

The Downing Clinic Newsletter - Fall 2006

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BABY CORNER

by Nedra Downing, D.O.

Banished to the trash bin are copies of Dr. Spock's books, with his wisdom for new parents that helped me raise my three children. The buzzword now is to be a *Baby Wise* parent. This is the name of a book describing methods



to enable a newborn to sleep through the night (and parents, too) within a record short time of 7 to 9 weeks. This method of caring for a newborn involves parent-directed feeding, with feeding time,

awake time, and sleeping time in cycles. This is a must read book if a new baby is coming your way as was the case in my family.

Another book on the reading list is *Baby Signs*, which is about teaching toddlers to communicate with sign language before they are able to talk. This book is fascinating and makes perfect sense. Other new books in my library include: *Little Big Book for Grandmothers*, *Raising Boys*, *The Mother of All Baby Books*, *100 Things I Wish I Knew in My Baby's First Year*, and *Fatherhood* (a humorous book) by Bill Cosby.

John Thomas, my grandson, arrived on July 18th. We quickly realized that no book could have prepared us for every situation. The books offered helpful guidelines to aim for, and helped

answer questions as they arose. But in the middle of the night, when John was fussy, mother's instincts and grandmother's experience prevailed.

The basic universal question always is: "What do you do when the baby cries?" Answers are the same across different cultures. Suzanne is John's Turkish grandmother who raised four children.

Suzanne's wisdom is that a baby cries because he is hungry, has dirty diapers, or is uncomfortable, maybe needing a burp. She gave me her recipe for a tea that can be given to baby in dilute form when he is fussy with cough, colic, or teething.

SUZANNE'S TEA

1 tsp. organic mint, dried (if fresh, use 1 tablespoonful)

1 tsp. organic grated lemon peel, dried

1 T. organic apple skin, chopped and dried

1 tsp. organic chamomile, dried

Mix ingredients and store in an airtight container. Use 1 tsp. per cup of boiling water to make the tea. Let tea cool before serving to the baby. A few drops, up to half a dropperful is enough for a baby.



The tea sounds delicious, not only for baby, but also for almost anyone with a hectic schedule.

AlMar Orchards, 1431 Duffield Rd., Flushing (810-659-6568) is the largest provider of organic apples in Michigan. Organic apples purchased

from the orchard and most small orchards are not treated with waxes. However, apples from markets often are waxed to increase shelf life. Most waxes can be removed using hot water and a scrub brush with perhaps a little soap. Apple skins are rich in antioxidants including quercetin, and enzymes, so do eat the skins when you enjoy apples.

BIRTHING OILS

Angel, a patient, sent me formulas for aromatherapy herbal oil mixtures to aid mothers during delivery. There is a different blend of oils for each of four stages of labor, from early on when contractions are just beginning and are irregular to the final stage of bearing down to push the baby out. Traditionally, doulas, midwives, husbands, or other birthing helpers have used these oils. The oils are massaged into the head, neck, abdomen, or spine or they are simply inhaled. Complete instructions came with the formulas.

I ordered organic lavender, neroli, rose, sage, peppermint, rosemary and carrier oils to make a set for our baby's delivery. I also ordered lovely cobalt blue dropper bottles to put the fragrant oils into so they could be properly stored and easily used.

A limited quantity of these oils is available. If you want a set of the birthing oils, please call the clinic at 248-625-6677. A fresh set will be made for you. The charge is \$25.00 per set plus shipping.

THE DOWNING CLINIC EXCLUSIVE PROGESTERONE AND ESTRIOL CREAMS



Patients and staff who are using our new creams are pleased with their results. We invite your feedback, since

the creams can be altered when new batches are ordered. We deliberately chose not to add perfume since so many people react to scents. A floral water, such as lavender or rose geranium, may be sprayed on the face before or after using the creams for a fresh, pleasant, natural aroma. If you want to special order organic essential oils, floral waters, or scalp treatments from Oshadhi, just call the office and speak with Judi or Sue in the ordering department.

Be sure to get instructional handouts for use of the estriol and progesterone creams if you do not have them. Call the office if you need to have these handouts mailed or faxed to you,

In addition to using the estriol face cream and progesterone cream, a good day cream with sun protection and a rich night cream are helpful. We recommend the Borlind skin care products sold in our office, but there are many good creams available in health food stores without chemical additives.

NEW: VITALITY SERUM from BWC contains Vitamin C, CoQ 10, and organic essential oils. The product complements our two exclusive moisturizing creams and the Borlind creams, and is for sale in the office. A few drops are applied to the face in AM and PM before applying other creams.

