



InterClinical  
Laboratories

# eNews

PRACTITIONER ONLY NEWSLETTER

August 2012, Issue 15

## InterClinical Laboratories eNews

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Nutritional, Herbal and Natural Medicines    Practitioner Education  
Hair Tissue Mineral Analysis Pathology



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This month, we highlight the connection between mercury toxicity and heart disease. Read below to learn more.

We are excited to see our New Zealand practitioners soon for our final seminar presentation of Autoimmune Conditions in Clinic later this month. If you missed out on the Australian part of the series, why not join us in Auckland? For more information and seminar registration, please visit [our webpage, here.](#)

InterClinical Laboratories will also be attending the 18th International Integrative Medicine Conference by AIMA (Australian Integrative Medicine Association). Titled "Bridging the Gap", this conference is

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essential for any practitioners who are passionate about where our industry is heading. AIMA has a fantastic deal for InterClinical Laboratories' practitioners; call AIMA or book online for this event and pay the special "Wise Owl" rate, which is a \$150 saving! Simply mention 'InterClinical' when you book. For more information and to book, visit the [AIMA webpage, here.](#)

Warm regards, InterClinical Laboratories.

## Practitioner Clinical Updates

### Mercury and Heart Disease



**Comment:** Mercury is well known to be a neurotoxin and is implicated in a number of adverse health conditions. However, other heavy metals and nutrient mineral imbalances are also associated with disease, particularly CVD and

CHD. Assessment of mercury for anyone with CVD or CHD is warranted, however, one should not overlook the overall mineral status that can be determined from hair mineral patterns and the implications of imbalances singularly or in combination that can contribute to the development and progression of CVD, CHD and other health conditions.

*Virtanen, JK, et al. Mercury as a risk factor for cardiovascular disease. J.Nutri.Biochem. 18, 2007.*

**Comment:** Numerous studies over the last decade have shown the potential of the harmful effects of mercury on cardiovascular disease (CVD). A study following a group of men over a period of thirteen years found that for each microgram of mercury found in the hair, the risk of acute coronary events increased by an average of 11%, and CVD death by 10%. The mechanism for increased susceptibility is associated with the interaction of mercury and selenium, reducing the free radical scavenging effects of glutathione enzymes. Selenium protects the body from adverse effects of mercury. When mercury enters the body it is bound by selenium forming a mercury selenide complex. However, in those cases of high exposure to mercury, selenium will be required in greater amounts in order to bind the mercury. As a



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result, selenium bioavailability will be reduced, thereby allowing increased free radical activity, which can promote cardiovascular disease, cancer and other related health conditions.

## 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 to build your practice with better clinical outcomes.**



**InterClinical Laboratories**

*Servicing Practitioners and Their Needs*

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