

# HAIR TISSUE MINERAL ANALYSIS AND NUTRITIONAL MEDICINE Practitioner Seminar Series 2010

## Mental Health and HTMA

Depression, Mood Disorders and Hormonal Imbalances

**Comprehensive two day practitioner seminar  
with real case histories presented and discussed**

### SEMINAR OUTLINE

#### HTMA Primary Course – Day 1

Introduction to HTMA in Clinical Practice

- Importance of mineral ratios
- Mineral synergists and antagonists
- Metabolic typing and endocrine relationships
- Nutrient and mineral toxic ratios
- Vitamin and mineral relationships
- Heavy metals and chelation
- HTMA sampling, procedures and laboratory overview
- Report interpretation
- HTMA case studies with practical applications in clinical practice

#### HTMA Advanced Course – Day 2

Minerals and mental health

- The role of nutritional elements in the nervous system
- Implications of nutrient imbalances and effects of toxic metals on the nervous system
- Minerals and the neuro-endocrine system
- Hormonal factors affecting the nervous system
- Mood disorders and endocrine imbalances: the thyroid adrenal connection
- Effects of hormones on mood
- Women's health: hormonal imbalance, depression and anxiety
- HTMA case studies and mental health disorders
- Nutritional support for mood disorders

CPE + CPD Points applied for.

Proudly sponsored by



**InterClinical Laboratories**

Leaders in HTMA pathology and nutritional medicine



#### Zac Bobrov

has been involved in environmental and nutritional medicine for over twenty years. He is one of Australia's leading specialists in the field of tissue mineral analysis and is the Technical Director for InterClinical Laboratories. Zac is an engaging speaker with expert knowledge of natural medicine in practice.



#### Tracey Yeend

is a Registered Nurse, Midwife, Naturopath and Ayurvedic practitioner with 23 years of experience in clinical practice. She runs a busy and successful private practice in Stirling SA. Tracey is a renowned educator and presenter to healthcare practitioners.

### VENUES

Brisbane	May 29 & 30	Diana Plaza Hotel
Perth	June 5 & 6	Seasons of Perth
Auckland (NZ)	June 12 & 13	Mecure Hotel
Adelaide	June 26 & 27	Chifley Hotel
Sydney	July 3 & 4	Vibe Hotel
Melbourne	August 7 & 8	Park View Hotel

### SEMINAR TIMES

SAT: 12.30pm – 5.15pm **Primary Course – Day 1**

SUN: 9.00am – 5.15pm **Advanced Course – Day 2**

### BOOKING DETAILS

**InterClinical Laboratories Pty Limited**

Telephone Bookings: (02) 9693 2888

Fax: (02) 9693 1888

Email: [lab@interclinical.com.au](mailto:lab@interclinical.com.au)

Online bookings: [www.interclinical.com.au](http://www.interclinical.com.au)

**SPECIAL PRICE FOR EARLY BIRD BOOKINGS!**

# SEMINAR PROGRAMME

## Saturday – Day 1 (Primary course)

### INTRODUCTION TO HTMA IN CLINICAL PRACTICE

- 12:30 – 1:00pm **Registration**
- 1:00 – 2:45pm **Utilising Hair Tissue Mineral Analysis in Clinical Practice**  
**Zac Bobrov**  
Importance of minerals in clinical appraisal and therapy  
HTMA in health appraisals  
Heavy Metals /Toxic Metals  
Reviewing significant nutrient and toxic mineral ratios  
Metabolic typing, Endocrine relationships and HTMA
- 2:45 – 3:30pm **Afternoon tea**
- 3:30 – 4:00pm **HTMA sampling, procedures and laboratory overview**  
**Ian Tracton**  
A quick overview of HTMA sampling, laboratory protocols and procedures, patient results and reporting formats
- 4:00 – 4:45pm **HTMA case studies and Examples** **Zac Bobrov**
- 4:45 – 5:15pm **Question & Answers**
- 5:15 pm **Day 1 – Seminar concludes**

## Sunday – Day 2 (Advanced course)

### MENTAL HEALTH AND HTMA

- 9:00 – 9:30am **Registration**
- 9:30 – 10:45am **Nutrition, Mental Health and Mood Disorders**  
**Zac Bobrov**  
The role of minerals in mental health; The neuroendocrine system and mood disorders; Depression, Stress and the Adrenal Axis
- 10:45 – 11:15am **Morning Tea**
- 11:15 am – 12:30pm **Hormones, Minerals and Mental Health** **Tracey Yeend**  
Roles of minerals in endocrine function;  
Nutritional/Environmental links to hormone imbalances;  
Hormone imbalances and mood disorders: Focus on Women's Health
- 12:30 – 1:30pm **Lunch**
- 1:30 – 2:30pm **Case Studies and Workshop Mood Disorders**  
**Tracey Yeend**  
Cases of clinical depression/anxiety represented at various life stages including menarche/puberty, postnatal, peri-menopause and menopause.
- 2:30 – 3:00pm **ICL overview** **Ian Tracton**
- 3:00 – 3:30pm **Afternoon tea**
- 3:30 – 4:30pm **Mood Disorders and Minerals continued** **Zac Bobrov**  
The significance of metal toxicities in mood disorders;  
Depression and mood disorders in young people
- 4:30 – 5:15pm **Questions & Answers**
- 5:15pm **Day 2 – Seminar concludes**

## Seminar Registration your venue

- Brisbane: May 29 & 30       Perth: June 5 & 6
- Auckland (NZ): June 12 & 13       Adelaide: June 26 & 27
- Sydney: July 3 & 4       Melbourne: August 7 & 8

## Ticket prices (Select your ticket Early bird special prices (booked before 1st May 2010)

		Day 1–Primary course	Day 2–Advanced course	2 Day Seminar package	
<b>Practitioner</b>	Ticket price	<input type="checkbox"/> \$55.00	<input type="checkbox"/> \$85.00	<input type="checkbox"/> \$130.00	<b>Seminar cost includes:</b> ■ Lecture Notes ■ Free Product samples ■ Buffet Lunch (day 2 only) ■ Morning/Afternoon tea
	Early bird price	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$115.00	
<b>Student</b>	Ticket price	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$80.00	<input type="checkbox"/> \$120.00	
	Early bird price	<input type="checkbox"/> \$40.00	<input type="checkbox"/> \$70.00	<input type="checkbox"/> \$105.00	

## Personal Details *(Please fill in your details)*

Name: (Prof/Dr/Mr/Mrs/Ms)

Address:

Suburb:

State:

P/Code:

Phone No:

Mobile:

Email address:

Type of Practitioner:

Student College and number: (if applicable):

## Payment Details

No. of tickets required:

Total Amount:

\$

Type of Card: (Please )

Visa  Mastercard

Card Number:

Expiry Date:

Name

Signature

**PLEASE FAX, MAIL OR EMAIL YOUR SEMINAR FORM TO INTERCLINICAL LABORATORIES**

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On-line registrations available at [www.interclinical.com.au](http://www.interclinical.com.au)