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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Deficiency Issue

This month we are talking nutritional deficiency.

We feature real client stories of hair and scalp problems relating to low nutritional status and how Absolique Trichologist, Carolyn assisted them to achieve impressive results in just months.

Carolyn was asked by Mamamia Australia her expert opinion on growingly popular anti-grey hair serums. And we give our feedback on hair and wellness products available at Absolique.

And good news! We have updated our postage fees to save you money, read our Team News + Updates for more information.

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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Do Anti-Grey Hair Serums Work?

Absolique Trichologist features in Mamamia's ask an expert article.



By ERIN DOCHERTY
Beauty & Health Editor
OCTOBER 20, 2023

Do anti-grey hair serums work? We asked an expert. (mamamia.com.au).

Haircare is having a serious moment in 2023. Just take a glance at the beauty shelves and you'll notice a slew of new hair products and technologies that have entered the market in the space of the last year — haircare is booming.

From swanky new hair treatments and devices to game-changing ingredients, there's more out there than ever before, with a massive focus on everything from repair to protection, and growth.

One of the trending categories you might've seen pop up? Anti-grey serums.

In recent years, there's been an explosion of new serums, supplements and powders promise to prevent or reverse grey hair — they're literally everywhere right now,

and the buzz has only been ignited further by social media (hey, TikTok).

But do they actually work?

We sat down with trichologist Carolyn Evans-Frost from Absolique Hair Health Clinic and asked her everything we need to know about the science behind anti-grey serums. So, here's what you need to know before adding them into your routine.

What causes grey hair?

Before we get into it, it's probably worth looking at exactly what causes grey hair in the first place, yeah?

According to Evans-Frost, it's a mixed bag — the causes are multi-layered and there's no one-size-fits-all deal when it comes to developing grey hair.

She said "genetics, stress, shock, nutritional deficiency, mineral imbalance, and compromised hair structure" all play an instrumental role.

"Protein, iron and ferritin insufficiency are also common causes," adds Evans-Frost.

Obviously grey hair is totally normal and you should never feel like you need to actually 'prevent' or 'fix' it — it's a natural thing that'll literally happen to all of us!

However, if it's something that bothers you, chances are you've fallen into the world of anti-grey serums and supplements and wondering if it's really worth your money.

Do anti-grey hair serums work?

To give it to you short, the science behind whether anti-grey serums actually work is... questionable.

As Evans-Frost shared, "The products seem to be more camouflaging the new grey hairs from scalp level or working at a cell level to provide the best health for the hair."

Meaning? While most of these brands have done their own independent studies on small groups, there's no solid evidence that these kind of products will actually 'reverse' grey hair or 'prevent' grey hair from occurring.

Looking at the ingredients of some popular anti-grey serums on the market, Evans-Frost said most of these products contain a range of antioxidants, vitamins (like vitamin B and C) and amino acids that work on things like cell and scalp health.

And while some of these ingredients may do a lot of good things for the overall health of your hair, they're not a permanent remedy for reducing the appearance of greys or renewing hair colour.

According to our expert, we're just not there yet. "There is a lot of science, but they don't really know the real cause of grey hair or how to prevent it yet," she explained.

"Science shows vitamins like A, C and B12 are needed for melanin production. So products will use this to promote healthy melanin, but it does not increase melanin."

"Boosting melanin production from a cellular level requires vitamins, minerals and antioxidants. Some herbs are also thought to help."

However, all in all, it's just not possible to reverse the greying process. "There's no permanent natural remedy at this time once the hair is already grey."

Are there any risks with using anti-grey products?

When it comes to using these kinds of products, our expert said "Some of the nutritional supplements promoting grey hair reversal and hair growth can contain high amounts of biotin, which can affect medication and thyroid function when taken at a high dose over long periods of time."

"Read the ingredients list and avoid harmful ingredients," she added.

"Also, I would suggest seeing a toxic decoder, to ensure products don't impact the endocrine system and are not causing any cellular damage."

Is there anything you can actually do to prevent grey hair?

We just wanna preface this by saying if you use anti-grey serums and you like them and they work for you, etc. etc. — you do you! Each to their own.

But if you're on the fence about spending a lot of money on products like this, our expert recommends firstly looking at your current lifestyle. "Good health always wins, even if you have genetic factors contributing to grey hair."

"Those who practise good health and get what the cell needs from diet and select supplements, will always win. The cellular health recipe is — correct pH balance, minerals, essential fatty acids, vitamins for the body to make its own antioxidants. If you're not making them, use them topically and orally."

