

JANUARY 2023 | ISSUE #48

# HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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Find cause of hair loss

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## The New Year Issue

Happy New Year from the team at Absolique! We hope you had a wonderful and safe holiday season and are well recharged for the new year ahead! As we were preparing for the holidays, we were continuing to work behind the scenes to bring you our informative articles.

In this month's edition are setting a New Years Resolution: finding the cause of your hair loss. We talk about long term hair loss and ways to prevent hair loss.

As always, we are touching on the importance of Food for Ferritin and reminding you about our free eBooks that are available to you!

If there are any topics you would like covered, please let us know by contacting Absolique Trichologist via email -- [info@absolique.com.au](mailto:info@absolique.com.au).

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# New Year's Resolution

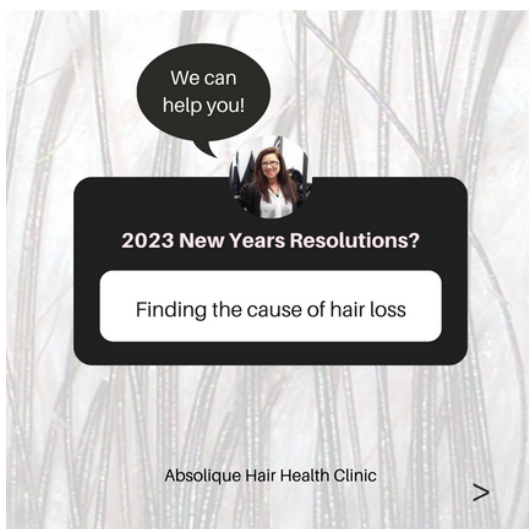
*Find Cause of Hair Loss*

Start the new year with a mission to find the cause of your hair loss. A new year is the perfect time for a new plan. Finding the cause of your hair loss can uncover how it is connected to health and in many cases, other little niggling problems too.

Hair loss is a sign something is not right with the body. When you get to the point you are physically noting your hair loss, you have missed some of the other signs.

## **Trichologist – help find cause of alopecia**

Trichologist is a hair specialist. Absolique trichologist can help you find the cause of alopecia. Alopecia is a word meaning hair loss, but there are many different types of alopecia. Diagnosing your type of alopecia can empower you to choose the right hair loss treatment and open many options for natural hair treatment.



## **Find hair fall cause – to use natural hair treatment**

Natural hair loss treatment can be used once we have found the hair fall cause. The hair fall cause could be low ferritin. For low ferritin hair loss, we would use food for ferritin, the art of absorption, correct supplementation, nutritional support, with some topical treatment for natural hair loss treatment.

Health and blood test history help trichologist find hair fall cause. Once this is understood, there are many natural hair treatments to choose working with food where possible. Therefore, a new year's resolution is perfect to finally find hair fall cause.

## **Hair loss due to stress – how this can happen**

Stress will drain the body tanks putting extra stress on the body too. We can't take the stress away, but we can support the body tank to better manage the stress. What a way to start the new year, helping your body to cope with the stress.

Some of the common lows with hair loss due to stress:

- Vitamin B12
- Iron and ferritin
- Vitamin D
- Magnesium

Once we start filling the tanks, your ability to cope with stress improves. The hair loss due to stress reduces and we can go for hair regrowth.

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## Sudden hair loss – excessive hair loss

If you have been experiencing sudden hair loss or excessive hair loss for more than 3 months, now is the time to sort it out. New year, new renewed energy to get to the bottom of this. Telogen effluvium diffuse hair loss should not last more than 3 months.

Absolique trichologist can help you find the cause of the hair loss and get hair growth back on track. In most cases we can get the hair growth coming back within 4 months. Let's get started now. Don't wait another day.

## Trichologist – hair specialist

Absolique trichologist is a hair specialist and has been helping people with hair loss for over 25 years. She can help you find the cause of the hair loss and get hair growth back on track.

