



# News & Views

## Absolique Hair Health Clinic

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### Anti-Aging

Want to know some of the best ways to stop the aging clock?

Here are a few ideas and tips to keep you looking and feeling younger, happier, and healthier:



### *Fight Aging with A Balanced Body pH*

pH is your acid-alkaline balance. Are you too acidic?

**Do you have:** Constipation &/or poor digestion, Aches & pains, Heartburn, Headaches, Frequent colds, Fatigue & sleeplessness?

Too much acid in your body may cause these & many other symptoms!

**Benefits of balanced pH include:** Promotes healthy body weight; May help prevent and treat diabetes; Promotes efficient heart function; May reduce risk of hypertension; Protects against premature ageing; Promotes energy, vitality & stamina; Supports bone & digestive health; Promotes healthy immunity; Promotes enhanced mental clarity; Promotes faster recovery from illness; injury & exercise; May reduce the risk of gout & cancer.

pH Testing is easy with test kit available from Absolique Hair Health Clinic. EASY pH test kit contains pH test paper & a chart to easily determine your pH level at home. Instantly measure your body's acid-alkaline balance. EASY pH test kit contains enough test material for more than 90 tests, so you can monitor your progress over time. EASY pH test kit price includes a FREE booklet loaded with valuable information! Including: How to achieve acid-alkaline balance, Weight loss tips, Acid-alkaline food chart, Articles by Health Industry Experts & Much, much more...! All for Only \$27.00

To find out more about the importance of pH body balance, or to purchase your pH Test Kit, Call Absolique Hair Health Clinic on 07 3229 3242 or email our Trichologist Carolyn at [info@absolique.com.au](mailto:info@absolique.com.au)



### *Does what I eat make a difference?*

Yes, what you eat can have a very definite effect on your pH, health and how you feel. If the foods you consume are not combined with ideal companion foods, you could be causing food to spoil in your stomach, producing acids, and toxins your body must clean up. Different foods require different enzymes for digestion in your stomach and intestines. Proteins require a more acidic environment in the stomach and carbohydrate foods require a more alkaline environment. Combining these foods together, as we frequently do, is not ideal. Sure, we can cope with eating mixed meals but it is not optimal for our health. There are many reports of people reducing or eliminating their acid reflux by combining foods correctly. Eliminating 'traditional' meals such as meat and potatoes, fish and chips, spaghetti bolognese ect. Gives your stomach and intestines a much easier job. Digestion of both kinds of food may be incomplete when they are combined. Be kind to your body!



## *Fight Aging with Good Hair Care:*

More women colour their hair today than 30 years ago. The reason is clearly evident when you look at photos of people 30 and 50 years ago, and you look at the grandmas of today. Today's women look younger, healthier and more energetic; in fact they seem to glow.

Why? Because they continue to get their hair professionally styled and colored. This does wonders for your self-esteem, and it takes years, sometimes even **decades** off your age. When you're looking to find ways to save, look elsewhere in your budget. Hair styling and coloring make a huge difference in how you look and feel as you age.



## *Revive Thinning, Damaged & Lifeless Hair!*

Activance with Rhodanide and MSM Promotes hair growth & reduces hair loss, Protects against chemical & physical damage, Adds volume, strength & shine, Moisturises & thickens hair shafts, Relieves scalp irritation, seborrhoea & dandruff.

The rejuvenation power of Rhodanide - Rhodanide is a natural and vital molecule found in all living cells, including human hair and its biological significance has been documented in scientific publications worldwide.

Studies prove that thinning, dry, damaged and coloured hair has a significantly lower level of Rhodanide than healthy, shiny hair. So boosting your Rhodanide levels with Activance rejuvenates hair follicles and lengthens their growth cycle, immediately improving the thickness, volume, shine, strength and quality of each hair.

