

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2 - 3:

Menopause Journey and
Thinning Hair from
Menopause - *Interview with
Kat*

Page 4 - 5:

Hair Loss Treatment for
Menopause

Page 6 - 7:

Menopause Health -
Perimenopause Hair Loss

Page 8 - 9:

The Truth about Hormones in
Chicken

Page 10:

Hungry for Nutrition Comes to
Absolique Hair Health Clinic

Page 11:

Clinic News + Updates

The Menopause Awareness Issue

October was **World Menopause Month**. World Menopause Month is dedicated to raising awareness of menopause and the support options available. It occurs every year throughout October.

In this issue, we interview one of our amazing clients Kat, sharing her journey through menopause and hair thinning from menopause. Plus, we share more before and after hair loss treatment for menopause along with important markers for women to watch for menopause health.

Nikki the Nutritionist weighs in with another informative article, *The Truth About Hormones in Chicken* and announces her Hungry For Nutrition services are now available at Absolique.

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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Menopause Journey and Thinning Hair from Menopause

Interview with Absolique Client, Kat Walter - Episodes 1 to 7



Hot topic for women - menopause and thinning hair from menopause

Kat is so kind to share her journey through menopause working from the inside out, and top to bottom and she explains. Kat was experiencing symptoms she was not used to:

- Hot flushes
- Mood swings
- Anxiety for no reason
- Feeling out of character
- Hair thinning
- Weight gain

In this interview we uncover how Kat addressed all these symptoms in a journey that has ended up in a happy healthy place including happier hair. We hope you will get some good takeaways from Kats journey in these interview episodes.

Menopause Journey

When Kat was experiencing these symptoms, she first visited her GP, a great place to start. But without proper blood tests, she was prescribed antidepressants, yet she was not depressed. Starting a medication can also effect the hair,

on top of the menopausal changes. Then when Kat identified the antidepressants weren't for her, she tried HRT, after some more blood testing. This did alleviate more symptoms, but also affected the hair further.

Thriving in Menopause Podcast – What really fixes thinning hair

By this time Kat was already finding ways to work on herself in a holistic way, knowing there must be better way. This is when she found Thriving in Menopause podcast, featuring Trichologist Carolyn at Absolique Hair Health Clinic. Kat resonated with the information and contacted us for help with her thinning hair from menopause.

Thinning Hair from Menopause

Kat was experiencing thinning hair from menopause, hair breakage, hair snapping, and very slow hair growth. Suddenly, her hair was thinner than it had ever been. This was also surrounding a bad hairdressing event. When Kat visited Trichologist at Absolique Hair Health Clinic,

we found through microscopic examination, there was thinning hair from menopause, but other factors that had accumulated over time breaking down the hair cycle, preventing normal hair growth.

Hair Loss due to Menopause

Thinning hair from menopause and hair loss due to menopause are different things, but they do overlap for women, particularly from the perimenopause to post-menopause stages in life. This should not be feared, is easy to treat if you address all the underlying causes as we discuss in these interview episodes, including:

- Weight gain
- Food
- Exercise
- Blood tests
- Avoiding toxins

Please listen in to all episodes as we discuss Kat's journey and share her hair transformation in the first four month of menopause hair loss treatments.

Trichologist Brisbane – Thinning Hair from Menopause

For help from Trichologist Brisbane, you can visit me in Brisbane or use online services. There are simple strategies we can implement to avoid and overcome thinning hair from menopause and many of the other menopause symptoms. This should be a happy time in life, let us help you get through it with the best health and healthy hair.

Email Trichologist Brisbane Carolyn at info@absolique.com.au for a free copy of Toxic Decoder and Dirty Dozen, Clean 15.

Watch all episodes of **Menopause Journey and Thinning Hair from Menopause** from our [blog page](#) or [YouTube channel](#).

Hair Loss Treatment for Menopause

Taking a look at the bigger picture



Hair loss treatment for menopause needs to look at all the factors. Typically, menopause hair loss is hair thinning, not physical hair loss. But they get referred to as the same, because of menopause.

Female pattern hair thinning is the type of hair loss usually referred to perimenopause, menopause and post menopause. Yet this pattern of hair thinning is a gradual hair thinning.

Menopause Hair Loss

Identifying if the hair is physically falling out or thinning in a pattern or patch is the biggest clue to find the associated menopause factor. Physical hair loss is diffuse and from telogen effluvium. This can occur from the following reasons:

- Starting, stopping and changing medications such as antidepressants and HRT
- Low iron, ferritin, vitamin D or B12
- Moving thyroid levels
- Hormonal fluctuations

Menopause Hair Thinning

Menopause hair thinning can either be diffuse or in patterns. This needs to be identified to get to the true underlying cause and choose the right treatment. Diffuse hair thinning is related more to the hair cycle and cellular health. Female pattern hair thinning only ever occurs at top, front, recession and crown.

