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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Ferritin Issue

In this month's edition we are sharing some valuable information about the link between low ferritin and hair loss, and how to eat for healthy hair growth.

We have some impressive results to share that we have achieved with a safe, at home alternative to PRP therapy treatments, and talk about one of our key products for pre-treatment preparation,

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

Happy Easter from Absolique Hair Health Clinic, we hope the Easter Bunny finds you well!

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PRP Hair Treatment Alternative

HRP SP55 Silver Kit

There is an
alternative
to PRP and
minoxidil..

Why use PRP hair treatment alternative:

- PRP is painful
- PRP can get expensive
- You need to visit a clinic for PRP hair treatment
- PRP does not address underlying cause of hair loss

Hair injections for hair growth – pain factor

PRP hair injections for hair growth uses your own blood, it starts like a blood test. The blood is then mixed to create the platelet rich plasma and is then injected into the scalp. They tend to focus the injections at the front of the head, there is usually not enough to cover the entire head.

Many don't use numbing agents, so the injections are rather painful. Even with numbing agents it is not the most comfortable process.

For best results you need to do PRP hair injections for hair growth once a month for four months then at least one every six months. So, there are pain, time and money factors to consider.

Hair growth factor injection cost

PRP hair growth factor injection cost is from AU\$600 – \$650 a session. For hair growth you will need more than one treatment, so you need to commit to the treatment from the beginning. Many clinics are adding all sorts of extras to the solution, with added cost of course. As Absolique Trichologist, I do see positive results with ongoing PRP hair growth factor treatment, but results are lost once treatment stops because PRP does not address the underlying cause of hair loss.

PRP hair loss

PRP cannot stop hair loss. If anything, I have seen PRP cause hair loss in a case where the hair cycle was disturbed by ongoing low ferritin. As Trichologist I help to raise ferritin to safe levels while working on the hair cycle first, if we are going to use PRP for hair growth treatment.

PRP hair regrowth

PRP and our alternative to PRP treatment – HRP55 Silver Kit are hair growth treatments best used once the hair loss has stopped or at least found and addressing the underlying cause of why you are experiencing hair loss.

Minoxidil hair treatment alternative

Many don't like to use or cannot use topical or oral minoxidil. Minoxidil is a vasodilator which is used as a high blood pressure medication. Because of this it comes with side effects many cannot cope with. Oral minoxidil is dangerous for those with low blood pressure.

Minoxidil hair treatment alternative

There is no minoxidil in PRP or alternative HRP55 silver kit. However, some practitioners use minoxidil with PRP so be aware. While trialling and testing HRP55 silver kit alternative to PRP hair growth treatment, I have not used minoxidil. Without minoxidil we have achieved great results.

HRP55 Silver kit – alternative to PRP

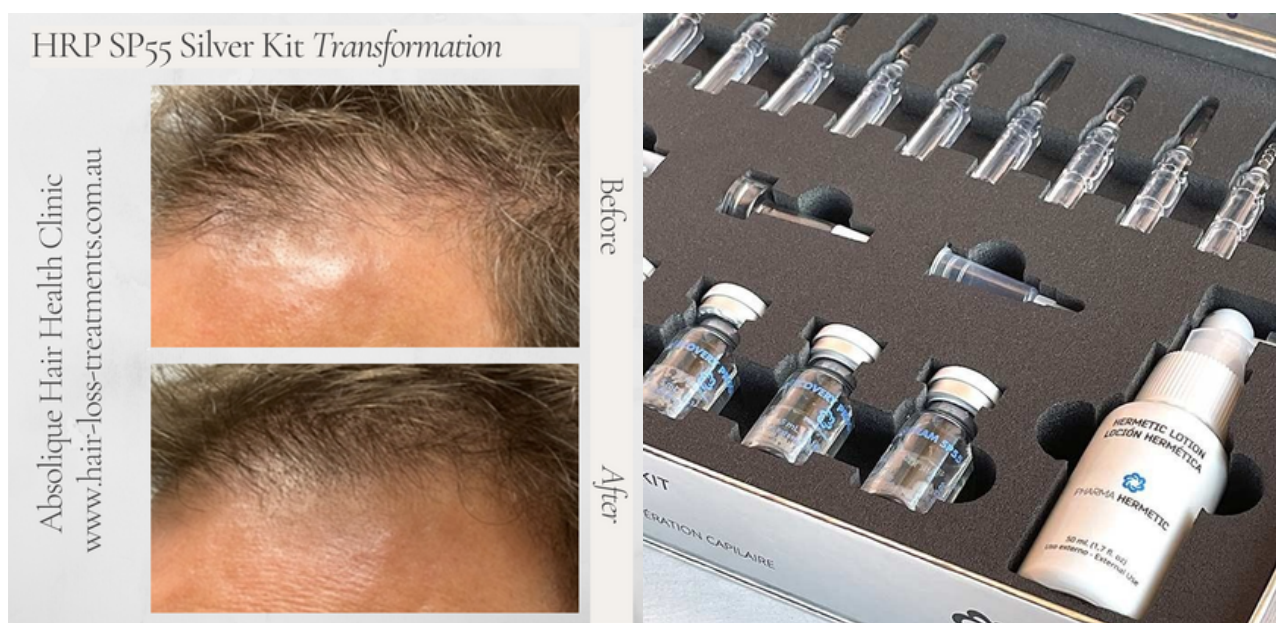
HRP is a hair recovery program that delivers same result as PRP in the safety and comfort of your own home. It is pain free, using titanium microneedle. Simple daily application, injection free.

