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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Regrowth Issue

We have hit the ground running in 2023 working hard in clinic to assist our clients with their hair and scalp recoveries. After a short break from our monthly newsletter, we're back writing articles with the answers to your questions.

In this month's edition we are investigating the hair loss that seems to be happening after contracting COVID and how to come back from it. We teach you how to treat that irritating itchy scalp and the key things needed to regrow healthy hair.

As always, we talk about the importance of nutrition when it comes to hair loss and hair thinning and share our client's impressive hair transformations.

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

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Post-COVID Hair Loss

Hair shedding following Covid-19 infection.

Post Covid hair loss can occur a little sooner than average telogen effluvium type of diffuse hair loss. Instead of three months after the causative event, it may be closer to two months, even sooner.

Why does Covid cause hair to fall out?

As Trichologist, hair specialist, I am finding common denominators in clients the blood work who are experiencing post covid hair loss. Nutritional lows of the following elements are proving to be the contributing to the hair loss:

- Iron
- Ferritin, the storage of iron
- Vitamin B12
- Vitamin D3

Those who did not have nutritional sufficiency prior to contacting the infection, are the ones showing up in my clinic with the post covid hair fall.

Blood test and post covid hair loss

We check blood work to track your current and past levels where possible. Medicine only look for 'in range' but that is bare minimum for health. Just scraping in at the lowest levels of iron, ferritin, B12 or Vitamin D3 can set you up for the post covid hair loss. But in medicine, anything 'in range' is termed 'normal'.

Ferritin, the storage of iron has a reference range in Australia of 30-300, if you are at 35, you are deemed normal. For health, immunity and normal hair growth, the ferritin needs to be 70-100.

If levels remain low, then the hair may not regrow to its original structure, your genetic hair type. This is especially important in the case of deficiency, which is lower than the medical lowest number.

What causes the hair loss?

The hair cycle is responsible for this type of diffuse hair loss. The hair is in a cycle of growing, resting, and falling. Disturbances to the body also can disturb the hair cycle.

When this happens, the growing hairs are prematurely pushed into the falling phase resulting in double daily hair loss. This can be up to 320 hairs falling per day.



What else can cause hair loss?

Post covid hair loss occurs because of the number one known factor to disturb the hair cycle, viral infections particularly when there is fever or antibiotics involved. Other common causes of hair loss are:

- Hospitalization and surgery
- Childbirth – post partum
- Medications, including hormonal medications
- Thyroid dysfunction – highs, lows and moving function
- Significant stress especially emotional stress
- Nutritional deficiency

How long after covid will the hair loss last?

When the hair cycle is disturbed, it can take 3 months for the hair loss to stop. You will never go bald from this type of diffuse hair loss so don't worry. It can then take up to 12 months to regrow, where it is so important your nutritional levels are in sufficient ranges to support the normal hair growth once again.



Losing your hair after covid – there is good news

Absolique Trichologist can help to slow down the hair loss by introducing some topical products to be incorporated into your hair washing routine.

The products we use and recommend for assisting with this type of diffuse hair loss and helping with hair growth are Absolique G.R.N grow, revitalise and nourish, and Actavance Clinician.

It is also a good idea to check current bloods, make sure your levels are sufficient, not low, or deficient as that will prolong the hair loss and inhibit hair growth.

For help to slow the post covid hair loss and to help regrow hair, contact Absolique Hair Health Clinic by email info@absolique.com.au phone 07 3229 3242 or book online.

If it is simply reassuring you the hair will regrow, or checking bloods levels for you and helping you reach sufficiency through food, lifestyle or supplements, there is a service for you. We also offer free 15-minute phone chat, request your appointment today.

YouTube channel
[@CarolynFrostTrichologist](https://www.youtube.com/channel/UCCarolynFrostTrichologist)

Post covid hair loss study -
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9262270/>

How To Treat An Itchy Scalp

Introducing an itchy scalp treatment that delivers instant relief from scalp itch.

Absolique scalp exfoliant scalp treatment helps to treat itchy scalp.

Seasonal weather changes can increase the temperature and play havoc with itchy scalp. Brisbane summer humidity and heat can mean extra itchy scalp.

