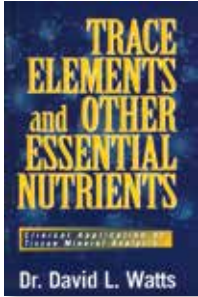


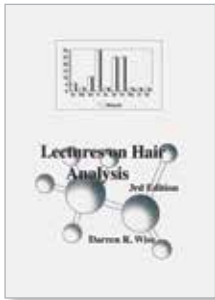
## Books



### **Trace Elements and Other Essential Nutrients: Clinical Application of Tissue Mineral Analysis.**

**Dr David L. Watts DC PHD CCN FACEP**

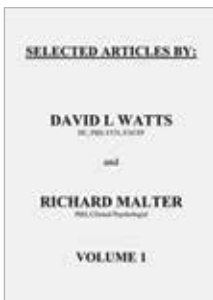
Dr Watts has been involved in clinical nutrition for 30 years. Over the past 25 years his research has focused on the study of tissue mineral patterns found in human hair. Having reviewed over 2,000,000 tissue mineral profiles, he has identified inter-relationships between minerals, vitamins and the neuroendocrine system. His research encompasses the impacts of specific nutrient mineral imbalances and toxic minerals, and has led to the development and recognition of individual tissue mineral patterns associated with various disease trends and metabolic types. It provides readers with an insight into hair mineral analysis, nutritional relationships, nutritional-endocrine relationships and metabolic individuality, and a deeper understanding into the major nutrient and toxic minerals found in the body. Dr Watt's book is an invaluable advanced reference book for those studying and practicing nutritional therapeutics.



### **Lectures on Hair Analysis.**

**By Darren R Wise**

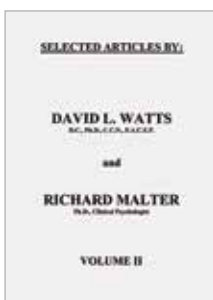
Darren is a practicing naturopath who has been researching nutrition for over 15 years. In recent years he has worked closely with Dr David Watts and he lectured and run workshops on hair tissue mineral analysis (HTMA) in Australia. This binder book provides a progressive series of lectures on subjects such as chemistry, nutritional deficiencies, essential mineral relationships, toxic minerals and interpreting HTMA. It includes practical case studies that aid interpretation of HTMA reports. This is an ideal resource for practitioners who want an accessible and scientific account of HTMA and its application and use in clinical practice.



### **Selected Articles – Volume 1**

**By Dr David L. Watts DC PHD CCN FACEP and Dr Richard Malter PHD Clinical Psychologist**

This binder book is a compilation of articles written by Dr David Watts and Dr Richard Malter. Branching decades of clinical experience to tackle disease and conditions with extensive utilization of HTMA for metabolic typing. Topics include the Implications of lead toxicity, zinc/copper ratios and neurological function, Osteoporosis: contraindications of vitamin D and calcium. Calcium and magnesium supplementation. Sodium - decrease or increase your intake. Effects of Multiple Sclerosis and what to look for in a HTMA. Mineral imbalance, Endocrine health and HTMA, the immune system and hair tissue mineral patterns. This is a perfect launch pad for anyone interested in using Hair Tissue Mineral Analysis and needs direction of what to look for and how to use it in practice.

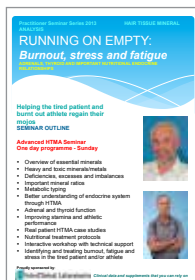


### **Selected Articles – Volume 2**

**By Dr David L. Watts DC PHD CCN FACEP and Dr Richard Malter PHD Clinical Psychologist**

This binder book is a compilation of articles written by Dr David Watts and Dr Richard Malter. Volume 2 is an extension of Volume 1, with further clinical applications and pathology results using HTMA. Article titles include; Determining osteoporotic tendencies from tissue mineral analysis of human hair type I and type II. Hair tissue mineral patterns in children with idiopathic scoliosis. Trace Elements and glucose disorders. Clinical reliability of Hair mineral analysis and interpretation - a psycho-physiological viewpoint. Hair trace elements and hypothyroidism. Specimen preparation in the laboratory. Autoimmune disease in women. Practical clinical applications of HTMA. Fibromyalgia - a metabolic profile. HTMA - useful as a metabolic indicator and metabolic syndrome X - as defined through Hair tissue mineral analysis (HTMA) patterns. This is a fantastic follow on to volume 1 with emphasis on expanding your clinical applications using HTMA.

