



InterClinical Laboratories

Newsletter

HAIR TISSUE MINERAL ANALYSIS

CLINICAL UPDATES for the Health Care Professional

By Dr David Watts, Director of Research

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For a complete
HTMA Referral Kit,
including a
Practitioner
Reference Manual,
analysis request
forms and sample
envelopes,
please contact
InterClinical.

A New Link to Parkinson's Disease

Neurology June.2003

Researchers report that individuals with high iron and manganese intake may be more likely to develop Parkinson's disease. Findings appear to indicate those individuals with a higher than normal iron and manganese intake may be more susceptible to developing Parkinson's.

Lead Delays Puberty

Sci. News. July 2003

Traces of lead can apparently contribute to IQ deficits and development delays in children even in low concentrations. Studies are showing that lead levels below the 10µg/dl threshold considered elevated by federal standards can significantly impact children's development. Adverse effects are apparently noted at levels below 5µg/dl and can delay puberty in girls.

Additional Reference on HTMA as an Indicator of Endocrinologic Pathologies and Deficiencies in Calcium and Bone Metabolism

Miekeley, N. et al. J. Trace Elem. Med. Biol. 15, 1, 2001.

Hair analysis has shown to be an effective tool in revealing endocrine disturbances associated with calcium and bone metabolism.

Trace Element Content of Commercial Shampoos: Impact on trace element levels in hair

LeBlanc, A. et al: Sci. Tot. Environ. 7, 1999

Our research as well as the research of other investigators has shown that shampoo treatments have little effect upon hair mineral test outcome. The above-cited study concluded that the degree of contamination on the hair from shampoos was negligible, except for those containing selenium sulfide.

Hair Concentrations of Calcium, Iron and Zinc in Pregnant Women and Effects of Supplementation

Leung, PL, et al: Biol. Trace Elem. Res. 69, 3, 1999

This study investigated the levels of hair calcium, iron and zinc in 82 pregnant women in a region of China. The women had been suffering from deficiency of either calcium, zinc or iron at their early or mid trimester as determined from blood tests. The subjects were given appropriate supplementation during the rest of their pregnancy and three follow-up hair analyses were performed. Test results of the hair elements tested were statistically analyzed. Their analysis established that " it is clear that hair concentrations of calcium, iron and zinc could reflect the effects of supplementation."

Hormone Therapy and Increased Heart Risk in Women

The recommendation that women may be protected from developing heart disease by taking estrogen was simply based upon the fact that women tend to have heart attacks ten years later than men do. However, the real evidence published in the journal *Circulation* reports that hormone replacement had no real protective effects and that in some cases produced a higher risk for heart problems in women.

Question: DR. WATTS, I have a history of severely dry eyes for years as well as floaters. Could this be related to my diabetic condition? P.S. Australia

Answer: Dear PS, Extreme dryness of the eyes can be related to an over-active cellular immune response (thymus over activity) and/or increased parathyroid activity. Your mineral pattern is indicative of parathyroid dominance, which has a drying effect and can result in calcium phosphate crystal formation in the eyes. The increased parathyroid activity is related to and has an effect on insulin and glucose stability. Glucose instability could be related to the floaters as well and should respond to therapy with stabilisation of glucose. Make sure that you do not use anything that would further stimulate the thymus which would exacerbate the cellular immune response. Also, following the dietary recommendations in your report based upon your metabolic pattern will help in stabilising your blood sugar and insulin response.

ONE DAY SEMINAR

with Dr David Watts DC, PhD., CCN, DACBN, FACEP

Nutritional influences on disease manifestation, prevention and therapy



SYDNEY, AUSTRALIA

Sunday August 8th 2004

AUCKLAND NEW ZEALAND

Sunday August 15th 2004

"a unique opportunity to meet one of the world's leading authoritative researchers in the area of tissue mineral analysis and nutritional medicine"

Dr David Watts is an internationally acclaimed speaker who has been involved in clinical nutrition for 30 years. Over the past 25 years his research has focused on the study of tissue mineral patterns found in human hair. Having reviewed over 200,000 tissue mineral profiles, he has identified interrelationships between minerals, vitamins and the neuroendocrine system. He has further classified vitamins, minerals, herbs, foods, water and drugs into specific categories according to their metabolic effects. His research has led to the development and recognition of individual tissue mineral patterns associated with various disease trends and metabolic types.

Dr Watts has written over 50 scientific publications and lectures widely in the United States, Canada and Europe. He provides nutritional evaluations and consultations to health care professionals worldwide, while serving as Director of Research for Trace Elements, Inc., a federally licensed clinical laboratory.

SEMINAR PROGRAMME OUTLINE:

9.00AM to 5.00PM

1. Tissue mineral analysis in clinical practice – the relevance of hair tissue mineral analysis (HTMA) in health appraisals and diagnosis; reviewing essential minerals and toxic elements; metabolic typing; understanding nutrient and toxic mineral interrelationships; nutrient and toxic mineral ratios; utilising nutritional relationships in everyday therapy.
2. Nutritional endocrine relationships – HTMA and the endocrine system.
3. Nutritional influences on degenerative diseases – HTMA and cancer; osteoporosis; osteoarthritis.
4. Nutritional influences on diabetes – addressing the complex maze of differing requirements to meet individual metabolic needs of both diabetes type 1 and type 2 patients.
5. Question Time

Understanding a patient's tissue mineral pattern and its relationship with disease trends can significantly aid in the development of more effective treatment protocols.

For further details and bookings

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