Menopause Hair Loss vs Menopause Hair Thinning

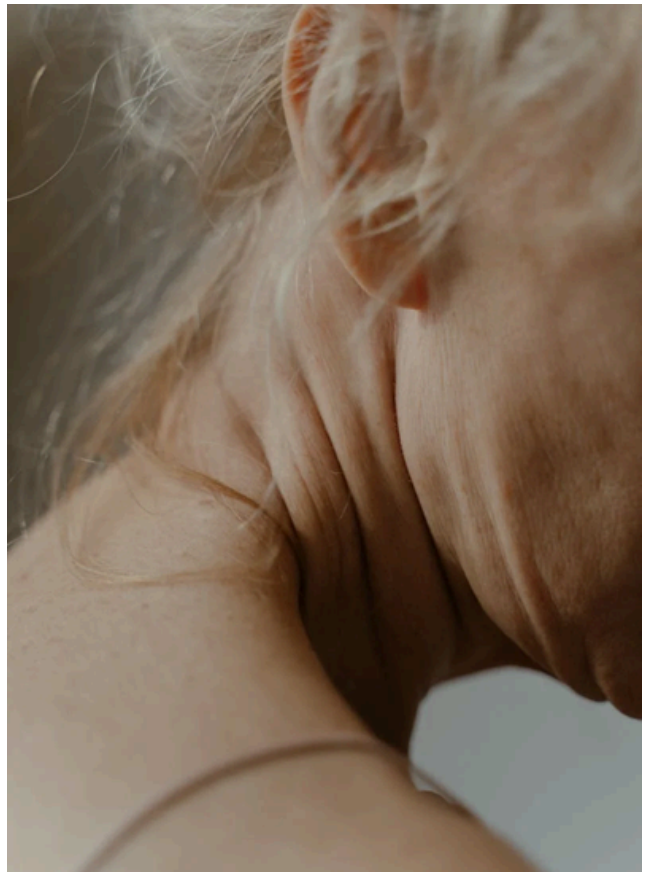
Sometimes it is not obvious to the naked eye or those experiencing hair changes during menopause which one it is. This is when a Trichologist with a microscope can help identify what it is for you. Each case needs to be treated individually, with consultation and health history. At menopause time it usually uncovers things that have been accumulating for years, but are now just exposed because of the hair loss, diffuse hair thinning or female pattern hair thinning.

Hair Loss Treatment for Menopause

The right hair loss treatment for menopause should be chosen based on your individual diagnosis, not just a one treatment suits all approach. In the case we share here, there was physical hair loss, telogen effluvium, along side female pattern hair thinning, but we also found diffuse hair thinning, which she never really knew was there.

Age and Hair Loss

Age gets blamed a lot for hair loss and hair changes, as if it is acceptable. But our hair is not meant to change, think of it as a sign something is wrong. For women particularly, there is always a backstory such as low iron, pregnancy, birth, surgery, stress, that are the real causes that have been happening in the background sometimes for over 30 years. The hair changes are gradual, so get accepted, and then go unnoticed, until there is a big change, such as menopause.



Trichologist Help for Menopause Hair Loss and Hair Thinning

As Trichologist Brisbane at Absolique Hair Health Clinic, I see cases like this all the time. So many women say, I wish I had met you earlier!

If you are experiencing any hair changes around menopause, reach out for help, you will be surprised how simple thing can make dramatic changes in as little as 4 months, as we share in these images.

Menopause Health – Perimenopause Hair Loss

Looking after your menopause health before it begins



Menopause health should begin well before perimenopause. In this case we share perimenopause loose anagen syndrome, that was an accumulation of life events, including surgeries, anaesthetic, medications, past post-partum alopecia and history low iron. This diffuse hair loss exposed the gradual progression of female pattern hair thinning already underway, before menopause.

Perimenopause Hair Loss

This hair loss was the result of a hair cycle breakdown. With 95% of the hair structure lost, we call this loose anagen syndrome. Loose anagen syndrome means the actively growing hairs that should have strong hair roots, have lost strength and structure, so the hair falls out easily. This is always diffuse hair loss, but it exposes other things, as related to perimenopause.

Prevention of Perimenopause Hair Loss

Women's health is complex with busy lives, study, career, children, family, stress and more.

