information in your body. They balance and strengthen your system, removing blockages and restoring natural immunity.

After over 7 years trying to fight chronic fatigue syndrome with nearly every therapy you could imagine, the earliest Infoceuticals were the only thing that helped me recover my energy. Safe and non-invasive, they trigger the body's innate healing ability. Over the past 20 years, we've refined the process, and they've gotten much better and more effective."

Curious to know more about these unique remedies? [Click PLAY on the video through this link.](#)

Bioenergetics services and infoceuticals are now available with Absolique Trichologist, email info@absolique.com.au if you would like to know more about scanning, tracking or treating symptoms in a different way. First scan is free valued at \$125AU and can be performed in person or remote via voice scan.¹



¹ https://coach.neshealth.com/2022/05/27/heres-why-you-cant-target-symptoms-and-the-solution/?utm_campaign=NES%20Health%20Newsletters%20-%20Practitioners&utm_medium=email&_hsmt=214568581&_hsenc=p2ANqtz-8sjanDeBrjPgXLheT6h3lWZRZGyHg6nJiMA8MG7jP8CVh4LUZli628rNs8LUPvJjIOwWr2dEXj3j-NXTiSbTURbq8mA&utm_content=214568581&utm_source=hs_automation

Winter Scalp Treatment



In Australia, for those who experience winter, it can come on fast and be a huge contrast to the temperature and humidity over the rest of the year. We quickly turn up the heat of the water in the shower, use the heat setting on the reverse cycle air conditioner, get other heaters out, change the temperature in the car, and most times at work, change the way we eat leaning towards more hearty warming cooked foods and generally drink less water.

These changes can also contribute to seasonal changes in our skin and scalp. Winter has only just started for us here in Brisbane, but my

clients are already experiencing what they notice as the 'winter' dry skin happening. When this happens, it can be handy to change your scalp cleanser to something more calming than cleansing, if you are using Absolique Scalp Cleanser, you may want to consider incorporating [Activance Calming Scalp Cleanser](#) and Scalp Soak to use instead or to alternate with your usual scalp washing routine. Scalp Brush Therapy is also very beneficial when you are noticing an itchy, dry, scaly winter scalp.

For some, winter will trigger autoimmune skin conditions such as psoriasis, eczema, and dermatitis, and when this is building up on the scalp you can use the in clinic professional Scalp Treatments available at Absolique, starting from \$100AU they are a relaxing and pleasant experience that clean off the built-up scale without stripping or scratching the scalp.

Interestingly, autoimmune requires sufficient levels of essential fatty acids (EFA – which are essential because we don't make them but need them in abundance), along with minimum base levels of Vitamin D of 150nmol/L. Change in diet with reduction of fresh foods along with less daylight contributes to the lowering of these levels, resulting in dryer than usual skin. We're also not perspiring which contributes to our natural skin barrier the acid mantle, then it gets stripped off with the hotter water.

Combine all of this with less water consumption, it is not surprising our skin may show some signs of winter wear. So, try to keep up some sunshine, if not get your levels tested and use a supplement as needed. Eat or supplement with EFA, keep up your filtered water consumption, and add fresh herbs and microgreens on top of your soups or hot meals for some essential vitamin C. Good food sources of both EFA and Vitamin D are organic eggs and wild caught fish.

Absolique are still working on production of their own at home scalp treatment, winter scalp is the perfect time to pull this out of your bathroom cabinet. We will let you know as soon as it is available! It will be a good alternative to the in-clinic scalp treatment, however in more serious cases we may still need to use professional in clinic scalp treatment. If you have winter scalp concerns or would like help with winter supplements or autoimmune conditions, [reach out to Absolique Trichologist](#).

Women's Hair Cycle Story



Here we had what seemed to be an otherwise healthy person, however she had been experiencing hair loss for 6 months. This on its own was not a concern because she had a lot of curly hair. But as the hair loss continued the remaining hair was getting thinner and thinner to the point, she could now see her scalp. Doctors blood tests were deemed normal with no cause for concern found.

She knew something was not right and could not accept her hair had thinned so much. She was not a hair person, meaning she had never had to fuss

over her hair, but now she had to spend time styling the hair to cover the thin areas. Her regular hairdresser also noted things were getting bad.

