

MARCH 2024 | ISSUE #60

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2:

Low Ferritin Hair Loss - Male

Page 3 - 4:

Low Ferritin Hair Loss - Female

Page 5:

Food for Hair Loss

Page 6:

Food for Ferritin

Page 7:

Aveda Product Spotlight –
The Miracle of Botanical Repair

Page 8:

Bioenergetics – Infoceutical of the Month - *Heart*

Page 9:

Team News + Updates

The Ferritin & Hair Loss Issue

This month we are diving deep into the bloodstream and unpacking the links between deficiencies and hair loss for males and females.

We talk about not only what we're eating but how we're eating to boost our ferritin levels.

And we share another monthly product spotlight with our partners, Aveda and Bioenergetics.

Please see Team News + Updates for our updated clinic hours and the Easter break closure dates.

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](#)

Low Ferritin Hair Loss – Male

Addressing your deficiency will get you back on track

In this case the low ferritin was causing hair loss and early onset male pattern hair thinning. Physical hair loss is when the hair cycle is disturbed and is diffuse hair loss, evenly all over the scalp.

You never go bald from diffuse hair loss but can end up with diffuse hair thinning and a huge reduction in hair volume and density.

Early onset male pattern hair thinning means the pattern hair thinning is happening at a much earlier age than it is genetically intended. Some cases have no genetic influence at all, meaning it is not hereditary.

Pattern hair thinning is a gradual miniaturisation in the typical male baldness areas. Male pattern hair thinning is not physical hair loss.



The hair cycle

The hair cycle oversees hair growing, resting and falling. The hair cycle will get disturbed when ferritin is lower than 30. Here the ferritin was in a deficient state of 22. A state of physical hair loss.

Hair, skin and nails are non-essential to health and are the first signs something is wrong in the body. Don't ignore the signs.

Hair growth

Hair growth requires ferritin to be 70 or above. For males, it should be over 100. Here we had both state of hair loss, diffuse hair loss and diffuse hair thinning.

*Vitamin D = hormones,
immunity, hair and skin*

Vitamin D sufficiency protects hormones, hair and health. Check your Vitamin D is sufficient too. Insufficient Vitamin D levels contribute to diffuse hair loss and early onset male pattern hair thinning. Vitamin D also interacts with ferritin in the body. Check iron studies and Vitamin D levels.

Hair loss and hair thinning = health

Check your bloods and get help. Trichologist Brisbane can help with hair loss, hair thinning, male pattern hair thinning, hair loss treatment and hair growth treatment.

Trichologist Brisbane can help with diet and lifestyle factors to address deficiency and get health and hair back on track.

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

Low Ferritin Hair Loss – Female

A young female, 23 years old suffering with hair loss for 2 years..



Before



After

We share another low ferritin hair loss story in a young female, aged 23. Ferritin hair loss female is too common and should be picked up by the doctor.

This ferritin hair loss female had 2 years of hair loss, hair thinning, hair breakage, oily scalp and dry scalp.

Low ferritin – ferritin deficiency

Blood test in the last 5 months showed ferritin deficiency of 15 and 20. Anything below 30 is considered out of range and deficiency status and a state of hair loss.

Pathology clearly marked the ferritin as low which should alert the doctor of the deficiency status. For hair growth ferritin needs to be closer to 70.

The hair cycle

When in a deficiency state, the body is in an emergency. Ferritin is the storage of iron and is needed for oxygen and energy. When there is no ferritin in the tank, the body will release the non-essential hair. This is called telogen effluvium or diffuse hair loss.

Following the hair cycle disturbance diffuse hair loss, if the ferritin remains lower than 70, you then end up with diffuse hair thinning. Here we had lost 60% of the hair structure from low ferritin and ferritin deficiency. Ferritin hair loss female is commonly followed by diffuse hair thinning.

Low Vitamin D – ferritin hair loss female

Low vitamin D is commonly connected to low ferritin. Here we had borderline vitamin D deficiency also state of hair loss and the cause of scalp oil and dry scalp.

Hair, skin, nails – don't ignore the signs!

When things change with hair, skin and nails, it is a sign something is wrong within. Don't ignore the signs. Here we did 4 months of combination therapy topical hair loss treatment, nutritional therapy with food for ferritin and nutritional supplements.

With ferritin deficiency you need both food and supplements, one or the other on its own won't work.

Iron infusions here don't work either, they push it up too high then drops down without supporting nutrition.



Ferritin hair loss female and raising ferritin is complex but we get it here at Absolique and have helped many women with low ferritin to raise ferritin to safety for health and hair regrowth.

It is more common for women to have low iron and ferritin due to monthly cycle. It is important to get blood tests and understand the right numbers, not the numbers the doctor goes by.