**Takes notes*.*

"Most of the products presented for grey hair and hair growth are full of vitamins and antioxidants, imagine if you had good levels in your body first. Then prevention is in place."

"I am one of four girls, and I have practised nutritional balance from recipe above since age 35, along with topical antioxidants. Now at 51, I do have some grey hairs, but nothing like my genetics shows I should have (both parents grey, mum 100 per cent before 50), and all sisters have much more grey hair than me, including my two younger sisters. Coincidence or health?"

"Shout out to my sisters — I love them so much, but they don't follow the nutritional regime I do for health and hair and grey hair prevention!"

(Article taken from Mamamia Aus).



Tellogen Effluvium

A client hair loss story related to a ferritin deficiency



One of the most common causes of telogen effluvium diffuse hair loss is low ferritin level. The story and results we share here had ferritin deficiency of 13ug/L out of the ferritin range of 30-300. Telogen effluvium occurs diffusely over the scalp when low ferritin level is 30 or below.

Best hair loss treatment – low ferritin level

The best hair loss treatment for low ferritin is to raise the ferritin level to 70-100 for health and hair growth. Here we used iron supplement, food for ferritin, supporting nutrition and hair loss treatment targeting the disturbed hair cycle to achieve this hair regrowth. The iron supplement had 120mg of gentle on the stomach, iron bisglycinate. It also had some supporting ingredients, vitamin C, B12 and other B vitamins.

Hair regrowth – low ferritin level

Hair regrowth will require help from food, correct supplementation, supporting nutrition and some topical hair loss and hair regrowth treatment.

As Trichologist at Absolique Hair Health Clinic, I commonly see low ferritin level not responding to individual treatment, as it needs combination therapy.

Absolique Trichologist hair regrowth with combination therapy is designed for individuals based on your blood tests results, likes, dislikes, time, and money. Hair regrowth treatment needs consistency for 4 months to achieve a result, as we have here.

Food for ferritin – hair growth treatment

Food for ferritin is a document written by Absolique Trichologist to help you learn about eating for absorption. It is a guide and recipe book of what and how to eat to raise ferritin along with correct supplementation. Food alone or supplements alone rarely raise ferritin levels.

Once we have food in place with your select supporting nutrition, we can add some topical hair growth treatment such as Activance Clinician and Absolique GRN.

Hair growth serum – GRN Grow.Revitalise.Nourish

There are many hair growth serums on the market today. Absolique GRN is our hair growth serum because it works with the telogen effluvium to reduce hair loss, also promotes hair growth, and works at a cellular level with only safe ingredients. Absolique GRN also protects against female pattern hair thinning and male pattern hair thinning with its high antioxidant ingredients. GRN also helps as hair growth serum without minoxidil for male pattern hair thinning a female pattern hair thinning.



Hair doctor near me – Trichologist

As a Trichologist I am a hair and scalp specialist, along with decades of working in nutrition. My help and guidance is so important to deliver results for hair loss, hair thinning and scalp conditions. We need to be individual, and not use generic blanket treatments that say they can treat everyone and

This case is such a super example. These results are 4 months of treatment. The hair has more volume, has increased hair density, no longer has the oily scalp, and we can see the hair is growing much better.

Low ferritin hair regrowth

However, when we checked the 4-month blood tests, everything nutritional had responded, but the ferritin. What this tells us, is there is another underlying problem, which is being investigated with the doctor by means of celiac testing and colonoscopy.

Even with ferritin still in a deficient range of physical hair loss, we stopped the hair loss and achieved hair growth with the supporting nutrition and topical hair loss treatment.

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

Vitamin D Deficiency Symptoms

Oily and dry scalps are a sign of a very common deficiency



Before



After

Vitamin D is a skin vitamin so it should not be surprising Vitamin D deficiency symptoms can be found on the skin. Scalp is skin so one of the low vitamin D symptoms is oily scalp.

- Oily scalp, dry scalp, scaly scalp, itchy scalp
- Seborrheic dermatitis and oily psoriasis
- Oily hair, hair loss and diffuse hair thinning
- Acne, pimples, oily skin
- Hormonal problems
- Early onset pattern hair thinning

Signs of low vitamin D – oily scalp and hair loss

Some of the most visual signs of low vitamin D and vitamin D deficiency are excessive and unusual oily scalp and physical hair loss. Changes in skin, such as facial acne and scalp pimples are also signs of low vitamin D.