- Cost for 7-8 weeks treatment is \$575 with lasting results
- Does not work for existing current hair loss
- Requires at least healthy individual for best results
- Trichologist must always look for underlying causes

[Watch the article video on our](#)

[YouTube channel:](#)

[@CarolynFrostTrichologist](#)



Hair Breakage

Why is my hair breaking?

**Is your hair
falling out or is
it breaking?**

"My hair is breaking and thinning out, no one can find the cause of my hair loss and my blood work is fine".

This is a common statement from women reaching out to me for help as Absolique Trichologist.

When hair is breaking it is commonly a hair structure problem rather than a physical thing causing the hair to break.

Hair styling and hair breakage

Most say they have stopped colouring, stopped straightening and curling and even stopped blow drying the hair. But the hair continues to break. This is where you should suspect an internal hair structure problem.

Signs of hair breakage

Loss of hair structure, hair won't hold curl, loss of natural hair colour, hair won't hold hair dye colour, changed hair texture, dry brittle no matter what you use, different lengths, hair not growing but can see regrowth, short pieces of hair with no bulb amongst long hair, visually shorter layers without cutting.

Hair breakage – hair structure problem

Hair breakage from poor hair structure or lack of structure are common. Hair is made up of many complex layers. When the hair is not growing properly from a cellular level, hair structure is compromised.

Absolique Trichologist Brisbane can see this easily with microscopic diagnosis. With a microscope we can find your genetic hair type to see where hair structure at scalp level has changed. One of the most common causes of hair breakage from cellular damage is low ferritin and low iron. Ferritin and iron are different, but both can cause hair breakage problems when levels are low.

Hair breakage medical causes

Low levels of iron and low levels of ferritin are not medical problems unless they reach dangerous deficiency states. This is why low iron and ferritin can go on for years unnoticed by your doctors.

Hair loss or hair breakage are not deemed medical conditions. If you go to the doctors with symptoms of hair loss or hair breakage, you are generally not taken seriously. They may do some basic blood tests and get told everything is in range. For hair and health, we need sufficient iron and ferritin levels, not just in range.

Hair breakage treatment

Finding and addressing the underlying causes is the best hair breakage treatment. The hair breakage treatment needs to fix the cellular problem to stop the hair breakage from where the hair is growing.

Topical hair products alone won't work on already broken hair. Once the hair shaft grows for the scalp damaged it cannot be fixed completely. Fixing at the cellular level is the way to go.

Stop hair breakage

As Absolique Trichologist, I would always use a combined approach to address both symptoms and causes. A topical approach will help with the symptom of physical hair breakage with hair and scalp products that are gentle and help soften and repair the hair.

A nutritional approach with food and supplementation is also required to get the right information to the hair cell for healthy hair growth. This is based on blood tests to address individual low or simply for a cellular correction.