Please listen to your body, if you have low energy, are tired all the time, have brain fog, heart palpitations, hair loss or hair thinning or hair breakage, any of these symptoms alone or together, get your bloods tested and email to me.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Food for Hair Loss

The recipe for hair growth after hair loss

Food for hair loss needs to provide the body with what it needs for cellular health. All too often I am asked as a Trichologist – hair loss specialist, what to eat to stop hair loss, hair thinning or for hair regrowth.



FOOD FOR
FERRITIN
RECIPES *vol 2024*

Food for hair loss recipe

Food for hair loss needs to provide the body with the following and in this order of importance:

- Body pH balance for digestion and absorption
- 60-80 Essential minerals daily, minerals come from the soil, eat the animal that ate the plant of the plant that grew in the soil
- Essential fatty acids, omega 3, 6 & 9, organic pasture raised eggs, wild caught fish, grass fed beef, hormone free chicken, avocado, nuts, seeds, cold pressed raw healthy oils, coconut

- Vitamins, fat and water soluble, raw fruit and vegetables, hormone free animal proteins
- Antioxidants, can be made if all of the above is in place, to combat free radical damage

Balanced diet

A balanced diet and a varied diet should provide some of these, but many of these nutrients are lost in farming and agriculture practice these days. I would always use safe food and top up with supplements when going for hair regrowth.

Deficiency hair loss

When the hair loss is caused by a deficiency, food and supplements need to be used to address the deficiency, supporting nutrition and cellular health. Cellular health is the goal to stop hair loss, help hair thinning and achieve hair regrowth.

Hair loss treatments

Hair loss treatments also get best results with combination therapy. This is combined nutritional therapy and topical hair loss treatment or hair growth treatment. A hair loss treatment is to stop the hair loss. A hair growth treatment is to promote hair growth. Sometimes these need to be combined.

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

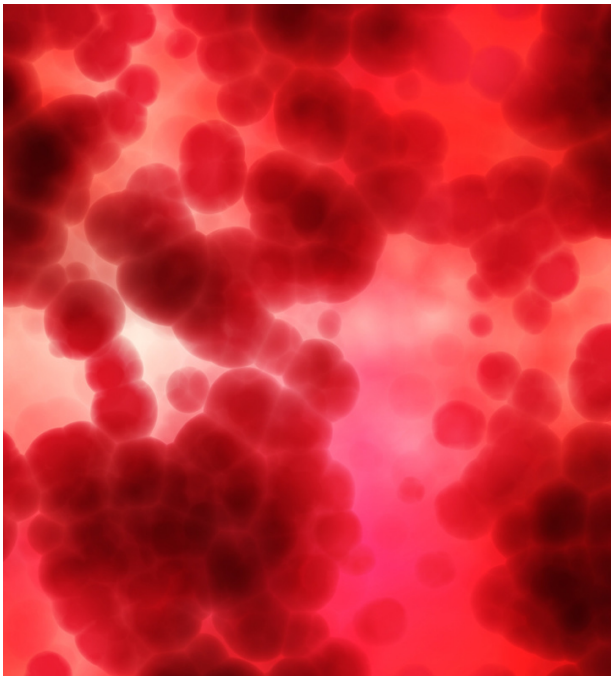
Food for Ferritin

Absorbing iron through diet for hair loss treatments

Food for ferritin and food for ferritin recipe booklet is created by Trichologist at Absolique Hair Health Clinic to help you raise ferritin for health and hair regrowth.

Low ferritin hair loss and hair thinning are so common, particularly in women. Every time I come across low iron and or ferritin, I find there is a problem with the food.

Food for ferritin are free booklets we can email to you, to help you raise ferritin for hair regrowth. The longer the low ferritin, hair regrowth may require some other nutritional support, cellular correction and combined with topical treatment the get hair growth back on track.



Included in food for ferritin:

- Low ferritin symptoms
- Daily iron requirements
- Ferritin blood test ranges explained
- Heme vs non-heme iron with food examples

The essential amino acids, building blocks needed to form complete proteins. This is needed to raise ferritin and help you choose the right food for ferritin. Also important:

- The art of absorption and nutrient robbers
- Food combining must knows
- Low iron, low ferritin = sugar burner
- Iron supplements when and how to take them

There are so many hints and tips to help your body absorb the iron for ferritin. It is not as simple as eating more red meat. Food for ferritin can be a game changer learning about beverages that block iron and the importance of a balanced and varied diet.

Trichology service

Absolique Trichologist helps put the pieces back together when recovering from low ferritin hair loss and hair thinning. We may need to start with hair loss treatment before moving to hair growth treatment, or sometimes combine the two. There is always a level of nutritional therapy, as you cannot grow hair without enough iron and ferritin.

For a free copy of food for ferritin and recipe booklet, email Absolique Trichologist.

