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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Curly Issue

This month we are tackling all things curly, with a curly hair transformation and our favourite curl product review.

Absolique Trichologist speaks about how exercise and men's hair loss are connected.

We share our tried and tested itchy scalp relief treatment and show you how to perform your own hair count at home.

Don't forget to check out Team News + Updates for Trichology and Salon opening hours.

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](#)

Exercise and Men's Hair Loss

Can keeping fit be the cause of your hair loss?



Exercise is good for us, but when in the extremes, exercise and men's hair loss can be connected. As Absolique Hair Health Clinic Trichologist, I have seen sports and extreme exercise contribute to hair loss and early onset male pattern hair thinning.

Some of the exercises, athletes, a professional ballet dancer, a hobby marathoner, body building, high level cricket and football and cross fit training.

Exercise does not cause the hair loss

It is not the sport that is the problem, more so how it draws on the body to fuel the activity and recovery. This can drain the body tanks, in particular the iron storage tank of ferritin.

Sport and nutrition

Most sports people are not aware of body levels for health and hair growth, and don't have nutrition coaches or doctors monitoring health.

Annual check with bloods or similar testing can make sure everything for health and exercise recovery is in order. I also use NES bioenergetics scanning to make sure the body is in balance.

Be aware of your levels

Prevention is the key. Looking for and maintaining sufficiency rather than surviving borderline deficiency, is a protective and proactive approach for health and hair.

When there is healing, repairing, breaking down lactic acid, injury, broken bones, fractures, surgeries, there is a lot of drain on the body, check your tanks.

Exercise and men's hair loss – blood tests

All these cases found low iron stores of ferritin, low B12, and low vitamin D. All are simple to check through standard blood tests, and address through nutrition and supporting supplementation.

Nutrition for sport is based on providing energy, but most times, is not nutrition for cellular health and absorption of nutrients or supplementation.

Hair loss treatments – men's hair loss
Here we helped with hair loss treatments and combination nutritional therapy. Then hair growth treatment to then get to a basic topical for maintenance along with watching in on health.



Trichologist help – Hair loss is a sign

Physical hair loss is diffuse type of hair loss and is a sign something is wrong within the body.

Pattern hair thinning is not physical hair loss.

These examples are hair physical hair loss from low ferritin iron stores and secondary early onset male pattern hair thinning. Diffuse hair loss and all had underlying diffuse hair thinning showing the nutritional low was not just present but showed history in the body.

Address underlying cause

The low end and deficiency status was the underlying cause.

You cannot treat early onset male pattern thinning with medications if the underlying problem is low levels for cellular function.

Share your blood work or ask for a list of bloods to get to establish where your health, tanks and sufficiency is at.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist



Women's Hair Regrowth and Curl Transformation

Post-COVID hair loss that exposed an underlying issue



Microscopic diagnosis – women's hair regrowth

Microscopic diagnosis by Absolique Hair Health Clinic Trichologist found 10% of the genetic hair had changed structure resulting in loss of hair volume along with high percent empty hair follicles indicating the current state of telogen effluvium.

The hair cycle

When hair has lost its genetic type, it looks structurally different with a 60x microscope. It has lost some of its layers from a cellular level and it is also out of the genetic hair cycle.

The first thing to do for hair regrowth is helping to correct the hair cycle and get the hairs growing again in the anagen hair growth phase of the hair cycle.

Current hair loss

With current hair loss, that was already caused 3 months ago or more recent as with post covid telogen effluvium, you must wait for hair loss to stop, which is 3 months of hair fall.

We can implement hair loss treatments to slow down the hair loss, but you can't stop something that has already happened in the body.

The best plan is to help the hair cycle to get back on track with hair loss treatment and hair growth treatment. If you leave the hair loss to follow its course without any hair loss treatment, the hair should regrow after 12 months.

Check health status – blood tests

When experiencing hair loss, it is a good idea to get some blood test just to check health status. In this case, the microscopic diagnosis indicated a scalp condition that is caused by low essential fatty acids and low vitamin D. Both were confirmed by the bloods so we could help with some nutritional support for hair growth and healthy immunity post covid.

Curl transformation



Because of the hair loss and diffuse hair thinning, the physical hair was not representing its natural curl. It was looking frizzy instead. Sadly, this is a structural change that needs to be repaired at a cellular level. Here we prescribed a hair care routine to use along with the hair loss treatment.

It is essential to separate hair and scalp when using hair loss treatments or the hair can look very poorly from the products used for hair growth. Hair and scalp are very different and it is essential to treatment them separately with long, curly, damaged hair.

Combination therapy – Trichologist

Absolique Trichologist will always provide to best solutions for all the problems found, current hair loss, diffuse hair thinning, scalp condition, slow hair loss, hair loss treatment, hair growth treatment, analyse blood tests, individual nutritional therapy, and hair care routine.

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

Hair Count for Hair Loss – Telogen Effluvium

Learn how to measure and track your hair loss

Hair count for hair loss is helpful to measure and track if hair loss is normal or abnormal. Daily normal hair loss is 70-160 diffusely over the scalp.

