



InterClinical  
Laboratories

# eNews

PRACTITIONER ONLY NEWSLETTER

October 2013, Issue 29

## InterClinical Laboratories eNews

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

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### I'm a cheater how about you?

On an average day, how many raw super foods would you consume? Do you devotedly enjoy daily juices of kale and spinach? Are you eating a punnet of blueberries every day? While I can hear a collective 'I try but'.... but we simply can't always do what we know is what makes the body thrive, and consequently, enjoy optimal wellbeing and physical health. Doesn't everyone like standing around the organic wheat free sugar free muffin tray and brag about their healthy habits?

If there is a simplified way to up the ante on healthy eating habits I am all for it. Sugar substitutions, swapping up greens to include more sophisticated and exotic alternatives, anything that can give me a one up on health with minimum amount of effort, I get very excited about.

In my endeavour to uncover all things easy and incredibly good for you I discovered the Acai berry.

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This fruit hails from the Amazon and has a long history of use for its general health benefits. It has 16 times the ORAC value of blueberries- that' high octane antioxidant power! Acai holds an impressive portfolio of vitamins, minerals, essential fatty acids and omega 3, 6 and 9's to complement its great taste. In pure cheat fashion I find putting a sachet of ground freeze dried berries directly in yoghurt, smoothies or in porridge or muesli allows me to state proudly that I've started the day by giving my health a boost.

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

This month at InterClinical Laboratories we are offering a sale on Acai 120 vcaps and Acai sachets 30 x3g buy 5 and get 1 free!

We have some exciting events this Spring! Read flyers below for more details.

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### Clinical Update:

**Berries from South America: A comprehensive review on chemistry, health potential and commercialization.**

Schreckinger ME

Dietary intake of berry fruits has been demonstrated to positively impact human health. Interest in exploring new and exotic types of berries has grown in recent years. This article provides botanical descriptions and reviews the chemistry, biological activities, and commercialization of berry-producing plants from South America, specifically *Aristotelia chilensis*, **Euterpe oleracea**, *Malpighia emarginata*, *Ugni moline*, *Fragaria chiloensis*, *Rubus glaucus*, *Rubus adenotrichus*, and *Vaccinium floribundum*. These species possess a rich and diversified composition of bioactive compounds with health-promoting properties. The most significant health benefits have been attributed to phenolic compounds and Vitamin C, potentially protective against cardiovascular disease and cancer. Although both traditional folk medicine and composition of these

berries suggest significant health benefits, few studies to date have investigated these potentials.

**Comments:** Like Vitamin C, Acai berries contain health promoting phenolic compounds (specifically bioflavonoids) for antioxidant protection against free radicals. There are few studies at present on Acai berries however traditionally this fruit has had hundreds of years of empirical use by indigenous tribes throughout the Amazon. I anticipate that in the future, science will take a more magnified interest in this berry.

## 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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