Trichology consult discovered a history of emotional stress spanning over a few years, weight gain then drastic weight loss. During this time was also told she was prediabetic and had broken sleep. This all put together can affect the body and its stores, when things get low it will disturb the hair cycle. The hair cycle is sensitive and non-essential, so when essential nutrients are missing, the body can release the hair out of its cycle to preserve energy.



Bloods showed essential vitamin B12 was at 158 out of 150-811, the reference range on the doctor's form was >150 so this low-end result was deemed normal. Further investigation found the B12 had been as low as 110 in previous years. B12 is our stress receptor and is essential for many body functions. This low level over a period will disturb the hair cycle.

We also found high cholesterol, the bad LDL was high end and the scalp showed scale and oil which should not be found together. When we see this together it is usually a deficiency of Vitamin D and

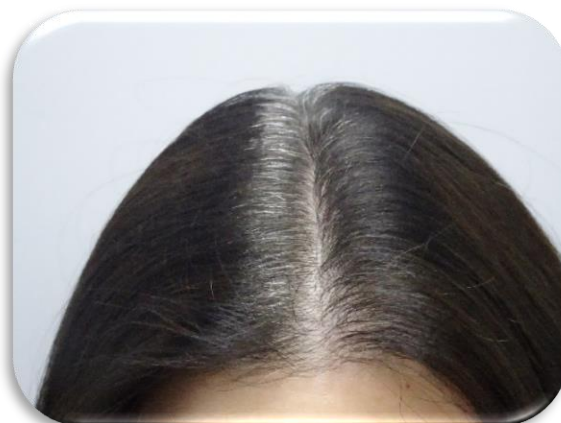
or Essential Fatty Acids (EFA). I could see on the consultation form she was taking fish oil and B Vitamins, so I wondered if it was an absorption problem or a dosage problem. Blood tests also confirmed Vitamin D was low at 81 out of 150-300, this was surprising as she was a sun lover and spent much time in the sun.

With this information we formed a plan, both topical and nutritional to address the concerns. The timeframe is 4 months to make changes at a cellular level, and here are the wonderful results. Bloods were rechecked and everything was now in range, so we altered dosages to maintain levels through both food combining and less than recommended daily intake (RDI) supporting supplementation. Once the hair cycle is corrected, if health is maintained the hair will continue to grow normally. We will now check in with her in 6 months just to make sure everything is still on track.

Women's Hair Growth Story

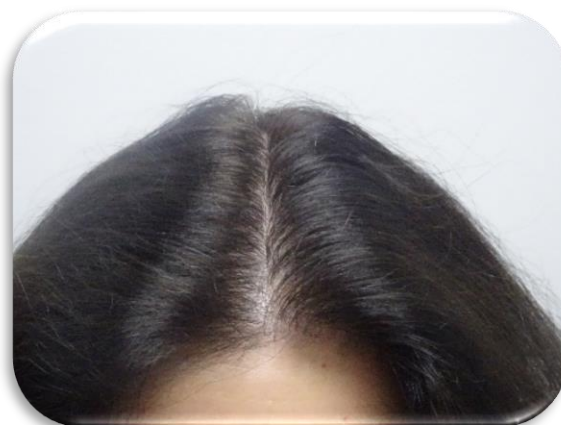
This case had been experiencing hair loss on and off over 3 years. She now had lost 75% of the hair volume. There was a history of anaemia, acid reflux and medication. The doctor thought it was stress related hair loss from a big move and stressful job, everything was pointing to low levels and malabsorption.

Blood tests were incomplete so we could not get the whole picture, but we could see her ferritin had dropped but was safe, but Vitamin D was low at 61 out of 150-300. This also explained the scalp scale, scalp oil and dry scalp we found with microscopic diagnosis. The microscope also picked up there had been hair loss, now left with empty hair follicles, they were open but empty, and surrounding hair diffusely had thinned in structure, they were no longer growing to genetic hair type.



There was also minor female pattern hair thinning (FMPT) present, but the diffuse hair loss and diffuse hair thinning were the main concerns. Normal levels of vitamin D also gives a level of protection against FMPT, so we knew we could protect there along with a basic topical treatment we suggested. Health check with pH testing came in low/acidic which also inhibits absorption. We discussed food combining and avoiding nutrient robbers' gluten, dairy, and sugar. We also added in a green drink, essential fatty acids to supported vitamin D and the skin, also acting as antioxidants. Collagen beauty was also used as it is from an organic bovine source and a hair, skin, nails, and gut supplement to be mixed with the green drink for a better taste.

