



# IMPROVING CLINICAL DECISION-MAKING

## WITH RELIABLE NUTRIENT & TOXIC MINERAL ASSESSMENT



**InterClinical Laboratories**  
**FREE\* WEBINAR SERIES**



PRACTITIONER EDUCATION

IMPROVE DIAGNOSTIC CLARITY

PUBLIC EDUCATION

FEB 10  
TUE 7pm

### PUBLIC LECTURE: DETOX IN A TOXIC WORLD: WHAT HELPS, WHAT HURTS

Everyday life brings constant exposure to chemicals and pollutants - from air and water to food, plastics and personal care products. It can feel overwhelming to know what really matters to you and your family. This evidence-informed lecture calmly unpacks what we actually know about toxins, how they enter and affect health, and the crucial role of minerals in supporting our natural detoxification systems. You'll learn practical, realistic steps to reduce your toxic load, support detox gently, and understand why extreme cleanses or "quick fixes" may do more harm than good.

FEB 16  
MON 7pm

### IMPROVING DIAGNOSTIC CLARITY: ADDING HTMA TO IRON, THYROID & LIPID ASSESSMENT

Iron studies, thyroid panels and lipid profiles are cornerstones of modern practice, yet they rarely tell the whole story on their own. This advanced session is designed for clinicians who want to "connect the dots" between standard pathology and tissue mineral status. We'll explore how HTMA data can clarify conflicting or borderline results, highlight contributors to dyslipidaemia and thyroid dysfunction, and reveal patterns of mineral excess or depletion that affect iron handling and cardiovascular risk. Attendees will gain a structured framework for interpreting HTMA alongside bloods, and translating this into more precise, personalised treatment plans.

\* Free for health practitioners registered with InterClinical in Australia and New Zealand.

**REGISTER  
NOW!**



**FREE\* WEBINAR SERIES**  
**HTMA: TOXINS, MINERALS & CLINICAL CLARITY**

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## 3-EVENING IMMERSION

### THE CHANGING CLINICAL LANDSCAPE IN 2026: UNDERSTANDING CHALLENGES, SHAPING SOLUTIONS

Join us for a focused three-night online HTMA immersion, designed for health practitioners who want to deepen their clinical thinking across gut health, metabolic therapies and mental health. Each evening will blend mechanisms with practical, case-based insights, highlighting the effects of toxins and where mineral balance can refine assessment, protect patients, and improve outcomes.

MAR 16  
MON 7pm

EVENING 1

#### GUT HEALTH, MINERAL IMBALANCE & HEAVY METALS: A TRI-DIRECTIONAL FRAMEWORK FOR RESTORING HEALTH

This session unpacks the tri-directional relationship between gut health, mineral balance, and detoxification and how disruption in one pillar destabilises the others. We'll explore how mineral deficiencies, excesses, and heavy metal exposure reshape the microbiome, damage the gut barrier, and impair detox pathways, leading to fatigue, inflammation, mood changes, and multi-system symptoms. We will translate the latest microbiome-micronutrient research into practical strategies: using HTMA to map mineral and toxic element patterns, restoring gut integrity, and designing bio-individual detox and repletion plans illustrated with real case studies.

MAR 17  
TUE 7pm

EVENING 2

#### THE GLP-1 (OZEMPIC) ERA: NUTRITIONAL SAFEGUARDS & MINERAL BALANCE

With GLP-1 agonists reshaping weight-management and metabolic care, nutritional risk is easy to overlook. We will examine how GLP-1 therapies alter appetite, intake, gastric emptying and nutrient absorption, and why this can impact protein status, micronutrients and key minerals. The session will outline pragmatic safeguards: baseline assessment, monitoring, and targeted nutritional and mineral support to help reduce adverse effects and protect long-term health while patients are on (or coming off) GLP-1 agents.

MAR 18  
WED 7pm

EVENING 3

#### OVERLOOKED DRIVERS IN ADHD, NEURODIVERGENCE & MOOD DISORDERS: MINERAL IMBALANCES & TOXIC BURDENS

In this session, we will explore how disrupted mineral status and chronic toxic load can quietly shape brain function and behaviour in children, adolescents and adults. We'll look at evidence linking toxic metals and mineral imbalance, to ADHD, autistic traits, anxiety and depression; highlighting key clinical red flags, where standard testing falls short, and how tools such as HTMA and mineral assessment can help uncover these potential contributors. Practical, low-risk strategies for staged detox support and mineral repletion will be discussed, with a focus on neurodivergent and more vulnerable patients.

