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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Washing Issue

In this month's edition Absolique Trichologist shares her top tips for preventing hair loss after undergoing surgery and her knowledge on the commonly asked question "is it hair loss or is it thinning?".

We follow on from our previous newsletters with Food for Ferritin, creating a simple 'cheat sheet' for eating for hair loss treatments.

As always, we share our incredible client transformations, and talk further about how and when you should be washing your hair.

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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Hair Loss After Surgery

Absolique Trichologist shares her three tips for preventing hair loss after surgery

Why is my hair falling out after having surgery?

Hair loss after surgery has to do with the hair cycle. Anything that causes significant body imbalance can disturb the hair cycle. The hair loss will occur three months after the disturbance, will last for three months and can take 12 months to regrow.

When experiencing this type of diffuse hair loss, you should check your blood tests to ensure there are no other health or nutritional problems or lows. Not everyone will experience hair loss after surgery. It is usually those with low nutritional levels they were not aware of and other contributing factors.

Telogen effluvium after surgery

Telogen effluvium after surgery is another term for post-surgery diffuse hair loss. This hair loss is diffuse over the scalp. The hair cycle has growing, resting, and falling phases, anagen, catagen and telogen. Telogen effluvium explains the growing anagen hair cycle phase being pushed prematurely into the telogen falling phase.

Telogen effluvium hair loss can be over 300 hair strands a day. This will reduce hair volume and expose other hair and scalp problems you were not aware of. You never go bald from telogen effluvium. Telogen effluvium should stop after 3 months. If the hair loss continues for more than three months, there is another contributing factor and you should seek help with Absolique Trichologist.

Hair loss after anaesthesia

On top of the surgery, anaesthetic can cause hair loss. It seems to be the longer and stronger types of anaesthesia that can cause the hair loss, on top of the trauma from the surgery. Those who are sensitive to anaesthetic are more prone to the hair loss. Low nutritional and other health concerns also contribute here.

Hair loss and post-surgery medication

Many surgeries require some type of medication that follows the procedure. Starting and stopping medication can also disturb the hair cycle causing diffuse hair loss.

This is why surgery can be the perfect storm for hair loss. You can prepare for surgery and prevent hair loss. Pre surgery there may also be medication, antibiotics, pain killers etc, these can also lower nutritional levels and cause body imbalance. Use blood test checks and pH testing to prepare for surgery, anaesthetic and medication.

Hair loss after surgery - common surgeries

Some of the common surgeries that are known to cause post-surgery hair loss:

- Gastric sleeve hair loss – long term lower nutrition
- Hair loss after heart surgery
- Breast implants and hair loss
- Hair falling out after hysterectomy
- Hair loss after gall bladder removal
- Hair loss after hair transplant

Post surgery, the body healing and repairing, can also rob the nutrition tank. It really is the time to check your blood tests.

Hair thinning after surgery

Hair thinning after surgery can also occur. This happens when nutrition levels are low. The main things to look for sufficiency after surgery are:

- Iron and ferritin
- B12
- Minerals, zinc, magnesium, copper
- Vitamin D3

When the hair shaft changes texture, colour or has changed structure, you know there is hair thinning. This is a physical change to your genetic hair strand because of nutritional low and deficiency.

Important to note here, sufficiency is required for normal hair growth. Medical and blood test only look for deficiency levels.

Vitamins for hair loss after surgery

When experiencing hair loss many people are scared and become reactive. Finding the first online or pharmacy hair vitamin is what they usually do. Check bloods tests first, general hair vitamins don't address specific lows. Vitamins and supplements need to be absorbed by the body. If the body pH is not in balance, supplements will be just expensive urine.

Natural remedies for hair loss after surgery

Once experiencing the hair loss, we cannot stop it. We can start working on the hair cycle and hair growth to ensure the hair grows back sooner, after four months not the usual 12 months.

Absolique Trichologist can help get all this back on track. There may be a combination of topical and nutritional products recommended based on your individual circumstances. See some of the before and after images in our blog representing increased hair growth at recessions and crown, along with general hair density improvement.

Prevent hair loss after surgery

To prevent hair loss after surgery you need to start three months before the surgery.

- Start scalp preparation and Absolique GRN
- Check blood test for nutritional sufficiency
- Check and balance body pH

These simple steps can prevent predictable hair loss, including post-surgery hair loss. Absolique Trichologist can help you with all these steps or you can have a go on your own with all products available in our online store.

Results are always best with 6-months health and hair cycle preparation. Just starting this hair and health journey three months before the surgery may not be enough. Results are always based on an otherwise healthy individual.

