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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2 - 3:

Prevent Post-Partum
Hair Loss

Page 4 - 5:

Post COVID Hair
Loss Remedy

Page 6 - 7:

How To Prevent Hair
Loss in Men

Page 8 - 9:

New Website

Page 10:

Team News

The Prevention Issue

We have hit the ground running this August as we begin to farewell Winter and say hello to Spring!

In this month's issue we talk about prevention and recovery from hair loss after childbirth and COVID.

We share more impressive before and after images of our dedicated clients at Absolique and officially launch our new look website.

Be sure to read our Team News for our updated reception hours and an introduction of a new face you'll see in the clinic.

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

Stay in the loop with Absolique -
[Website](#) | [Facebook](#) | [Instagram](#) | [YouTube](#)

Prevent Post Partum Hair Loss

How to prevent a common problem mothers experience following birth



Postpartum hair loss is a type of diffuse hair loss that happens after pregnancy. This diffuse hair loss is telogen effluvium, is temporary, lasting for three months, and should regrow within 12 months. Preventing postpartum hair loss needs to start at the beginning of the last trimester to be successful.

Best treatment for postpartum hair loss

The best treatment for postpartum hair loss is prevention, starting at the beginning of the last trimester. In the last trimester of pregnancy, the hair cycles falling phase ceases (telogen), resulting in more growing hairs (anagen), this is part of the pregnant glow with thicker than normal hair.

Postpartum hair loss timeline

Postpartum hair loss occurs three months after birth, or three months after the menstrual cycle resumes or three months after ceasing breast feeding. Some women don't notice the postpartum hair loss, but it is a side effect of every pregnancy and the associated hormonal and hair cycle changes.

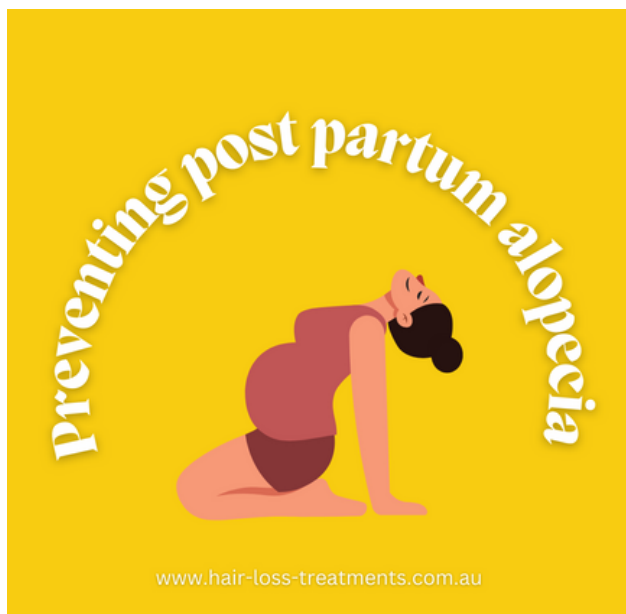
You can prevent postpartum hair loss and make sure new mum has sufficient nutrient levels to grow healthy hair.

Postpartum hair loss treatment

You can begin postpartum hair loss treatment when you are experiencing the diffuse hair loss. But this cannot stop what has already been triggered in the body three months earlier. Hair loss treatment will assist the hair to regrow normally following the hair loss, along with checking for sufficient nutrient levels.

Post partum hair loss help

Many cases of postpartum hair loss can be reduced if only the care was for mum to be as well as new bub. New mum rarely gets a look in after birth, she has just created and delivered a new human, and is now exhausted and sleep deprived from nursing. Here is where it is common to find low iron levels that can prolong the hair loss and prevent normal hair regrowth.



Postpartum hair loss regrowth

The hair will regrow following postpartum hair loss or postpartum alopecia. It will take 12 months and is important again to have sufficient nutrient levels, not low levels so it is very important to get tested and get help from a Trichologist or functional practitioner, low is not good enough as it is in the medical world.

The hair cycle is the cause of postpartum alopecia. With the normal falling telogen hairs holding on in the last trimester, they will shed by the three-month rule as above, resulting in double the normal daily hair loss, called postpartum alopecia telogen effluvium.

