



Ann Heusted, R.N.

**Certified Electrodermal
Screening Specialist
and Registered Nurse**

Ann joined our practice in 2005 and began using Electrodermal Screening to help our patients discover areas where their bodies were being stressed or having sensitivities. As part of the EDS screening, Ann provides feedback to the individual and then makes recommendations for treatments. Ann has taken many advanced courses in nutrition, Bach Flower Remedies and homeopathy and uses this knowledge to guide patients to better health. In 2009 Ann expanded her skills through training in FirstLineTherapy, becoming a Certified Lifestyle Educator. Using data from Bio-Electric Impedance Analysis (BIA) she can understand and monitor the body composition of people who are looking for excellent energetic health. Ann continually updates six class presentations to keep up with the latest nutritional research. Ann enjoys interacting and teaching the healthy way of living in a group setting during a 12 week program. Ann is a very caring and supportive person. Her career experience includes working for a hospice provider, speaking on public health issues and working as an ordained minister. You will truly feel that you are in very good hands with Ann guiding your new plan for improved healthy living.

Other Services —

Acupuncture

Chelation and IV Therapy

Counseling and Hypnosis

Massage, Reiki, Healing Touch
and Reflexology

Rolfing®

ION Cleanse Foot Baths

Selected Books, CDs and Skin
Care Products



ELECTRODERMAL SCREENING

*State of the art
technology to
find out more
about you!*



The Downing Clinic

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Internal & Integrative Medicine

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The Downing Clinic

The Downing Clinic emphasizes that we are much more than just a physical body containing vitamins, minerals, hormones, nutrition, and metabolism. We are energetic and spiritual beings as well, interacting with the world around us in unseen ways. Often healing begins with our thoughts and intentions, and body energy cannot be ignored. We are familiar with lab tests of blood or urine that are useful in assessing our body chemistry. We are also familiar with X-Rays, CT scans, and MRI's that show our body anatomy. Less familiar is the idea that we can tap into and get information from the body's energy signals. Now we can listen to signals the body is sending along its current

pathways via the electrodermal screening biofeedback computer. Energy medicine is here to stay!



Laura Kovalcik, D.O., F.A.C.O.I.

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., F.A.C.O.I. Board-Certified Internist, since 2004.

ELECTRODERMAL SCREENING

We use the latest Orion software in a rapidly advancing field. Our staff is comprised of experienced electrodermal screening specialists who work closely with Dr. Kovalcik to use this FDA-cleared device to gain information about our patients which helps us recommend more targeted treatment. The electrical currents are the same organ energies that are visualized with MRI (Magnetic Resonance Imaging).

Electrodermal screening is a computerized system that emits a resonant signal of energy used for biofeedback and measuring energy in points of reduced resistance in the body. These reduced-resistance points correspond to acupuncture points. Computerized electrodermal screening measures energy at these points.



Acupuncture is a recognized therapy used in Chinese and Japanese medicine for thousands of years. It is based upon known electrical current pathways called meridians. These pathways run through organs of the body and are one method of communication from organ to organ. The skilled electrodermal screening specialist knows which organ signal is being tested and where the points of reduced resistance are. The points being tested also appear on the computer screen so the patient may follow along as energy screening progresses. A patient's energy signal is compared by the computer to the normal range, and variations from this are easily seen.

Electrodermal screening can pick up signals for foods, medications or environmental exposures that may be inflaming or stressing a particular organ system. Once a stressed or weakened energy signal is found, homeopathic remedies, herbs, vitamins, dietary changes, IV therapy, medications, Bach Flower Remedies, aromatherapy, and even color are often suggested to try to help balance the organ system.

Electrodermal screening involves using pressure on skin points of the hands or feet to pick up the energy signals. A blunt metal probe, an ohm meter, is used to apply the pressure. There are no needles involved. Electrodermal screening can also include Vector Technology which utilizes comfortable clips connecting the ohm meter to patient extremities. The Orion Explorer with Vector Technology provides a method to identify issues deeply rooted in patients physical and energetic states. Many patients are amazed at how the screening results fit with their health situation. Most patients are fascinated with the process, even children.

The Downing Clinic has used computerized electrodermal screening since 1994. Information derived from the screening has been very helpful in the care and treatment of patients. Dr. Kovalcik has established the guidelines used by our EDS specialists regarding testing and suggested remedies based on test results.

FirstLine Therapy Lifestyle Management Program
FirstLine Therapy (FLT) guides the participant into living a healthier lifestyle. FLT suggests 6 classes which are more frequent initially to help implement the new life habits. The 12 week program will jumpstart improved body composition, reduced inflammation, improved insulin sensitization, lower cholesterol and cardiovascular disease markers. As the program continues more energy, better sleep, fewer hotflashes, improved sex drive, less stress-related symptoms, improved memory and many other benefits will start to be experienced.