



# The Downing Clinic – Spring 2005

By Nedra Downing, DO

## SPRING IS SO SPECIAL IN A PLACE LIKE MICHIGAN

Even for those who love winter and the changes of the seasons. The first purple flowers crop up through the snow, then, the whole world wakes up! Gold finches turn yellow; creeping phlox show their fuchsia heads; grass all of a sudden needs to be cut. It's a time to renew, rid the old, clean the garage, and...make some changes.

**SPRING TUNE UP:** Time to recheck YOU! Schedule a visit to review your diet, update your lab tests, decide which special tests are appropriate for you, and form a new care plan. Plan to bring a diet history of foods eaten over 24-48 hours, a symptom history, and any recent lab work. Some of these tests and conditions that we work with include:

➤ DIET REVIEW AND RECOMMENDATIONS	➤ ESSENTIAL OIL ANALYSIS (Omega 3 and 6)
➤ CELL MINERAL ANALYSIS (looks inside the cells)	➤ HAIR ANALYSIS (for toxic and nutritional metals)
➤ URINE ORGANIC ACIDS (tells us about gut health)	➤ LIVER DETOX CAPACITY PANEL
➤ IMMUNE SYSTEM, CHRONIC FATIGUE PANELS	➤ VITAMIN AND ANTIOXIDANT STATUS
➤ OSTEOPOROSIS RISKS, GENETICS TESTS, NUTRITION	➤ CARDIOVASCULAR RISKS, GENETICS, NUTRITION
➤ HORMONE EVALUATION AND PHYTOHORMONES	➤ URINE AND RED CELL MINERALS
➤ ELECTRODERMAL SCREENING FOR FOOD SENSITIVITIES AND ENVIRONMENTAL EXPOSURES	➤ TOXIC METAL WORK-UP AND CHALLENGE TEST
➤ COMPREHENSIVE DIGESTIVE AND STOOL ANALYSIS	➤ CANCER RISKS, DIET AND NUTRITIONAL SUPPORT
➤ CANDIDA TESTING AND TREATMENT	➤ ION COMPREHENSIVE LAB PANEL
➤ INFLAMMATORY GENETICS, IMMUNE WORKUP AND SUPPORT	

**SPRING CLEANING** is a time-honored practice, out with the old, make way for new! Many cultures practice some form of internal cleansing as well as a good house cleaning in the spring. My father used to take us into the woods in the springtime searching for sassafras trees. He'd dig down to roots, pare off outer layers, take the root chips home, dry them and make tea. I recall fondly the mild, root beer-like taste of sassafras tea. Now we know there is a carcinogen in this tea. But Pappy's Sassafras Tea is available with the safrole carcinogen removed making it safe to drink. Nostalgia in a cup for me!



## SPRING CLEANSE AND DETOX PLAN FROM THE DOWNING CLINIC

We offer the following suggestions to help you get started on a detox plan. There are many ways to do it right. We tried to make the detox diet simple, using readily-available



supermarket foods as well as choices from health food stores. And, Surprise! Surprise! Fast Food! Choose from options below those that seem right for you.

1. SASHABAW ROAD DIET (DIET ON PAGE 3)
2. HERBS, FIBER, USE OF PROBIOTICS AND PREBIOTICS FOR COLON HEALTH
3. LIVER DETOX WITH HERBS, SPECIAL NUTRIENTS AND CASTOR OIL PACKS
4. KIDNEY HERBS AND PURE WATER
5. COLONICS, COFFEE ENEMAS
6. ANTIOXIDANTS, MINERALS AND ANTI-INFLAMMATORY NUTRIENTS
7. SWEAT OUT TOXINS USING FAR-INFRARED SAUNA OR STEAM SHOWER.
8. EXERCISE, POSTURE WORK, BREATHING, AND ALIGNMENT
9. REIKI – TO GET RID OF EMOTIONAL OR ENERGY BLOCKS AND OPEN CHAKRAS
10. CHELATION FOR REMOVING METALS, DETOX GLUTATHIONE IV'S
11. MASSAGE, LYMPH MASSAGE OR CHI MACHINE
12. TUB SOAKS WITH EPSOM SALTS, SEA SALT AND BAKING SODA
13. SKIN BRUSHING
14. AROMATHERAPY
15. ACUPUNCTURE
16. SUPPLEMENTS
17. MEDICAL FOODS TO SUPPORT DETOXIFICATION (SEE BELOW)
18. ION CLEANSE FOOT BATH (SEE BELOW)
19. YOGA, CHI GONG, TAI CHI AND MEDITATION