Best products for postpartum hair loss

To prevent postpartum alopecia, you need to start working on the hair cycle as it is changing, this is at the beginning of the last trimester. Absolique Trichologist has successfully prevented post-natal hair loss with our product GRN Grow.Revitalise.Nourish. We must begin the prevention three months before the cause to be successful.

Absolique GRN is applied to clean scalp with our signature scalp preparation techniques, 2-3 times a week to be successful. It a simple, easy application, taking no time at all.

Hair loss after giving birth

If you have experienced hair loss before pregnancy, the thought of postnatal hair loss can cause hair anxiety. As Absolique Trichologist, I have had clients in fear of falling pregnant because of the associated hair loss. This does not need to be the case.

Best vitamins for postpartum hair loss

There are no number of vitamins that can address the hair cycle. There are Huntsman many hair loss vitamins on the market, save your money, the hair will regrow on its own, if you have sufficient nutrient levels. You can use minerals, essential fatty acids and vitamins to support health and in turn hair, but not the other way around. Absolique Trichologist will help you chose the right supplement and more importantly, help you to absorb them.

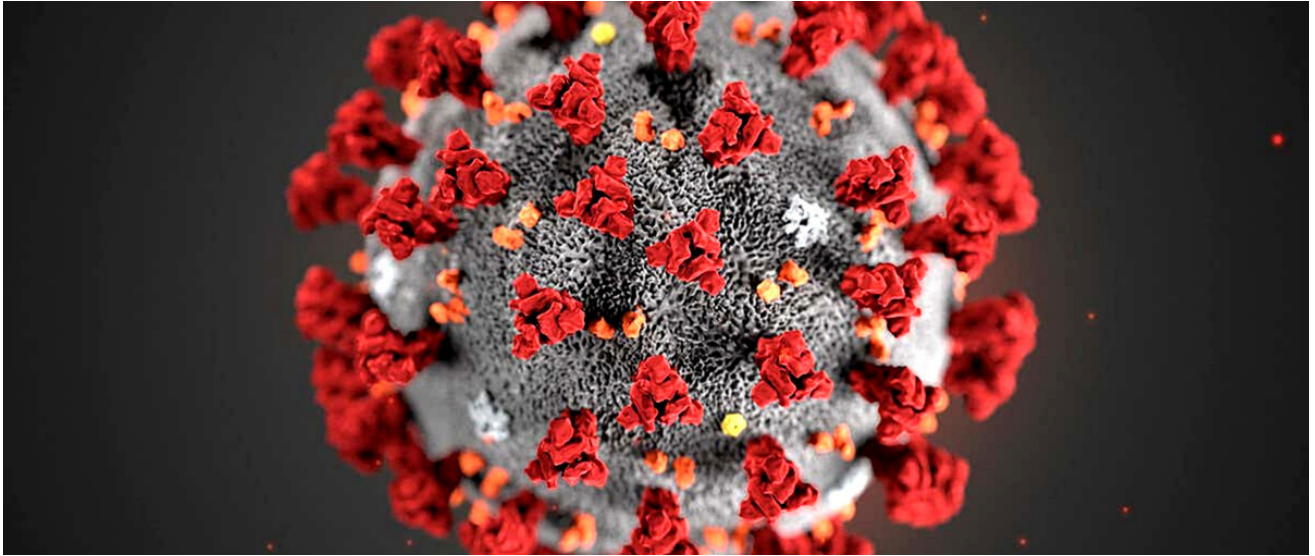
Trichologist – help prevent postpartum hair loss

Working with Absolique Hair Health Clinic Trichologist, before, during or after your pregnancy can help with prevention of postpartum hair loss, postpartum hair shedding and postpartum hair loss regrowth.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Post-COVID Hair Loss Remedy

Supporting and repairing the hair cell and hair cycle post-COVID



Post covid hair loss remedy needs to assess individual circumstances. In this case the post covid hair loss started almost immediately after the covid because of lowered immunity and high fever for over 48 hours.

Blood tests revealed low iron storage, ferritin, immune support vitamin D had been half of the sufficiency and B12 had been low end but was now too high because of over supplementation.

