

ISSUE 62, OCTOBER 2016

InterClinical Laboratories Pty Ltd

Hair Tissue and Mineral Analysis | Nutritional, Herbal and Natural Medicine |
Practitioner Education



Welcome to InterClinical Laboratories October eNews.

Trace Nutrients and Fibromyalgia

Fibromyalgia is a chronic disorder suffered by many thousands of people, predominately women, and is still poorly understood. Fundamental symptoms include fatigue and musculoskeletal pain with a heightened tendency to anxiety and depression. Modern life, often high in stress and low in adequate nutrition can lead to micronutrient deficiency. Magnesium, for example, is less evident in today's diets due in part to a negative shift in the intake of magnesium rich foods such as organ meats and mineral water as well as depleted minerals in agricultural soil.



It makes sense that chronic insufficiency of magnesium or other micronutrients can lead to a range of chronic health problems. This month's clinical update includes a study from Korea's Ajou University Hospital where hair tissue mineral analysis was performed on a group of women diagnosed with fibromyalgia. It was revealed that an array of mineral deficiencies, including magnesium, was found. This opens up a new possibility for fibromyalgia symptom and pain management through mineral therapy and supplementation. Scroll down for more information.

October Seminars

October brings the last of our seminar series

LOOKING DEEPER - INTEGRAL PATHOLOGY

HAIR TISSUE MINERAL ANALYSIS AND FUNCTIONAL TESTING FOR COMPREHENSIVE CARE

for 2016. If you have not yet had the chance to attend this hands-on, thought-provoking one or two day seminar, **Auckland (15/16 Oct)** and **Hobart (29/30 Oct)** are still open for registrations.

The response has been overwhelmingly positive, a big "thank you!" to the practitioners who have attended for your feedback:

" Zac is so brilliant and knowledgeable! " - Sydney

"Jane was fantastic, clear, concise and informative." - Brisbane

"Her [Jane's] clinical understanding and application of the HTMA in conjunction with standard testing is necessary, and I believe it's this integration that will help move HTMA further along as a credible assessment tool." - Perth

"Zac is an terrific presenter with incredible knowledge" - Adelaide

"Case studies were very helpful and Jane's knowledge and experience is invaluable!!" - Perth

" The presenters and the information are great! " - Sydney

"Thank you for a great day from a very supportive company." - Melbourne

Hair Tissue Mineral Analysis and Functional Testing for

Comprehensive Care.

One or Two Day Seminar: Auckland (Oct 15 & 16) and Hobart (Oct 29 & 30).

Saturday includes a half-day **Introductory Primary Course** on Hair Tissue Mineral Analysis (HTMA) in Clinical Practice with Mr Zac Bobrov, Australia's resident HTMA expert and InterClinical's own Technical Director. Sunday is a full-day **Advanced Secondary Course** with our dynamic and experienced guest speaker, Dr Jane Chapman. Whether your a HTMA novice or long time ambassador, the seminar will expand and refresh your knowledge and application of this integral pathology tool for improved patient outcomes.

Dr Jane has teamed up with InterClinical Laboratories this year to bring you a presentation that explores how HTMA has been a key tool in her professional practice

as a holistically-inspired medical doctor, and how the combination of HTMA with other functional tests has been a highly effective asset to the assessment, treatment and overall wellness management of her patients (complete with case studies, clinical examples and opportunities for discussion).

Delegates will also receive...

-) **CPE points and Certificate of Completion**
-) **Bound lecture notes**
-) **Complimentary gifts and product discounts**
-) **Wholesome and nourishing catering**

Join us! Be inspired!

Yours in good health,

The Team at InterClinical Laboratories.

Clinical Update

Women with Fibromyalgia Have Lower Levels of Calcium, Magnesium, Copper, Iron and Manganese in Hair Mineral Analysis

The analysis of hair tissue for minerals can be an extremely effective tool when helping with the management of many health conditions. This was examined in a recent cross-sectional, case-controlled study by the Ajou University Hospital, conducted on forty-four female

candidates, aged between twenty-nine and fifty-seven years, all whom were suffering with fibromyalgia (as well as on an age and BMI-matched control group).

The test subjects all underwent Hair Tissue Mineral Analysis (HTMA) testing which was processed through a medically sterile and accredited laboratory that utilised the most up-to-date testing techniques. The hair samples were 300mg in weight, taken with sterilised sterling silver scissors and sourced from different locations on the posterior cortex of the subjects' scalp. All participants had not chemically processed their hair in any way for two weeks prior to the test, and only the hair 3.8cm from the base of the scalp was used.

The results of the HTMA saw a dramatic difference in the minerals copper, magnesium, calcium, manganese and iron between the fibromyalgia positive test subjects and the control group. Copper was 40.2µg control to 28.3µg, magnesium was 72µg control to 52µg, calcium was 1,093µg control to 775µg, manganese 190µg control to 140µg and iron 7.1µg control to 5.9µg (the amount of each element was recorded per 1g of hair).

Comment:

This study concludes that the minerals shown to be lower in the fibromyalgia patients were the minerals that are associated with neuromuscular function (such as magnesium, calcium and manganese) and overall muscular health (such as iron and copper): this was speculated to be due to the nature of fibromyalgia, and that the need for these minerals is higher in those with the condition.

This study suggested that the supplementation of these minerals may be beneficial to provide symptomatic relief in fibromyalgia patients.

Kim, Y.S, Kim, K.M, Kim, B.T, Park, S.B, Cho, D.Y, Suh, C.H, Kim, H.A, Park, R.W, Joo, N.S, 2011

Women with Fibromyalgia Have Lower Levels of Calcium, Magnesium, Iron and Manganese in Hair Mineral Analysis.

doi: 10.3346/jkm.2011.26.10.1253

Upcoming InterClinical Events

Practitioner Seminars

August - October 2016



Sharpen your investigative skills and improve your diagnostic acumen!

Join us for the **InterClinical Laboratories 2016 Seminar Series** and expand your understanding of the strengths and limitations of Hair Tissue Mineral Analysis (HTMA) and how to use it with other functional pathology tests.

Dr Jane Chapman, a leader in integrative medicine and expert in HTMA will offer a clinician's perspective - interactive lecture with in-depth case studies ranging from: chronic pain, hormone imbalance, mental health, children's mental, growth and behavioural problems and autoimmune conditions.

Become an advanced user of HTMA to broaden your scope of practice, easily identify optimal treatment and improve clinical outcomes. Learn how to best use HTMA with other key integral functional tests for comprehensive care.



InterClinical Laboratories Pty Ltd | 02 9693 2888 | [Send us an email](#) | [Visit our website](#)