### **ION CLEANSE FOOT BATH**

Many of you may remember the foot baths we used to do in the office for hydrotherapy. Our original footbath quit working and we never replaced it. Now however, we have tried a newer version. This foot bath allows selection of how much positive or negative currents are used and has a timer, as well. It is easily cleaned with Vitamin C solution. This new foot bath is made by a different company than the original one and comes with instruction video and metal storage case. We recommend you purchase your own since it is so much easier for all concerned. Patients using the foot bath tell us it helps them.



We offer Ion Cleanse Foot Bath for \$2,595.00. Replacement plates cost \$65.00. Call Judi Anderson 248-625-6677 if you want to place an order.

### **SASHABAW ROAD SPRING CLEANING DIET PLAN**

Here is a simple way to eat well while cleansing your body of old wastes and detoxifying your liver, skin and fat stores. Plan to do a good cleanse over about a month's time. Start with eliminating foods you are sensitive to, along with any processed foods, soda pop or sugar, and by gradually reducing caffeinated beverages. Drink at least 64 to 80 ounces of filtered or distilled water. Dilute green organic tea and herbal teas may be included between meals. Lemon juice may be added to water.

With any detox program, including chelation for metals, you may feel worse before you feel better. Such things as headache, swollen lymph nodes, abdominal gas, fatigue, muscle pain, skin rashes, smelly sweat or urine, changes in bowel movements may occur. Usually, improvement and good energy are noticeable about week two.

Always drink water upon arising. Aloe Vera juice is sometimes helpful.



## Sashabaw Road Spring Diet

### BREAKFAST OPTIONS

- Fruit, raw (soaked) almonds, kefir or yogurt
- 2 poached eggs, 1 cup steamed asparagus, sprouted grain toast with ghee
- Vegetable or lentil soup, half an apple or pear
- Oatmeal, currants, slivered almonds, cinnamon, sliced apples, unsweetened soy milk
- Breakfast apple salad with celery, walnuts, currants, grapes, pineapple, with apple juice and a dollop of plain yogurt
- Sliced cucumber, tomato, feta cheese, olives, olive oil, lemon
- Blender shake with fruit, green food, oil, rice, soy, or whey protein (Ultra Clear, see below) Ask for a free smoothie handout for other suggestions
- Wendy's Fresh Fruit Bowl with Yogurt
- Instant Hot Quinoa Cereal plus fresh fruit, add nuts or seeds
- Amaranth flakes, soy milk, banana
- Baked oatmeal with currants, cinnamon, walnuts
- Blueberries, soy milk, oat granola (no sugar), raw nuts
- Avocado, purple onion, grapefruit, olive oil, poppy seeds, lemon
- Grilled vegetables with olive oil: peppers, zucchini, red onions, small eggplant, carrots, lemon
- Hemp or Flax cereal, banana, soy milk
- Ultra Meal Berry shake with raspberries, oil, green food added
- Ultra Meal Plus shake with strawberries (lowers cholesterol)
- Sprouted grain toast, peanut butter, fresh pear
- Sautéed fresh mushrooms, scallions in olive oil, sprouted grain toast, fresh berries
- Green fruit: honeydew, kiwi, white grapes, lime juice, soaked almonds or chopped walnuts, almond milk
- Eggplant relish (baked eggplant, chopped tomato, green onion, olives, garlic, olive oil) on rice crackers
- Artichoke spinach dip (available at Whole Food Co.) rice crackers, plum, peach, nectarine, pear or apple
- Sprouted grain tortilla, organic refried beans, sliced avocado, salsa
- Quinoa flakes 1/3 cup, 1 scoop Ultra Clear Sustain, 1 tablespoonful tahini in a cup, add 1 cup boiling water, stir, cover and let steep. Stir and drink. OK for Candida.

