



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

October 2012, Issue 17

InterClinical Laboratories eNews

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



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In This Issue

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Halfway through Spring and well on our way to Summer! Clinicians are kept busy at this time of year with allergies, detoxing, or motivating clients into new fitness routines and healthy lifestyles. In this eNews we have some interesting research for you which may help you with these Spring topics.

It seems like toxic metal overload is still one of the biggest ongoing problems today. We are receiving a large amount of technical calls regarding our Hair Tissue Mineral Analysis - from practitioners who are seeking deeper analysis for their clients. We are always happy to help! You can reach us on 02 9693 2888.

Our specials this month continue to address the measurement of toxins in the body (testing) as well as their detoxification. Stocks are limited on these specials, so don't miss out on these great deals!

Read on for specials, technical updates and more.

Kind regards, InterClinical Laboratories.



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Zinc: The New Antidepressant?

Serum zinc levels have been found low in patients with major depression. Treatment with zinc appears to have an antidepressant effect. Human trials found that zinc supplementation augmented the effects of antidepressant drugs by over fifty percent.

Levenson, CW, Zinc: The New Antidepressant? Nutr. Rev. 64,1, 2006.

Antacids causing Magnesium Deficiency and Cramps

Cases of carpopedal spasms in conjunction with severe magnesium deficiency and hypocalcemia have been reported with the use of proton pump inhibitors (PPI). PPI's are used to block the production of hydrochloric acid and are used in the treatment of dyspepsia, gastric reflux and other stomach conditions. The main action of PPI's is a pronounced and long-lasting reduction of gastric acid production and is the most potent inhibitor of acid secretion available today. Common adverse effects include: headaches, nausea, diarrhoea, abdominal pain, fatigue, weakness, rash, itching, flatulence and constipation. A reduction of vitamin B12 absorption is associated with long-term use. Muscle spasms and metabolic abnormalities associated with the use of PPI's were found to be related to the reduction in normal parathyroid activity.

Epsteins, M, et al. Proton-Pump Inhibitors and Hypomagnesemic Hypoparathyroidism. NEJM, 355, 17, 2006.

Can Flavonoids in Berries Reduce Cognitive Decline?

A study beginning in 1980 measured cognitive function in 16,010 participants over 70 years against their dietary intake of blueberries and strawberries. Berries are high in flavonoids - particularly anthocyanins - which are the powerful antioxidant compounds. Results showed that greater intakes were associated with slower rates of cognitive decline - in some cases up to 2.5 years. The conclusion of this study inferred that a higher intake of flavonoids appeared to reduce the rate of cognitive decline in older adults.

[ANN NEUROL 2012](#) (click for article link)

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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Servicing Practitioners and Their Needs

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