If women were encouraged to undertake a health check from age 40-45, all the hair stress, hair loss, hair thinning and menopausal symptoms, could be prevented, or eased at least.

Health check should include:

- Iron studies
- B12 and folate
- Vitamin D
- Cholesterol with lipid profile
- Chemistry with blood sugar, liver, kidney function
- Thyroid

Having a base line, and checking the levels with a functional practitioner, can help you reach sufficiency.

Trichologist and Perimenopause Hair Loss

Trichologist at Absolique Hair Health Clinic is a functional practitioner, which means she looks at blood tests for more than in range. Sufficiency equals function, energy, good hair, skin, nails, sleep and health. It all comes hand in hand. So many women perimenopausal are stressed, low energy and borderline deficient.

That is going to end up in trouble and menopausal hair thinning, female pattern hair thinning.

Trichologist Brisbane

Women's health check should include blood tests and microscopic diagnosis. There is so much we can read from these which tell us what is or not happening in the body. For example, this scalp environment showed essential fatty acid deficiency, proven then by the blood tests.

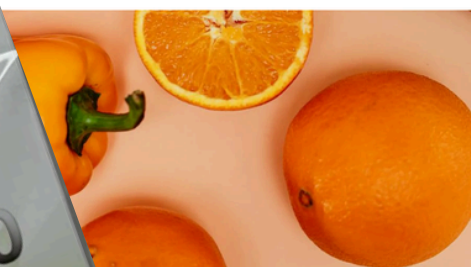
That provides us clear direction to form hair loss treatment plan based on individual circumstances. Email Trichologist Brisbane at info@absolique.com.au for help and request our resources:

- Toxic decoder - free
- Dirty dozen, clean 15 - free
- pH test kit and booklet \$33



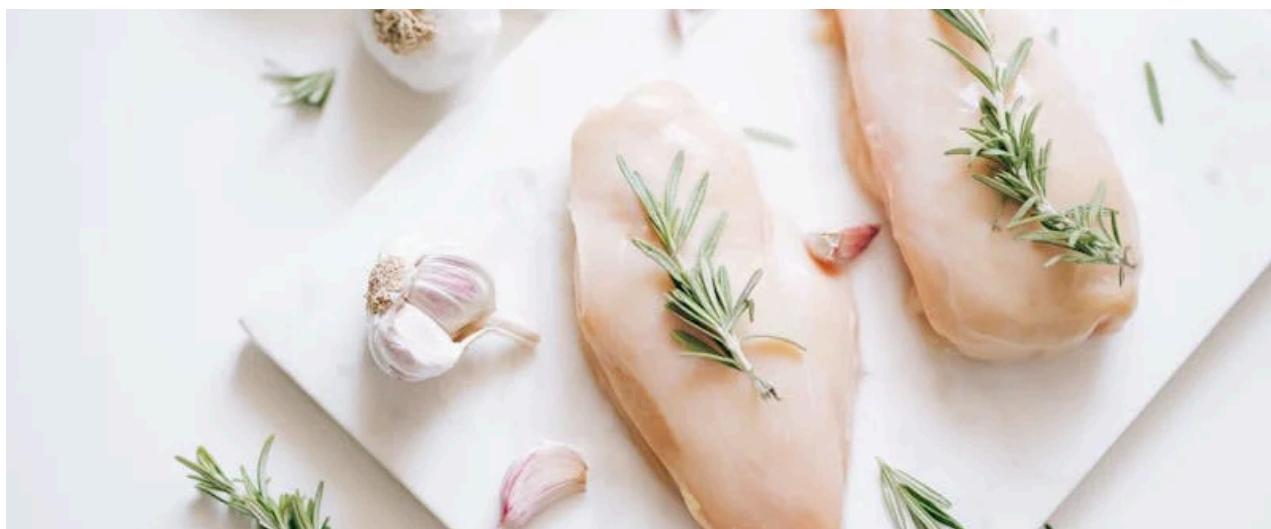
DIRTY DOZEN & CLEAN FIFTEEN

A guide to reducing pesticide exposure



The Truth about Hormones in Chicken

by Nutritionist, Nikki Gallard



So with the announcement of my nutrition services here is an article I've written. While recently researching and digging around for an article on the connection between food hormones and menopause, I stumbled on something that truly surprised me. Like many, I had assumed that hormones were still used in chicken farming, but it turns out I was wrong. Myth busted—on myself!

The Truth about Hormones in Chicken: What You Need to Know

As we all try to eat cleaner and healthier, the question of hormones in our food, especially chicken, often comes up. Here's what I discovered.