In most cases we can get the hair growth coming back within 4 months. Let's get started now. Don't wait another day. Hair worries and hair anxiety are real things, let's fix this in 2023.

To see our results and learn more about Absolique Hair Health Clinic, go to our blog page and check us out on YouTube @CarolynFrostTrichologist.

Email [trichologist@absolique.com.au](mailto:trichologist@absolique.com.au) or call reception to make a booking on 07 3229 3242.

## Common causes:



**TRAUMA WITHIN THE BODY**

**HIGHS, LOWS, DEFICIENCIES**

**AUTO-IMMUNE RESPONSE**

**READ OUR BLOG "NEW YEARS RESOLUTION - FIND CAUSE OF HAIR LOSS" FOR MORE INFORMATION**

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## WE HAVE MORE THAN ONE WAY TO DIAGNOSE THE CAUSE OF YOUR HAIR LOSS

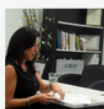


### HAIR HEALTH & SCALP CHECK

Absolique Trichologist will use a combination of microscopic diagnosis and thorough consultation in a thorough 75 minute, face-to-face appointment, which will not only uncover the causes of your hair & scalp concerns, but any underlying issues that may contribute.

### ONLINE - ZOOM/PHONE/EMAIL

For any client inter-state, overseas, or those who cannot make it into our Brisbane clinic, online consultations are available - this involves being guided to take your own microscopic images for assessment by Absolique Trichologist



### TRICHOLOGY CONSULTATION

A verbal diagnosis service, where Absolique Trichologist will discuss your hair and scalp concerns and check your levels by looking at past and current blood test results to determine any nutritional highs, lows, and/or deficiencies.

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# Hair Fall Cause

## *Long Term Hair Loss*

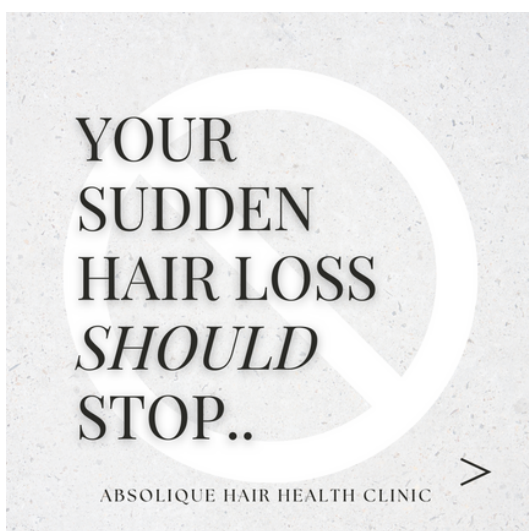
The previous article and video we were talking about finding the cause of hair loss. In this case the hair loss had continued for 5 years. The hair fall cause had not been found.

Trichology consultation and microscopic diagnosis found history of low iron stores, the ferritin contributing to hair fall cause. The ferritin iron had been low enough to cause the hair loss, around 30. Then it had not hit over 70, which is required for health and normal hair growth.

### **Sudden hair loss - should stop**

Low iron stores, ferritin, can cause sudden hair loss. When ferritin gets as low as 30 it disturbs the hair cycle. This causes telogen effluvium, a diffuse type of hair loss. This should stop after 3 months.

When ferritin remains low, below 70, once the hair loss stops, the hair now cannot regrow normally. The longer the ferritin is around 30, damage can also be caused at a cellular level. This can then turn into anagen effluvium.



### **Always a reason – cause of hair falling out**

Telogen effluvium diffuse hair loss should only be temporary, last no longer than 3 months. When cellular damage occurs, the active growing hair bulbs can be compromised, resulting in the growing hair now falling.

Anagen effluvium is the term used when growing hairs are now falling out. When experiencing long term hair loss, we need to use a microscope to check for anagen effluvium as the cause of hair falling out.