Physical hair loss telogen effluvium is also a sign of low vitamin D as is early onset male pattern hair thinning.

Early onset means it is happening at a much younger age than your hereditary influence or there is no genetic influence, yet you are showing pattern hair thinning.

Best shampoo for oily hair – scalp cleanser

Oily hair and oily scalp from low vitamin D and vitamin D deficiency, need the best shampoo for oily hair that addresses all the problems. In most cases there is scalp scale, itchy scalp, and hair loss at the same time, so a scalp cleanser is more effective.

Hair shampoo is not going to cut it here, neither are stripping antidandruff products that leave the hair and scalp dry.

Scalp cleansing – scalp treatment at home

This case we had a current vitamin D deficiency, so we introduced safe scalp cleansing to clear away the built-up scalp oil and to clean the scalp for effective hair loss treatment product absorption.

The hair washing regime recommended by Absolique Trichologist was:

- [Scalp brush therapy](#)
- [Absolique scalp cleanser](#)
- [Activance clinician formula](#)

This process was performed by Trichologist within 5 minutes to show such impressive hair results and improved hair appearance with more hair volume, and elimination of scalp itch.

Hair loss treatment for men

This client was only 19 years of age and in fear he was going bald. Absolique Trichologist hair loss treatment for men always addresses the underlying cause, here the vitamin D deficiency, and helping instantly to get relief from scalp itch and oil. Hair loss treatment for men by Absolique Trichologist will always address male pattern hair thinning too.

Telogen effluvium treatment

Low vitamin D to the point of deficiency will cause diffuse hair loss and will require some telogen effluvium treatment. Microscopic diagnosis of this vitamin D deficient scalp showed up to 3 empty hair follicles/cm which is a high count and had affected the scalp skin structure because of all the empty follicles.

Telogen effluvium treatment here was included with the scalp treatment described earlier, scalp brush therapy, scalp cleanser and Activance Clinician.

The scalp brush and scalp cleanser prepare and clean the scalp ready to absorb the safe ingredients hair loss treatment product, Activance Clinician.

Trichologist near me – Trichologist Brisbane

Absolique Hair Health Clinic are based in Spring Hill Brisbane. Trichologist Carolyn Evans-Frost has been helping people with hair loss, hair thinning, scalp conditions and nutritional therapy for over 25 years.

Absolique Trichologist Brisbane is a holistic practitioner only using safe yet effective treatments. We share as many results as we can online. Results and happy clients are our goal.

Hair loss treatment is a choice, there is no reason for anyone to accept baldness as a destiny these days, and the younger it is happening to you means there is an underlying health cause, that Trichologist Brisbane will help you find.

The same for scalp treatments, no one should accept oily, scaly or itchy scalp, if you have a scalp concern, reach out. Instant scalp relief can be experienced in as little as 1 hour or this case, 5 minutes!

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

Scalp Treatment

Say goodbye to that dry, itchy scalp with this effective treatment



Before



After

Scalp Treatment Brisbane available at Absolique Hair Health Clinic. With private hairdressing salon, Trichologist – hair loss and scalp specialist, can offer hands on, individual scalp treatment for your scalp concerns.

Dry itchy scalp treatment – scalp treatment Brisbane

Don't suffer dry, itchy scalp any longer. Get instant scalp relief with dry itchy scalp treatment at Absolique Hair Health Clinic. Trichologist will choose the right scalp treatment Brisbane, for your problem scalp.

Scalp treatment Brisbane results can be felt almost instantly, with recued itchy scalp. We also start dissolving built is scalp scale to regain healthy, fresh scalp.

Scalp psoriasis treatment

Scalp psoriasis treatment can help stop the constant returning cycle of scalp scale and itchy scalp. Some cases really need a professional scalp treatment just to get the scalp clean, then we recommend home scalp treatment remedy.

Scalp psoriasis can go into remission with the right scalp treatment and nutritional changes, but there is no permanent cure, so you do need to keep on top of it with home scalp treatment.

Seborrheic dermatitis treatment

Built up scalp scale and oil are seborrheic dermatitis. Is an autoimmune condition and can be triggered by nutritional lows and deficiency, as well as stress. Seborrheic dermatitis treatment at Absolique Hair Health Clinic will get the scalp more balanced so you get more from your home scalp treatments.

Scalp treatment near me – Scalp Treatment Brisbane

It can be difficult to apply a scalp treatment at home. There are so many products out there, how do you know what is right for your scalp condition?

Absolique Hair Health Clinic uses a microscope to view you scalp to see firsthand what is happening at your scalp level.