Hair loss after covid

Hair loss after covid is a type of diffuse hair loss, occurring diffusely all over the scalp, not in pattern or patches. Diffuse hair loss happens when the hair cycle is disturbed. Here it was the fever that disturbed the body and in turn the hair. The body disturbance pushed the actively growing anagen hairs prematurely into the falling telogen phase, resulting in double daily hair loss. This double daily hair loss could look like over 300 hairs a day.

Telogen effluvium covid

Telogen effluvium covid can occur as in this case almost instantly or up to 3 months later.

The hair will continue to fall for three months, then it should stop. Then it can take up to twelve months for the hair to regrow.

You can intervene with post covid hair loss remedy as we did here. Checking in on health we found the abovementioned lows, but we also found the hair cycle was not in order to start with. We had an otherwise healthy person, but life happens and sometimes, especially with history of low iron and or childbirth, your hair cycle is not what is used to be.

Hair falling out after covid

Hair falling out after covid should never be permanent. Diffuse hair loss is a temporary type of hair loss. Hair regrowth can be compromised if you don't check nutritional and health levels for sufficiency, low levels are not good enough.

To assist with slowing the hair falling out after covid, Absolique Trichologist will use some hair cycle remedies and hair growth products such as [Absolique GRN](#) and or [Activance clinician](#).

Post-COVID Hair Loss Transformation

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



Before



After

Post covid hair loss treatment at home

Once Absolique Trichologist has helped you look at your greater immunity and health, we can introduce post covid hair loss treatment at home. Hair and scalp health and considered to form an individual hair loss treatment at home incorporated in your hair washing regime.

All instructions are provided with selected products along with nutrition tips for greater absorption of nutrients and supplements where required.

Covid and hair loss in women

Hair loss due to covid can expose some other hair thinning problems, such as female pattern hair thinning. We need to be focused here to understand the current diffuse hair loss post covid is the problem. As we are getting the hair growth and hair cycle back on track, we can assist with the pattern hair thinning, that had been happening all along in the background anyway.

Just be careful not to choose the wrong treatment which I have seen happening online, a lot. You do not need to use minoxidil or hormonal treatment for covid and hair loss in women.

Hair shedding after covid

As we have discussed, hair shedding after covid should last no longer than three months. You can get started on hair growth treatment during this time to help with quicker hair regrowth, as we did in these before and after photos. Always get blood tests and look for mid-range levels, not lows and not over supplementing either, as highs can cause problems too. Balance is the key and that is what I can help you with, in clinic Brisbane or online all over the world.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

How To Prevent Hair Loss In Men

Why is it happening to you?



In this story, I am sharing a case from 2014 who came back to see me for help again in 2023. He was 24 when we first met, and his concerns were receding hairline and a patch at the back of head and how to prevent hair loss in men. It was interesting the pattern thinning was in the typical male pattern hair thinning area, yet there was no family history of male baldness.

How to stop hair fall for men

To stop hair fall for men you need to find and address the underlying cause. In this case it was hypothyroidism, a condition which can contribute to hair loss. The hypothyroidism treatment was changeable, and he had this condition from birth. When we checked in on the genetic hair, we found there had been physical hair loss and diffuse hair thinning related to the hair cycle which had been disturbed by the hypothyroidism.

How to stop male pattern baldness

The physical diffuse hair loss here was exposing and contributing male pattern baldness. Male pattern baldness is caused by our DHT (dihydrotestosterone) being triggered to bind where it does not belong. These areas for are men, anything in the top horseshoe of the head and the prostate.

The DHT triggers are:

- Hereditary
- Hormonal (as was the case here)
- Environmental
- Free radical effect

Even without hereditary factors, men can experience male pattern hair thinning when there are other contributing factors, this is important to understand for protection and prevention.

How to prevent hair fall for male

Preventing hair fall comes from body balance. Male pattern hair thinning is not physical hair loss, but a gradual hair thinning via miniaturisation. Hair fall is connected to the hair cycle and the premature release of hair out of the hair cycle, moving thyroid hormone levels were a big contributing factor here.

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Preventing hair fall for males lies in good health and balancing body function. Low levels, deficiency and poor health contribute the real cause of physical hair loss.

