



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

August 2013, Issue 27

InterClinical Laboratories eNews

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Issue: 27

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



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August Specials

**Vitamin E Plus
with Se
60T**

Buy 5, Get 1 free!

Why do patients need supplements even when they feel healthy?

My mum asked me "if I feel good, why do I need to take supplements"? It occurred to me that this simple question, was actually quite brilliant. Why would any member of the general public agree to take supplements if they are feeling good?! The answer is not simple...but it is obvious: AGING, Toxic exposure and Free Radical Damage.

Once you mention the word 'Aging' patients seem to grant you their undivided attention. As I explained to mum, 'aging is a cellular certainty, a natural response to gravity and metabolic processes. Aging is natural, aging is inevitable; aging will kill you'. I promptly followed this explanation with the clinical one two punch against ageing: A good multi-nutrient supplement and tons and tons of antioxidants.

A good multivitamin that best reflects the patients' sympathetic or parasympathetic dominant metabolic profile is a

constructive plan to support healthy hormone and metabolic processes. Antioxidants in abundance would categorize the quintessential leg up on the anti-aging platform. My personal favourites are Selenium, Vit E, CoQ10, carotenoids (*Dunaliella salina*), Vitamin C, Acai, grape seed extract, bilberry, spirulina, chlorella and broccoli (rich in chlorophyll).

This month at InterClinical Laboratories we are offering a sale on the Vitamin E + Selenium and Sym-Pack (our multinutrient formula for those with sympathetic dominant nervous system) to encourage healthy aging and a feel good year for your patients.

Also, are you aware that InterClinical Laboratories are now offering a discount on Hair Tissue Mineral Analysis testing to pensioners and kids (16 and under)? Contact us for more information!

Clinical Update

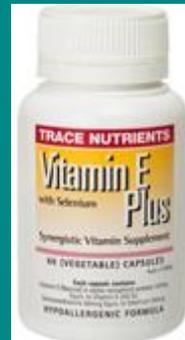
Can nutrition affect chemical toxicity?

Furst. A

A study pondered whether the richness of ones' diet determines whether the body shows signs of heavy metal toxicity. The review contemplated three aspects: protectors against metal toxicity, for example, whereas humans can consume fish that have absorbed mercury from contaminated bay water, selenium can act as a natural antagonist for mercury poisoning. Some vegetables can accumulate cadmium from contaminated soil., and zinc from a variety of nuts is an antagonist of cadmium toxicity. In addition, calcium antagonizes both lead and aluminium toxicity. The second aspect is on oxidants and antioxidants. Antioxidants are the best protectors of the damage caused by reactive oxygen species (ROS). The most effective antioxidants are found in highly coloured fruits and vegetables such as carrots, tomatoes and berries, called carotenoids. The third aspect is on gaps in current knowledge. Many foods naturally contain chemicals that are, in larger concentrations, quite toxic or carcinogenic. Biotransformations (detoxification mechanisms) involving type 1 and type 2 enzymes are known. Some foods do modify these enzymes either positively or negatively.

Int J. Toxicol. 2002 Sept-Oct:21(5): 419-24

Comment:



**Sym - Pack V
90T**

**Buy 3, Get 1 free!
Short Dated Stock
(03/14)**



Offers expire 31.8.13

**50% off all test
kits!**

While stocks last



Includes:

At InterClinical Laboratories we recognize the importance of optimal nutrition and diet. As a company comprised of many Naturopaths we have seen hundreds of patients presenting with various states of food intolerance and allergy. It's become clear that unless Organically grown in completely uncontaminated soil then all food, and food products will have elemental contamination both bad and good. Supplementation with phytonutrients, multinutrients, whole food supplements and Super Foods can support a patients' health needs and lift nutritional status towards homeostasis

[Register now](#) for

ACNEM Training 8-11 August, Stamford Plaza, Brisbane

Primary Course in Nutritional and Environmental Medicine

8-11 August

Foundation postgraduate training in NEM

Application of NEM - Putting it into practice after the Primary

8-9 August

Specifically designed to follow on from the Primary Course, deepen your understanding and practice of NEM, especially in nutritional and environmental history taking, assessment, diagnosis and management.

Nature or Nurture? Epigenetics, nutrigenomics and the 'exposome' concept of health

10-11 August

Develop your understanding of the exposome concept of health through the molecular basis of environmental and genetic interactions and the clinical implications and applications of these emerging genetic and genomic sciences.

[Download a flyer](#) or see course schedules and venue details at www.acnem.org.

Australian Homoeopathic Association: Queensland Branch presents

JON GAMBLE 3-DAY INTENSIVE

DEMYSTIFYING CHRONIC DISEASE:

TOXICITY, DEFICIENCY & INFECTION

Free Radical Test Kit (single kit)

Cadmium Specific Test Kit

Chlorine Specific Test Kit

Chromium Specific Test Kit

Cobalt Specific Test Kit

Cobalt [Sensitive] Specific Test Kit

Copper Specific Test Kit

Iron Specific Test Kit

Lead Specific Test Kit

Molybdenum Specific Test Kit

Manganese Specific Test Kit

Silver Specific Test Kit

Tin Specific Test Kit

Zinc Specific Test Kit



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Remember, you can share our useful and professional posts on your own business page!

'Like' us today (click logo above) and start exploring our health posts to

Friday to Sunday 30 August to 1 September 2013
9.00pm to 5.00pm (21 CPD Points)
Diana Plaza Hotel, 12 Annerley Road, South Brisbane
www.homeopathyoz.org

Modern health issues like allergy, Chronic Fatigue Syndrome, Irritable Bowel Syndrome, auto-immune and neurological diseases are becoming increasingly more common. They present challenges for any practitioner. Jon will give an overview on how chronic disease can be boiled down into these three categories: Toxicity, Deficiency, Infection.

With reference to the Organon, Jon will walk you through these three major areas, the types of tests you can do to reveal them, and how to treat

them by using homeopathy in an innovative way. Generous case examples are used in Jon's seminars. The focus of the seminar will then turn to Irritable Bowel Syndrome, the "bread and butter of a successful practice", as Jon describes it. Jon makes the treatment of this bewildering condition surprisingly simple. Jon has been in practice since 1987 and is the author of the Mastering Homeopathy series:

- o Accurate Daily Prescribing for a Successful Practice
- o The Treatment of Irritable Bowel Syndrome
- o Obstacles to Cure: Toxicity, Deficiency and Infection

To register for more info and to register online visit events page at www.homeopathyoz.org

See the flyer [here](#)

see how they can help your business grow.

Knowledge is power!

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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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