



InterClinical  
Laboratories

# eNews

PRACTITIONER ONLY NEWSLETTER

February 2014, Issue 33

## InterClinical Laboratories eNews

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

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### ***Start the year right; determine your patients nutrient mineral and heavy metal status with Hair Tissue Mineral Analysis Testing !***

Off the back of summer vacation, holiday festivities and family get togethers, if you asked your patients whether they are experiencing optimal health.....what would be the standard response?

It would be no surprise that after the holidays your patients may present with symptoms commonly associated with over indulgence; digestive upset, weight gain, sleep disturbance, skin problems etc. But on a deeper level, mineral imbalances and

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heavy metals are more difficult to ascertain as it may take months to develop deficiency or toxicity.

Let's look at it a different way - on a cellular level; What do you think would be your mineral status? High copper to zinc ratio? High levels of mercury? Low lithium levels? Are you a fast or slow metabolic type? Whatever people may think about their health status, isn't it always better to know for sure?

Hair Tissue Mineral Analysis (HTMA) allows insight into the levels of minerals, heavy metals and additional elements within cells stored in the body. The differences between HTMA and blood or urine testing are many. Urine testing shows only which elements are being excreted. Blood testing shows evidence of what is happening within the cells that minute, and does not represent long term stores. HTMA is like a blue print of cellular storage; 4cm of hair reflects 12-16 weeks of metabolic activity and mineral stores within the body.

Additionally, HTMA is a non-invasive, inexpensive and effective tool which can add an invaluable amount of data to the diagnostic assessment of your patients. HTMA can provide a practitioner with volumes of information on a patients levels of heavy metals, essential minerals and additional elements and indicate metabolic tendencies, areas of concern and predisposition.

So start the year on a strong note. By incorporating a Hair Tissue Mineral Analysis report on each adn every one of your patients. you can gain the insight necessary to help your patients reach their optimal health potential in 2014.

Yours in good health

The Staff at InterClinical Laboratories

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## **InterClinical Laboratories Seminar Series 2014**

**Family Health, Generations & Environmental Toxicity.**

**Identifying nutritional imbalances & heavy metals in patients & children for better clinical outcomes.**

## Hair Tissue Mineral Analysis Seminar and Workshop

Adelaide: 31st May & 1st June

Brisbane: 14th & 15th June

Melbourne: 21st & 22nd June

Perth: 19th & 20th July

Sydney: 26th & 27th July

Auckland: 6th & 7th September

### **Clinical Update:**

**Hair iron and other minerals' level in breast cancer patients.**

**Joo NS, Kim SM, Jung YS, Kim KM.**

The aim of the study was to evaluate hair iron and hair minerals' level related to hair iron in breast cancer patients compared to controls. Researchers compared hair mineral analysis data of 40 breast cancer subjects with age and body mass index-matched normal control data (n = 144) by cross-sectional analysis. The study showed that breast cancer patients had low hair calcium, magnesium and zinc, but high arsenic, sodium, and potassium compared with the normal controls. Hair zinc level had significant negative correlation with body mass index (BMI) in breast cancer patients, which was not seen in normal controls. Hair iron level is shown to be significantly low and is associated with hair calcium and manganese levels in breast cancer. Lung cancer patients (and smokers) sport a higher hair average-cadmium concentration at different stages as compared to controls.

Researchers observed different hair mineral patterns in breast cancer patients compared to normal controls. Especially, hair iron level was significantly reduced and associated with hair calcium and manganese levels.

**Bio. Trace Elem. Res. 2009;129:28-35**

### Comments:

This study highlights what Natural Therapists have been saying for many years. That ill health is associated with depleted nutrient profile. Supplementation of trace nutrients can observe an improved symptom picture in some patients. Antioxidants have long been recognised as of key importance in effective treatment protocols for Cancer patients. We would like to see continued clinical trials to establish repeated patterns of mineral deficiencies which may lead to overall health care plans across all modalities. Hair Tissue Mineral Analysis can assist with these findings.

## 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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