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



Mens Hair Loss vs. Male Pattern Baldness

Let's delve into the differences between hair loss and hair thinning that is affecting males worldwide



Mens hair loss is physical hair loss related to the hair cycle. When the body is disturbed in some way, it can disturb the hair cycle. The hair cycle has a growing, resting and falling phase. With a significant disturbance, the growing hairs are pushed prematurely into the falling telogen phase, this is termed telogen effluvium.

Common causes of telogen effluvium:

- Low iron and ferritin
- Low B12 and vitamin D
- Illness, fever
- Surgery, medication
- Combined with stress, shift work, poor sleep and poor diet

Telogen effluvium results in double the normal daily hair loss and can be over 300 hairs a day. This is a diffuse type of hair loss that is diffusely all over the scalp, not in pattern or patches.

Male pattern baldness

Male pattern baldness is pattern of gradual hair miniaturisation that can lead to baldness over time. A more suitable name for this in male pattern hair thinning because the hair will gradually get thinner in the pattern areas, recessions, front, top and crown. This can lead to baldness over time but should not happen over a few months unless there is another contributing factor.

Male pattern baldness or male pattern hair thinning are not physical hair loss. This is the first important fact to understand. When experiencing diffuse hair loss from telogen effluvium it can expose underlining male pattern hair thinning that you did not know was there.

Male hair thinning

In this example, before and after images, we also had diffuse hair thinning. The genetic hair in the terminal area was not growing normally.

70% of the hair structure had been lost at a cellular level from illness, medication, and now very low ferritin for a male 32 out of 300. Normal ferritin range for men should be safely over 100.

Hair thinning in men

Most men would never consider their overall hair has thinned. Correct diagnosis looking at your genetic hair type is so important to get to the true underlying cause. For these images, on first look you would assume with natural high recessions, it is male pattern hair thinning. But there was current physical hair loss too and a broken hair cycle bringing on early onset male pattern hair thinning.

Hair loss treatment for men

The best hair loss treatment for men will look at all the contributing factors, not just the obvious recession thinning. To stop the hair loss, here we had to raise the ferritin. Hair loss today was caused 3 months ago so it will take three months for the hair loss to stop. Hair loss treatment for hair growth takes four months to see the new hair growth. Left alone, hair growth can take 12 months to recover following hair loss.

Hair regrowth for men

Here we used only a basic topical hair regrowth for men approach, because we found the real underlying cause. Reassurance is always provided for understanding and that we can get things back on quicker.

Hair growth for men used here was scalp brush therapy, scalp cleanser and Activance clinician, all available in our online store.

Hair growth for men

After 4 month we can see a significant improvement in hair growth and at microscopic level, the hair cycle and cell function are improving. Here I would also check current bloods to make sure the ferritin was raising to safe levels.

Receding hairline men

Is not always what it seems. Don't run to the typical online or medical solutions if you don't know all the causes or circumstances. Many times, I find clients have used minoxidil and finasteride thinking it is male pattern hair thinning where it is not the primary problem. These types of products can cause more hair loss under these circumstances, adding to the problem.

Hair growth products for men

Absolique Trichologist is honest and will only recommend hair growth products for men that are right for you. Here we had to stabilise the hair cycle first, now we can go after more hair growth in the recessions with targeted hair growth treatment.

Absolique Trichologist helps men all over the world to stabilise hair loss and prevent male pattern baldness.

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

How Often Should You Wash Your Hair?

There is no set right or wrong about how often you should wash your hair..

Here's how
often you
should
wash your
hair..

It depends on the individual circumstances at the time, what you are using, and the outcome you are trying to achieve.

Hair and scalp need to be treated differently, scalp is skin and a living thing. Hair is a dead fibre and has a cuticle with different needs. How often you wash your hair will also depend on the scalp environment. Absolique Trichologist teaches scalp brush therapy and scalp cleansing to treat a problem such as; oily scalp, scaly scalp, dandruff, itchy scalp, hair loss treatment and hair growth treatment.

How often to wash for oily scalp

Oily scalp leads to oily hair and can be a terrible problem. More frequent scalp brushing and scalp cleansing can be life changing for those with oily scalp and itchy scalp. Using safe products, how often to wash oily scalp, can be daily or every second day. Some people naturally have an oily scalp. But if your oily scalp is suddenly or has appeared over time, there is an underlying cause to look for e.g., Low vitamin D, low essential fatty acids, autoimmune condition.

How often to wash for dandruff

Dandruff is essentially scalp scale, dead skin coming to the surface faster than it should. There are various causes but it usually results in disturbed scalp dermal function. Rebalancing the scalp environment with safe products that clean and heal deliver a much better outcome.

How often to wash for dandruff is every second day until the scalp scale is no longer returning on the second day. If the scalp scale continues to return, look for underlying causes interestingly the same as oily scalp causes along with dry scalp, dehydrated human and body imbalance.