This takes time because hair is slow growing, from a cellular level to hair at scalp level is 4 months. Getting to the root cause is required. Once the hair leaves the scalp it is keratinised. The hair shaft is dead but continues to grow from a cellular level – the root cause.

Hair breakage after keratin treatment

When hair structure is broken, it is compromised. Keratin is used for filling in hair cuticle. When hair is already broken, this type of hair coating can make it even more brittle, prevent hair natural elasticity and in turn cause hair breakage.

Hair could do the same thing, especially hair lightening products. Foils are a technique; it is what's in the foil that matters.

Hairdressers usually work with due care, but they cannot see if the hair structure is broken. A normal hair colour service can also cause hair breakage if the hair structure is compromised.

Best products for hair breakage

The best products for hair breakage will help to address both the hair that is broken but also at a cellular level to fix the root. In the case of low ferritin, this will have to include nutrition as the best products for hair breakage.

One of our favourite and best products for hair breakage is Activance Clinician. But you still need to address the underlying causes and pair Activance Clinician with the right scalp preparation and prescriptive hair shampoo and hair conditioner.

Hair breakage treatment at home

Absolique Trichologist teaches hair breakage treatment at home from a topical and nutritional level based on microscopic diagnosis and review of blood tests. This way we always know what the underlying cause is, and we get to the root of the problem, required for the best results.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)



Low Ferritin and Hair Loss

Confirming the link between low iron and hair loss

The highs and lows of Ferritin and Hair Loss

I studied Trichology over 25 years ago, and I still remember learning one of the most common causes of hair loss, particularly in women, was low ferritin. Low ferritin and hair loss is proven to be related but is still not medically recognised as a real thing.

The I.A.T International Association of Trichologists provide the latest research in all thing's hair and scalp. I was pleased to find a recent study once again confirming the connection between low ferritin and telogen effluvium hair loss.

The study also measures AGA androgenetic alopecia, and low ferritin. The conclusion is low ferritin hair loss telogen effluvium (TE) is different to AGA. I hope this a relief for my female clients who get telogen effluvium and androgenetic alopecia, mixed up. AGA is a hormone related pattern of hair thinning, not physical hair loss as in telogen effluvium.

Low iron and hair loss

There is a difference between iron and ferritin you need to understand. Iron can be used as a general term to describe all the iron studies. Iron is essentially from what we eat. Then the body uses chemistry to convert the iron into the storage tank which is ferritin.

Iron has a very small reference range compared to ferritin:

- Iron reference range 10 – 30 umol/L
- Transferrin 1.9 -3.1 g/L
- TIBC 47 – 77 umol/L
- Trans Sat% 20 – 45
- Ferritin reference range 30 – 300 ug/L means micrograms per litre

Low iron can on its own cause hair loss but is less common than low ferritin. As iron comes from food, most people get enough iron. But overtime, the tank, ferritin, may run down or there are things that do rob the tank too.

Ferritin hair loss recovery

Ferritin hair loss recovery is possible. This type of diffuse hair loss will never cause complete baldness. Telogen effluvium affects the hair cycle. When the ferritin and or iron are low, close to the bottom of the reference ranges, the body is triggered to release the growing anagen hairs.

Iron and ferritin are required for oxygen and energy for our cells. When it is so low, the non-essential hair, skin and nails can be affected. If it is the hair, the growing anagen hairs are pushed into the falling telogen hairs. The time frame from the low to the hair shed is three months.

Once the hair loss starts, it will continue to shed for three months, you cannot stop it. The best thing to do here is work on your ferritin, check bloods for other nutritional levels and use a topical hair growth product like GRN or Activance to help bring the hair cycle back in quicker.

If you wait for the hair loss to stop and take no intervention, it can take up to 12 months for the hair to regrow. If the ferritin is still low, the hair will not regrow normally, you then end up with hair thinning.

Ferritin supplements for hair growth

Sadly, it is not that simple. You need to understand your iron studies, and doctors don't explain this to you. All iron is not alike, and the names can be confusing. If you take an iron supplement for a ferritin deficiency it can make things worse.