### LUNCH OPTIONS

- Vegetable, minestrone, miso or other with clear broth base soup  
Garden salad, oil and lemon juice, fruit (try hazelnut oil)
- Lentil or split pea or bean soup, salad, fruit.  
Large green salad with colorful cut up raw vegetables (radish, broccoli, zucchini, tomato, carrot, cauliflower, cucumber) and protein such as garbanzos, tuna, feta cheese, shrimp, turkey, boiled egg or chicken, with flax, olive or walnut oil, lemon juice, sunflower seeds or pine nuts or pumpkin seeds
- Brown rice with steamed vegetables, such as spinach, chard, broccoli, onion, sweet pea pods, carrot, cabbage, green beans, peppers, sweet



- potato, soy sauce, sesame oil, with organic broth or miso. Chinese or Thai food can work here, but NO MSG!
- Baked potato with broccoli topping (Wendy's baked potato works) Mixed salad, grapes. Easy to make at home, too.
  - Baked sweet potato, raw pecans, steamed broccoli, hazelnut oil  
Hummus or baba ghanoush, tabouleh, raw carrots or rice crackers
  - Lebanese, Thai, Chinese, Viet Nameese, Italian, delicatessens, cafes can usually provide a good lunch if you choose carefully.
  - Cobb salad on bed of Boston lettuce: grated raw beet, carrot, daikon radish, raw sunflower seeds, dressing of tahini or peanut butter, rice wine
- vinegar, stevia or honey, diluted. (Children like this salad because it is tasty and colorful)
  - Shrimp boiled, 4-6, on a bed of lettuce with sliced radishes, cucumber, zucchini, tomato, broccoli and cauliflower, carrot, with olive oil, lemon or lime juice
  - Greek salad with feta and olives. Lemon and olive oil dressing. Be careful of too much salt in the dressing.
  - Salad of mixed greens, garden vegetables with grilled chicken, salmon, tuna, or with garbanzos and boiled egg, olive oil and lemon, herb dressing
  - Wendy's Mandarin Chicken salad, but the dressing has too much salt

**SNACK OPTIONS 3:30-4:00 PM**

- Fresh vegetable juice using parsley, kale, broccoli, celery, spinach, carrot, beet, cucumber, zucchini, etc. May dilute with water.
- Herbal teas
- Raw nuts and seeds
- Mineral water
- Fresh fruit

**DINNER OPTIONS:** Same choices as lunch along with new items below

- Stir fry or steamed vegetables with poultry, shrimp.  
Kroger has easy and good frozen stir fry mixes, or use organic frozen pea pods, broccoli, green beans, sliced onions and peppers with brown rice and a sauce made of arrowroot, Tamari soy, blackstrap molasses, and a little rice wine vinegar. Use plenty of garlic if you like it and can tolerate it.
- Clear soup with vegetables and large salad. Thai or Chinese restaurants serve such soups and salads.
- Grilled or baked chicken, 2 cups green vegetable, salad
- Grilled or baked fish, 2 cups green vegetable, salad. Try Cascadian Farms frozen vegetables steamed.
- Borscht with a dollop of yogurt and a salad
- Lean Cuisine New Spa Classics with whole brown rice include:  
Chicken Pecan, Lemon Chicken, Lemongrass Chicken, Rosemary Chicken