Avoid harsh stripping products like antidandruff shampoos as they generally strip and damage the scalp making the cycle continue. It is better to safely clean then heal the scalp to treat scalp scale and dandruff.

Is it ok if I wash my hair every day?

Yes, it is totally ok to wash your hair every day, if you are using safe products and rebalancing the scalp every time.

As Absolique Trichologist, I would always question why you need to wash your hair every day. It could be for hair styling, because the hair has no body without a fresh wash, look for hair growth problems here.

Most people who wash hair everyday have a scalp problem they are addressing without realising it. Getting a correct diagnosis and using the right scalp and hair products can reduce the need for daily hair washing.

How often to wash for hair loss

When experiencing physical hair loss, it can be scary to wash your hair, as this is the time you will notice the most hair loss. The state of hair loss can result in up to 300 hairs to fall every day. This is a result of a disturbed hair cycle from something that has happened to the body.

Hair washing does not cause hair loss. When the hair is already falling, the cause was 3 months ago. Avoidance behaviour, not washing the hair, is only going to make things worse, as you will collect even more hair on the wash day.

During hair loss, I recommend scalp cleansing, hair washing and safe hair loss treatment product, every second day or three times a week.

When to wash

Is 3 times a week too much to wash hair? No, every second day or three times a week is required for hair loss treatment and scalp treatments every second day. For normal hair and scalp, you could wash twice a week at minimum. Washing hair less than twice a week can lead to scalp problems, so the general rule when to wash is 2 times a week.

Here's how often you should wash your hair

You need to think here about both hair and scalp as they have different structure and needs. Scalp is skin, hair shampoo is for hair. We recommend scalp cleanser before hair shampoo and conditioner.

Keep hair shampoo and conditioner 10cm off the scalp. Scalp cleanser is ok on the hair, but always needs to be followed by hair shampoo and conditioner for longer hair. Hair shorter than 10cm does not need hair shampoo or conditioner, only a scalp cleanser.

How many times should I shampoo my hair?

When using scalp cleanser, you only need to shampoo hair once. We use scalp cleanser twice or until it foams, rinsing out through the hair. The hair shampoo is now preparing the hair cuticle to be closed and protected by hair conditioner.

How often to wash for hair growth – topical hair growth treatment

When the hair washing routine is turned into the hair growth treatment, how often to wash for hair growth is every second day or three times a week. More is ok but less is not enough to be the hair growth treatment. When in maintenance stages of hair growth treatment we can drop back to twice a week.

How often should you wash your hair according to Trichologist

The answer is individual and guided by microscopic diagnosis or consultation service. We can offer this general information, but to get the desired result, we need more information about your health, hair and scalp.

Hair, scalp, skin and nails are all signs of health, when things change, it is a sign something is wrong within.

Absolique Trichologist will always clean the scalp to enable natural hair loss treatments to absorb without the need for harmful ingredients. Then look after the hair longer than 10cm with prescriptive hair shampoo and conditioner. Followed by a topical hair treatment product to rebalance and protect while initiating hair regrowth, helping to stop hair loss and prevent hair loss.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist



Scalp Brush Therapy

Dry scalp brushing



In our last article, we talked about how often should you wash your hair. In that conversation, we also discussed the prewash dry scalp brushing, scalp brush therapy.

Scalp brush therapy is a dry brushing of the scalp before scalp cleansing and hair washing. The scalp brush therapy performed by a safe scalp brush can achieve:

- Scalp exfoliation
- Scalp stimulation – mimics scalp massager with more beneficial
- Scalp circulation – blood flow to the hair bulb
- Release scalp oil from hair follicle sebaceous gland

Simple scalp brush therapy can achieve so much when followed by Absolique scalp cleanser or similar scalp cleanser. Hair shampoo and conditioner is also required for hair longer than 10cm.

Dry scalp brushing

Dry scalp brushing should only be performed as a prewash scalp brush therapy. 100 strokes over the entire scalp before scalp cleansing and hair washing, will bring all the scalp debris to the surface to be safely washed away with scalp cleanser.

Hair shampoo and conditioner are not suitable to cleansing the scalp sufficiently following dry scalp brushing scalp brush therapy.

Scalp massager – hair massager

Scalp massaging is generally used to increase blood flow to the scalp to assist stimulating hair follicles. Scalp brush therapy is more effective as scalp massager with the added benefit of exfoliation, circulation, and stimulation plus release of scalp oil (to be washed away).

The act and purpose of scalp brush therapy is on the scalp, not the hair. However, with longer hair, more than 10cm, you do need to brush through the hair. Be sure to gently detangle the hair before starting scalp brush therapy. Absolique scalp brush is designed to be both a scalp and hairbrush.