Digestion and absorption of the right iron supplement is also required. The wrong form could cause side effects, a common one is constipation. Iron and ferritin also need supporting minerals. Iron and ferritin supplements will be required for deficiency and very low levels but cannot replace the essential supply of iron from food. For this we use Food for Ferritin and the Art of Absorption.

Optimal ferritin levels for hair growth

For health and hair growth, optimal ferritin levels, iron, chemistry, B12 and Vitamin D levels are:

- Ferritin 70-100 ug/L
- Iron needs to be over 10 umol/L
- Iron chemistry should be within range
- B12 @ 400 pmol/L
- Vitamin D sufficiency is 150 nmol/L

The above references and ranges are to support health which is required for healthy hair growth. Following deficiency or lows, if levels do not raise to the sufficient range, the hair may not grow back to its normal structure resulting in diffuse hair thinning.

Iron infusions can raise levels and numbers very quickly, which can get you out of a danger zone and help with health symptoms. But, for the hair, it is a false high, and will not stop the hair loss. I see all the time an iron infusion raise ferritin into the 200's, only to gradually fall back to where it was, low again.

Iron infusions should be supported with food for ferritin and the correct supplement for your nutritional status.

High ferritin and hair loss

High ferritin can also cause hair loss. The body requires balance, not highs or lows. A well-known genetic high iron condition is haematomochrosis. I see high iron all the time in clinic, and it needs to be watched as closely as low iron and ferritin.

The wrong iron supplements and unnecessary iron infusions can result in high iron and ferritin and cause hair loss too. Remember, balance is the key.

Ferritin hair loss reversible

Ferritin hair loss is reversible, so is low ferritin related hair thinning. Here are the results from one of our thousands of low ferritin stories. The changes took four months to raise the ferritin levels, reset the hair cycle for hair growth and stop the hair loss. We used combination of topical products available online along with individual nutrition based on blood test results, and as always, the most important food for ferritin and the art of absorption.

If you decide to use only the topical products and do not get a result after four months, you need to contact a Trichologist to address the underlying cause for complete results.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Study source: [The Diagnostic Value of Serum Ferritin for Telogen Effluvium: A Cross-Sectional Comparative Study](#)



Food for Ferritin with Absolique Trichologist

Eating your way to healthy hair



Ferritin is a type of protein that acts as a storage tank for iron in the body. Iron is a mineral that is essential for oxygen and energy. Iron is needed for red blood cells to transport oxygen and nutrients to every cell in the body. The amount of ferritin in your blood indicates your iron level.

When ferritin is low, you can help to increase your levels by eating the correct sources of iron along with foods that increase iron absorption and avoiding nutrient robbers. When experiencing iron deficiency or low ferritin, food alone will not be enough, supplementation will be required.

When iron blood levels are low, and daily diet does not meet iron requirements, ferritin will release the iron stored maintaining a steady supply. Ferritin helps to fill the void. If iron consumption is consistently low or there is an iron depleting medical condition, ferritin levels can drop. Low ferritin levels create risk of iron deficiency, hair loss and hair thinning.

Food for ferritin – update 2023

Food for ferritin is a helpful document put together by Absolique Trichologist to help you understand more about ferritin and how to support raising of ferritin for health and hair growth, through food and correct supplementation.

Originally published in 2020, food for ferritin needed an update. Food for ferritin version 2023 has the latest research and links along with traditional, tried and tested topics, such as:

- Low ferritin symptoms
- Daily iron requirements
- Ferritin blood test ranges
- Food for ferritin – heme vs. non-heme iron
- The art of absorption
- Nutrient robbers

Loaded with helpful information, food for ferritin also provides list of heme iron and non-heme iron sources and how to follow food combining to ensure absorption.

The art of absorption – iron supplements

Iron supplements are also discussed and how to know if it is the right type of iron for you. Following food for ferritin can help you get the best absorption from your iron supplement.

Food for ferritin – hair regrowth

Food for ferritin goal is to help you raise your ferritin levels for healthy hair growth. Sometimes when ferritin has been low for a long time, you may also need some topical assistance to help the hair return back to the normal hair cycle and promote hair growth if we are left with empty hair follicles.

Low iron and ferritin cause a diffuse type of hair loss, you never go bald from this, but the telogen effluvium hair loss and following hair thinning can be very scary.

