



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

July 2013, Issue 26

InterClinical Laboratories eNews

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



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In this months' eNews were taking heavy wintery foods and lightening the load with some old herbal favourites.

These next few months sees' even the staunchest diet conscious among us buckle under the weight of colder days needing something heartier to warm us up. With this change towards heavier foods and less raw ingredients often comes a combatant digestive response that is; bloating, flatulence and all other party time charmers. So as I sit down to a huge bowl of beef stew and glass of red wine, it got me thinking about digestives; about the herbs and nutrients within my clinical arsenal that work in my favour this stodgy time of year.

First to line up would be your aromatics such as; ginger, garlic, fennel, chamomile, cinnamon, thyme and peppermint. Taken in tincture, capsules, steeped, tablets, raw herb or herbal infusion. These culinary herbs were used by the ancient Greeks for digestive health purposes and are common place today in the general public vernacular. Lesser known herbs such as barberry, gentian, gymnema and marshmallow can determine a gentle and supportive approach to digestive protocols, leaving a marked nutritive impression on a struggling digestive tract.

Enzymes and probiotics are considered the bass drum of the natural medicine orchestra; a deep and necessary requirement for effective gastrointestinal harmony. For greater outcomes, use active ingredients



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which work with each part of the gastrointestinal system such as the Trace Nutrients HCL Plus and Digestive-Zyme products. Nutritional supplements such as B vitamins, zinc, potassium, manganese, copper and Vitamin C are all necessary for energy production and effective metabolic function. So this winter, enjoy your heavy warm rich foods, then reach into your bag of digestives to balance digestive health and function.

The Running on Empty: Burn out, Stress and Fatigue- Adrenals

Seminar Series has gone incredibly well! Feedback has been fantastic. This month we will be finishing this series in Adelaide and Sydney! For more information and to register for this event, please click the image link below, email lab@interclinical.com.au or call us on 02 9693 2888.

Practitioner Seminar Series 2013 HAIR TISSUE MINERAL ANALYSIS

RUNNING ON EMPTY

Burnout, stress and fatigue

ADRENALS, THYROID AND IMPORTANT NUTRITIONAL ENDOCRINE RELATIONSHIPS

Helping the tired patient and burnt out athlete regain their mojos

SEMINAR DATES

Adelaide: 21st July 2013 Sydney: 28th July 2013

Gary Moller
Gary is a qualified Sports Health Practitioner and Nutritional Medicine Consultant.

Zac Bobrov
Zac has been a prolific educator and researcher in nutritional and environmental medicine for over 20 years.

Did you know that InterClinical Laboratories are now offering a discount on Hair Tissue Mineral Analysis testing to pensioners and kids under age 12 starting May 6th. contact us for more information!

Best wishes,
The team at InterClinical Laboratories.

Practitioner Clinical Update

**Influence of dietary spices or their active principles on digestive enzymes of small intestinal mucosa in rats.
Platel K, Srinivasan K.**

A few common spices or their active principles, were examined for their possible influence on digestive enzymes of intestinal mucosa in experimental rat. The animals were fed the following diets for 8 weeks: control, curcumin (0.5%), capsaicin (15mg%), piperine (20mg%), ginger

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(50mg%), cumin (1.25mg%), fenugreek (2%), mustard (250mg%) and asafoetida (250mg%). Dietary curcumin, capsaicin, piperine and ginger prominently enhanced intestinal lipase activity and also the disaccharidases sucrase and maltase. Dietary cumin, fenugreek, mustard and asafoetida brought about decreases in the levels of phosphatases and sucrase. The positive influences of a good number of spices on these terminal enzymes of digestive process could be an additional feature of spices that are generally well recognized to stimulate digestion.
Department of Biochemistry & Nutrition, Central Food Technological Research Institute, Mysore, India. Int J Food Sci Nutr 1996 Jan; 47(1): 55-9

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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