



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

June 2012, Issue 13

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



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We would like to thank all the delegates who attended our seminars in Brisbane and Melbourne. Your positive feedback has been fantastic!

There is still time to get in for Perth, Sydney, Adelaide and Auckland. Autoimmune conditions are relevant in clinic now more than ever. Don't miss out!

Click below for more information and to register:

**[AUTOIMMUNE CONDITIONS IN CLINIC
Identifying and correcting nutritional imbalances to better treat
and manage autoimmune conditions.](#)**

"Thank you, I thoroughly enjoyed the seminar. Loved the passion & knowledge of the lecturers." - Brisbane delegate

"Very enjoyable!" - Brisbane delegate

"Wishing I was able to do this course long before now!" - Brisbane delegate

"Thank you. Zac is terrific!" - Melbourne delegate



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Facebook!

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above, and like us
today!



"Really inspiring and confirms that I am in the right industry." -
Melbourne delegate

Warm regards, InterClinical Laboratories.

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Practitioner Clinical Updates

More Immune-Based Clinical Research

Supplementation for Coeliac Disease: does it help?

Coeliac Disease involves inflammatory changes to the lining of the intestinal wall and absorption of many nutrients is often compromised. With Coeliac Disease, nutrient deficiencies are more prevalent as there is typically pancreatic insufficiency, intestinal dysbiosis and intolerance to dairy (as well as gluten-containing foods).

Research has shown that a gluten-free diet alone may not be enough to support nutritional deficiencies, particularly when it comes to vitamin B12, iron, folic acid and D3. Considering the dysbiosis, there is also room for recommendations for probiotics and intestinal-healing herbs or supplements. To read the review, please click the reference below.

[Malterre, MS, CN, Digestive and Nutritional Considerations in Celiac Disease: Could Supplementation Help? Alternative Medicine Review 2009, V14.N3, 247-257](#)

Iron Deficiency and Reduced Thyroid Activity

Iron Deficiency has long been associated with hypothyroidism as well as with the prevalence of goiter. It has been found that Iranian children are at high risk for both iron deficiency can nullify the effect of iodine supplementation. A study of school children in different provinces found that goiter rates were higher in children with ferritin

levels less than or equal to 10mg/dl. Elevated T3 and decreased T3 uptake was present in those with lower serum ferritin levels.

Azizi, F. et al, The Relation Between Serum Ferritin and Goiter, Urinary and Thyroid Hormone Concentration. Int. J. Vitamin.Res 72, 5, 2002.

Farkhutdinova, LM, et al. Hair Trace Elements in Patients with Goitre. Klin. Lab. Diag. 8, 2006.

Comment: Since iodine can suppress thyroid activity, it would be wise to assess iron status prior to implementing iodine therapy in patients with hypothyroidism. Other minerals such as zinc, selenium, copper and calcium can also affect thyroid function and should also be assessed before resorting to iodine therapy.

For more information on the minerals affecting the thyroid, we recommend this book: [Trace Nutrients and Other Essential Nutrients, Dr David Watts.](#)

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 to build your practice with better clinical outcomes.



InterClinical Laboratories

Servicing Practitioners and Their Needs

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