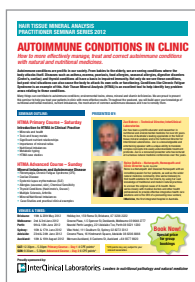
# Lecture Notes



## Seminar Series 2013 – Running on Empty: Burnout, stress and fatigue

Lecture notes from the successful 2013 seminar series: Running on Empty - Burnout, stress and fatigue - Adrenals, Thyroid and Important Nutritional Endocrine Relationships. Presenters are Zac Bobrov, Technical Director at InterClinical Laboratories and Gary Moller, Sports Health Practitioner, Nutritional Medicine Consultant and accomplished endurance athlete.

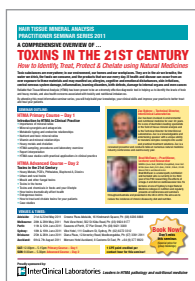
This outstanding one day seminar brought a fine tooth comb approach to HTMA analysis and the implications of adrenal burn out. Strategies for improving endurance, energy and performance are presented with insightful tips based on 30 years of clinical experience. Gary presents real patient HTMA case reports and brings in depth nutritional treatment protocols to serious conditions related to adrenal burnout, stress and thyroid disorders.



## Seminar Series 2012 – Autoimmune Conditions in Clinic

Lecture notes from the very popular 2012 seminar series: Autoimmune Conditions in Clinic. Presented by Zac Bobrov, the Technical Director at InterClinical Laboratories and Reine DuBois, Naturopath, Homeopath and Clinical Director and CEO of the first integrated hospital in Australia.

This incredible 2 day seminar breaks into a HTMA Primary Course and a HTMA Advanced Course. Day 1 categorizes HTMA introduction into mineral and toxic ratios, metabolic typing and HTMA case studies. Day 2 details primary autoimmune diseases such as Fibromyalgia, Chronic Fatigue Syndrome, Coeliac disease, Systemic Lupus Erythematosus, Thyroid conditions (Hashimoto's and Graves' Disease and Multiple Sclerosis). Case studies are presented and protocols are discussed to more effectively manage, treat and correct autoimmune conditions with natural and nutritional medicines.



## Seminar Series 2011 – Toxins in the 21st Century

Lecture notes from the fascinating 2011 seminar series: Comprehensive overview - Toxins in the 21st Century. Presented by Zac Bobrov, the Technical Director at InterClinical Laboratories and Brad McEwen; Naturopath and lecturer at Nature Care College.

This in depth seminar delivers strategies to tackle the increasingly toxic load of our modern day lifestyles. The 2 day seminar has been divided into a Primary course on HTMA in Clinical Practice. Zac delves into the physical representation of nutrient and toxic element ratios, mineral synergists and antagonists and HTMA sampling, procedures and report interpretation. Day 2 details the problematic health consequences of the 21st Century toxic environment. Lifestyle, diet and environmental exposure are highlighted and strategies for physical recovery are presented with HTMA examples and treatment protocols discussed. Part 3 involves HTMA and the role of minerals and the neuro-endocrine system and the thyroid adrenal connection. This extensive seminar details hormonal imbalance, depression and anxiety using HTMA case studies from female reproductive health and mental health disorders. These notes are for the experienced practitioner who wants more extensive knowledge on mental health and the endocrine system and how HTMA can help.



## Seminar Series 2010 – Mental Health and HTMA

Lecture notes from the incredible 2010 seminar series highlighting mental health and HTMA. Presented by Zac Bobrov, the Technical Director at InterClinical Laboratories and Tracey Yeend, a Registered Nurse, Midwife Naturopath and Ayurvedic practitioner.

This extensive seminar series focusses on the clinical hurdles of treating patients with mental health problems such as depression and mood disorders and how HTMA can add to your clinician tool belt. The 2 day seminar has been divided into three separate parts: Intro to HTMA with case studies and common problems found in reports. Part 2 goes further into HTMA and the role of nutritional elements in the nervous system and implications of nutrient imbalances and effects of toxic metals on mental health. Part 3 involves HTMA and the role of minerals and the neuro-endocrine system and the thyroid adrenal connection. This extensive seminar details hormonal imbalance, depression and anxiety using HTMA case studies from female reproductive health and mental health disorders. These notes are for the experienced practitioner who wants more extensive knowledge on mental health and the endocrine system and how HTMA can help.

# DVDs



Set of 3 DVDs  
and Lecture Notes

## Seminar Series 2009 – Infertility and Developmental Disorders.

Presented by Zac Bobrov, the Technical Director at InterClinical Laboratories and Tracey Yeend, a Registered Nurse, Midwife Naturopath and Ayurvedic practitioner.

