



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

March 2013, Issue 22

InterClinical Laboratories eNews

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



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In this month's eNews, we have highlighted some professional research on the minerals calcium and phosphate. Calcium is arguably the most important mineral found in the body, required in all neurological, hormonal and enzyme activities of the body. Calcium phosphate is an essential form of calcium for bone mineralisation and maintenance. At InterClinical Laboratories one of our most popular products recommended is REPAREN; a special "calcium phosphate" mineral supplement. Please check out our monthly specials for a great deal on this product for this month.

We would also like to remind you to book in early so you don't miss out on our 2013 Seminar Series: [Running on Empty: Burnout, stress and fatigue.](#)

Our focus this year is heavily on the practical use of HTMA in clinic, with an emphasis on adrenal fatigue and thyroid imbalances. This year we are also incorporating an interactive workshop session so as to best help you understand how useful and necessary HTMA testing is in your practice and for patient appraisals.

Our national seminar series begins in Perth at the end of May. We will also be running this seminar program in Brisbane, Auckland, Melbourne, Adelaide and Sydney throughout June and July, 2013.



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RUNNING ON EMPTY: Burnout, stress and fatigue

**ADRENALS, THYROID AND IMPORTANT NUTRITIONAL
ENDOCRINE RELATIONSHIPS**

**Advanced Hair Tissue Mineral Analysis
Seminar and Workshop**

Helping the tired patient and burnt out athlete regain their mojos!

For more information and to register for this event, please click the image link above, email lab@interclinical.com.au or call us on 02 9693 2888.

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

Practitioner Clinical Update

Calcium Phosphate's Role in Mineralising the Extracellular Matrix (Bone Formation)

A study published in the *Natural Academy of Sciences* journal used a sample-preparation method to examine osteoblasts in an in-vitro model of bone formation. The method used a combined preserved mineral, ions, and extracellular matrix with nano-analytical electron microscopy techniques.

Calcium phosphate was shown to be within the osteoblast mitochondrial granules and intracellular vesicles that then transported material to the bone's extracellular matrix. This suggests that this form of calcium has a storage and transport mechanism.

The study highlights the importance of intracellular calcium phosphate in osteoblasts and their role in bone mineralisation.

Boonrungsiman, S (et al), The role of intracellular calcium phosphate in osteoblast-mediated bone apatite formation, Proceeding of the National Academy of Sciences on the United States of America 2012 Vol 109 (35) 14170-5.

The Importance of Adequate Calcium Levels During Pregnancy

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power!**

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A review featured in Nutrition Reviews highlights the importance of adequate calcium levels during pregnancy. This paper found the risk of preeclampsia was reduced in those women receiving calcium supplements, the effect being greatest in women with low calcium intakes (<600mg/day).

Among pregnant women who consumed less than 600mg of calcium a day and were supplemented with additional calcium (1500mg/day), risk of preterm delivery was reduced by 24%, and maternal morbidity risk was also decreased.

The review concluded that women who begin pregnancy with adequate intakes of calcium may not need additional calcium, but women with suboptimal intakes (<500mg/day) may need additional amounts.

Hacker, A. N. (et al.), Role of calcium during pregnancy: maternal and fetal needs, Nutrition Reviews 2012 Vol 70 (7): 397 - 409.

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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