



GREETINGS OF THE SEASON

From all of us at The Downing Clinic

Things are going well for us at The Downing Clinic or TDC, as Laura and I work together to share information, explore new ideas, and make improvements. We're excited about our growth so far!

We both have recently attended national conferences and wanted to share this latest information with you. From presentations at the **American Academy of Environmental Medicine** conference this fall are these timely and important thoughts:

FLUORIDE: Swallowing fluoride to reduce tooth decay does not work and is not safe for babies or children. It is not FDA approved. Teeth can become discolored. Crippling arthritis and deformities can occur with high doses. Fluoride added to drinking water comes from hazardous waste material from the fertilizer industry. David Kennedy, D.D.S. seeks public support to stop fluoridation of our water. www.Saveteeth.org

HEAVY METAL CHELATION: An oral chelator, DeTox Max Plus appears to be absorbed and effective. Studies with patients showed marked reduction in body burden of toxic metals after its use. Chelators bind metals and remove them from the body. Detox Max Plus contains EDTA and phospholipids that ALSO help to reduce cholesterol, and to improve HDL, insulin sensitivity, blood sugar, and blood pressure. We'll begin testing and using it soon! We use many different herbal, homeopathic, oral, IV, and IM chelators in TDC, and have treated individuals with arsenic overloads for more than ten years.

TOXIC LOADS: Sherry Rogers, M.D. presented data about side effects of plastic exposures. Plastics called phthalates migrate and are absorbed from plastic containers, plastic wraps on food, auto interiors, detergents, water pipes, and many other sources. 100% of human biopsies found PCB's, dioxins, xylene, styrene. These substances are hormone disrupters, damage the thyroid, trigger high cholesterol, promote cancer. Choose glass for food storage; avoid plastic and styrene containers; buy produce from a market that does not prepackage with plastic.

FOOD COOP NEWS: Join NATURE'S FINEST ORGANICS, LLC 5437 Dixie Hwy in Waterford. Monthly orders come with complete catalogue of products. They are purveyors of organic turkeys this holiday season, as well as many other popular items. It is an affair of the heart for Tom Higginbotham and his family, who own and run the coop. Call 248-623-4969.

OXFORD WOMEN'S SOCIAL CLUB: This is a case of making lemonade when life tosses you lemons! Linda Grunewald handled major life changes by starting a dynamic women's social club that just keeps growing. Single, married, widowed, divorced women of all ages find kindred souls here. Call 248-628-6546 or hickorycreek1@sbcglobal.net

FOR SALE: Therapeutic magnetic single bed from Dr.Philpott. Intended to improve alkalinity in cancer, body aches and pains. It is high gauss strength in a wooden frame delivering only negative field magnetic energy. Read Dr. Philpott's book on magnetic therapy. Original cost \$3,600. Best offer.

HELP SAVE SUPPLEMENTS! The European Union Directive on Dietary Supplements passed two years ago and will take effect in August 2005 unless it can be stopped. A similar law is now being considered by the US House and Senate. These laws severely restrict access to supplements. They

classify vitamins and minerals as drugs subject to government regulation. Some nutrients like chromium, lysine, selenium will be banned from over-the-counter sale. It will be illegal to buy them without a prescription. Supplements that will remain available will be restricted to multivitamins with no more than 100 percent of the RDA and they'll be far more expensive.

The new directive only allows supplements to be made from a list of 15 minerals and 13 vitamins.

Here are some steps you can:

1) The most urgent action is to support a case brought by the British Alliance for Natural Health to overturn the European Food Supplements Directive. It is presently in the European Court of Justice. Visit the Alliance's website: www.alliance-natural-health.org, read about the case, donate to their efforts to protect everyone's supplements if you can. If we can help them overturn the European directive, it won't come here.

2) Write, call, and e-mail US Senators and Congressmen. Tell Senators to oppose S.722, the Dietary Supplement Safety Act and tell Congressmen to oppose H.R.3377, the Dietary Supplement Access and Awareness Act. These two bills put the wheels in motion for restrictions in the U.S. similar to those in the EU Directive.

3) Tell your U.S. Senators and Congressmen to support Rep. Ron Paul's H.R.1146 the American Sovereignty Restoration Act to make the Constitution of the United States the supreme law of the land again, and restore law-making and judging power to our elected representatives and to our courts.

4) Support Julian Whitaker's efforts to save supplements. Join the Whitaker Health Freedom Foundation, 5450 Trabuco Rd., Irvine, California 92620-9908, 600-792-4269. Donations are tax deductible, ID: 33-0896707, under 501©(3) of IRS Code.

Other information sites:

www.ahha.org

www.NHA2004.com

www.iahf.com

www.alliance-natural-health.org

www.NHA2004.com

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