### **Excessive hair loss – listen to your body**

Excessive hair loss is a sign something is wrong in your body. Don't ignore the signs. Doctors may say iron stores ferritin at 32 are in range. That is correct with reference range in Australia 30-300. But the low ferritin can also cause hair loss which is not a medical condition. Low ferritin also inhibits hair regrowth, also not a medical concern.

Low ferritin stores can also cause depression and anxiety. If you are experiencing ongoing excessive hair loss, listen to your body. Get some general blood tests and let Absolique Trichologist have a look to teach you how to read the bloods and identify deficiencies and lows.

### **Early receding hair loss – not physical hair loss**

This case also had an early receding hair line. Please understand diffuse types of hair loss, both telogen and anagen effluvium, will expose a receding hair line. Receding hair line is usually caused by androgenetic alopecia.

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Androgenetic alopecia is not physical hair loss and often gets confused. The key is to pay attention to the whole head, has all the hair changed? The diffuse hair loss and resulting diffuse hair thinning exposed an early receding hair line but did not require direct treatment.

### **Natural hair treatment – no minoxidil needed**

Natural hair treatment was used, food for ferritin, the art of absorption, cellular correction through nutritional supplementation and home topical treatment. No minoxidil was needed because the problem was diffuse.

The before and after photos represent how much improvement we achieved in the first four months of treatment. The long-term hair loss stopped after the first 12 weeks. Because long term hair loss is a cellular problem, it does take combination therapy and some time to achieve the correction to stop the hair loss and obtain hair regrowth.

This is the natural hair treatment we used: scalp brush therapy, Absolique scalp cleanser, Absolique scalp tonique, prescriptive hair shampoo and conditioner, microneedle therapy, Absolique GRN grow.revitalise.nourish serum, Activance clinician. May sound like a lot but it is all incorporated into your home hair washing routine every second day or three times a week.

### **Trichologist – hair loss clinic**

Absolique Trichologist has been helping people find Hair fall cause and address long term hair loss for over 25 years. She would like to help you fix your hair loss. Contact us at Absolique Hair Health Clinic to book your appointment, lets fix this now. Email Trichologist [info@absolique.com.au](mailto:info@absolique.com.au) see more results in our blogs or watch our YouTube videos @CarolynFrostTrichologist. Then call reception on 07 3229 3242 to book your life changing first appointment.

It can be scary finally addressing something that you may have lived with for a long time. Facing your hair loss fears and hair anxiety. The first appointment will help you to understand the science of why this happened and how to fix it. Clients say at the end of their first visit, they wished they had visited Absolique Trichologist years ago.



# How To Prevent Hair Loss

*Natural Hair Treatment Absolique GRN*

Once you have experienced hair loss, how to prevent hair loss becomes important. If you have gone through the process to gain hair regrowth, how to prevent hair loss again is also a priority. Trichologist at Absolique helps you to find the cause of your hair loss, that is one way to prevent hair loss. Other times there are things in life we cannot avoid that can cause hair loss.

## Life events that can be cause of hair loss:

- Birth control and hair loss
- Roaccutane and hair loss
- Hyperthyroidism and hair loss
- Postpartum hair loss
- Surgery and hair loss
- Medication and hair loss

These are the most common life events that can cause hair loss. The changes they make to the body disturb the growing hair cycle resulting in hair loss three months later.



## Normal hair shedding - normal hair fall per day

It is normal to lose 70-160 hairs per day. When experiencing hair loss, this number will double. The hair loss will continue for three months, then it should subside.

Normal hair fall and telogen effluvium diffuse hair loss are a result of the hair cycle. The hair cycle has a growing, resting and falling phase. Strong body disturbances can disturb the hair cycle.

## How to stop hair loss

Unfortunately, there is nothing that will instantly stop hair loss because the cause was three months earlier. The hair cycle is slow to respond, which is a good thing. If the hair cycle was oversensitive, we could lose hair from simple changes. The best way to stop hair loss is to have a look at health. In most cases we find those with nutritional lows are more susceptible to the lifestyle triggered telogen effluvium hair loss. Check nutritional levels at least once a year or before you know there is going to be a body change.