This basic approach was to get some stability of the hair loss and promote hair growth. The time frame was 4 months, and you can see from the before and after images the hair appearance and hair growth has improved. During this time, she had managed to get more complete blood test results and was found to be vitamin B12 deficient and suggested a course of B12 injections. It was reported the hair was still falling, yet we managed hair growth using some simple strategies and healthful changes.



It is exciting to imagine how much more hair growth we can achieve once the nutritional levels are back in place, the key here is not low levels but sufficient ranges. Absolique Trichologist can help you understand sufficient ranges as our doctors are only trained to look beyond the lowest of levels, which for hair loss and hair growth, are way too low. Relate to this story? [Contact Absolique Trichologist.](#)

Male Hair Growth Story



For this story we have a very healthy individual, who achieved hair growth with little changes and some simple topical treatment. He is a personal trainer and big on nutrition, so he understood the food but there were little tweaks to be made based on the bloods and diagnosis. At age 30 showing signs of early onset male pattern hair thinning, his father is bald on top but that happened later in life. On top of a natural high hairline and recessions, the hair was visually thinning and receding further at the front and top/back, in the typical male pattern hair thinning areas.

With male pattern hair thinning, there are hereditary factors for most, but is happening much earlier these days, termed 'early onset'. Hair growth is difficult to achieve without understanding the other contributing factors and working with an otherwise healthy person is also going to deliver better results. Along with hereditary factors, there are also hormonal and environmental influences, the main ones are hormones in our food and harmful ingredients in our personal care and household products.

Food we can normally control, and the main culprit is animal protein. Eat only 'clean' protein; grass fed beef, hormone free chicken, wild caught fish, organic eggs. For the personal care and household products, learn about the [harmful ingredients](#) and replace product with safe options. These nasty ingredients are endocrine disruptors and can enter our bodies through the skin, messing with our own hormones. Changing these daily habits can make a big contribution to hair growth treatment.



Microscopic diagnosis also found the hair cell and hair cycle were not functioning right, this lowers immunity of the hair cells also letting male pattern hair thinning in much earlier than it should happen. Bloods were also checked and found a surprising low level of ferritin for a male. When we discussed food combining, he was eating what seemed healthy food, but not clean proteins and almost always with carbohydrates, which block the absorption of proteins, and gluten was also present which is a nutrient robber. Low ferritin 45 out of 30-300 will inhibit normal hair growth, for an active male level should be easily over 100.

We also found low levels vitamin D, 78 out of 150-300. This also indirectly effects our hormones, so when low also can let male pattern hair thinning in. With this information we created a plan, both topically and nutritional using pH testing as our absorption guide. The hair growth treatment time frame is 4 month and here are the before and afters. We have adjusted the plan to target treatment and made it less frequent for convenience, yet will continue to deliver the hair growth result, we are waiting on blood test results to confirm everything there is also in order, which is super important. We cannot get hair growth to continue if there are lows or deficiencies. If you relate to this story or would like help with hair growth, [reach out to Absolique Trichologist](#).

Silver Kit Hair Growth Treatment Results

We shared the 8-week results in our March Newsletter (page 6) now here are the 4-month silver kit hair growth treatment results. It is impressive to see so much new hair growth, increased hair density and improved hair volume, for what would normally take up to 12 months to achieve. The silver kit hair growth treatment is derived from some of the latest medical hair growth treatments but done in the privacy of your own home.



Cost comes in the same or less than a singular PRP (platelet rich plasma) treatment without the time and pain factor. For some you will need to use more than one silver kit, but the repeated treatment will be much less than once every month. As much as we are impressed with the silver kit hair growth treatment, at Absolique Hair Health Clinic we are all about treating both symptoms and causes.

Absolique Trichologist will always begin with correct diagnosis, understanding and explaining all underlying causes and contributing factors. This way we can get the best results for you short and long term. We then help to monitor and manage hair and health avoiding ongoing treatment where not required. Once hair growth treatment results are satisfactory, we use simple maintenance protocols.

