



Vickie Evans, CMT Massage Therapist

- Reiki Master and Teacher
- Reflexologist
- Healing Touch Practitioner
- Therapeutic Touch Practitioner and Teacher
- Member - Associated Bodywork and Massage Professionals

Vickie Evans is exceptional because of the extra training she has had in healing arts. She is a certified Feng Shui consultant, recognizing that the energy around us and in us is vitally important for our well-being. She regularly attends continuing education seminars to stay updated on new treatments and techniques.



Other Services —

Acupuncture

Electrodermal Screening

Counseling and Hypnosis

Chelation and IV Therapy

ION Cleanse Foot Baths

Selected Books, CDs and Skin Care Products

Exclusive Physician-Formulated Moisture Creams



The Downing Clinic

Laura Kovalcik, D.O.

Internal & Integrative Medicine

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MASSAGE THERAPY & HEALING ARTS

Explore the Healing Potential!

Swedish Massage

Reiki

Healing Touch

Therapeutic Touch

Reflexology



The Downing Clinic

MASSAGE THERAPY & HEALING ARTS

Body work can help the healing process enormously. Just as our thoughts influence our health, our physical body affects our thoughts. There are mind-body, and body-mind connections. Sometimes we store old memories physically that result in blocked energy or pain. A good massage, Reiki session, healing or therapeutic touch can tip the balance toward release, relaxation, enjoying life much more. You owe it to yourself!



**Laura
Kovalcik, D.O.**

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.

Swedish Massage

Treat yourself to a pleasant, relaxing massage! Or give a gift to someone special! Vickie Evans is our popular massage therapist. She is skilled in Swedish massage using such techniques as kneading, rubbing, stretching, trigger point work, acupressure, vibration, therapeutic exercise, reflexology, hot packs, mineral heat lamp, infrasound Chi machine, foot baths, aromatherapy. She tailors treatments to your needs.

Recognized as a crucial part of physical therapy, fitness and professional sports training programs, the benefits of massage are well known.

Massage can:

- reduce stress
- aid lymph drainage
- improve flexibility
- relieve tension
- flush toxins
- improve circulation
- reduce pain
- reduce stiffness
- promote relaxation

Reiki

REIKI means universal life force energy. Light hand placement channels energy to organs and glands to align the chakra energy centers that everyone has. Emotional distress, chronic and acute physical problems, lack of clarity and spiritual focus are eased with this work. Patients describe pleasant color or dreamlike experiences, and become refreshingly relaxed, balanced, invigorated and focused.

Healing Touch

Healing Touch is an energy-based approach to health and healing endorsed by the American Holistic Nurses Association. Its roots lie in the ancient laying-on-of-hands to heal. It is the conscious process of sensing human energy and directing it to bring harmony and balance to the individual to facilitate healing. Human beings have many layers of energy that can become unbalanced or blocked from lifestyle, life experiences or disease. Healing Touch can cause old experiences or hurts to surface and be released.

Therapeutic Touch

Therapeutic Touch is a modern interpretation of several ancient healing practices. Using techniques of Therapeutic Touch, Vickie Evans consciously directs vital life energies from plants, animals and humans. She assesses where the energy field is weak or congested, using her hands to adjust and balance the energy fields, to help the body heal itself. Treatments often release tension, reduce anxiety and stress, promote relaxation, and relieve pain.

Reflexology

A most enjoyable experience, reflexology of hands and feet directs pressure and energy into specific areas. These spots on the hands and feet are often tender, and are connected to meridian pathways affecting organs and systems of the body. It is restorative, relaxing, and energizing.