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

Aveda Product Spotlight

The Miracle of Botanical Repair™ Bond-Building Flash Treatment RRP \$80



In the bustling world of hair care, it's rare to stumble upon a product that genuinely lives up to its promises. That's why I'm thrilled to introduce the Botanical Repair Bond-Building Flash Treatment into our arsenal.

This little marvel has quickly become my go-to for clients seeking instant hair transformation. Here's why:

The Science of Stronger Hair

At first glance, what sets this treatment apart is its cutting-edge triple-action strengthening technology. We're talking about a powerhouse blend of vegan, plant-derived ingredients designed to penetrate deep and repair hair from the inside out.

- The Plant-Derived Bond Building Molecule goes straight to the hair's cortex, building new bonds and reinforcing the hair structure for undeniable 2 x more strength.

- The Nourishing Macro Green Blend, with its lush organic oils like sachai inchi, green tea seed, and avocado, does wonders for smoothing the hair cuticle without the heaviness of silicones.
- And the Protective Bio-Shield Complex. It's the ultimate finisher, casting a lightweight, shine-enhancing veil over each strand.

Sleek, Shiny, and Smooth

What truly makes this treatment a dream is the inclusion of Vegan Lactic Acid and Lamellar Liquid Crystal Technology. These ingredients synergize to resurface the hair cuticle, laying down those frayed, damaged layers for a finish so smooth and glossy, it's almost reflective.

Aromatic Bliss

And let's not forget the sensory experience. The fresh, light floral and herbal aroma infused with organic ylang-ylang, rose, and marjoram essential oils turns every application into a mini spa moment. It's these thoughtful touches that make the Botanical Repair™ Bond-Building Flash Treatment not just a hair treatment, but a holistic hair care experience.

Use and Tips

By following this simple 3-step system using Botanical Repair—cleanse, condition, and then boost with the bond-building treatment—you're not just caring for your hair; you're completely revitalizing it. Can be used daily or as needed for an instant treatment, this regimen is your pathway to hair that's not only visibly healthier but fundamentally stronger from the inside out.

Heart

Bioenergetics Infoceutical of the month



The Heart Infoceutical, a powerhouse in holistic health, targets multiple aspects of well-being. It harmonizes the Heart meridian, promoting balance and vitality in the body's energy system. It nurtures the blood by optimizing hemoglobin and blood plasma levels, ensuring a healthy circulatory system. At a neurological level, it supports neurotransmitters and the midbrain, fostering clear and focused thinking while nurturing the nerve cell nucleus for optimal nerve function.

This remarkable Infoceutical extends its influence to the respiratory system, benefiting bronchioles and alveoli for improved lung health. For women, it provides support to the uterus, cervix, and ovaries, aiding in hormonal balance and reproductive wellness.

Emotionally, the Heart Infoceutical is a game-changer, influencing feelings of enthusiasm, faith, willpower, and emotional flexibility. It provides solace in times of depression and loneliness, while also nurturing the profound emotions of love and forgiveness.

Don't forget NES Health Bioenergetix health scanning is now available at Absolique Hair Health Clinic. Absolique Trichologist is a qualified NES Health Practitioner and is offering your first scan for free, valued at \$125. Email info@absolique.com.au to book or add to your next Trichology service.

This video gives an overview of how NES Health's bioenergetic scanning technology can help activate the body's own incredible self-healing abilities. [The Body Is Your Best Doctor!](#)

NES Health scans are available in clinic Brisbane or online by voice scanning.

Special offer – get your first NES Health Bioenergetics Scan FREE

Team News & Updates

Behind the scenes news and updates from the team at Absolique

The year is disappearing and with Easter around the corner, Carolyn is looking forward break at the farm and the cooler weather to get the veggie patch more productive.



Nikki is cruising through her Nutrition course and getting excited to do some work placements. We are looking forward to adding Nutrition to our list of services at Absolique.

We are enjoying our partnership with Aveda and we are excited for new products coming up for launch. Watch this space!



Please note our reception hours and Trichology hours differ from each other and may change at short notice.

For all in clinic product purchases, we do still encourage you to arrange a time to pick-up from the clinic. We may be busy with clients and are not always available at reception and we would hate to miss you.

Trichology Hours:

Tuesday: 11am - 5pm
Wednesday: 11am - 6pm
Thursday: 11am - 6pm
Friday: 11am - 6pm
Saturday: 11am - 2pm

Reception Hours:

Tuesday: 10am - 4pm
Wednesday: 10am - 4pm
Thursday: 10am - 4pm
Friday: Closed
Saturday: Closed

**Clinic is closed on
Sunday & Monday**

For any inquiries, contact reception on (07) 3229-3242 or email Carolyn at info@absolique.com.au.

**We are closed for the Easter break
from Friday 29th March and will
return back in clinic at 10am
Tuesday 2nd April.**