Stop hair loss men

To stop physical hair loss, one needs to find and address the underlying cause. This can be so many things in life, but the most common causes are:

- Starting and stopping medication
- Surgery and anaesthetic
- Nutritional lows and deficiency
- Illness and injury
- Inflammation, infection, and fever

Again, in this case it was the lifelong hypothyroidism, medication and what we found were insufficient nutrient levels to support health and hair. Absolique topical hair loss and [hair growth treatment GRN](#) can help to get hair cycle related hair problems back on track and to prevent predictable hair loss. Nutritional therapy helps to support the real underlying causes.

How to prevent male pattern baldness

Male pattern baldness in younger men is usually a secondary problem.

The main problem Trichologist finds at Absolique Hair Health Clinic is the hair cycle is disrupted, people have diffuse hair loss and a dysfunction at cellular level.

Correcting the cell back to functioning once again can also help to protect against male pattern baldness. There are some [topical antioxidants](#) that also assist along with avoiding hormones in food and personal care products, that all contribute to prevention. We like to teach it as a balanced lifestyle, [pH testing helps here](#) too.

How to prevent hair fall for male naturally

Many foods and products contain hormones, hormone disruptors and harmful ingredients. The consultation and diagnosis services offered by Absolique Trichologist help to make you aware of these things, to avoid, along with teaching how to protect yourself, for prevention.

Preventing hair fall naturally and natural hair loss treatments are our specialty, always looking for and addressing he is underlying causes. In the images we share today, this client embraced lifestyle, and even though he stopped our natural hair loss treatment for many years, the hair is stable, and we can now go in to gain some hair regrowth again.

The main message here is good health can protect your hair, hair loss and pattern hair thinning, and you can get stability and go back to treatment years later, without minoxidil.

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

New Website

A new look website with a better shopping experience



Absolique Hair Health Clinic team are always working behind the scenes to provide existing and new clients the best and latest information, technology, and experience. A big part of the Absolique experience is our [website](#), where we share hair loss treatment success stories, scalp treatment results and hair growth journeys.

- Hair loss treatment success stories
- Scalp treatment results
- Hair growth journeys
- Faster and easier to use
- Simpler online shopping

To provide the best online experience we have launched a new website to make it faster, easier to use, simpler online shopping, easier viewing before and after images and quicker access to blogs and newsletters as well as online booking for new clients. Absolique Hair Health Clinic new website address is <https://hair-loss-treatments.com.au/>

Trichologist – Absolique Hair Health Clinic

Find out more about [Absolique Trichologist](#) and what Trichology is. Absolique Trichologist writes a weekly blog about all topics hair, scalp, and health.

It is a great resource to learn about everything you could need to know about healthy hair and scalp.

We also have a monthly newsletter and free eBooks with other free tools available once you follow your individual hair or scalp concerns. You can share your story for help from Absolique Trichologist, join our mailing list to [subscribe to our Newsletter](#) and receive the free and helpful eBooks, The Truth About Hair Loss.

Hair loss diagnosis – Absolique Trichologist services

Look at the many [services Absolique Trichologist](#) can offer to help with all types of hair loss, hair thinning and scalp conditions. The importance of a diagnosis and having someone explain what and why this is occurring to you, is so reassuring.

All the services by Absolique Trichologist will help you feel better about the symptoms or situation you may be experiencing.

Trichology – hair loss treatments

Absolique Trichologist can offer individual hair loss treatment created just for your concerns, budget, and situation. There is always something we can do to help. If you have tried all sorts of hair products and supplements, it is time to find the missing pieces of the puzzle and get hair, scalp, and health back on track with Absolique Trichologist.

Scalp treatment Brisbane

Scalp treatment can be tricky to find help. Absolique Trichologist can help you to understand why it is happening and, in most cases, offer instant scalp relief. We can offer both at [home scalp treatment and in clinic scalp treatment](#) where needed. Don't suffer dandruff or oily scalp any longer. Psoriasis and seborrheic dermatitis can be helped without harmful ingredients.

Hair loss treatment products – online shop

You can now [shop at your convenience](#) for your favourite hair loss treatment products. For best results we recommend you visit Absolique Trichologist for your diagnosis first.