Trichologist can then choose the right scalp treatment for you and get scalp relief within 45 minutes. Having someone qualified to choose and apply your scalp treatment makes all the difference to get back to a healthy scalp.

See the featured before and after pictures of scalp psoriasis which had turned into seborrheic dermatitis from mistreatment.

Scalp exfoliation – home scalp treatment

You can see how clean the scalp is after the scalp treatment. The right amount of scalp exfoliation with some calming scalp scale dissolver, has uncovered the scalp once again.

One treatment is not enough when things are at this level to start with, so we follow up with home scalp treatment and will check in with the microscope again soon. If needed, we will perform another scalp treatment.



Professional scalp treatment – Trichologist

Absolique Trichologist specialises in scalp treatments and helps many people get scalp relief quickly all in a private hair salon with a relaxing scalp massage along the way.

In clinic professional scalp treatment pricing starts from \$100 for a 30-minute treatment. You can also book a [Hair Health and Scalp Check](#) online to get to the root cause of your hair and scalp concerns.

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

Aveda Product Spotlight

Phomolient Styling Foam



In the era of hair care and styling products, Phomolient emerges as a game-changer, especially for those with fine or medium hair looking to elevate their style on special occasions. This unassuming elixir promises to unlock a world of weightless body, dazzling volume, and an irresistible shine, all without the unwanted baggage of build-up or weight. What's more, it uses air-infused technology to transform from a liquid to a foam, completely eliminating the need for hydrocarbon propellants. We've taken Phomolient for a spin to see if it lives up to the hype.

Performance

Phomolient's patented formula, crafted for fine and medium hair, delivers on its promises with remarkable precision.

Upon application, it bestows a light to medium hold that's perfect for creating versatile styles, without the burden of heaviness. The standout feature, however, is its ability to infuse your locks with weightless volume, giving your hair that coveted boost it deserves. The result? Hair that not only looks stunning but feels incredibly light and free.

Shine and Aroma

One of Phomolient's secret weapons is its capacity to add a brilliant shine to your hair without any compromise on texture. The elixir effortlessly enhances the natural sheen of your locks, leaving you with hair that gleams with health and vitality. And let's not forget the aroma - it smells insanely good, a delightful touch that elevates your haircare routine to a sensory experience.

Usage Tips

To achieve the best results, apply 1-2 pumps of Phomolient to damp hair closer to the root area for maximum lift and proceed with your regular blow-drying routine. Remember, less is more with this foam, as it doesn't take much to unleash its transformative powers. Be prepared to be captivated by the invigorating scent that lingers, leaving you feeling refreshed and confident.

Conclusion

In the realm of styling products for fine and medium hair, Phomolient emerges as a clear frontrunner. Its patented formula, combined with air-infused technology, creates weightless body, amplifies volume, and enhances shine while keeping your locks light and free from build-up. It's the perfect companion for those special occasions when you want your hair to shine and steal the show. If you're seeking a styling product that truly lives up to its claims, Phomolient is a must-have in your beauty arsenal. Get ready to elevate your hair game.

Experience

For an opportunity to try out the incredible Phomolient Styling Foam, we invite you to visit The Absolique Hair Health Clinic. Book Our exclusive Hair Care Package and indulge in the wonders of Phomolient and other prescriptive haircare firsthand. Alternatively for a more convenient option, Phomolient is also available to purchase instore.



Unlock Your Hair's Potential with Aveda at Absolique – Hair Care Package

Discover the ultimate hair transformation at Absolique Hair Health Clinic, as we proudly introduce our partnership with Aveda, with our Hair Care Package. Our shared mission is to help you achieve not just good, but exceptional hair – the kind that radiates health and confidence. Whether you're dealing with hair loss, hair thinning, or scalp concerns, we have your back.

[Check out Hair Potential Package Here](#)

Grounding

What it is and how to start practicing.



What is grounding?

The word "grounding" has many different use cases, ranging from electrical engineering, construction, and more. Even in the health and wellness space, grounding can refer to a handful of different things, all with different applications. Most commonly though, grounding -- also referred to as earthing -- is a technique that involves connecting bare skin directly to the earth for health benefits. This includes walking barefoot, sitting on the earth, gardening with bare hands in the soil, swimming in the sea, and more.

Skin-to-ground contact provides the body with free electrons. Grounding restores the body to its natural, slightly negative charge. This can be easily tested with a multimeter, a standard meter used to detect voltage and current.

