

Clarkston Physicians attend ACAM Conference in Orlando

Hormones, The Environment and Health

Nedra Downing, DO and Laura Kovalcik, DO of The Downing Clinic at 5639 Sashabaw Road in Clarkston, recently attended the ACAM (American College for Advancement in Medicine) in Orlando, Florida. A variety of topics were covered at this annual conference, including: *DES Daughters and Estrogens in the Environment as Cancer Risk Factors, Use of Predictive Genomic Testing for Assessment of Risk Factors for Hormone Replacement Therapy, New Research on Breast Cancer Therapy, Healing Fibroid Tumors and Caring for Aging Skin.*



Dr. Downing

The Downing Clinic was established in Clarkston in 1991 specializing in Environmental and Nutritional Medicine. The clinic practices Integrative Medicine which uses the best of all available medical and natural healing practices. In addition to the two physicians, the clinic provides massage therapy, chelation therapy, electrodermal screening, counseling, hypnosis, acupuncture, and training on the Alexander Technique.



Dr. Kovalcik

The Downing Clinic has been a leader in Bio-identical hormone therapy during menopause and peri-menopause, Environmental Medicine and Early Warning Preventive Care.

For more information on The Downing Clinic, please contact the clinic at 248-625-6677. See ad page 9.

Imlay City Chiropractor Receives Award

Nick Kapustka, D.C., of Imlay City, was the recipient of this year's Rising Star Award presented by Sherman College of Straight Chiropractic. The Rising Star Award is given to a recent Sherman graduate who has demonstrated exceptional achievements.

Graduating cum laude in December 2004 from Sherman College, Kapustka opened his Café of Life Office in Imlay City just two weeks later. He has conducted in-house wellness talks and talks in the community, which include Mom's Morning Out.

Every other Tuesday, Kapustka travels 30 minutes to an Amish community to serve its residents. Community events in which he participates include Mother's Pampering Day, What is Chiropractic?, Spring Into Life Festival, High School Career Days, Muscular Dystrophy Fair, Mother's Spa Day and recruiting days for Sherman College.

Cafe of Life is located at 290 S. Almont Avenue, Imlay City. Telephone: 810-724-7585. See Calendar for events.



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