

## Educational Publications

### Set of 4 DVD's – Introduction to Hair Tissue Mineral Analysis (HTMA) and Exploring the Mind/Body Connection

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** is entitled Exploring the Mind/Body Connection and shows how emotions and stress can alter body chemistry thereby effecting both physical and mental health.



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### Double DVD and Lecture Notes Set

#### Building immunity, preventing chronic disease and supporting longevity

##### Lecture 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

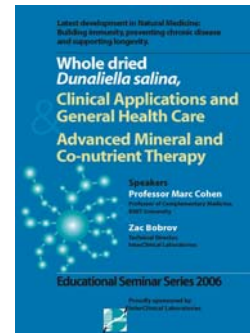
##### Lecture 2:

Toxic Elements - Advanced Mineral and Co-Nutrient Therapy  
"Using key nutrients to rebuild essential nutritional balances and remove heavy metals"

##### Presented by

Mr Zac Bobrov  
Technical Director  
InterClinical Laboratories

This double DVD and Lecture Notes set is an invaluable tool for practitioners to further increase your knowledge and understanding of how foods, wholefoods and supplements can affect the long term health of your clients, promote detoxification and support longevity.

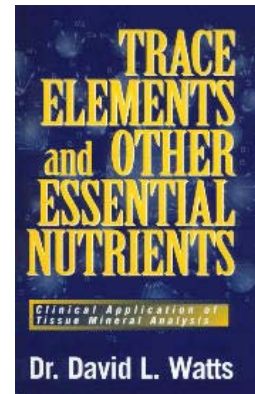


## **Trace Elements and Other Essential Nutrients:**

### **Clinical application of tissue mineral analysis**

Dr David L. Watts DC PHD CCN FACEP 2003

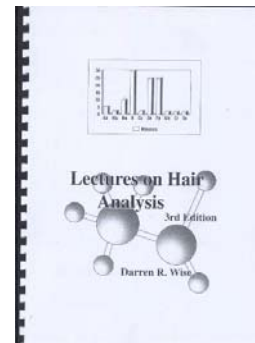
Dr Watts has been involved in clinical nutrition for 30 years. Over the past 25 years his research has focused on the study of tissue mineral patterns found in human hair. Having reviewed over 2000,000 tissue mineral profiles, he has identified interrelationships between minerals, vitamins and the neuroendocrine 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. This book is a comprehensive account of the latest developments and significant factors in nutritional and environmental medicine. 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**

Darren R. Wise 1998-2000

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 has lectured and run workshops on hair tissue mineral analysis in Australia. This binder book provides a progressive series of lectures on subjects such as basic chemistry, nutritional deficiencies, essential mineral relationships, toxic minerals and interpreting hair tissue mineral analyses. It includes practical case studies that aid interpretation of hair tissue analysis reports. Darren originally wrote this book for his patients, so they could get the most out of their hair analysis tests. It is now a textbook for students of nutritional and environmental medicines, and an ideal resource for practitioners who want an accessible and scientific account of hair analysis and its use in clinical practice.



## **Selected Articles**

### **By David L. Watts and Richard Malter**

Dr David L. Watts DC PHD CCN FACEP and  
Dr Richard Malter PHD Clinical Psychologist 1993

This binder book is a compilation of articles written by David Watts and Richard Malter. Article titles: Implications of lead toxicity; Water and its impact on health; Hypercalcemia (two cases); Zinc/Copper ratios and brain function: special implications for education and special education; Red wines and migraine headaches; Dyslexia and TMA research; Hypoglycemia type I and type II; Metabolic manifestation of disease (sympathetic – parasympathetic); Pre- and post menstrual syndrome; utilization of TMA for metabolic typing; Calcium and virus activation; Alcohol: why some people can drink more than others; Weight control through metabolic control; Stress; Disease clusters; osteoporosis: contraindications of vitamin D and calcium; Calcium supplementation: osteoporosis and psychological problems; Sodium: decrease or increase your intake?; Magnesium; Cholesterol – fat – protein; An interview with Dr Davie L. Watts; Multiple Sclerosis; Mineral imbalance, endocrine and HTMA; The immune system and hair tissue mineral patterns.