## CLEANSING SUPPLEMENTS TO SPEED CLEANSING

- **HOMEOPATHIC BODY PURE** (from BHI, used to detox chemicals or metals)
- **PORPHYRAZYME AND METALOGEN, MERCURIUS** for metal detox
- **L-GLUTATHIONE** used orally or by IV
- **SUPER THISTLE** a combination of milk thistle or silymarin with dandelion
- **LIPOIC ACID, N-ACETYL CYSTEINE, L-GLUTAMINE, INULIN**
- **LIVER BALANCE HERBS**
- **META FIBER** for bowel health
- **KIDNEY BALANCE HERBS**
- **ARBUTONE HERBS** for kidney flush
- **REHMANNIA** time-honored herbal kidney formula
- **DEEPER GREEN**, a powerful pure green food with berry extracts
- **PERFECT FOOD**
- **C-ULTRA TABLETS** 1000 mg. (similar to Ester-C), BUFFERED C
- **PROBIOTICS:** SpectraProbiotic, Biodophilis, or Probiotic Perles, Primal Defense
- **PARA CLEANSE AND COLON BOOSTER** herbal formulas for parasites
- **30 DAY CLEANSE: WHOLE BODY AND COLON CLEANSE HERBAL FORMULAS**  
A popular formula from Body Pure for over 10 years
- **ADVACLEAR**
- **DETOX MAX PLUS**
- **GI DETOX**

## ULTRA CLEAR MEDICAL FOOD DETOX PLAN

Using ULTRA CLEAR, ULTRA CLEAR SUSTAIN, OR ULTRA CLEAR MACRO is one way of accomplishing a spring cleanse using a meal-replacement formula along with regular foods to promote clearing of toxic materials from the body. Ultra Clear Sustain is specifically designed to support a healthy gut. These meal replacement medical foods are hypoallergenic and safe for those on a Candida diet.

These products contain specific nutrients that aid detoxification, such as NAC, glutathione, inulin, glutamine as well as medium chain triglycerides that boost energy production. A free booklet comes with these medical foods, complete with menus and recipes. This detox plan takes four weeks.



**NEW PHONE SYSTEM:** Hoorah for Tammy and the staff for handling a complex new phone system without a hitch! Since receptionists were too frequently tied-up assisting patients, we now have a system with department choices for medical assistant, supplement orders, new patient information, etc.

PLEASE NOTE THAT RECEPTIONISTS WILL ALWAYS ANSWER YOUR CALL WHEN THEY ARE NOT BUSY CHECKING OUT A PATIENT OR ON ANOTHER CALL. You do not hear the rings when calling a department, so don't hang up. That staff person will answer, or you can leave a message in that mailbox. We DO call back! Our hopes are that the new system will expedite checkout and reorders. Please give us your feedback.



## **AIR BORNE**

Many patients come home sick after air travel. It might be fever, chills, cough, congestion from viral or bacterial infections, or headache, achy muscles, swollen lymph nodes, fatigue from jet fumes and pesticides, perfumes, cleaning materials and chemicals they were exposed to during travel.

Environmental physicians joke among themselves about popping pills before entering an airplane. Here are suggestions to protect yourself from air borne infections and toxins:

### ***THE DOWNING CLINIC AIR BORNE PACKAGE***

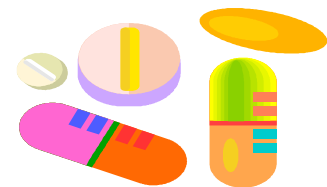


1. ECHINACEA PLUS - one pill three times daily OR
2. ASTRAGALUS JADE SCREEN - one pill three times daily for 5 days
3. OLIVE LEAF one pill three times - daily for five days
4. LYMPHOMYOSOT shake 6-8 drops on tongue during flight, and 3 x daily during flight and trip
5. L-GLUTATHIONE one, three times daily while flying, otherwise one daily
6. SUPER THISTLE one at bedtime during trip

***15% OFF ABOVE PACKAGE IF YOU MENTION THIS NEWSLETTER***

**MRI OF THE BREAST:** Patients are experiencing symptoms when they stop their bio-identical hormones in preparation for a breast MRI. To help relieve those symptoms, the following herbs and foods may be helpful:

- BLACK COHOSH or Spectra 305 E, an herbal blend with activity at estrogen receptors
- MACA helps energy, focus
- SYNAPTEN with Bacopa, Huperzine A, and Vinpocetin, for mental focus, memory
- VINPOCETIN helps mental energy, is a “smart” herb
- POSITIVE THOUGHTS with herbs, vitamins, amino acids for positive outlook
- PASSION FLOWER for restlessness, anxiety
- L-THEANINE for stress, anxiety; the calming ingredient in green tea
- KLIMAKTOHEEL homeopathic
- ST. JOHN’S WORT
- RHODEOLA ROSEA





## **HORMONES, HOT FLASHES, AND SUCH**

We use these same supplements mentioned above along with or instead of bio-identical hormone replacement. There is wide variation in dosing for individual patients. As a woman ages, we use lower doses of bio-identical hormones, and often use both herbs and hormones together. We encourage women to eat soy foods, flax seeds, and the broccoli family of vegetables.

**ESTRIOL CREAM:** This is a new over-the-counter cream with the weak estrogen, estriol or E3. The cream contains 1 mg. per ¼ teaspoonful. It can be used safely on the face to help prevent wrinkles, in the vagina for dryness, or for a “touch” of hormone replacement. E3 is considered to be antiproliferative, and opposes the two stronger estrogens, estradiol (E2) and estrone (E1). The cream contains no chemicals, parabens, or other additives contained in many creams.

**PROGESTERONE CREAMS** are not all the same. Pharmacies compound creams usually in petroleum-type bases. Other creams contain preservatives and emollients that are listed in Samuel Epstein, M.D.'s book: Safe Shoppers Bible as being carcinogenic.

Read the ingredient list. If it sounds like a list of chemicals, it may not be the best cream for you. We chose our cream after a long search. It contains no chemicals, but does have added herbs. It is 1800 mg. progesterone in a 60 gram or two ounce can. This is twice the strength of most progesterone creams. It is also priced well below costs of most other creams at \$19.00 for one can, or \$37.00 for two.

**BIO-IDENTICAL HORMONE DOSAGE FORMS:** Please remember to talk to us about your needs. Some patients prefer capsules; others, prefer creams or gels. We have had some complaints that certain gels are too runny. Know that there is one that is right for you. If you don't like the prescription you have, please let us know. Some pharmacies have substituted other than what the prescription was written for. We would not have known it if you hadn't told us!

## **PRETTY SKIN CAN BE YOURS!**



Patients often ask about skin care, a favorite topic. Pretty skin takes time and good care. When we work-up skin-related problems, we often find acne and other skin rashes are due to toxic materials being eliminated via skin. Problems are being caused by:

Omega oil deficiency	Vitamin Deficiencies
Harsh Cleansers	Petroleum-based moisturizers
Preservatives in products	Formaldehyde in makeup

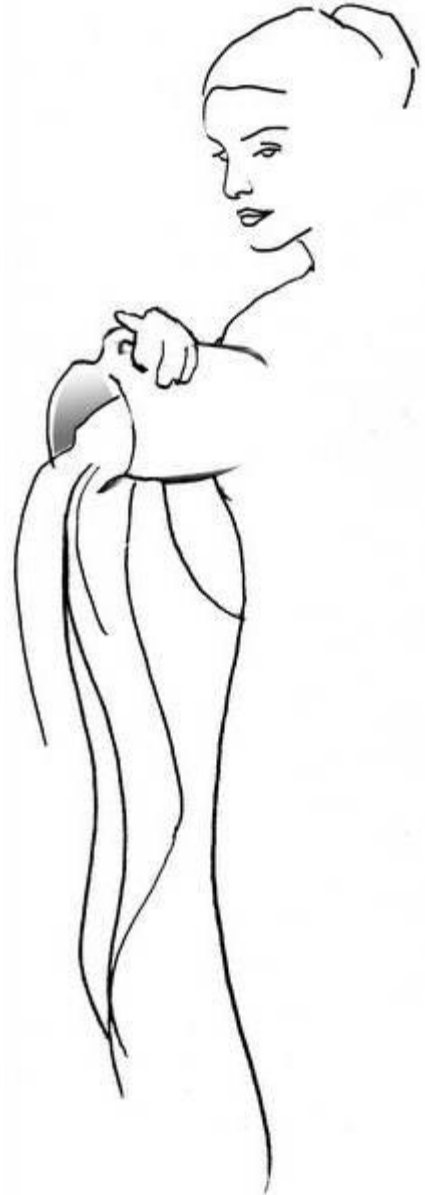
It's important to get to the root cause of the problem!