The hydration power of MSM - MSM (Methylsulfonylmethane) is a naturally occurring sulphur compound that is so integral to life that it is found in the cells of every plant and animal on earth. Maintaining a constant supply of it is fundamental to the healthy production and maintenance of our hair, skin and nails.

MSM dramatically increases hair moisture levels, increases blood circulation in the scalp, facilitates the repair of damaged hair and assists nutrients like biotin to ensure thicker, stronger, shinier and healthier hair

Activance Hair Revitaliser - Activance Hair Revitaliser is based on the same proven Rhodanide formula as Activance Hair Stimulant but also contains the powerful hydration and nourishing gentleness of MSM. That makes it particularly suited to people who have chemically treated or heavily styled hair, as well as for those with extra sensitive scalps. Activance revitaliser has the ability to mop up toxins preventing hair follicle damage and scalp sensitivity. Can also be used before colouring to prevent inflammation and scalp skin sensitivity.

To find out more about Activance Hair Revitaliser or to purchase your own bottle of hair health today for \$70 Call Absolique Hair Health Clinic on 07 3229 3242 or email our Trichologist Carolyn at [info@absolique.com.au](mailto:info@absolique.com.au) or go to [www.activance.com.au](http://www.activance.com.au)

### **Never been to a Hair Health Clinic Before?**

**ACT NOW AND GET THIS**

**\$25 OFF** A Service of Your Choice...Hair Health & Scalp Check, Scalp Exfoliant, Hair Loss and Hair Thinning Treatments, Permanent Hair Repair with Nanomax, Safe Hair Extensions, Laser Hair Therapy and much, much more...

Absolique Hair Health Clinic

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Call us on **07 3229 3242** or email Trichologist Carolyn at [info@absolique.com.au](mailto:info@absolique.com.au)  
[www.brisbanehairloss.com.au](http://www.brisbanehairloss.com.au) and [www.trichologistbrisbane.com.au](http://www.trichologistbrisbane.com.au)

*"What you have to do and the way you have to do it are incredibly simple.  
Whether you are willing to do it is another matter..."*  
~Peter F. Drucker



## *New Natural Therapy for Hair...*

WHAT IS THE N-GRAVITY SYSTEM? N-Gravity is a new generation of services for hair health. NATURE, TECHNOLOGY & INNOVATION come together to create a new generation of treatments for hair health & repair.

Thanks to advanced technology, the N-Gravity system is capable of penetrating the internal structure of the hair, rebuilding and restoring both the internal and external hair fibres. Compared to conventional hair treatments,

NGRAVITY provides faster and superior reconstructing and cosmetic properties to hair than has ever been possible before.

The N-Gravity System is a new and revolutionary therapy, as a result of the constant creativity, search for differentiation and the distinctive efficiency by the R&D team at NANOMAX. This new Therapy is in demand all over the world, especially in Europe, where the use of "straightening keratins" are being questioned and are under investigation by health authorities of various European governments.

The N-gravity+ Therapy transforms the hair, rebuilding the internal natural structure, whether straight or curly, providing energy and vitality to any hair type.

It is the first natural treatment for hair, applied through an incredible mist of natural micro-proteins. The composition of the natural proteins are; KERATIN PROTEIN, PROTEIN OF NATURAL SILK, SOY PROTEIN, QUATERNIZED HONEY, SUGAR CANE AND BAMBOO POWDER and ROOT of KUDZU. These ingredients guarantee 100% healthy hair. Furthermore N-gravity is Silicon Free, Alcohol Free, Colour Free and Perfume free, ensuring N-Gravity does not damage the hair fibres.

**Technology** - Nanomax Microsystem projects a stream of compressed oxygen through a capsule, causing the molecular breakdown. The Ventury Effect micronizes liquid treatment into powerful micro-mist particles.

**Innovation** - The GREEN BRUSH TECHNOLOGY is INNOVATIVE. The Green Energy system emits a wavelength of 555 nm, facilitating the penetration and cohesion of the treatment, essentially the mist of micro-proteins is carried to deeper areas of the hair.