STANDARD BARS

While nothing takes the place of eating a meal, a good bar can be very convenient to have around when time is short. There are few good bars on the market without too much sugar or unwanted preservatives or chemicals. The clinic sells high-protein, low-carbohydrate food-derived Standard Bars in Cocoa Crisp or Peanut Butter flavors that have no unnatural ingredients. The bars offer complete protein, which is especially important for

vegetarians. If a whole box is ordered at one time, a discount is available. Call 248-625-6677 for details.

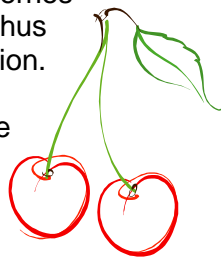
DR. OHHIRA'S PROBIOTIC 12 PLUS

is one of the best probiotics available. Since each friendly probiotic bacteria has slightly different actions than others, rotating the different strains is a good idea. We also carry SpectraProbiotic, Biodophilus, Probiotic Perles, and Ortho Biotic.

FOOD AND DRUG ADMINISTRATION (FDA) CENSORS CLAIMS FOR HEALTH BENEFITS OF CHERRIES

By now, most of you know the plight of Michigan Cherry Growers who are one of the latest well-intentioned groups to be attacked by the FDA. The cherry growers listed health benefits of eating cherries or drinking cherry juice on their website, including scientific data supporting these health benefits. One such statement read, "The same chemicals that give tart cherries their color may relieve pain better than aspirin and ibuprofen." The FDA made them remove any health claims from their websites saying that if such claims are made, then cherries must undergo an application as a new drug and go through clinical trials costing millions of dollars. What a waste of taxpayers' money!

In fact, cherries may help prevent and treat diseases including cancer and arthritis. Cherries contain melatonin and thus can aid sleep or relaxation. Cherries have a low glycemic index, thus are good for diabetics and for weight or blood sugar control. Cherries contain high amounts of desirable antioxidants, as well as Vitamins C, B6, E and folic acid.



Gout patients have known for years that cherries can help ease their pain since cherries reduce inflammatory pain as well as prescription drugs without the side effects.

Just a few years ago, the USDA helped cherry growers promote their products and everybody started drinking more cherry juice. This is the latest example of the FDA putting drug industry profits above interests of public health. Be sure to buy cherries or the juice the next time you go to the grocery!

EDEN FOODS

A good Michigan company, Eden Foods in Clinton, Michigan makes outstanding products. Their original Edensoy milk is fortified with calcium and vitamins, is flavorful, and the soy is not genetically modified. Eden beans come in many different varieties. They are cooked with kombu seaweed to break down certain starches that cause gas. Check out Eden products!

GRAND BLANC FARMERS' MARKET

Visit the Grand Blanc Farmers' Market at 203 E. Grand Blanc Road on Sundays from 10:00 AM until 3:00 PM. The market features many organic products from local growers in a wide variety. Farms are inspected to be sure they meet organic standards if they are not certified organic by the USDA. Visiting the market provides the opportunity to support local growers and be sure they reap the benefits of all their hard work.

VITAMIN C



Drs. Kovalcik and Downing were privileged to hear Dr. Mark Levine, Vitamin C researcher at the

National Institutes of Health (NIH), discuss the historical uses of Vitamin C in medicine, at the Dallas ACAM Conference in May, 2006. Dr. Levine is presently doing research using Vitamin C for cancer at NIH.

Vitamin C's importance has been known for over a century now, and much of the original research on Vitamin C therapy is more than 50 years old. Consistently and undeniably there are tremendous clinical benefits from using Vitamin C. Yet, this powerful and very safe treatment remains largely unused by most physicians in this country today.

Dr. Levine showed that high tissue Vitamin C levels destroyed several kinds of cancer cells in rats. To achieve these high tissue levels, Vitamin C must be given by the intravenous route (IV). He explained how the vitamin works and that after a Vitamin C IV, blood levels drop within a few hours, but tissue levels remain high. Human studies will follow at McGill University in Canada, Dr. Levine said.

CURING THE INCURABLE is the title of a book written by Thomas Levy, M.D., J.D. about Vitamin C. Dr. Levy states that Vitamin C is the single most important nutrient for good health and for preventing, curing or effectively treating a large number of infectious diseases. Vitamin C depletion is often a primary reason that persons get infections in the first place. Vitamin C therapy helps with bacterial infections, including those caused by antibiotic-resistant bacteria. There are few good drugs available for treatment of viral infections, but Vitamin C can kill many viruses.

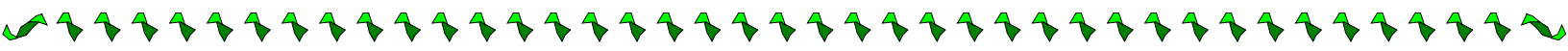
He outlines the work of Frederick Klenner, M.D. who cured polio using Vitamin C in 60 of 60 cases with no residual damage from the polio virus. This was in 1949. Klenner presented his work at a neurology conference sponsored by the American Medical Association, but it was, and still is, ignored. Klenner also showed that Vitamin C is the ideal agent for killing viruses, for helping to neutralize or eliminate toxic substances, and for helping to destroy most bacteria, fungi, and other microbial agents that cause disease.