### **Here's what we recommend as a good start for great looking skin.**

1. Pretty skin as well as good health begins with a good diet, adequate water, vitamins C,E,D,A,B, fish oil, carotenes and antioxidants. Avoidance of trans fats and deep fried fats, processed foods, too much salt, sugar, or caffeine helps.



2. Good skin requires detoxification of metals or solvents or formaldehyde stored in fat stores beneath skin.
3. Skin improves with use of organic skin care products without petroleum or chemicals. Many popular brands, even those with added herbs, have undesirable ingredients. Check labels. Bring them in for evaluation.
4. Skin must be cleansed without removing oils. To do that,
  - Wet skin using hot clean wash cloth. Hold cloth near face to steam open pores.
  - Use 1 pump of Borlind Cleansing Milk, Dreamous homeopathic cleanser or other gentle cleanser in palm of hand.
  - Work cleanser all over face and neck. These cleansers are non-sudsing, non-drying, leaving skin soft and moist.
  - Wash off with warm water.
5. Deep clean pores and around eyes and nose, especially if you wear much makeup.
  - Favorite mild astringents used on unbleached cotton balls include:  
Oshadi Floral Water   Orange Blossom Water  
Aroma Vera Facial Mist   Rose Water  
Witch Hazel   Dreamous Homeopathic Toner
6. Use *Borlind Ceramide cream* at least once a day, it's very nice under daytime moisturizer. Use *Alpha-Hydroxy-Acid (AHA) lotion* two or three times a week. Cell Food Oxygen Gel smoothes and tightens skin, can be used under day or night cream several times a week. Topical Vitamin C is helpful during the day.
  - After cleansing thoroughly, apply one pump of *Ceramide cream*. Work gently around eyes, mouth, neck. Skin appears smooth and moist.
  - *AHA lotion* promotes new skin growth, but can be irritating to sensitive skin. *Dreamous Bioglycolic Gel* is also a bit irritating for very sensitive skin, but produces good results when used on a regular basis.
  - These creams and gels can be rotated. *Borlind Ceramide Cream* is popular and makes a nice gift.
7. Nourishing night cream is very important for good skin. *Borlind Night Cream* is rich with oils, or *Aubrey*, *Burt's Bees* and other organic creams are fine.
  - A touch of Estriol cream around mouth and eyes might help as well. This is a very safe estrogen cream that is non-prescription.





- Dot the cream between brows, on cheek bones, chin, upper lip, neck. Massage into skin with circular motions, and well into hair line. Don't forget neck and shoulders.
8. *Décolleté Cream* from Borlind is so nice! We often forget the "shawl" area of neck and shoulders that become very important as we move into spring and summer months. This cream is sheer, spreads easily, and moistens without oiliness. Makes a nice gift!
  9. For special treatment around eyes and mouth try *Borland's Precious Oil Ampules*. They also make a nice gift!
    - Ampules snap open, each one providing about three treatments. Smooth oil over clean skin at bedtime, especially around eyes and mouth. Periodic use is helpful, especially when skin has been exposed to sun or the elements.
  10. Use a good day cream with sun protection such as, *Borland, Dreamous Homeopathic Moisturizer* (very light) or other organic day creams as a base for makeup. Avoid popular, highly advertised creams with chemicals, petroleum.
  11. Borlind makeup is very light and sheer, blending into your skin, for a very natural look. Check out our complete inventory of Borlind products. We prefer to special order so your supply is fresh. Remember, all Borlind products are guaranteed if returned within two weeks.



Check the sales shelf or ask when you call or fax your order to see what items are on sale. Some of our special homeopathics from premium companies are on sale. BHI is dropping some of our favorites and there are many BHI items now on sale.

