



InterClinical  
Laboratories

# eNews

PRACTITIONER ONLY NEWSLETTER

December 2012, Issue 19

## InterClinical Laboratories eNews

Dec 2012 Issue: 19

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



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Can you believe that it is already the end of the year? For many of you, this might signify a time to wind down, tidy up and perhaps take some time off as your patients go on holidays.

Perhaps then, the summer break should be a time of relaxation and rejuvenation. A time for you to look to your own health before the beginning of another busy year. When was the last time you had a Hair Analysis done on yourself? What supplements are you taking and are they the right ones for you?

So, in light of this, we would like to offer something of a Christmas special...

**\*\*EXCLUSIVELY FOR PRACTITIONERS AND THEIR FAMILIES\*\***  
**25% OFF HAIR ANALYSIS DURING DECEMBER!**  
*For family members of practitioners, please write relationship to practitioner on the referral form.*

**FULL REPORT NORMALLY \$120,  
DECEMBER PRACTITIONER-ONLY SPECIAL \$90!**

**ONLY UNTIL DEC 31ST, 2012. DON'T MISS OUT!**



InterClinical is on  
Facebook...

...sometimes we talk  
minerals, sometimes  
events, or even tasty  
recipes!

We hope you have the opportunity for a safe, restful and rejuvenating break over the festive season. Here at InterClinical, we are already busy planning our events for next year and we can't wait to see you there!

In the meantime, in this eNews you can check out our current summer specials and have a read of our practitioner clinical updates. Make sure you keep an eye out for future news and information on our upcoming 2013 Seminar Series.

From all of us here at InterClinical, we wish you a happy and safe festive holiday and new year.

**Best wishes,  
Zac, Ian and the team at InterClinical Laboratories.**

Click the logo above,  
and like us today!

### Quick Links

[Hair Tissue Analysis](#)

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## Practitioner Clinical Update

### Calcium Intake and Lung Cancer Risk

A report from the Shanghai Women's Health Study has shown that dietary intake of calcium has a beneficial effect on reducing the incidence of lung cancer risk in non-smoking women.

Researchers measured calcium, magnesium and phosphorus and found that intakes were inversely associated with lung cancer risk. They suggested that more research was needed to assess whether direct supplementation would maintain or increase these benefits.

*Takata, Y (et al), Calcium intake and lung cancer risk among female non-smokers: A report from the Shanghai Women's Health Study, Vanderbilt University School of Medicine, Oct 23 2012.*

**Comment:** There have been many recent studies on calcium supplementation and an increase in cardiovascular disease risk, or even cancer risk. The study above shows another side to this case. The crucial message to remember is that mineral levels should be assessed in the body before a supplement regime is undertaken. Calcium is very beneficial for muscle health, bone health, heart health and more, but can cause problems for individuals for those who already have high tissue storage of calcium.

### Magnesium Supplementation and the Effects on Toxic Metals From Hair Mineral Analysis

The study involved sixty-five individuals who were divided into two groups. One group was supplemented over three months with magnesium and vitamin B6. The results found that hair magnesium concentrations were positively influenced by supplementation. Magnesium supplementation also produced a significant decrease in hair lead and cadmium levels.

Kosielec, T, et al. *The Influence of Magnesium Supplementation on Concentrations of Chosen Bioelements and Toxic Elements in Adult Human Hair. Magnesium and Chosen Bioelements in hair. Mag.Res. 17,3, 2004.*

## Selenium and Hyperthyroidism - Graves' Disease Ophthalmopathy



Hyperthyroidism can lead to orbital pathology or exophthalmos, a protruding of the eyes. It is estimated that about half of all patients with Graves' disease develop ocular problems. Studies have suggested that increased free radical production plays

a role in the development of ocular disorder associated with Grave's disease. Selenium acts as an antioxidant as well as supporting the immune system. Marocci, et al, reported a double-blind, placebo-controlled trial of patients with ocular involvement having a mild form of Grave's disease. Patients who were given 100 micrograms of selenium twice a day were evaluated after six months of therapy. Selenium supplementation significantly reduced ocular involvement and slowed the progression of the condition as well as improved quality of life in those treated.

Marcocci, C. [et.al](#). *Selenium and The Course of Mild Graves's Orbitopathy. N.E.J.M. 364,20, 2011.*

## 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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