To achieve desired results with Vitamin C, it must be taken in the right form, with proper technique, in frequent enough and high enough doses, for a long enough period of time, and along with certain additional agents.

Vitamin C must be eaten in the diet or taken as a supplement to maintain adequate tissue levels. Humans lack an enzyme that allows manufacture of Vitamin C by the liver. Most other animals do make Vitamin C in quantities related to the size of the animal.



The Downing Clinic has offered Vitamin C IVs for years. The most commonly used one is MEYER'S COCKTAIL which takes half an hour to administer by our IV nurse. This Vitamin C and B Vitamin IV can be given at the onset of viral or other infections. Other Vitamin C IV's include our NUTRITIONAL IV and the TAKYMOTO IV, both of which contain many vitamins and minerals. The clinic also has oral Vitamin C products, including: tapioca-derived C, C-ULTRA-TABS which are buffered with minerals, buffered C crystals, and a new liposomal C called LYPO-SPHERIC C which is easily



absorbed, has fewer gastrointestinal side effects and delivers higher tissue levels of the vitamin than ordinary C formulations.

Office Support

We try to accommodate your requests as quickly as possible for appointments, urgent visits and products. However, there is one area where we need your help to make sure you have what you need when you need it – prescription refills. Please help us out by not waiting until the last minute to order your refill. We are now asking patients for a 48 hour notice on prescription refills. We appreciate your understanding of this request. Simply keep tabs on what you are taking and let us know early.

Nutrition Consults with Dr. Downing

Although Dr. Downing retired in May, you can see from this newsletter that she still is active in providing valuable information to the clinic's patients.

Starting in September, Dr. Downing will have limited appointments available for nutritional consults. This passion for nutrition and healthy food choices has been a commitment for Dr. Downing for most of her life. She also is an excellent cook and can share some outstanding recipes that you'll enjoy as part of the consult. Call the office to schedule an appointment, 248-625-6677.

Shop early for the Holidays at TDC

Every year we remind you that we have great gift ideas for the holiday season. This year, start early and stop by the clinic for those special gifts that will help someone live a more comfortable and healthy life.

We have lots of books, supplements, fantastic CD packages, Tacyon energy jewelry, magnets, natural cosmetics, our own exclusive moisture creams with estriol or progesterone, or give the gift of massage, reiki, EDS or any of our other support services. We are always happy to provide a gift certificate as well.



WHAT'S UP WITH HAIR LOSS?

by Nedra Downing, DO



Hairdressers and barbers know health secrets of their clients because the condition of the hair

reflects the overall state of one's health. Dull, brittle, or thinning hair is more than just a cosmetic issue: It can be a sign of systemic illness, local infection, allergy, inadequate nutrition, digestion or absorption problems, deficient blood flow, hormone imbalances, trauma, or exposure to harsh conditions, drugs, or toxic materials.

Patients at The Downing Clinic (TDC) repeatedly have asked what can be done to stop unnatural hair loss. The problem is more pervasive than might be expected, affecting both men and women of all ages.

Normally, some scalp hair is lost on a daily basis in a random pattern. There is no single cause nor simple solution for increased hair loss beyond normal, random shedding. A detailed laboratory workup including hormone levels, toxic metal loads, and nutritional factors can often find the cause and lead to treatments. Routine lab test results are often normal.

Hair is basically a specialized type of skin cell, with oil glands and a growth center buried near the base of the hair shaft in the scalp. The oil glands provide a protective coating for hair giving it a nice luster. Often breaking nails and dry skin accompany hair loss, for the tissues are similar.

Hair goes through repeat cycles of growth, degeneration, rest, and shedding. Hair receives nourishment via

the blood stream, and blood vessels actually enlarge during the growth stage to provide for nutritional and metabolic needs of the growing hair. Scalp hair grows in a mosaic pattern, with each growth stage lasting from two to six years. At any one time, some hair is in each phase.

FACTORS IN HAIR LOSS

Genes

Hair growth patterns are inherited within families. Certain male-patterned baldness can be noted in family photographs of several generations. This is considered normal.

Stress

Stressful events lead to release of high levels of the stress hormones, adrenalin and cortisol from the adrenal gland. Cortisol is catabolic, encouraging degeneration of tissues rather than growth. Adrenalin reduces blood flow to the scalp. Stress changes normal hair cycles so that more hairs are in the dying phase at any one time.