## NEWS AND TIPS FROM PATIENTS AND FRIENDS

**CHRIS R. MOEBS, PUBLISHER AND CREATOR**, HAS A PORTRAIT OF GOVERNOR GRANHOLM POSTED ON HIS WEBSITE:

<http://www.tatersandgators.com/miscgallery.html>. HE WAS COMMISSIONED TO PAINT THIS PORTRAIT, AND IS THE CREATOR OF LEFTY COMICS. ALSO, [MEBZART@HOTMAIL.COM](mailto:MEBZART@HOTMAIL.COM). 313-388-6727.

**NATURE'S FINEST ORGANICS COOP** PHONE IS 248-623-4883, 5437 DIXIE HWY. IT WAS REPORTED INCORRECTLY LAST TIME. MONTHLY ORDERS OF A WIDE

VARIETY OF HEALTHFUL PRODUCTS AS WELL AS IN-STOCK ITEMS AND SOME FRESH PRODUCE AND EGGS MAKE IT A NICE PLACE TO SHOP.

**MARY ANN KOTCHER** HAS AN EXCLUSIVE **ENERGY DEVICE CALLED VIBE** AVAILABLE FOR PUBLIC USE. THIS NON-INVASIVE ENERGY DEVICE IS NEW TO OAKLAND COUNTY. CALL HER AT 248-390-7091 FOR MORE INFORMATION. THE VIBE MACHINE PRODUCES LIGHT ENERGY THAT WORKS WITH THE BODY'S VIBRATIONAL ENERGY. [WWW.VIBEMACHINE.COM](http://WWW.VIBEMACHINE.COM).



## Stories From Patients

**JUANITA'S STORY:** Juanita had been on Protonix for several years. Her heartburn and stomach problems had reduced her to having hot water before meals and eating lettuce without salad dressing and a limited variety of foods. This category of drugs, the PPI's which Protonix is part of, block stomach acid. The good Lord gave us high stomach acidity (PH 1-2). This acid would eat through skin if it came in contact with it. However, in the stomach, it is necessary to digest food. Specifically, we need it to break down protein, claim vitamin B12 from food, and to digest minerals like Zinc, Calcium, Magnesium, Iron and others.

After being on this type of drug, the body loses nutrition and is no longer able to repair the lining of the digestive tract. The gut has a high need for Zinc, B12 and other nutrients. It becomes a vicious cycle. The more the gut is not repaired, the more loss of digestive enzymes and absorptive surface, the more food intolerances and heartburn that occur.

After a good physical and lab work-up, Dr. Kovalcik put Juanita on a special diet and started her on probiotics in high doses to help her wean off the Protonix. Juanita was a trooper. She stuck to the diet faithfully; used her probiotics and stopped the Protonix. Nexium and Aciphex are also drugs in this same class, so similar problems may occur with their use.

Other problems that people may experience while on these acid-blockers are parasites, viruses, and bacteria in foods that are not killed. Normally, stomach acid kills these pests. Medical journals are reporting increased lung infections from bacteria harbored in the stomachs of patients taking these drugs.

We always try to wean patients off these drugs if we can and direct them to a safer alternative.

**ROBERTA'S STORY:** Roberta had a recalcitrant anemia that did not respond to usual prescription iron therapy and red meat in the diet. After dealing with bleeding hemorrhoids and blockage of red cell formation by toxic metals with chelation, the iron-deficiency anemia still did not resolve. Once she stopped her Nexium (the same type of drug used by Juanita as mentioned above which causes low stomach acid) the problem quickly corrected itself and she is back to her old "bundle of energy" self. She was once again able to absorb iron from her food normally.

**AL'S STORY:** Al has had chelation therapy at The Downing Clinic for heavy metals which helped his angina. He has solvent and paint exposure on his job. These can cause irregular heartbeats. Al developed atrial fibrillation and was hospitalized. Al has a loving wife and close family who visited one evening. His daughter made him laugh really hard – deep belly laughs. It broke the atrial fibrillation and he was sent home. What a wonderful story!