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APR 21  
TUE 7pm

#### FIRST, DO NO HARM: TOXIC BURDENS & SAFER DETOXIFICATION IN CLINICAL PRACTICE

Environmental toxicants, heavy metals and modern "detox" trends are converging in clinic - and not always with good outcomes. This practitioner-focused session explores toxic burdens through a clinical safety lens avoiding redistribution, crashes and nutrient depletion. Highlighting when to suspect accumulated load, how mineral imbalances amplify vulnerability, and why "replete → mobilise → bind → eliminate" is essential. Drawing on HTMA case studies and current evidence, we'll unpack practical frameworks for bio-individual detoxification therapies to safely reduce burdens and improve health.

MAY 12  
TUE 7pm

#### NON-HORMONAL, EVIDENCE-BASED SUPPORT FOR PERIMENOPAUSE & MENOPAUSE

Vasomotor symptoms, broken sleep and emotional volatility are among the most disabling complaints in perimenopause and menopause. It's now known that Women exposed to toxic metals may experience earlier aging of their ovaries. This presentation takes an integrative, non-hormonal approach, highlighting where lifestyle and micronutrient interventions have the strongest evidence. We'll explore mineral patterns that may underlie poor thermoregulation, insomnia, palpitations and mood swings, and how to work systematically on repletion before introducing any detox-style protocols. Attendees will leave with practical frameworks for assessment, supplement selection and sequencing, designed to improve outcomes while minimising adverse reactions.

MAY 25  
MON 7pm

### IMPROVING DIAGNOSTIC CLARITY: WHY HEAVY METAL ASSESSMENT IS INCOMPLETE WITHOUT HTMA

Part 2 of Improving Diagnostic Clarity, this session shifts the focus to heavy metals and HTMA as a biomarker of body burden. We'll explore why blood and spot urine testing often miss chronic, low-grade exposure, and how hair tissue mineral analysis offers a longer-term view of metals such as lead, mercury, cadmium and arsenic. The lecture will cover key interpretation principles, common pitfalls and how to integrate HTMA with existing bloods to decide if, when and how to address toxic load. Emphasis is on clinical safety, sequencing mineral repletion, detox support and follow-up testing

JUN 16  
TUE 7pm

### LONGEVITY IN CLINIC: SENESENCE, MITOCHONDRIA & MINERAL REPLETION

As longevity science moves from the labs, clinicians are increasingly being asked about senolytics, mitochondrial "hacks," and anti-ageing stacks with very mixed levels of evidence. This lecture offers a grounded view. We'll clarify key concepts around cellular senescence and senotherapeutic approaches, and distinguish between emerging evidence and speculation. The focus then turns to safer, foundational interventions: recognising mineral patterns on HTMA that impair ATP production and redox control, and using this information to individualise repletion and support mitochondrial resilience. Insights from current longevity and multiomics research will be used to frame practical, low-risk strategies you can implement in everyday clinical practice.

JUL 14  
TUE 7pm

### INSIDE-OUT DERMATOLOGY: GUT, MINERALS & DETOX IN REFRACTORY SKIN CONDITIONS

When skin doesn't respond to standard care, the problem is often deeper than the epidermis. This session looks "inside-out" at how mineral imbalances and impaired detoxification can drive stubborn skin presentations such as acne, eczema, rosacea and chronic rashes. We'll explore key clinical patterns, the role of hair tissue mineral analysis (HTMA) and other assessments, and practical strategies to rebalance from within—integrating nutrition, minerals and gentle detox support to complement topical and pharmaceutical approaches.