Then I would suggest to always keep a special hair serum in your bathroom cabinet for the time when one of these unavoidable situations occur. Natural hair treatment Absolique GRN grow.revitalise.nourish works to prevent predictable hair loss and slow current hair loss in most cases.

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## How to avoid hair fall – Absolique GRN

Most recently we tried the natural hair treatment Absolique GRN again in predictable situation to see if we could avoid hair fall. The situation surgery, hip replacement with anaesthetic, strong pain killers and antibiotics. A recipe for telogen effluvium hair loss.

There was pain, inflammation, healing, repairing and medication post op, these can also contribute to hair loss. We started Absolique GRN all over the scalp 3 months before the surgery and continued for 3 months post op. Now five months on, there has been no abnormal hair loss. It is relevant to say we were nutritionally stable preop with no lows or deficiencies.

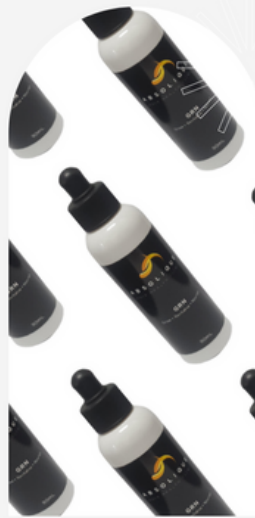
## How to reduce hair fall naturally

Absolique trichologist has also used GRN to reduce current hair loss. When a client presents with current hair loss, we go in with combination therapy to pull the hair cycle back into the growing phase. GRN can do this and is also a hair growth product.

How you use GRN will depend on the intended result. Combination therapy with correct scalp preparation is always best. We also prefer to know the clients' individual circumstances and nutritional status for best results.

## Hair treatment clinic

Absolique GRN is available online or from Absolique hair treatment clinic in Brisbane. For individual help on how to prevent hair loss and how to stop hair loss, book an appointment with Absolique Trichologist. See our results, stories, and videos here.



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G.R.N**  
GROW. REVITALISE. NOURISH

- Regenerates collagen and elastin. Moisturises and hydrates.
- Antioxidant and anti-aging properties
- Promotes natural absorption and improves blood flow
- Encourages cellular renewal

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**HYPERTHYROIDISM**

**ROACCUTANE**      **POSTPARTUM**

READ OUR BLOG: **"HOW TO PREVENT HAIR LOSS - NATURAL HAIR LOSS TREATMENT ABSOLIQUE GRN"** FOR MORE INFORMATION

**SURGERY**      **MEDICATION**

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# Food for Ferritin

## *And The Art of Absorption*

The most common deficiency related to hair loss and hair thinning in women is low ferritin. In mainstream you will hear more about low iron, but it is really the bodies storage of iron, ferritin, that can be a huge problem. We get iron from what we eat, this provides some energy and oxygen which is important to body function, so important that the body has a chemistry equation to convert iron into the storage form which is ferritin. The body does this because we cannot function without the iron.

### **Women's Menstrual Cycles**

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



This is where Absolique Trichologist can help to find the right type of iron for you and help you with iron absorption with food for ferritin and the art of absorption.

### **Food for Ferritin and The Art of Absorption:**

- Ferritin is the most common deficiency related to hair loss and hair thinning
- The wrong type of iron supplement can rob the body of ferritin
- Supplementation alone will not raise ferritin
- Food alone will not raise ferritin

It can be impossible to find out what came first, low iron, low ferritin, or absorption issues. When we identify low iron and or ferritin, we will suggest the right type of supplementation and food for ferritin.

### **Heme vs. Non-Heme**

Food for ferritin covers the different types of protein, both animal (heme) and plant (non heme). Animal proteins are complete on their own and will provide the iron and then ferritin if combined with the right foods following food combining.