**Triple Action** - The N-Gravity System is much more than a conditioning treatment. It is the application of NATURAL COSMETICS converted into a mist of micro particles using NANOTHERAPY to increase the power of cohesion with the green brush of the GREENSYSTEM. Furthermore the system is Thermo active, therefore the treatment is revitalized during daily drying and styling.

**TREATMENTS** - The N-GRAVITY SYSTEM is available in two different treatments; N-GRAVITY EXPRESS, deep conditioning and N-GRAVITY+, a hair repair treatment. Two natural treatments with excellent results. N-Gravity Express is a fast and easy service (just 5 minutes per application), to help maintain a healthy appearance of hair. N-gravity+ rejuvenates & rebuilds the hair, with longer lasting results due the two Phase application; the 1st phase works in the cortex and the 2nd phase on the cuticle. Call Absolique Hair Health Clinic NOW **07 3229 3242** and add N-GRAVITY to your hair health regime.





### **HAIR HEALTH AND SCALP CHECK**

Absolique Hair Health Clinic exclusive 'Hair Health and Scalp Check' is a combination diagnostic and consultation session to identify Hair Loss, Hair Health and Scalp Conditions using a powerful Video Microscope.

The 'Hair Health and Scalp Check' performed by Absolique Trichologist will provide highly magnified images of the scalp, hair, and hair follicles which are viewed on a large computer monitor. The highly magnified images are very graphic, but show exactly what is or is not happening at scalp level.

Hair bulbs which have been epilated (pulled out), or have fallen from the scalp can also be analysed with a magnified polarizing function. The magnified images of the epilated hairs indicate the health of the hair and hair bulb. Shaft disturbances are frequently noted and can be traced to events in your life indicating disruption of body balance that can lead to hair breakage.

The hair shaft is an accurate record that reflects your short or long term body health and well being (depending on the length of hair analysed).

Absolique Hair Health Clinic certified Trichologist is an expert at diagnosing Hair Health, Hair Loss and Scalp Conditions and has many years experience 'reading' the scalp and hair at microscopic level.

The presence or absence of signs on the scalp gives rise to clinical diagnosis.

It is important the scalp is viewed in its natural state, not washed. **DON'T WASH YOUR HAIR FOR 2 DAYS** before your 'Hair Health and Scalp Check'.

Frequently, the microscope allows discovery of other companion Hair Loss and or Scalp Conditions.

These discoveries allow diagnosis to be tailored to your specific needs and a range of solutions can be proposed for consideration to fit with your individual Hair Loss or Scalp Conditions and lifestyle.

'Hair Health and Scalp Check' takes around 60 minutes and will provide you with a conclusive diagnosis and treatment options for your Hair Loss or Scalp Condition.

For only \$140 you will receive valuable information about your hair and scalp, education about your hair cycle and how to balance and maintain hair and scalp health.

A 'Hair Health and Scalp Check' and subsequent diagnosis are the first step toward a solution for your Hair Loss and Scalp Conditions. Book your Hair Health Check Now! **Call 07 3229 3242**

### **Side-Stitch Workout Pain?**

I've had it, and you probably have too...that sharp, sharp pain in your left side when you're running or walking. Did you know that this isn't caused by the exercise itself, but by the way you breathe!



Notice how you breathe the next time you're working out. Chances are, you exhale when your right foot hits the ground, we do this unconsciously, having developed an exercise rhythm.

Unfortunately, this forces the diaphragm up and pulls your liver downward. This is what causes you pain. The fix? Exhale when your left foot hits the ground. Try it next time! And remember to have exercise balance, aim for 4 days out of 7 to maintain your health & Have Fun!

Thank you for reading our news & views, look forward to sharing with you again in our Summer Edition: How to avoid silly season hangovers and weight gain.

Yours in Healthy Hair,

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