**JAN'S STORY:** Jan was starting to show signs of Osteoporosis in a recent bone density test. She decided see what she could do to improve her bone health without taking prescription drugs like Fosamax or Actonel. She takes bio-identical hormones and makes sure to get her calcium, boron, magnesium, manganese, strontium, silica and other important bone minerals in her diet and from supplements. She also gets Vitamins K2 and D3. Bone is a multi-mineral organ



and also requires a protein matrix to lay down bone crystals. Jan also added the all-important extra requirement for healthy bones – EXERCISE! Her bone density test improved 8% by the next year.

The Downing Clinic can run special urine tests to monitor bone loss, vitamin and mineral analysis, and genetic risk for Osteoporosis for those who are interested.

**AMY'S STORY:** Troubled with fecal incontinence due to Multiple Sclerosis, Amy tried Acupuncture. The treatment immediately helped with the problem.

Acupuncture is being validated more and more as a pain relief source and for other conditions. A phase III trial at University of Pennsylvania recently showed that Acupuncture improved pain and flexibility

for those with knee osteoarthritis. A large German study showed Acupuncture nearly halved headache days.

**LOU'S STORY:** “Dead as wood” legs from MS were helped by Acupuncture. After being treated several times with Acupuncture, Lou could walk nearly normally again. However, she had to maintain the treatments or she lost this benefit.

**PEG'S STORY:** Clearing emotions and trauma with Emotional Freedom Techniques helped her heal a serious environmental illness. It helped her remove toxic metals from her body and reduced sensitivity to outside energy fields. EFT is a self-help treatment that can be learned and used when needed for phobias, pain, post-traumatic stress disorder and more

## **BONE HEALTH TIPS FROM THE DOWNING CLINIC**

1. Use your bones! Feel muscle tug at hips and low back, use your hands to squeeze and lift.
2. Horsetail provides silica for bone resiliency, nice nails and hair.
3. Ipraflavone 3 times daily increases bone density.
4. Magnesium glycinate or other magnesium at bedtime is helpful. Magnesium is necessary for good bones and many patients are deficient. Calcium-magnesium combinations often do not provide enough magnesium. We often find high calcium, low magnesium in cells.
5. Beware! Salt, sugar, coffee, soda pop, stress, cigarettes, high protein diets without enough calcium encourage bone loss.
6. Use balanced calcium supplements to augment calcium foods. Use doses around 250 mg.
7. Eat calcium foods as part of a daily diet. Calci-food from Standard Process is a chewable food-derived calcium wafer.
8. Include Vitamin D3 1,000 IU per day, or dose recommended by doctors based on lab tests. During summer, sunlight on skin produces Vitamin D and less is needed.
9. Include Vitamin K2 from green leafy vegetables, and include it in your supplements.
10. Include boron, strontium, manganese, multiple minerals in diet and supplements.
11. Drink alkaline water and eat alkaline foods if you are under stress. Can use Tri-Salts, ¼ to ½ tsp. per quart of water drunk during the day.
12. Eat greens, drink vegetable juice.
13. Use a little organic blackstrap molasses.
14. Make soup from bones, getting the strength from the bones for your bones.





15. Old time remedy from Dr. Jarvis: apple cider vinegar and honey, equal parts, 1-2 tsp. in water before meals and at bedtime.
16. Use bio-identical hormones or herbal phytohormones as is appropriate for you.

### **OUR WEBSITE IS NOW LIVE**

The Downing Clinic website is now up and running. Check it out at [www.thedowningclinic.com](http://www.thedowningclinic.com). We have information about our staff, our services, how to reach us and what new patients can expect. Over the next few months we will be placing many of our products out there for you to be able to order online. Our newsletters and recipes will be out there for you to download as well if you ever lose the paper copies. We're very excited about this tool and hope you will find it useful as well.

***The Downing Clinic  
5639 Sashabaw Road  
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[www.thedowningclinic.com](http://www.thedowningclinic.com)  
248-625-6677***



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