



InterClinical  
Laboratories

# eNews

PRACTITIONER ONLY NEWSLETTER

May 2013, Issue 24

## InterClinical Laboratories eNews

May 2013 Issue: 24

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



InterClinical  
Laboratories

### In This Issue

[Clinical Updates](#)

[Facebook](#)

In this month's eNews, we reflect on Iron and the delicate nature of symbiosis.

Iron is a medium weight transition metal, sitting comfortably between manganese and cobalt on the Periodic Table. On its own, it's a power player in the human body, involved in red blood cell production and is a main component of haemoglobin. There are multiple relationships that enhance or deplete Iron storage or absorption. Vitamin C works synergistically with Iron helping to facilitate absorption. There are a number of heavy metals which work antagonistically with Iron and thus affecting its storage and effectiveness. Metals which can antagonize Iron storage are; mercury, lead, cadmium and aluminium, all of which, if elevated can impact Iron utilization and create obstacles of health.

It is important to determine accurate levels of Iron in your patient, this can be better understood when determining levels of antagonistic elements as well. Hair and Tissue Mineral Analysis can identify levels of metals which have a competitive effect on Iron, and may inhibit effective absorption and storage.

To assist you in building a strong and successful practice, we are gearing up to reach another level of technical support by offering a more in depth and interactive workshop session at our upcoming national seminar series commencing this month in Perth. This



**InterClinical is on  
Facebook!**

Remember, you can share our useful and professional posts on your own business page!



ascertain the associated health benefits and risks. The outcomes investigated were anemia, development, growth, morbidity, and mortality. Among iron-deficient or anemic children, hemoglobin concentrations were improved with iron supplementation. Reductions in cognitive and motor development deficits were observed in iron-deficient or anemic children, particularly with longer-duration, lower-dose regimens. With iron supplementation, weight gains were adversely affected in iron-replete children; the effects on height were inconclusive. Most studies found no effect on morbidity, although few had sample sizes or study designs that were adequate for drawing conclusions.

*Lora L Iannotti, James M Tielsch, Maureen M Black, and Robert E Black  
Am J Clin Nutr December 2006 vol. 84 no. 6 1261-1276*



### **Harmful elements versus iron, zinc and copper: their interactions in animals and humans. Mercury, tin, nickel, selenium, fluorine and aluminum.**

A literature survey was made of the interactions--in the organism--between some food contaminating elements (mercury, tin, nickel, selenium, fluorine, aluminium) and iron, zinc and copper. The harmful elements may disturb the mineral metabolism already at the stage of intestinal absorption. Moreover, they bring about changes in microelement distribution in the tissues and cells. On account of their approximately similar chemical structure, they compete for the sites of binding to some proteins, including enzymic ones. In this respect a special role is played by ++metallothionein, a protein with the ability of regulating free metal contents in the tissues and thus possibly displaying some detoxifying properties. Many mechanisms and relationships determining the interactions between the surveyed food contaminants and iron, zinc and copper remain, however, not elucidated.

*Witkowska J, Czerwi ska D, Kiepuski A, Roszkowski W.*

*Rocz Panstw Zakl Hig. 1991;42(1):15-23*

## 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*

**+61 2 9693 2888** | [lab@interclinical.com.au](mailto:lab@interclinical.com.au) | [www.interclinical.com.au](http://www.interclinical.com.au)

Copyright InterClinical Laboratories 2013, 2020