Collect hair on wash days

It is easier to collect hairs on hair washing days, as that is the time you generally will see more hairs. Hair washing does not cause hair loss. The manipulation of hair on hair-wash day simply allows the hair that has already fallen from the scalp to be collected as you detangle and condition the hair.



Collecting and counting

Use a clean brush to detangle the hair, do hair washing routine then dry and style hair as usual. Collect all of these hairs. Put them in a pile so you can start counting.

- Separate hairs into piles
- The piles should be:
 - Hair with bulb
 - Hair with no bulb
 - Shorter or broken hairs

Hair with bulb indicates it hair come from the scalp. Hair with no bulb can indicate there is a hair structure problem or loose anagen syndrome. Shorter or broken hairs, hairs with slits ends are a different type of hair loss – hair breakage.

Telogen effluvium hair loss

Telogen effluvium diffuse hair loss is the most common type of hair loss related to the hair cycle disturbance. You never go bald from this type of hair loss.

Telogen effluvium hair loss occurs three months after the cause. Hair will fall for three months and should stop. If the hair loss does not stop, it is super important to find the cause of hair loss. Hair loss is a sign something is wrong within the body – don't ignore the signs.

Normal vs abnormal hair loss – telogen effluvium

Frequency of washing will determine amount of hairs collected.

- Normal 70-160 daily = 140-320 every second day
- 280 – 640 every third day
- 560 – 1280 every 4th day

This is normal daily hair loss. Double this for current abnormal hair loss telogen effluvium.

Hair count for hair loss

The hair count for hair loss is to determine status of telogen effluvium. The hair count for hair loss is not suitable to diagnosis other types of hair loss such as:

- Pattern hair thinning which is not physical hair loss
- Alopecia areata
- Frontal fibrosing alopecia
- Ophiasis alopecia
- Other types of autoimmune hair loss



Count and record hairs

Separate, count and record your piles of hair. Store in envelope or bag, mark with date of hair wash, how many of the different piles of hairs – bulbs, no bulbs, broken, how many days since last wash – this is important *

Report to Trichologist

Repeat each wash to get your average hair count. Report back to your trichologist for more direction.

[Watch the Hair Count for Hair Loss video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Scalp Treatment – Itchy Scalp Relief

Don't suffer itchy or scaly scalp, help is here!



Start with microscopic diagnosis so Trichologist Brisbane can choose the right treatment for your scalp symptoms.

Scalp Symptoms

Scaly scalp, dry scalp, dandruff, itchy scalp, oily scalp, large pieces of raised scale stuck to scalp. Seemed to appear out of nowhere 3 months earlier during a stressful time.

Bloods Tests

Blood tests help to find underlying causes and contributing factors. Ferritin deficiency = lowered immunity, low vitamin D = low immunity, oily scalp and oily skin.

Essential Fatty Acids - EFA

Scalp scale and oil = EFA deficiency. Genetic autoimmune requires higher need for EFA. Had autoimmune tendencies. Scalp now developed autoimmune seborrhea dermatitis.

Professional Scalp Treatment

In clinic professional scalp treatment created a safe a cleans scalp surface for the prescriptive home care product to work more effectively. Professional scalp treatment Brisbane starts from \$120 and includes indulgent, relaxing scalp massage when removing the scalp treatment.

Home Care Scalp Treatment

We checked in with the microscope 3 weeks later and scalp was still clear but needed to keep with nutrition to address underlying cause. Home care recommendations should be followed for 4 months in total to address scalp problems and scalp conditions. No magic cures here.

Inflammatory Foods

Common foods that cause inflammation – gluten, dairy, sugar. Stopped eating inflammatory foods and itch stopped too. Important to do combination therapy with scalp treatment – nutritional and topical scalp treatment.



Trichologist – Hair and Scalp Specialist

Trichologist at Absolique Hair Health Clinic is a hair and scalp specialist. Helping with hair loss, hair thinning and scalp conditions. Absolique Hair Health Clinic is in Spring Hill Brisbane. You can visit us in the clinic for personal microscopic diagnosis and Trichology Consultation.

For all other locations we have perfected online services and can email you the details and offer free 15-minute initial phone call (within Australia) to discuss how we can help you.

For overseas clients we use online video sharing such as Microsoft Teams.

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

Aveda Product Spotlight – Be Curly

Absolique Superstar Nikki provides us with her monthly Aveda reviews



Attention Curl Enthusiasts

Allow me to share with you a journey of transformation - a journey that begins with just one use of Be Curly Advanced™ Shampoo & Conditioner alongside Be Curly Curl Enhancer and Coil Definer. As a fellow curl aficionado, I understand the frustrations and challenges that come with managing curly hair. That's why I couldn't be more excited to introduce you to this game-changing power range that has revolutionized my curl care routine.

