



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

November 2012, Issue 18

InterClinical Laboratories eNews

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



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Digestive insufficiency is a very common problem with patients. We receive a lot of technical calls from our practitioners about this. Hair Tissue Mineral Analysis helps focus on key mineral deficiencies, excesses and imbalances that may be either the cause or a contributing factor to their patient's condition.

Today, we would like to draw your attention to two specialised products in our Trace Nutrients range; **HCL Plus** and **Digestive-Zyme**. Both formulas contain evidenced-based vitamins, minerals and herbs to help aid digestive processes. HCL Plus is your primary formula to help support gastric secretions, whereas Digestive Zyme is principally for pancreatic support and the absorption of nutrients in the small intestine. As part of our specials this month, we are offering a great **buy 5 get 1 free** deal on both our HCL Plus and Digestive-Zyme products. These are two of our most popular products recommended by practitioners.

Also, in this eNewsletter, we'd like to deliver some more of the latest clinical research regarding the minerals zinc and selenium and the digestive herb, ginger.

Finally, we would like to inform you that we are about to post out our final quarterly newsletter for the year. If you haven't been receiving your copy of late, please make sure you contact us to update your



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postal address! In this newsletter we will be looking at *Dunaliella salina* for improving UV sun protection and summer health as well as an in-depth look at the elemental mineral Vanadium.

Wishing you and your patients good health.

Kind regards, InterClinical Laboratories.

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Practitioner Clinical Update

Ginger's positive effect on Metabolic Syndromes



A study from Japan has tested analogues of ginger extracts to measure their effects on metabolic syndrome.

Mice were fed a high fat diet, either with or without the extracts. Magnetic resonance imaging was used to measure adipose tissue.

Mice who were fed high fat diets and the ginger extract analogues were found to have *reduced* body weight gain, fat accumulation and circulating levels of insulin and leptin.

For this reason, ginger is an important herb to consider with any digestive formula.

Okamoto, M (et al), Synthesis of a new [6]-gingerol analogue and its protective effect with respect to the development of metabolic syndrome in mice fed a high-fat diet, J Med Chem, 2011 Sep 22;54, 6295-304.

Zinc and Selenium Supplementation in Male Liver Cirrhosis Patients

A study from August 2012 has shown that the oral supplementation of zinc and selenium produces significant metabolic effects in patients with liver cirrhosis/cancer.

144 male patients, aged between 30 and 50 years, were treated with mineral supplementation and samples were tested before and after.

Biological samples (blood and serum) were taken from their liver and compared with healthy individuals in the same age categories. Before mineral supplementation, samples from the cirrhotic patients contained higher levels of cadmium and arsenic as well as lower levels of selenium and zinc. After 60 days of supplementation, samples contained improved levels of selenium and zinc.

Zinc is essential for proper liver function and low levels have been implicated in many forms of liver disease. Similarly, selenium has a hepato-protective effect on the liver and deficiency may therefore predispose individuals to the development of certain cancers.

Tasneem, G.K., (et al), Effects of Mineral Supplementation on Liver Cirrhotic/Cancer Male Patients, Biol Trace Elem Res, August 2012.

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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