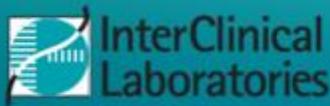


## PRACTITIONER ONLY NEWSLETTER

April 2015, Issue 46



# eNews

Nutritional, Herbal and Natural Medicines | Practitioner Education

April 2015

Hair Tissue Mineral Analysis Pathology

Issue 46

## How do you balance a metabolic type with supplementation?

April is at its end and autumn has truly established itself. You don't want to leave the house due to the unpredictable weather, but you're keen to understand what Hair Tissue Mineral Analysis (HTMA) can teach you about metabolic typing and how to apply this in your clinic. Well, you're in luck! There's still a few days to register for our webinar (registration closes Monday 9am). Understanding Metabolic Typing – Are you Treating the Tortoise or the Hare? Part Two: Fast vs Slow – Implications for Clinic with acclaimed naturopath Janine Castle goes live Monday, 4th May 7pm (AEDT). Janine has over 20 years of clinical practice experience in the area of family healthcare and uses nutraceuticals, homeopathy and herbal medicines with HTMA and Functional Pathology testing. Areas covered include the clinical application of metabolic typing and; symptoms characterising fast and slow, balancing with supplementation and complementing with other pathology tests. All illustrated with case studies for clarity and providing practical skills to maximise successful outcomes in your business. Watch it in your dressing gown with a cup of tea.

## Fibromyalgia Research

Fibromyalgia is characterized by chronic generalized pain, muscle tenderness, and fatigue that is most prevalent in women during middle age. Several studies have explored the relationship between fibromyalgia and oxidative stress, others investigated elemental composition of patients

### Quick Links

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with fibromyalgia, but surveyed only in blood and urine samples. The latter studies, while potentially useful, overlooked the mineral content of hair. Hair mineral assay can be an effective method to deduce intracellular status. The featured study investigates the elemental characteristics in the hair of women with fibromyalgia, and compared the data with those from healthy age and body mass matched women and found distinct mineral differences. Scroll down for details.

## Monthly Specials

No matter which way you prefer to get your daily dose of Acai Premium Fresh, both our capsules and sachets are available at a 3+1 special! Is Artemisia Plus readily available in your home or travel first aid kit? Artemisia Plus combines Artemesia annua herb, Pau d' arco inner stem bark and Fennel seed to support healthy digestion and general wellbeing, and it's on sale right now at 5+1! Also on special is Pyridox Plus (source of vitamin B6) with synergistic vitamin B1 and manganese as well as Iron Plus with synergistic vitamin C, both at 5+1.

Yours in good health,

The Staff at InterClinical Laboratories

## Clinical Update

### *Women with Fibromyalgia Have Lower Levels of Calcium, Magnesium, Iron and Manganese in Hair Mineral Analysis*

This study evaluated the characteristics of hair minerals in female patients with fibromyalgia compared with a healthy reference group. Forty-four female patients diagnosed with fibromyalgia according to the American College of Rheumatology criteria were enrolled as the case group. Age and body mass index-matched data were obtained from 122 control subjects enrolled during visit for a regular health check-up. Hair minerals were analyzed and compared between the two groups. The mean age was 43.7 yr. General characteristics were not different between the two groups. Fibromyalgia patients showed a significantly lower level of calcium (775 µg/g vs 1,093 µg/g), magnesium (52 µg/g vs 72 µg/g), iron (5.9 µg/g vs 7.1 µg/g), copper (28.3 µg/g vs 40.2 µg/g) and manganese (140 ng/g vs

190 ng/g). Calcium, magnesium, iron, and manganese were loaded in the same factor using factor analysis; the mean of this factor was significantly lower in fibromyalgia group in multivariate analysis with adjustment for potential confounders. In conclusion, the concentrations of calcium, magnesium, iron, and manganese in the hair of female patients with fibromyalgia are lower than of controls, even after adjustment of potential confounders.

*Kim Y-S, Kim K-M, Lee D-J, et al. Women with Fibromyalgia Have Lower Levels of Calcium, Magnesium, Iron and Manganese in Hair Mineral Analysis. Journal of Korean Medical Science. 2011;26(10):1253–1257.  
doi:10.3346/jkms.2011.26.10.1253.*

[InterClinical Laboratories presents our May webinar:](#)

**UNDERSTANDING METABOLIC TYPING – Are you treating the tortoise or the hare ?**



**Last chance to register**

**Monday 4th May 2015**

**PART TWO: Fast vs Slow – implications for clinic** will be presented by naturopath Janine Castle, and will focus on the interpretation and the implications of metabolic type and how this apply this useful information can be utilised in clinical practice to improve patient outcomes.

## Need more information?

Need help interpreting your patient's hair tissue mineral analysis report? Do you require further information on any of our nutritional, herbal and natural medicines? If so, please don't hesitate in contacting us. We have qualified practitioners ready to take your call.

You can call us anytime Monday to Friday, 9am–5pm AEDT.

Let us help you build your practice with better clinical outcomes.



**InterClinical Laboratories**

**Servicing Practitioners and Their Needs**

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