Many types of hair loss and hair thinning are temporary and easy to maintain with health once hair growth treatment has achieved the desired result. Some types of hair thinning, particularly the hereditary male pattern thinning, and female pattern hair thinning may require more maintenance at different levels because of the genetics and various triggers involved. Absolique Trichologist will always help you to monitor and manage hair and health.



For existing clients looking for a different hair growth treatment or feeling as the hair growth has plateaued, the silver kit could be a good option. [Email Absolique Trichologist](#) if you are interested and we can arrange a free 15-minute phone chat to discuss how it could work for you. Silver kit cost is \$575AU and should provide 8 weeks treatment, microneedle is also required, if you need a new one cost is \$110AU. Scalp cleansing is also required, \$40-\$45AU depending on your prescription and many clients are also using Actavance which we can incorporate during and after the silver kit treatment.

Recipe – Beetroot and Pumpkin Soup



Carolyn, Absolique Trichologist here, sharing a recipe I found because I had abundance of pumpkins that grew over summer and continued with many still flowering now, in June! There is only so much pumpkin one can take, so this recipe was a refreshing yet warming change with the lovely earthy taste of beetroot, the colour is also impressive. It is an easy to make recipe and freezes well.

The ingredients make this recipe vegan, so it does not fit with food for ferritin without adding some

nuts/seeds for topping at the end, which I encourage along with some funky microgreens or alfalfa. For the non-vegans use organic bone broth instead of vegetable stock for a more complete meal. Low iron or ferritin? Don't forget to download free copy of our updated [Food for Ferritin Recipe Booklet](#) packed full of recipe ideas interchangeable and to fit in with food combining, also gluten, dairy and sugar free! Problems downloading, [email Absolique Trichologist](#).

This soup is abundant in the antioxidant beta-carotene thanks to the delicious pumpkin and gives us a healthy dose of folic acid from the beetroot. The cinnamon gives this dish that extra taste and needed iron, calcium, and manganese. It helps stabilize blood sugar levels, which is great for weight loss. Just smelling cinnamon alone is said to boost cognitive function and memory, so give the soup a good whiff before you dig in.

Ingredients:

500ml vegetable stock
 ½ medium pumpkin
 2 large beetroots
 1 cinnamon stick
 1 tbsp coconut oil
 1 onion
 1 tsp nutmeg
 1 tsp sea salt

Instructions:

Peel and cut up the beetroot and pumpkin into bite size pieces.

Sauté the onions in the coconut oil on a medium heat until they become translucent.

Add the pumpkin, beetroot, nutmeg, salt and cinnamon to the pan. Sauté all the veggies for 5-10 minutes.

Add the stock and bring it to a boil, then simmer until vegs are soft @ 10-20 minute.

Remove the pan from the heat and blend the mixture with a hand blender or food processor until the soup is smooth.

Cool and freeze at this point, is easy to defrost and reheat when required.

Serve hot topped with nuts, seeds, and microgreens. I find this recipe makes at least 4 serves.

Find the [original recipe here](#).

Team News

I think we are all waterlogged and drying out from such a wet season. Trichologist Carolyn did not get too much produce with all the wet weather except for pumpkins, those resilient vines just kept giving and are still flowering with more pumpkins to come! Also, just a reminder to keep an eye on your pH, with some family cancer diagnosis, all caught in time and undertaking treatment, it is a reminder not to feed cancer with sugar and maintain a pH environment of 7 where cancer cannot grow.

Shout out to Vanessa who goes the extra mile for us all, managing our new online shop on top of everything else in reception. She is also crazy busy back in Absolique hair salon helping our clients with their hair dreams. At home Vanessa could write a soap opera series with something always happening, I often wonder how she does it all! Thank you.



Welcome back to Tessa for the third time 😊 she now has 3 boys under 6, omg! Tessa is back 1 day a week so you may get her on the phone or email.

Irene continues to help out with our scope sessions and tricky online work when she can, we truly appreciate she can still help us out.

And last but not least, our girl Friday is Hannah, Vanessa's daughter continues to help us out with filing, blogging and whatever may come her way, thank you.

Trichology Clinic open Tuesday-Saturday by appointment

Reception open Tuesday-Friday by appointment

We are still trying to be flexible with reception hours amongst school pick ups and school holiday. Please leave a phone message if we do not answer and we will be sure to get back to you. For appointment changes and product orders [email reception](#).

For Trichology questions email [Absolique Trichologist](#).