How do I get rid of itchy scalp - itchy scalp relief

Itchy scalp treatment, Absolique scalp exfoliant, provides welcome soothing to treat itchy scalp. Get rid of itchy scalp with instant scalp relief when applying scalp exfoliant.

Apply directly to dry scalp, preferably after scalp brush therapy for itchy scalp relief. Leave on scalp for up to 10 minutes. Rinse with water and remove with Absolique scalp cleanser for best itchy scalp relief.

Itchy scalp treatment products - natural remedies for itchy scalp

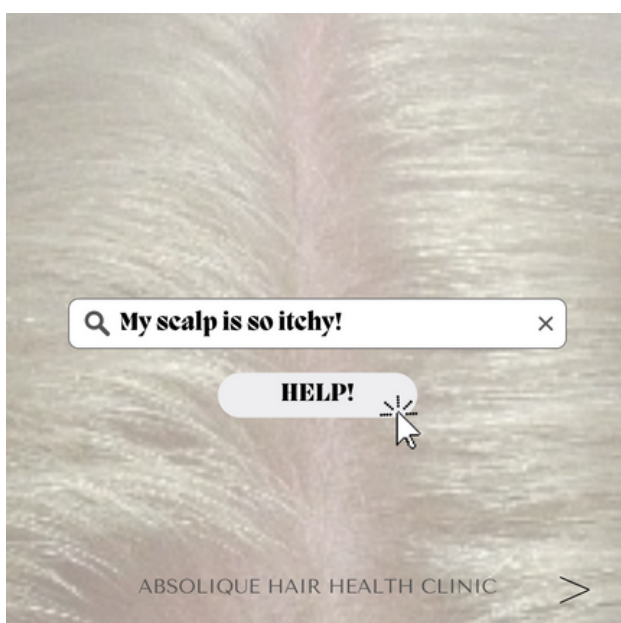
Using only safe ingredients, itchy scalp treatment products shouldn't harm or strip the scalp. Some scalp treatment products have sharp and rough ingredients that can scratch the scalp. Absolique scalp exfoliant scalp treatment uses Coffea Arabica (Coffee) Seed Powder which provides gentle yet effective exfoliation.

A natural remedy for itchy scalp, Absolique scalp exfoliant also uses aloe vera leaf oil, olive fruit oil, coconut oil, witch hazel extract, and many other natural ingredients to calm and clean scalp and are natural anti-bacterial and anti-inflammatory.

How to help itching scalp - itchy scalp home remedy

Most treatments that help itchy scalp are in clinic service that must be performed by a professional. Best results are achieved with repeated scalp treatments which can be costly and time consuming starting from \$90 and 45 minutes per session.

Absolique scalp exfoliant is designed for you to use safely at home and can be used every second day to start with and reducing to once a week for maintenance or use only when you need it.



Can itchy scalp be allergies?

Yes, scalp sweat and scalp oil can cause allergic reaction. Other sensitivities and even nutritional lows and deficiencies can be making the scalp and skin more susceptible to allergy type scalp itch.

What itchy scalp means - itchy scalp remedy not working

When this type of scalp treatment is used as directed and with scalp brushing and scalp cleanser, you should get some instant relief from scalp itch. If symptoms persist, it is more than skin or scalp deep.

Continued itchy scalp means there is another problem, the first place to start once you have a clean scalp is to check blood work for insufficiency that effect skin and immunity such as Vitamin D3, essential fatty acids,

There is also a group of autoimmune skin problems that can occur from internal inflammation and lowered immunity as well as your own immune system attacking your skin.

Autoimmune can be genetic or environmental and include psoriasis, eczema, seborrheic dermatitis.

Contact Absolique Trichologist to get to the bottom of your scalp itch. Email info@absolique.com.au

Find out more or purchase itchy scalp treatment, Absolique scalp exfoliant on our online shop.

YouTube channel:
[@CarolynFrostTrichologist](https://www.youtube.com/@CarolynFrostTrichologist)



What Does Hair Need To Regrow?

Take a look at the key ingredients needed to assist you with regrowing healthy hair

For hair to regrow, we need to have an otherwise healthy person. Hair grows out of the human and is non-essential for health, so is one of the first things to suffer when there is a problem in the body.