Most people have drifted away from this natural electrical state (polarity) given the amount of time spent indoors.

What are the benefits of grounding?

A growing body of research shows that grounding has wide-ranging health benefits. These include balancing our nervous system, improving uptake and flow of oxygen to our cells, and reducing inflammation. It may have also have anti-aging effects. The Earthing Institute cites dozens of studies on the health effects of grounding, including improvements in energy, mood, sleep, recovery, and wound healing (c). Additionally, grounding has the ability to reduce oxidative stress, which results from loss of electrons.

Studies also suggest that grounding to the earth is beneficial to our physical and emotional health. Some of these benefits include: promotion of feelings of peace and relaxation, reduction of inflammation, improved sleep, pain perception reduction, improved wound healing, and regulation of cortisol cycles (a).

The science behind grounding

Our body functions most efficiently with a slightly negative charge or polarity. While indoors, we not only miss out on that electron flow from the earth, we are also surrounded by positively charged electromagnetic fields from technology like cell phones, computers, electrical wires, and power lines. Even when venturing outdoors, the use of non-conductive footwear blocks the connection with the earth. The abundance of positively charged electromagnetic fields combined with the lack of connection with earth cause the body to slowly shift into a more positive electrical state, leading to negative health ramifications. Such a lifestyle changes our polarity, our natural charge.



How does grounding affect the bioenergetics of your body?

A common analogy in bioenergetics is to view our cells like batteries...

[Read full article here](#)

How can you practice grounding?

The topic of grounding is becoming more and more popular each year as information arises & earthing benefits become clearer. As a result, practicing grounding has never been easier, and there are handful of ways to get started...

[Read full article here](#)

Bioenergetics with Trichologist at Absolique Hair Health Clinic – don't forget your first scan is free – valued at \$125. Check your EMF exposure, Big Field Alignment, and see if you need grounding!

Polarity

Bioenergetics Infoceutical of the month



Polarity aids in correcting energetic distortions brought on by air travel, over-exposure to electromagnetic fields, chronic illness and geopathic stress. May assist in physical and emotional detoxification. Particularly useful for jet lag.

Polarity relates to an all-encompassing electromagnetic field which, for optimal health, should hold a slightly negative charge. Correct polarity supports the firing of nerve impulses, our overall energy and vitality, and the ability for chemical information to flow in the body.

The Polarity field has been bioenergetically matched to stem cells in the red marrow of the bones, which suggests a strong link to immune function. The Polarity field can be distorted by the EMFs (electromagnetic fields) that we're surrounded by (radio waves, cell phones, computers, WiFi, electrical wires, power lines, electric blankets, etc.) as well as car and especially air travel.

Ideally you should reduce your exposure to EMFs: e.g., use a landline phone at home; use a wired headset (not wireless) for cell phones or computers; keep electronics away from your bed as you sleep; avoid electric blankets; etc.

Beyond EMFs and travel, polarity may be affected by emotional blocks, stress, geopathic stress, toxins, and chronic illness. Polarity Infoceutical (PL) is designed to help restore the proper negative charge to the field, to restore the field's ability to handle EMFs, and to help the field recover from air travel. It is also designed to correct the polarity of the wave that carries genetic memory and consciousness; this includes knowledge of who we are.

It also appears to link to what are traditionally called the chakras, which are seen in bioenergetics as storehouses of information about life events, further supporting the connection here to memory. You can support your body's polarity by grounding (having skin contact with the Earth), taking a walk by the sea, using an ioniser in your room, or using a salt lamp.



Team News & Updates

Behind the scenes news and updates from the team at Absolique

New postage

Absolique Hair Health Clinic have been using Australia Post yellow Express Post bags for years to get your product orders safely and quickly to you. With all prices increasing, we have found another way! Australia post have flat rate satchels where we can add the express post option.

Note: new pricing has not yet been applied to our online shop. Only available for phone and email orders.

Benefits for you are:

- Lower price at \$13 for small orders
- Quicker delivery 1-2 business days
- Tracking and delivery notifications direct to you

Each satchel insures \$100 of product so we will still ask you if you would like sign on delivery for \$3 or extra insurance.



Christmas planning

It seems a long way away, but it is creeping closer.

If you would like to make a booking to see Absolique Trichologist or in our organic hair salon, please start planning now.

Reception will close on Thursday 21st December for Christmas/New Year break (2pm the deadline for product orders).

Reception and clinic will be closed until the 9th January 2024.

No product orders will be available during the closing time, we are all going to have a good holiday break.