Absolique Trichologist – hair specialist

Finding and addressing cause of hair loss and hair thinning are my specialty. I have helped thousands of people overcome low iron and low ferritin hair loss with combination of nutrition and some topical treatment.

When following a protocol, be sure to give it four months to see a change in hair or bloods. If you are not getting results at four months, it is time to reach out to Carolyn, Absolique Trichologist, for help. Absolique Hair Health Clinic is located in Brisbane but we can help with online consultation and diagnostic services all over the world.

For a free copy of the updated *Food for Ferritin 2023* and the associated recipe booklet, email Carolyn, Absolique Trichologist at info@absolique.com.au

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)



Absolique Scalp Cleanser

Prepare your scalp for natural hair loss treatment

Hair loss
shampoos
will not fix
your
hair loss

Scalp cleansing shampoo – Scalp is skin

A scalp cleansing shampoo does not really make sense because scalp is skin. Absolique scalp cleanser was specifically designed to be a scalp cleaner. Scalp is skin and should not be washed with a hair shampoo. Hair is a dead fibre and has a different structure to skin. When experiencing hair loss, hair thinning and scalp conditions, it is important to separate the hair and scalp and provide each with the different care needed.

Hair loss treatment products

Hair loss treatment products claiming to stop hair loss or regrow hair that are also hair products, simply won't work to correct both problems. As Absolique Trichologist, I see through the eyes of my microscope all the time, people using these two in one type of products, and they just don't address both scalp skin and damaged thinning hair, hair breakage at the same time.

It is an impossible task to address both hair and scalp with the same product when it is longer than 10cm. Hair shorter than 10cm is different, you can use just a scalp cleanser in most cases, some may need a tad of conditioner on the ends of hair.

Hair loss products – Hair shampoo and conditioner for hair loss

When experiencing hair loss, it may expose some dry and damaged hair you were not aware of. This is where it is important to separate hair and scalp again. Use scalp cleanser to clean the scalp for the natural hair loss treatment product. But keep the hair shampoo and conditioner off the scalp, so it does not block what was just cleansed.

Hair products are to rebalance hair shaft pH, close the cuticle and treat the hair whether it be moisture or protein that is required. Absolique Trichologist will always help you with a prescriptive hair shampoo and conditioner recommendation based on your hair loss, hair thinning and hair breakage.

Best hair growth treatment products – Safe ingredients

Ingredients in Absolique scalp cleanser have properties that safely cleanse the scalp skin of scale, oil and build up as well as cleansing the hair, but it is not a hair shampoo. Other ingredients in Absolique Scalp Cleanser have properties which are stimulating, antifungal, antibacterial, antistatic, and antimicrobial. These unique properties work together to cleanse the scalp without using harmful ingredients, allowing an easier passage for Natural Hair Loss Treatments through the scalp.

Home remedies for hair growth – start with a clean scalp

Preparing the scalp is a big part of home remedies for hair growth. For consistent hair loss treatment, home hair loss treatment is best. Absolique scalp cleanser is great just for a clean, healthy scalp, but is also used to assist certain scalp conditions.

Absolique scalp cleanser works for all hair types, as the focus is scalp skin. Fine hair and oily scalp will get extra benefit from Absolique scalp cleanser by removing oil leaving hair looking fuller and thicker. Absolique scalp cleanser can be used as a hair shampoo if hair is shorter than 10cm. For hair longer than 10cm it is recommended to use prescriptive hair shampoo and hair conditioner following scalp cleansing.

Hair thinning treatment – Absolique Trichologist Brisbane

Absolique Trichologist is based in Brisbane. In clinic services with microscopic diagnosis help people get to the bottom of their hair loss and hair thinning. Offering natural hair thinning treatment and natural hair loss treatment. If you cannot visit Absolique Trichologist in Brisbane, we have online options available too.

You do not need a diagnosis with Absolique Trichologist to use and benefit from Absolique scalp cleanser. Scalp is skin for every human, using a safe scalp cleanser could prevent all sorts of scalp conditions. Having a clean scalp has changed many of my clients lives, nothing like a clean feeling scalp, don't forget about scalp brush therapy for scalp oil and scale too.

Link to online shop:

<https://www.hair-loss-treatments.com.au/shop/>

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