



A common deficiency I see with people coming into the clinic is zinc deficiency. Zinc is such an important mineral for many functions in the body but specifically for the digestive and immune systems. If you have low zinc then you may have trouble with bloating, gas, stomach pain, or you may pick up every bug around or struggle to get over a cold or flu. These are just a few of the possible symptoms of low zinc levels.

Iodine is also a common mineral deficiency in New Zealand, iodine is needed for thyroid health as well as for good health in your breast, ovary and uterus tissues. If you are feeling sluggish, have unexplained weight gain, feel the cold or have dry skin or depression, then you may be low in iodine.

So, how can we measure the levels of minerals in the body? We can now do this using the Oligoscan which is a new medical device we have in clinic that uses Spectrophotometry to measure minerals and heavy metals - including mercury.

In this newsletter:

- The Oligoscan - new medical device used in clinic to test levels of mineral

- Video clip - Dr Hyman discusses what mercury could be doing to your body
- Could you have Irritable Bowel Syndrome?
- The best ever pizza base recipe - Quinoa Pizza Base

The image shows a laptop screen with the Oligoscan software interface. The main window displays a 'Bilan Métaux' (Metal Balance) report for the date 12/02/2014. The report includes a table of metal concentrations in various samples, a bar chart comparing 'Bilan' (Balance) and 'Analyse' (Analysis) results, and a section for 'Bilan Métaux Lourds' (Heavy Metal Balance). The Oligoscan logo is visible in the top left corner.

Oligoscan
Analyse et Certification 3.0
Rapport

Bilan Métaux
Date: 12/02/2014

Échantillon	Unité	Bilan	Analyse
Aluminium	mg	300.0	270.0
Argent	mg	15.0	10.0
Bismuth	mg	15.0	10.0
Chrome	mg	15.0	10.0
Cobalt	mg	15.0	10.0
Cuivre	mg	15.0	10.0
Étain	mg	15.0	10.0
Feuilles	mg	15.0	10.0
Fluorure	mg	15.0	10.0
Galium	mg	15.0	10.0
Germanium	mg	15.0	10.0
Indium	mg	15.0	10.0
Iron	mg	15.0	10.0
Lead	mg	15.0	10.0
Nickel	mg	15.0	10.0
Platine	mg	15.0	10.0
Plomb	mg	15.0	10.0
Vanadium	mg	15.0	10.0
Zinc	mg	15.0	10.0

Bilan Métaux Lourds

Échantillon	Unité	Bilan	Analyse
Aluminium	mg	300.0	270.0
Argent	mg	15.0	10.0
Bismuth	mg	15.0	10.0
Cuivre	mg	15.0	10.0
Étain	mg	15.0	10.0
Feuilles	mg	15.0	10.0
Fluorure	mg	15.0	10.0
Galium	mg	15.0	10.0
Germanium	mg	15.0	10.0
Indium	mg	15.0	10.0
Iron	mg	15.0	10.0
Lead	mg	15.0	10.0
Nickel	mg	15.0	10.0
Platine	mg	15.0	10.0
Plomb	mg	15.0	10.0
Vanadium	mg	15.0	10.0
Zinc	mg	15.0	10.0

Do you have amalgam fillings (the silver ones)? Or did your mother?

Mercury is toxic to our body and pushes out some of our very important minerals zinc, iodine and selenium. These minerals are extremely important for many

functions in the body. If you have low zinc you may have concentration issues, a foggy head, poor immunity, twitches or digestive issues. If you have low iodine you may have hypothyroid symptoms such as fatigue, weakness, hair loss, dry skin or hair, cold intolerance or muscle loss; even though your blood test results are in the normal range. Low selenium can cause thyroid issues; selenium is also needed for the creation of glutathione peroxidase which is believed to help prevent cancerous cell changes in your body.

Once the mineral deficiencies and heavy metals have been identified then, here at The Naturopathic Clinic we will work with you to increase your minerals levels and decrease the toxic metals so that you can regain your health.

So how would you know if you have high mercury levels or low levels of the critical minerals including zinc, iodine and selenium? The Oligoscan.

The Oligoscan is a reliable and scientifically proven tool. It is a new technology developed that can measure minerals, trace elements and toxic, heavy metals via spectrophotometry.

To find out more please call us at the clinic on 022 017 6033



Dr Mark Hyman talks about what mercury could

be doing to your body.



Loose bowels?

Constipated? A bit of both?

Can't tolerate the foods you used to? Always need to know where the nearest toilet is? Not using your bowels every day or maybe using them multiple times a day? You may have **IRRITABLE BOWEL SYNDROME**.

Symptoms of Irritable Bowel Syndrome include headaches, fatigue, bloating, foggy brain, feeling down, lack of motivation, increased pain in the body, diarrhoea, constipation, food intolerances or irritability. You may be experiencing a few or many of these symptoms.

Irritable Bowel Syndrome can result in malabsorption, where your body doesn't properly absorb the nutrients from your food, due to the damaged or inflamed

mucosal lining of the small intestines. So even if you're eating a healthy diet you may still have low nutrient levels creating further problems in other areas of your body.

Your intestines are home to both good and bad bacteria. Irritable Bowel Syndrome can be caused by having too many bad bacteria in your intestines otherwise known as dysbiosis. An overgrowth of bad bacteria can also cause the levels of your good bacteria to drop significantly.

Good bacteria play many very important roles in the body including breaking down our food into usable nutrients, converting our protein into amino acids which are needed for good thyroid, energy and adrenal function. These amino acids are also the building blocks for our neurotransmitters, which give us motivation and make us feel calm and happy. As you can see **Irritable Bowel Syndrome can result in a number of other organs in the body not functioning properly and this is why it can have such a significant impact on your quality of life.**

There are a number of causes of Irritable Bowel Syndrome; one of the common causes is due to pathogenic bacteria entering and taking up residence in your intestines. These bacteria can create biofilms around their colonies to protect themselves making them hard to kill. However there are specific herbs that can be used to break open these biofilms so that the bacteria can be killed. You would need more than just a general probiotic or yoghurt to kill off these nasty creatures!

At the Naturopathic Clinic specific testing can be done to find out the cause of your bowel issues. A personalised treatment plan can then be developed so that you can regain your health.

You don't have to put up with bowel issues that not only affect your lifestyle but also affect your current AND FUTURE health. For further information on this or any other health concerns, contact The Naturopathic Clinic for a free half hour consultation on 022 017 6033.



Quinoa Pizza Base

Ingredients:

¾ cup quinoa – rinsed and drained
¼ cup water
½ teaspoon Himalayan salt
½ teaspoon dried oregano
½ teaspoon onion powder
½ teaspoon garlic powder
¼ cup parmesan cheese (optional)
1 teaspoon baking powder
1 teaspoon olive oil

Instructions:

1. Place the rinsed quinoa in a bowl and cover with water, make sure the water is 2cm above the quinoa. Soak overnight.
2. Preheat the oven to 180 ° C.

3. Rinse the quinoa and place it in a food processor with the water, salt, oregano, onion powder, garlic powder, cheese and baking powder.
4. Process on high for 2 minutes.
5. Line a 25cm baking tray or pizza tray with baking paper and grease with olive oil.
6. Pour the batter onto the paper and smooth out evenly.
7. Bake for 15 minutes then carefully flip it over and bake for another 5 minutes.
8. Top the pizza base with your favourite toppings or cut up the pizza base and use it as an alternative to crackers.

Note: it can be stored in the freezer.



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To contact The Naturopathic Clinic please call us on 022 017 6033.