Animal protein is not required in high amounts to get what we need, even once a day 4 days a week with @ 90g is more than enough, but it is more about the absorption. Red meat is not the highest in protein as advertised, unless eaten raw, and it the most difficult protein for the body to break down, taking up much digestive energy.

Using a variety of animal and combined plant proteins is the ideal way of eating along with good, clean, wholesome food.

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Plant proteins are incomplete on their own, they need to be combined with another plant protein to be complete and form the required amino acid profile. Absolique Hair Health Clinic have compiled a document outlining 'Food for Ferritin' and is a free guide to help you begin understanding and addressing low ferritin and absorption.

### **Correct Food Combining**

It is important to follow the food combining principles here to assist with absorption, this includes removing gluten, dairy and sugar from your diet. To help here we have also created 'Food for Ferritin Recipes' to give you a place to start. You should also be pH testing to understand if your body is absorbing, balance where required with acid buffers and use the digestive enzymes, either natural or supplemental, with your main meal of the day.

This is not just for the sake of stopping hair loss, addressing hair thinning and scalp conditions, but for overall human health.

### **The Art of Absorption**

The art of absorption and food for ferritin is good health information for everyone who would like to be healthy, have healthy hair, scalp, skin and nails. But one must also remember the whole nutritional profile needs to be met for cellular health which includes pH balance, minerals, essential fatty acid, all fat- and water-soluble vitamins, antioxidants and probiotics. That is the cellular health recipe along with addressing deficiency.



**FERRITIN IS THE MOST  
COMMON DEFICIENCY  
RELATED TO**  
*hair loss*

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*Ferritin is a type of protein that acts as a  
storage tank for the iron in your body.*

*Low ferritin is commonly associated with  
hair loss.*

*Thankfully, if ferritin is low, there are ways  
to increase these levels by eating the  
appropriate foods in the correct  
combinations.*

**READ OUR BLOG "FOOD FOR FERRITIN"  
FOR MORE INFORMATION**

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# The Truth About Hair Loss

*Free eBooks*

"The Truth About Hair Loss" Volumes 1 and 2 are written by Absolique Trichologist to help you understand more about the different types of hair loss, hair thinning, autoimmune alopecia and scalp conditions. Absolique Trichologist eBook 1 is a basic introduction into how hair relates to health.

## Hair and Health

Hair is connected to health, hormones, nutrition and deficiencies. All of this is discussed in general terms so you can start to understand the interlinking connections. This is very important to help address the various problems of hair loss, hair thinning, autoimmune conditions and scalp conditions, as you cannot help these various and commonly combined issues working from the top alone. Internal health problems and body imbalance are usually the underlying cause and need to be uncovered and addressed for successful hair loss treatment.



The Truth About Hair Loss Free eBooks by Absolique Trichologist:

- Free eBook 1 and 2
- Understand the different types of hair loss, hair thinning, alopecia and scalp conditions
- Hair is connected to health, hormones, nutrition and deficiencies
- Internal health problems and body imbalance are usually the underlying cause

## The Truth About Hair Loss Volume 2

Absolique eBook 2 goes more in depth about the above topics adding another layer to help your further understanding to identify and address underlying causes. Experiencing hair loss, hair thinning, and scalp conditions has many levels and Trichologist Brisbane at Absolique would always start with a correct diagnosis to make sure you are addressing the right problem and in the right order.

Many over the counter and online hair loss solution fail to identify your individual concerns and causes. They can also cause more hair loss as they do not understand your individual hair cycle, hair cell function and genetic hair type. All this needs to be individually understood to offer successful hair loss treatment and address all underlying causes.

Knowledge is the power to learn how to help yourself. Absolique eBooks are to help you understand more about how health is connected to hair and scalp health. Body pH is a big clue into how you are absorbing as you are not what you eat, but what you absorb.