



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

October 2011, Issue 6

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



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Molybdenum

As practitioners, we know about detoxing bodies, but how often do we encourage our patients to *detox their lifestyle*? It's important to assess our patient's home environment, workplace, exercise locations as well as their potentially toxic emotional state.

Seemingly small changes like *switching to natural haircare, skincare, cleaning products, exercising in a park* (as opposed to along a busy highway) can all make huge improvements to your patient's toxic load. Your remedies will only work optimally if steps are taken to reduce environmental toxic exposure!

Hair Tissue Mineral Analysis is one of the best and most cost effective ways to identify toxic elements in your patients. Also available are our In-House Heavy Metal Test Kits.

Call or email us today, we love talking about detox therapy and we are always happy to assist you in your practice.

Warm regards, InterClinical Laboratories.

Quick Links

[Hair Tissue Analysis](#)

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Practitioner Clinical Updates

Folic Acid and Arsenic

It is estimated that over one hundred million individuals worldwide are exposed to arsenic. The most common exposure is due to the chronic consumption of contaminated water supplies in underdeveloped countries. Of course, arsenic is present in the environment in developed countries as well. A randomized trial was performed involving one-hundred thirty individuals in Bangladesh who were consuming arsenic-containing water and whose folic acid levels were low in the blood. It was found that folic acid supplementation significantly lowered blood arsenic levels in these individuals. After twelve weeks blood arsenic levels were reduced by over thirteen percent in the control group compared to only two and a half percent in the placebo group. The authors state that folic acid detoxifies arsenic into a form that can be readily excreted in the urine.

Arsenic Poisoning Prevention. JAMA. 298,20, 2007.

Arsenic and the Thyroid

Arsenic is known to interfere with normal thyroid function due to inhibition of thyroid peroxidase (TPO) activity in vitro. The minimal amount of arsenic trioxide inhibition of TPO in vitro was found to be between 0.1 and 1 parts per million.

Palazzolo, DL, Jansen, KP. The Minimal Arsenic Concentration Required to Inhibit the Activity of Thyroid Peroxidase Activity In Vitro. Biol.Trace Elem.Res. 126,1,2009.



Molybdenum... an undervalued nutrient!

Most of us know that molybdenum is an essential mineral that has an affinity for allergic conditions. However, molybdenum has a number of important functions around the body. It is essential for detoxification processes, as it converts sulfites to sulphates, allowing for improved liver function. In this way, molybdenum is often used for alcohol detoxification.

Molybdenum has a strong relationship to zinc, and is frequently recommended to bring down high levels of copper in the body. It also has a strong relationship with calcium, and in the right balance can



aid in absorption of calcium into bones. In this way molybdenum has also been recommended to prevent cavities and strengthen enamel.

It is always a good idea to test a mineral or vitamin level in your body first, to see whether it is needed. Minerals give us optimal health when they are in balance so measurement is important. Prevent possible over-dosing of minerals with Hair Tissue Mineral Analysis.

Need more information?

Need help interpreting your hair tissue mineral analysis report? If you need further technical information on our products and services, please contact us.

You can call us anytime Monday to Friday, 9am-5pm AEDT.



InterClinical Laboratories

Servicing Practitioners and their Needs

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