AUG 4  
TUE 7pm

### PUBLIC LECTURE: TIRED, WIRED OR MOODY? HOW HAIR TESTING CAN HELP EXPLAIN WHY

Many people feel exhausted, anxious, "tired but wired" at night, or stuck in low moods – even when their blood tests look "normal." This public lecture introduces Hair Tissue Mineral Analysis (hair testing) as a simple way to look beneath the surface. You'll learn how longer-term patterns in minerals such as magnesium, zinc, copper and calcium – along with toxic metals like lead – can influence energy, sleep, stress tolerance and mood. We'll explore what a hair test actually shows, how it's done, and how practitioners use this information alongside other tests to guide nutrition and lifestyle changes. The focus is on making sense of your symptoms, not selling quick fixes, and helping you understand when hair testing might be a useful piece of your health puzzle.

AUG 10  
MON 7pm

### IMPROVING DIAGNOSTIC CLARITY: WHEN BLOODS ARE 'NORMAL' BUT PATIENTS AREN'T – USING HTMA TO FIND THE MISSING PIECE

Those classic cases: fatigue, brain fog, palpitations, anxiety, diffuse pain, "IBS", insomnia, Bloods mostly "reassuring", but the patient is clearly not okay, How HTMA + key bloods together can:- Flag adrenal, ANS & thyroid patterns, reveal chronic low-grade toxic load that doesn't show in blood & explain symptom clusters and guide practical interventions.

AUG 18  
TUE 7pm

### ENDOCRINE DRIVERS OF MINERAL BALANCE: FROM STRESS HORMONES TO THYROID & BEYOND

From cortisol and adrenaline to thyroid, insulin and sex hormones, the endocrine system quietly reshapes how minerals are absorbed, utilised, and excreted. This session explores how common hormonal patterns—chronic stress, sub-optimal thyroid function, insulin resistance and more – manifest as distinct mineral imbalances, and why "just supplementing" often isn't enough. We'll connect key endocrine pathways with clinical mineral patterns and discuss practical strategies to rebalance, so you can design more targeted, effective treatment plans in everyday practice.

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# HTMA KICKSTART PROGRAM

IF YOU ARE NOT CURRENTLY ASSESSING NUTRIENT AND TOXIC MINERALS, HERE IS YOUR CHANCE TO LEARN HOW.



**InterClinical Laboratories**  
**FREE\* SMALL GROUP TRAINING**



HEALTHCARE PRACTITIONERS ONLY

MONTHLY DATES & TIMES

1 hr

## PART 1: EMPOWERING PRACTITIONERS

Covers where HTMA fits alongside other tests, when to use it, and how hair reflects longer-term nutrient and toxic element status. You'll also learn how to position HTMA with patients and collect accurate samples.

MONTHLY DATES & TIMES

1 hr

## PART 2: INTERPRETING HTMA WITH INTERCLINICAL RESOURCES

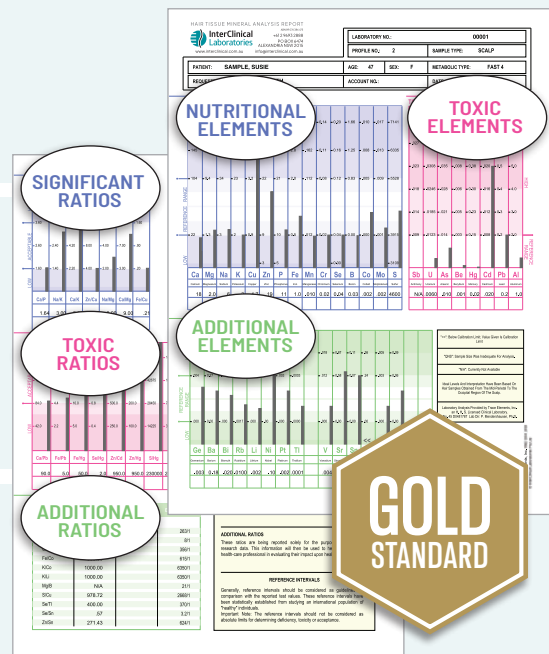
Focuses on systematically reading HTMA: metabolic types, key ratios, mineral patterns, and toxic elements. You'll use InterClinical charts and tools to turn reports into clear priorities and patient-friendly explanations.

MONTHLY DATES & TIMES

1 hr

## PART 3: HEAVY METALS & DETOXIFICATION

Explores how HTMA helps you assess toxic burdens, resilience and readiness to detox. You'll learn mineral-based detox principles and how to design safer, stepwise therapy that supports organs of elimination.



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