

## The Downing Clinic offers many special services

- Women's Health Care, Pap Smears, Bio-identical Hormones or Herbal Therapy
- Men's Health - Andropause, Prostate Care
- Annual Physical Exams, EKG
- Nutritional Counseling
- Massage, Reiki, Healing Touch and Reflexology
- EDS Screening
- Hypnosis, Counseling and Guided Imagery
- Exclusive, Physician-formulated Moisturizing Creams
- Sounds True Audio CDs for Self-Improvement
- Selected Books
- Borlind Natural Skin Care Products
- Aromatherapy Oils
- Wide variety of physician-selected vitamins, minerals, herbs, homeopathic remedies, nutritional foods and supplements
- Health-related classes



## Other Services —

- Acupuncture
- Chelation and IV Therapy
- Counseling and Hypnosis
- Electrodermal Screening
- Massage, Reiki, Healing Touch and Reflexology
- ION Cleanse Foot Baths
- Selected Books, CDs and Skin Care Products
- Exclusive Physician-Formulated Moisturizing Creams



## The Downing Clinic

Laura Kovalcik, D.O.

*Internal & Integrative Medicine*

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[www.TheDowningClinic.com](http://www.TheDowningClinic.com)

# THE DOWNING CLINIC

*An integrative medicine  
clinic specializing in  
nutrition and  
preventative  
medicine since 1991*



*The Downing Clinic*



**Laura Kovalcik, D.O.**  
Board-Certified  
Internist

*Dr. Kovalcik graduated from Michigan State University's College of Osteopathic Medicine and from Michigan Technological University with a B.S. in Biology. She was in private practice in Flint for five years before joining The Downing Clinic.*

*Dr. Kovalcik is Dr. Downing's daughter who helped her open the clinic in 1991. She specializes in bio-identical hormone therapy, treatment of chronic illnesses and disease prevention through nutrition, use of herbs and vitamins, lifestyle changes, and prescription drugs when it is appropriate. Dr. Kovalcik is a member of AOA, MOA, ACAM, APMA, AAEM.*

*For complete physician and staff background please go to [www.TheDowningClinic.com](http://www.TheDowningClinic.com)*

The Downing Clinic was founded in 1991 by Nedra Downing, D.O., a Pharmacist who returned to Michigan State University to acquire a Master's Degree in Nutrition and continued on to become a Physician. The Downing Clinic's goal is to help people live healthier lives through natural treatments, enhanced nutrition and reduced dependence on prescription medications. The clinic also integrates traditional medical approaches into care plans when appropriate. The clinic has been under the management of Dr. Downing's daughter, Laura Kovalcik, D.O., Board-Certified Internist, since 2004.

## THE DOWNING CLINIC

The Downing Clinic is an integrative medical practice. We treat adults with a variety of conditions such as diabetes, high blood pressure, arthritis, and menopause, etc. We also focus on preventative care through physical exams, special testing and guidance on living a healthy lifestyle which may include advice on nutrition, fitness and the use of nutritional supplements and other supportive measures.

Our treatment plans are very personalized and detailed. During your first appointment, we will spend time taking a detailed history and learning about your concerns and goals for your health. Your participation will be necessary since our approach involves more than just handing out prescriptions. We welcome you to our clinic and look forward to working with you.

### *Special tests available:*

- Vitamin, mineral, essential omega oil balance
- Toxic metal or chemical loads
- Liver detoxification pathways and capacity
- Genetic risks for certain diseases: inflammation, osteoporosis, heart disease, breast cancer, detoxification capacity, cholesterol regulation, hypertension
- Anti-aging hormone levels and hormone metabolism
- Breast cancer risk evaluations
- Immune function and response testing
- Amino acid and organic acid metabolism tests
- Oxidation of lipids and cholesterol as risks for heart disease

- Electrodermal screening for sensitivities
- Allergy testing with bloodwork for foods, inhalants and chemicals
- Many more based upon patient needs.

### *We work with a variety of conditions:*

- Adrenal exhaustion, thyroid problems
- Cancer prevention and support
- Candida, parasites, gastrointestinal problems
- Carb cravings, hypoglycemia, diabetes
- Chelation for toxic metals and ACAM protocols
- Cholesterol, high blood pressure, heart disease
- Chronic fatigue and Epstein Barr, immune deficiency
- Depression, mood and memory problems
- Food, food additive, and environmental sensitivities
- Headache, muscle cramps and pain
- Menopause, premenopause, andropause
- Osteoporosis and osteopenia
- Polypharmacy or reducing prescriptions

### *The Downing Clinic Credo:*

*Provide the body with what it needs,  
Lead with healing thoughts and intentions,  
Rid emotional and metabolic blockages,  
and one will move toward healing.*