Shampoo brush – scalp scrubber

Brushing or scrubbing wet scalp and hair can be very damaging to both scalp skin and hair.

- Shampoo brush and scalp scrubber are not recommended.
- Dry brushing as a prewash is safe and more effective. >

Wet hair is more elastic and can be easily broken when over stretched. Wet skin is softer and can be damaged by scalp scrubbing.

Dry brushing benefits

Absolique Trichologist uses dry brushing to prepare the scalp for natural hair loss treatments. Dry brushing benefits include:

- No harmful ingredients
- Safe scalp exfoliation
- Prepare for natural hair loss treatments
- Treats oily scalp when used with scalp cleanser

Preparing the scalp with dry brushing eliminates the need for harsh and harmful ingredients that are normally used to clean the scalp. Natural hair loss treatments don't use harmful ingredients, so no side effects, but require a clean scalp for effective absorption.

Scalp exfoliation brush

Scalp dry brushing will exfoliate scalp. You can use scalp exfoliant products following scalp brush therapy. Once the scalp is clean, seal the scalp with a safe scalp and hair treatment product such as Activance or Absolique GRN. Sealing the scalp with these safe products will reset scalp acid mantle for healthy scalp and can also be used as hair loss treatment products.

Scalp scrub brush

Please don't scrub the scalp with anything, it can damage the intrinsic scalp skin barrier. Breaking the scalp surface by scrubbing or scratching can leave the scalp open to bacteria and cause infection.

Scalp cleanser

Always use a safe scalp cleanser following scalp dry brushing. If you leave the scale and oil remnants from scalp brush therapy on the scalp, it can make the scalp irritated or itchy. Absolique scalp cleanser is one of our most popular products. Leaving the scalp clean and fresh, using scalp brushing and scalp cleansing can be life changing for clean hair and scalp and safe hair loss treatments.

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



Food for Ferritin – Made Simple

Your cheat sheet to our informative Food for Ferritin guide



When introduced to food for ferritin and food combining, it can sound difficult and be overwhelming. Many overcomplicate what is a simple way of eating to maximise absorption of nutrients from food. Think heme (animal) protein and vegetables. To make things a little easier, I just want to share some simple meal tips.

When making a meal with animal protein, do not combine with carbohydrates.

Animal (heme) protein examples:

- Eggs
- Fish, seafood
- Chicken
- Lamb
- Beef

Carbohydrate examples:

- Bread, wraps, crackers (unless made from non-carbohydrate grains)
- Rice and pasta
- Potatoes, sweet potatoes, peas, corn

When eating animal (heme) protein combine with non-carbohydrate or non-starchy, low glycaemic index vegetables such as avocado, broccoli, beans, beetroot, cabbage, carrots, cauliflower, capsicum, celery, egg plant, fennel, kale, leek, lettuce, onion, pumpkin, radish, spinach, tomato, zucchini.

Planning is the key, have ideas ready for easy meals when things get busy. Here are some of my go to meals when I don't have a lot of time or ingredients.

- Boiled egg, scrambled egg or omelette with salad or vegetables
- Fish, prawns, crustaceans or other seafood with salad or vegetables
- Chicken breast, tenderloin or stir fry with salad or vegetables
- Rissoles or hamburgers with salad or vegetables
- Left over roast with salad or vegetables

Eggs are versatile with so many quick cooking options. Eggs should be organic and or pasture raised to be hormone free.

Fish and seafood should be wild caught. If it does not state wild caught it was farmed and will contain hormones.

Chicken should be labelled hormone free.

Rissoles and hamburgers from trusted butcher or market will be from grass fed beef or lamb. These days they are gluten free too but always ask if not labelled.

Carbohydrates and non-heme protein

Carbs are not the enemy, but they burn as sugar for energy and will always burn quicker than the complicated heme protein. If you need your carbs, choose another meal to load up and include the non-heme plant proteins in this meal to make a complete protein.

Add salad or vegetables to get the nutrients and make it interesting. Buddha bowls and super salads or soups work well here. Use rice, some type of soaked and cooked bean or lentils, chickpeas are easy. Potato and sweet potato can be used here too.

Don't want to soak and cook the beans? Get organic BPA free tins of prepared beans and lentils from your health food store.

Vegetarians and vegan eating suit this type of carbohydrate and non-heme protein meal planning. Just be aware to always combine at least 2 plant proteins in the same meal.

Food for ferritin and food combining does not need to be complicated or boring, don't over think it.

For a copy of food for ferritin email
Absolique Trichologist at
info@absolique.com.au

Food for Ferritin for Hair Loss

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