Problems in the body include nutritional lows and deficiency. Hair, skin, and nails only get what is left over. Nutritional sufficiency is required for hair to regrow.

What hair growth products work?

Hair growth products do not fix nutritional lows and deficiency so don't always work on their own. Hair growth products may work if it is a temporary type of diffuse hair loss, however, the hair will grow back slowly on its own where there is nutritional sufficiency.

In most Trichology cases, the hair growing cycle is disturbed from something in the past and the hair is not growing to its genetic hair type

How hair regrowth is possible

Most types of hair loss are diffuse and do not damage the hair follicle. If the hair follicle is intact, hair regrowth is possible.

When hair is not growing to its genetic hair type, the hair follicle is also still intact, hair regrowth is possible.

How hair growth products work

For diffuse hair loss and diffuse hair thinning, hair growth products work by correcting the hair growth cycle. Most hair growth products use vitamins, antioxidants and synergistic nutrients to get the hair back into the growth cycle.

Absolique Hair Health Clinic uses G.R.N Grow.Revitalise.Nourish to reset the hair cycle for hair growth. Hair growth products take four months to do their work at a cellular level to achieve hair regrowth.



Hair growth help

Absolique Trichologist provides hair growth help by checking the type of hair loss or hair thinning to make sure you choose the right treatment. She also looks at your individual nutritional level to make sure there is sufficiency for hair growth.

Hair growth journey

Here we share some results from one of our client's hair growth journey. She was experiencing post covid hair loss, which uncovered past diffuse hair thinning from the use of acne medication Roaccutane.

Absolique Trichologist used the microscope for diagnosis and checked bloods for nutritional levels finding past vitamin D deficiency. With all this information we formed a hair regrowth treatment plan that was followed for four months.

These are the results. Contact Absolique for help with hair regrowth, email info@absolique.com.au or book online.

YouTube channel:
[@CarolynFrostTrichologist](https://www.youtube.com/@CarolynFrostTrichologist)



Does Nutrition Matter With Male Pattern Hair Loss in Young Men

There has been a study to investigate the association between sugar-sweetened beverage (SSB) consumption and male pattern hair loss (MPHL) in young men. The study of young Chinese people aged 18–45 years old, showed those who consumed excessive SSB had a higher likelihood of reporting MPHL.

Nutrition and hair loss a new perspective

Anxiety disorder status and disease history might mediate the association between SSB consumption and MPHL. Emphasizing that SSB consumption could have a potential negative effect on one's appearance, could catch the attention of the young population and promote a reduction in SSB intake and healthier lifestyle choices.

Nutrition and male pattern hair loss

As Trichologist at Absolique Hair Health Clinic, I have helped many men prevent, treat and reverse male pattern hair loss. The key to successful treatment is a healthy person. The before and after images we share here are a young man experiencing early onset male pattern hair loss.

He had a very unhealthy diet and lifestyle along with stress. We spent a lot of time helping to correct some of these habits and swapping for healthier options and the results 4 months apart, show the significant improvement one can achieve. We did use some topical treatment too.

Diet and male pattern baldness

Male pattern baldness has a hormonal influence, so it is very important to avoid hormones in your food. The main place hormones are found in food are animal proteins. Choose instead:

- Hormone free chicken
- Grass fed beef
- Organic eggs
- Wild caught fish

Male Pattern Baldness Transformation

Absolique Hair Health Clinic
www.hair-loss-treatments.com.au



Before



After

New Product Announcement

Introducing Activance Clinician Formula Eco-Pack

With everything going up in price, it is nice to offer a saving on one of the best hair growth products, Activance clinician formula. Now available in a duo eco pack, you get savings, and it is better for the environment too by reusing the spray nozzle.

New Activance clinician formula eco-pack is \$180 that is 2 x 200ml bottles of hair growth treatment that will last 2 months in early stages of hair loss treatment and four months in maintenance hair loss treatments. That is a saving of \$12 over purchasing single bottles.

