



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

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

At InterClinical Laboratories, our team of clinicians often discuss the lateral biological reactions of the human body in response to stress. It is clearly arguable that long term effects of stress may implicitly impact health parameters and consequently may encourage early onset of disease.

Dr Watts in his extensive research on Hair Tissue Mineral Analysis testing had this to say when reflecting how mineral status is affected by acute and chronic stress; "Stress is known to affect not only physiological and psychological status but nutritional status as well. Changes in nutritional status in turn can lead to behavioral and biological changes leading to chronic activation of the stress response. Hair tissue mineral analysis (HTMA) can reflect the impact of long term stress on nutritional status and thereby provide a specific approach to nutritional therapy."

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Specific "metabolic" multi nutrient supplementation to support the body during times of stress should be the key strategy within today's clinical practice. Adrenal nutrients such as Potassium, Zinc and B Vitamins when taken regularly can discourage the potential for depleted stores in response to stress.

Amongst a number of great supplement specials this November and December at InterClinical Laboratories, we have a buy 5 get one free special on Potassium which may be useful in supporting adrenal function. We also have a special on GT Formula; which contains chromium, Vitamin B3 and Cysteine, Glutamine and Glycine which are key constituents in Glucose Tolerance Factor; involved in blood sugar regulation and effective glucose control.

InterClinical Laboratories will be closed these summer holidays from end of business day on the 24th December till January 2nd 2014.

Yours in good health
Amanda Lovett-Jones ND.
R&D Manager InterClinical Laboratories.

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Clinical Update:

Effect of Chromium-Enriched Yeast on Fasting Plasma Glucose, Glycated Haemoglobin and Serum Lipid Levels in Patients with Type 2 Diabetes Mellitus Treated with Insulin.

Jaroslav Racek et. al. Trace Elem. Res. 155, 1, 2013.

Chromium is known to be related to the normal function of insulin and is a constituent of cellular insulin receptors. A lack of chromium is related to insulin resistance. This study evaluated the effect of chromium supplementation on fasting plasma glucose, glycated

haemoglobin (HbA1c), and lipid levels in type 2 diabetic patients who were also on insulin therapy. Patients were randomised and supplemented with 100 micrograms of chromium daily over a period of two weeks. The chromium dosage was then increased to 200 micrograms daily for the next six weeks. Fasting plasma glucose showed a significant decrease after the first phase of chromium supplementation and tended to diminish even further during the second phase of supplementation. HbA1c also significantly decreased during both phases.

Comment from Dr David Watts: It has long been known that chromium deficiency is present in patients with diabetes and that supplementation aids in the improvement of insulin resistance and other complications associated with the progression of type 2 diabetes. The status of the body's chromium reserve is difficult to determine, however, hair tissue mineral concentrations can readily provide the tissue status of chromium. Additionally, it can also reflect chromium's relationship to other nutritional factors that may also contribute to the development and progression of type 2 diabetes. Unfortunately, even though the worldwide epidemic of diabetes is increasing, assessing and providing necessary nutritional support for treating and preventing the long-term complications caused by this disease is severely lacking.

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.

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