### Disc 1 Utilising Hair Tissue Mineral Analysis (HTMA) in Clinical Practice.

Presented by Mr Zac Bobrov

HTMA in health appraisals. Issues of mineral imbalances, toxicity and deficiencies. Characteristics of minerals and important nutrient relationships. Metabolic Typing using HTMA. Nutrient and toxic mineral ratios and their relationship to the endocrine system.

### Disc 2 The Role of HTMA in 'Unexplained Infertility'.

Presented by Tracey Yeend

Utilising HTMA in treatment protocols for reproductive health problems. Mineral imbalances and endocrine dysfunction. Effects of toxic metals and nutrient deficiencies on fertility and pregnancy outcomes. Nutritional/environmental medicine in preconception care strategies.

### HTMA Case Studies – Reproductive System.

A review of several clinical profiles with successful outcomes, accredited to the use of HTMA and appropriate treatment applications.

**ICL Services and Product Overview:** InterClinical's reports, laboratory and protocols.

### Disc 3 Children's Health, Developmental Disorders and HTMA.

Presented by Zac Bobrov

The disruption toxic metals produce in essential biological functions, and special vulnerability of the foetus and children. Mineral imbalances and toxic minerals in the aetiology of childhood illness and developmental disorders including Autism Spectrum Disorders. Options for heavy metal detoxification.



Double DVD set  
and Lecture Notes

## Seminar Series 2006 – Building immunity, preventing chronic disease and supporting longevity.

Presented by Mr Zac Bobrov, the Technical Director at InterClinical Laboratories and Professor Marc Cohen, Professor of Complementary Medicine RMIT University

### Disc 1 Whole Dried *Dunaliella salina*, Clinical Applications and General Health Care. "The new treasure in natural medicine".

Presented by Professor Marc Cohen Professor of Complementary Medicine RMIT University  
Covers issues on the current health system. Coronary Artery Disease. Food as Medicine. Functional Foods. Organic Foods. Super Foods. What are Carotenoids? Carotenoids in Human Health. Human studies and carotenoids. Natural v Synthetic Beta Carotene. *Dunaliella salina*. Super food comparisons. Algote-n-multi-nutrient natural medicine super food.

### Disc 2 Toxic Elements – Advanced Mineral and Co-Nutrient Therapy.

Presented by Mr Zac Bobrov Technical Director InterClinical Laboratories

Covers issues on toxic heavy metals. Testing for the heavy metal burden. Pre chelation assessment. Mineral antagonists. Vitamin antagonists. Vitamin-mineral antagonists. Hormonal antagonists. Mineral synergists. Vitamin-mineral synergists. Copper. Molybdenum. Tocopherols. Flavonoids. Chelation with Carotenoids. Toxic kids-gentle chelation. Detoxing without IV chelation. Uranium. Clinical case studies.



Set of 4 DVDs

## Seminar Series and Workshops 2005 - Introduction to Hair Tissue Mineral Analysis (HTMA) and Exploring the Mind/Body Connection.

Presented by Dr David Watts

This set of 4 DVD's presented by Dr David Watts from Trace Element Inc. is an invaluable tool for practitioners to gain a deeper understanding of how to interpret HTMA reports.

**Disc 1** Covers the basics of HTMA, history, applications, testing procedures, metabolic typing and sympathetic and parasympathetic dominance.

**Disc 2** Covers heavy metals and their metabolic effects. Case studies are presented to further the viewers understanding.

**Disc 3** Covers immune responses with case studies presenting scleroderma, fibromyalgia and diabetes.

**Disc 4** Explores the Mind/Body Connection and shows how emotions and stress can alter body chemistry thereby effecting both physical and mental health.



Request PDF on ResearchGate | Clinical Nutrition of the Essential Trace Elements and Minerals: The Guide for Health Professionals | Despite widespread interest in nutrition and the public's appetite for fresh information from health professionals, health care providers often lack accurate, clinically relevant, and current information on topics of special concern to their patients. In Clinical Nutrition of... In depth discussion of individual nutrients in health and disease will be found in each of the next 20 chapters. View. Other tissues also produce hormones and could appropriately be considered as part of the endocrine system, e.g., gut and kidney. The Nutrition and Health series of books have, as an overriding mission, to provide health professionals with texts that are considered essential because each includes 1) a synthesis of the state of the science, 2) timely, in-depth reviews by the leading researchers in their respective fields, 3) extensive, up-to-date fully annotated reference lists, 4) a detailed index, 5) relevant tables and figures, 6) identification of paradigm shifts and the consequences, 7) virtually no overlap of information between chapters, but targeted, inter-chapter referrals, 8) suggestions of areas for future res