Hair growth nutrient therapy for thinning hair and alopecia – Activance Clinician Formula

Activance clinician formula is the world's first bioidentical hair growth nutrient therapy to treat and prevent excessive hair fall, premature hair thinning and hair loss.

Combining the regenerative molecule Rhodanide with a unique synergy mix of MSM, amino acids, vitamin B12 and bio-active botanicals, Activance clinician formula is a hair regeneration formula that will initiate, maintain, and maximise hair growth.

Does hair regeneration work?

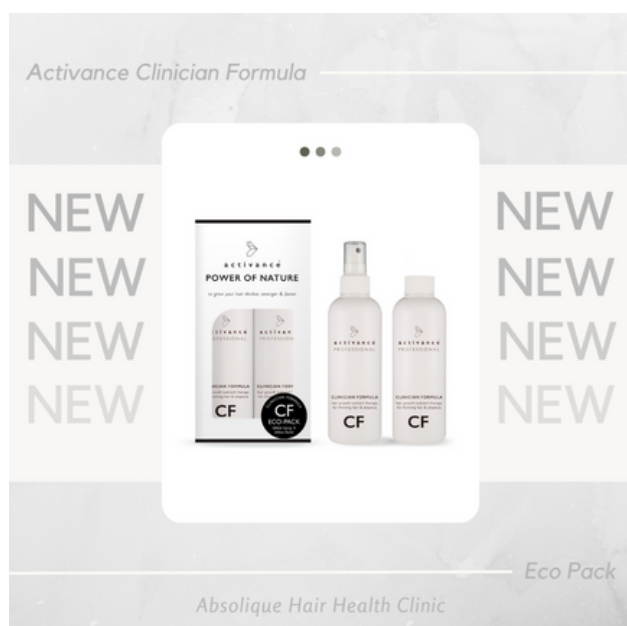
As Absolique Hair Health Clinic Trichologist, I have been using and recommending Activance products for over 10 years. My trichology client's feedback and results show Activance clinician is one of the best hair growth products for hair regeneration, when used under guidance of a professional.

Hair regeneration works when the underlying causes are addressed and hair regeneration products are used as recommended. Absolique Trichologist always helps you to address both symptoms and causes and provides helpful written and verbal instructions on how to use hair growth products.

Which hair growth product is the best
The best hair growth product is the one that is easy to apply, works the best in many situations and has safe ingredients. Activance clinician formula is:

- Low allergy
- 0% fragrance
- 100% pure & clean

In addition, it does not leave residue in the hair and adds volume to hair increasing hair thickness appearance.



Hair regrowth without side effects – Activance is not minoxidil

No hair loss when you start or stop, however, it does reduce daily hair loss, so you do notice less hair falling while using Activance CF as recommended. When you stop, you don't get more hair loss, but the hair cycle does return to normal which is then your usual daily hair loss of 70-160 hair from diffusely all over the scalp.

Where to buy hair regrowth products

Absolique online for existing clients, newbies see below. You will need to set up your online account if you don't already have one.

Now online for existing clients, for newbies, we do need to have a chat to make sure it is suitable for your hair loss or hair thinning type and offer some usage instructions as that is important for natural products to absorb, some scalp prep maybe necessary.

Trichologist – here to help get results

If you try a hair loss product, hair regeneration or hair growth product, and it is not working for you after 4 months use, then you need to get professional help.

Absolique trichology 15 minutes free chat can help get you on the right track.

If things seem more complicated, then we can move into Trichology consultation services:

30 minutes - \$100 – just enough time to cover your history and concerns, review photos of your concerns and when things were good for you. Trichologist knows how to ask the right questions to look for possible causes and type of hair loss or hair thinning to offer a simple product solution that should work within 4 months.

45 minutes - \$150 – Above trichology consultation plus review of blood work when nutritional lows or deficiency are suspected. Nutritional and topical product recommendations.

75 minutes - \$250 – Full-service consultation, bloods review and microscopic diagnosis to really get down to the problem, looking at the hair at scalp level truly tells us what type and extent of hair loss or hair thinning it is to make accurate recommendations, also gives us a better tracking to know how your treatment is working.

Not sure what is right for you? start with **15 minutes free.**

YouTube channel
[@CarolynFrostTrichologist](#)