



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

January 2013, Issue 20

InterClinical Laboratories eNews

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



Happy New Year! Welcome to 2013, which we hope will be healthy and prosperous for all of you!

Here at InterClinical, we are looking forward to a busy year of events, new products and of course finding new ways in which we can help our practitioners.

One of our biggest passions is education and we are always looking for new ways to help our practitioners learn more about essential and toxic minerals and how to use hair tissue mineral analysis in their clinics.

Throughout all of last year, more and more of you have been engaging with us on Facebook. We see you sharing ideas, recipes and technical information - so, thank you! To see more from us, visit our page [here](#).

We are also delighted to announce our seminar series for 2013: **Adrenals, Thyroid and Important Nutritional Endocrine Relationships; Advanced Hair Tissue Mineral Analysis Seminar and Workshop.**

To register your interest for this event now, please email us lab@interclinical.com.au. More details for this event will be

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InterClinical is on
Facebook...

...sometimes we talk
minerals, sometimes

arriving in our next printed newsletter for February/March and in upcoming eNews.

Please read on here for some very interesting practitioner clinical updates on carotenoids and the trace mineral calcium, as well as this month's product specials.

**Best wishes,
The team at InterClinical Laboratories.**

Practitioner Clinical Update

Women with Higher Levels of Carotenoids May be at Reduced Risk for Breast Cancer

A study from the Journal of the National Cancer Institute has revealed that women who have higher circulating levels of mixed carotenoids may have a lower risk of breast cancer.

The study pooled analysis from eight major studies, which comprises nearly 80% of the world's published prospective data on carotenoids and breast cancer. These studies included 3,055 case subjects and 3,956 control subjects.

The results showed statistically significant inverse associations with carotenoids and breast cancer. They found that alpha-carotene, beta-carotene, lutein and zeaxanthin, lycopene as well as total carotenoids all helped to lower the risk of breast cancer in women.

Eliassen, A.H (et al), Circulating Carotenoids and Risk of Breast Cancer: Pooled Analysis of Eight Prospective Study, Journal of the National Cancer Institute, October 2012.

Calcium Supplements Combined with Weight-Bearing Exercise Aid in the Prevention of Bone Loss in Post-Menopausal Women

An Australian randomised placebo-controlled study assessed the use of calcium supplementation on bone density.

Over 2 years, 168 women (more than 10 years post-menopausal) were measured at 6-monthly intervals at key bone density sites. This included the hip site, the neck site and the tibia site (2 measurements close to the ankle). Four groups were analysed; placebo, milk powder (1g calcium), calcium tablets (1g) and calcium tablets (1) plus weight training (4 hours per week).

events, or even tasty recipes!

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In all groups with calcium supplementation, bone density scores were significant.

The authors of this study concluded that the public health message for post-menopausal women to supplement with calcium whilst undertaking weight-bearing exercise, was appropriate.

Prince, R., et al, The Effects of Calcium Supplementation (milk powder or tablets) and exercise on bone density in postmenopausal women, J Bone Miner Res, 10: 1068-1075, Department of Medicine, University of Western Australia.

2013 Seminar Series Announcement

ADRENALS, THYROID AND IMPORTANT NUTRITIONAL ENDOCRINE RELATIONSHIPS

Advanced Hair Tissue Mineral Analysis Seminar and Workshop

We are preparing to take our full-day seminar around Australia and into New Zealand. This series will be a detailed look at Hair Analysis interpretation; including ratios, metabolic types, case studies and an interactive workshop component!

Adelaide - Sunday, 12th May 2013

Perth - Sunday, 26th May 2013

Brisbane - Sunday, 2nd June 2013

Auckland - Sunday, 9th June 2013

Melbourne - Sunday, 23rd June 2013

Sydney - Sunday, 28th July 2013

Price for the full day seminar:

Practitioner: \$95

Early bird pricing*: \$85

Student: \$85

Early bird pricing*: \$80

*Early bird prices expire 1 month before seminar in your chosen city.

Ticket Price Includes:

- Lunch, Morning Tea and Afternoon Tea
- Full set of lecture notes
- Free product samples

More information will be available next month in our printed newsletter and here in the eNews, but in the meantime you can

register your interest by emailing your name and contact number to lab@interclinical.com.au

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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