Be Curly Advanced™ Shampoo \$50.00 Conditioner \$57.00

From the moment I lathered up with Be Curly Advanced Shampoo, I knew I was in for something special. Its luxurious formula effortlessly removed impurities and product build-up, leaving my hair feeling refreshed and my curls primed for greatness. As I followed up with Be Curly Advanced Conditioner, the magic continued. Instantly moisturizing my hair by 87%, it felt as though my curls were being quenched with hydration, revitalizing them from within.

But the real revelation came when I witnessed the ease with which my curls detangled, thanks to the conditioner's remarkable detangling properties. No more wrestling with knots or tangles - just effortlessly smooth, manageable curls. But it was the instant reduction of frizz and the promise of 48-hour control that truly caught my attention - a promise that, I must say, has delivered on with flying colours.

Be Curly Advanced™ Curl Enhancer Cream \$57.00

After rinsing out the conditioner, while my hair was still damp, I applied a generous amount of Be Curly Advanced™ Curl Enhancer Cream. You can either scrunch this in or twist to add more definition, I did a bit of both. This creamy formulation instantly reduces frizz by 83% and provides 72-hour frizz protection, even in high humidity. It hydrates your curls by 92% without weighing them down, enhancing the natural definition and providing a brilliant shine. I let my curls air dry for a while to let the magic of the Curl Enhancer Cream work its wonders.

**Inflammatory FoBe Curly
Advanced™ Coil Definer Gel \$57**

Once my curls had air-dried slightly, it was time to take them to the next level with the Be Curly Coil Definer Gel. This styling gel provides instant humidity protection and 72-hour frizz protection, even in high humidity like I'm currently experiencing in Brisbane. It offers long-lasting definition and hold to your curls and coils while providing instant and long-lasting shine, making your hair two times shinier. It has a slightly stronger/harder feel to it once dried, but I found it great for that extra boost and I can confirm has held my curls for a few days now. Simply distribute the gel evenly through your damp hair in sections, or in my case I scrunched mine over the top of the Be Curly Curl Enhancer. Watch as your curls come alive with unparalleled definition and bounce.

Now let's talk about the results. After just one use, my curls were transformed. They were bouncier, shinier, and more defined than they have been in a really long time. The 48-hour frizz control held true, giving me confidence that my curls would look their best day in and day out. It was a moment of sheer joy to see my curls come alive with newfound vibrancy and vitality.

But what truly sets Aveda Be Curly Advanced™ apart is its commitment to natural, vegan, and cruelty-free ingredients. Knowing that I'm nourishing my curls with 94% and 97% naturally derived formulations gives me peace of mind, knowing that I'm making a conscious choice for both my hair and the environment. So, to all my fellow curl enthusiasts out there, I urge you to embark on this journey with me. Experience the transformative power of Be Curly Advanced™ Shampoo & Conditioner alongside our new companions - the Curl Enhancer Cream and Coil Definer Gel. Trust me - your curls will thank you.

With curls that are now my crowning glory,

Signing Off,
Nikki Gallard

Night

Bioenergetics Infoceutical of the month



The Night Infoceutical is designed to optimize the body-field's work in overseeing the repair mechanisms of proteins, especially in the cell protoplasm; also in collagen fibers and the cell membrane's hydrophilic layers. It supports the charge separation of water through the information of 3000 nm infrared radiation, providing the electrons needed for protein and cell membrane repair.

It also carries the information of a static magnetic field, which appears necessary for imprinting information into water in the body. Normally this field is provided by the Earth, but its ability to imprint information can be compromised by the presence of non-natural electromagnetic fields (EMFs).

High readings for the Night Infoceutical indicate a need for better sleep and improved tissue repair. This Infoceutical matches the vagus nerve and the parasympathetic nervous system. It contains the information of EI6, which directly links it to the pineal gland, melatonin, and DHEA. Low levels of DHEA are known to be related to poor sleep.

A high-priority reading may also indicate the ability to burn fat at night is compromised because the energy of beta-oxidation of fats is mostly used to produce infrared heat to charge the intracellular water around the mitochondrial membranes.

When there is a high reading for night, see whether you can better align your bedtime with the setting sun, avoid human-made EMFs, and minimize or eliminate exposure to blue lights after sunset. (This means computer screens, TVs, smartphones, etc. You can use blue light filters or glasses to assist.) Ideally take this Infoceutical shortly after sunset, or just before you sleep if you're in bed before sunset.

Note – First Bioenergetics scan is free with qualified NES Health Practitioner, Trichologist at Absolique Hair Health Clinic. We are using this modern day scanning tool to combine with your medical blood tests results for in the moment nutritional and health support.

Watch founder of NES explain the healing powers of bioenergetics.
[How I Restored my Health with Bioenergetics](#)

Team News & Updates

Behind the scenes news and updates from the team at Absolique

The team spent their Easter break enjoying some very much deserved time off with their families,

Carolyn and husband, Daniel used the beautiful weather as an opportunity to get some things done up at the property. Check out these crazy winged beans they harvested!



We are now back in clinic assisting our clients with Trichology and Salon services.

Please note, the clinic will be closed on Thursday 25th of April for ANZAC Day.



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.