No Hormones in Chicken: A Historical Perspective

Despite the myths, hormones in chicken have actually been banned globally for well over 50 years, including here in Australia. Originally, hormones were used in livestock to improve tenderness, but these practices were discontinued long ago.

Thanks to advances in breeding and nutrition, today's chickens grow from hatchling to table-ready in about six weeks without any added hormones! So, rest assured—no sneaky hormones are making their way into your chicken dinners.

Marketing Claims: What Do They Really Mean?

"Sometimes it's easier to believe the myth than the truth."

With hormones off the table, other labels like "free-range" or "RSPCA Approved" often catch our eye. While these can signal quality and welfare standards, it's important to understand what each really means:

- **Free Range:** These chickens have some outdoor access, though they may spend a good amount of time indoors for protection. Ideally, free-range farms offer plenty of outdoor space, allowing chickens to express natural behaviours.
- **RSPCA Approved:** This label means farms meet strict welfare guidelines to improve animals' quality of life, with regular assessments to ensure humane treatment.

What About Antibiotics?

Antibiotics in chicken can be a concern, but Australia has one of the world's best biosecurity systems, keeping chickens raised here safe and disease-free. (Find full details here https://www.agriculture.gov.au/biosecurity-trade/pests-diseases-weeds/animal/avian-influenza/commercial/poultry_biosecurity_manual)



Farming Practices and Chicken Quality

Certain brands go above and beyond, offering RSPCA Approved chicken raised in spaces that encourage natural behaviours and provide outdoor access. Butchers tend to stock this higher-welfare meat, and they often have close relationships with farmers who prioritize the chickens' well-being provided beautiful quality chicken meat.

My Recommendation: High-Quality Chicken for Healthier Eating

For better nutrition—especially when considering menopause and overall wellness—I recommend purchasing chicken from a trusted butcher and choosing options clearly labelled antibiotic free if shopping at the supermarket. This not only ensures cleaner, higher-quality chicken but also provides more nutritious options without unnecessary additives.

Conclusion: Making Informed Choices

As consumers, knowing the facts helps us make better choices. With higher-welfare chicken options becoming more widely available, we can feel good about choosing products that support both our health and ethical farming practices. So, let's keep busting those myths and make choices that truly nourish us!

Nikki Gallard

Hungry For Nutrition Comes to Absolique Hair Health Clinic

Hi! I'm Nikki, your local nutrition coach with a passion for empowering others to reach their wellness goals through balanced, feel-good nutrition.

My journey in nutrition began with first-hand experiences in tackling food allergies and understanding the powerful link between what we eat and how we feel. Today, I'm here to help you find your healthiest self with a holistic approach to wellness that considers everything from pH balancing your diet to navigating food intolerances and keeping gluten- and refined sugar-free. I work closely with your trichologist to support not only your overall health but also your hair and scalp journey—because when your body thrives, every part of you shines!



Whether you're looking to boost your energy, optimize your diet, or enhance your hair health, I'm here to support you with personalized coaching right here in at Absolique. Let's work together to make nutrition simple, enjoyable, and sustainable!

Pricing Structure

One-on-One Coaching Sessions- In Person or Online

- Initial Nutrition Consult 30-45 minutes: AUD \$80
 - This session includes a comprehensive assessment of your needs, health history and goal setting> Total food recall, weigh in and measurements taken
- Follow-Up Sessions 15-30minutes: \$50.00
 - Regular sessions to track progress, adjust plans, weigh ins if required and provide support.
- Weigh-In and measurements 15mins Free with initial start up
- 4 week Meal Plan Only: From \$250

Tailored meal plans based on individual preferences, dietary needs, and goals.

Visit Nikki's website:
www.hungryfornutrition.com.au

Clinic News & Updates

Behind the scenes news and updates from the team at Absolique

We are so excited for Nikki to begin her Hungry for Nutrition services here at Absolique Hair Health Clinic. Most of you would know Nikki as our receptionist and hairdresser extraordinaire.



As Nikki embarks on her nutrition dream, she will be stepping away from the reception and hairdressing roles. As we attempt the impossible to fill her shoes, there will be some changes to the way reception runs.

Please note there are some changes to our operating hours. Reception no longer has set hours and will be run remotely.

Trichology Hours -

By appointment Tuesday - Saturday

**Clinic is closed on
Sunday & Monday**

**Hairdressing appointments
available upon request**

For any inquiries, contact Carolyn on 0414 953 580 or email info@absolique.com.au.