We offer online, phone and in clinic services so location is not a problem. Absolique online shop can only post within Australia, for overseas orders we do need to arrange overseas shipping. When using any Absolique recommended products, if you are not experiencing positive improvement or stability of the concern after 4 months, you are best to get another review with Absolique Trichologist.

Trichologist – hair loss before and after results

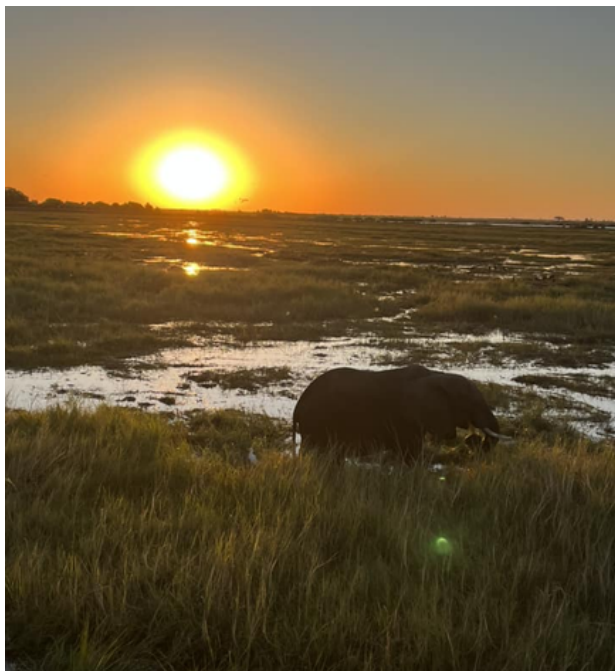
Starting and going through hair loss treatment can be scary, daunting and make you feel like nothing will help. Changes to the hair from hair loss treatments take time, four months' time. Seeing other results can help you stick to the routine to get to the end and achieve your results too. We share many stories, journeys and [before and afters](#) to help you see what you can achieve.

Want more before getting started on your hair, scalp, and health journey? Email Absolique Trichologist at info@absolique.com.au to share your concerns, ask questions, or request a free 15-minute phone chat.

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

Team News

Behind the scenes news and updates from the team at Absolique



As sad as we were to farewell our dear Tessa, we are excited to introduce new Absolique Team member, Nikki.

Nikki will be the friendly face (or voice) you'll meet in clinic and is delighted to assist our Absolique clients, new and old. She will soon also start taking care of clients in our Organic Salon. Be sure to keep an eye out on our social media pages for our 'Meet The Team' post to get to know more about Nikki.

Carolyn enjoyed a much deserved break in July, and while she was at it she and husband, Daniel ticked off a box on the bucket list - Safari in Africa! You'll see some of the incredible photos they took above and also on the first page of this newsletter.

"The wildlife is why I went, to see and ensure these amazing creatures are safe and being protected. In Africa there are the big 5 – Elephant, Rhinoceros, Buffalo, Lion and Leopard. They are examples of megafauna, featuring prominently in popular culture, and are among the most famous of Africa's large animals.

The term was coined by big game hunters, and refers to the five most difficult animals in Africa to hunt on foot but is now more widely used by game viewing tourists and safari tours. Hunting is now banned with the game of safari to spot these amazing animals in their natural environment and not get in their way. We visited 2 national parks and 1 private game reserve to encounter the preservation of these amazing animals. The rhino is still endangered, but we saw firsthand how all of the parks we visited were doing everything in their power to stop the poaching. We did see all of the big five along with many more with some of my favourites being giraffe and zebra. Already planning my next trip to different places for safari and this amazing way to view nature at its best.

One village experience that really grounded me, everything eaten in the village was grown and raised in the village, all the housing was made by the villagers, it was simple, they were happy, healthy and had not a care in the world. All the children went to school to be educated, but could then decide to work in the village or go onto another career. Everyone in the village worked in some way from a young age, it was a real community of support and happiness. Note – one of them had a iPhone "

New reception hours are subject to change without notice, so be sure to call ahead for product pick-up just in case! Carolyn will still be taking appointments on Fridays and Saturdays, but clinic is not open to walk-ins during those days.

Tuesday 10am - 4pm

Wednesday 10am - 4pm

Thursday 10am - 4pm

Friday & Saturday Reception Closed

Sunday-Monday CLINIC CLOSED