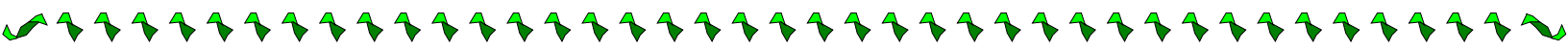
Many persons experience temporary hair loss after a major stressful event, such as: surgery, severe infection, death of a loved one, divorce, moving, trauma, etc. Chronic stress can lead to thinning of the hair due to sustained high levels of stress hormones.

Treatments

Over-treating hair can lead to damage and loss of hair.

Permanents, bleaching, and coloring strip the hair of its protective coating and add chemical irritants. Excessive blow-drying or heat stresses hair leading to dry, brittle hair. Tight rollers or braids place too much traction on hair. Too-frequent shampooing can also dry the hair and scalp. Any treatment that dries or





irritates the scalp or that allows toxic materials to be absorbed (such as using metal-containing hair dyes or permanents) can cause hair loss. The scalp must be healthy and circulation must be adequate to have good hair growth.

Shampoos and conditioners may contain irritants, allergic substances, or strong detergents that dry the hair, irritate the scalp, or make the hair too alkaline. Hair and skin have a protective acid coating, which is a pH of 5.5. Detergents are often alkaline, robbing hair of this natural acid protection. Avoid products with synthetic fragrances, DEA, TEA, sodium lauryl sulfate (alkaline detergent), parabens or other chemicals. Formaldehyde, used as a preservative, is often added to commercial products without appearing on the label. It is a common cause of skin reactions to cosmetics, soaps, and shampoos.

Weather and Pools

Harsh conditions can damage hair over time. Too much sun, wind, dry air and chlorine from pools can dry out the hair shaft and scalp leading to hair loss.

Hormones

Hormones influence hair growth immensely, and imbalances can lead to hair loss. Too much testosterone, and too many stress hormones, too many or too few thyroid hormones, or lack of human growth hormone contribute to hair loss. Many hormone levels gradually decline during the aging process. Hormones levels can be tested to determine whether there is a deficiency or imbalance. Among those that can be checked are: human growth hormone, thyroid hormones, testosterone, DHEA, estrogens, progesterone, pregnenolone, and cortisol (stress hormone). Rapid fluctuations in hormones, such as after

delivery of a baby or a hysterectomy, lead to hair loss.

Toxic Exposures

Exposures to toxic metals can lead to hair loss. Such metals as mercury, arsenic, lead, cadmium, etc. can be absorbed and accumulate in body tissues. These metals adversely affect the hair growth center. **Arsenic, lead and other metals are present in certain wells, so the water should always be checked.** TDC had a case where a patient with arsenic in the well water lost all body hair.


Likewise, a body buildup of chemicals from work or household exposures can affect the hair as well as the rest of the body. Such things as paint, paint thinners, volatile organic solvents, pesticides, perfumes, new carpets or furniture, room deodorizers, scented candles, nail polish and remover, strong household cleaners, formaldehyde, fumes from diesel, auto, or power equipment tend to be stored in the fatty layer under the skin. These chemicals are released from the fat stores with exercise, weight loss, or simple tissue turnover. Avoidance of new exposures as well as a program to detoxify the body are often recommended at The Downing Clinic. Another patient at TDC lost scalp hair after losing forty pounds rapidly. He had worked in the auto industry where he was exposed to many different toxic materials, including metals.

Infections

Fungal infections such as ringworm or other types of infections may cause local areas of hair loss. Always check with your physician if infection is suspected.

Nutritional Deficiencies

Vitamins, minerals, essential Omega 3 and 6 oils, protein and certain amino acids are absolutely necessary for a



healthy head of hair. Many factors affect availability of these nutrients to the scalp and hair growth centers.

CAUSES OF NUTRITIONAL DEFICIENCIES AFFECTING HAIR LOSS

Diets deficient in basic vitamins, minerals, essential oils and protein lead to overall nutritional deficiencies in the body. Hair loss is one manifestation of this problem. Refined, convenience, and processed foods based on white flour, white rice, sugar, chemical sweeteners, colors, and preservatives are often a big part of the problem.

Eating trans fats (found in many commercially baked foods), damaged or oxidized fats (in deep fried foods), or too much animal fat can affect hair. Cell membranes store the fats we eat and thus these fats influence the health of individual cells. When the undesirable fats are present in the diet regularly, it leads to deficiency of the ones we must have for good health and for good hair, skin, and nails. Specifically, we become deficient in Omega 3 oils, DHA and EPA, and the Omega 6 oil, GLA. The balance of vitamins, minerals and essential oils can be checked with special blood tests to find out if this is part of the hair loss problem.

Poor Digestion or Absorption

We need hydrochloric acid in the stomach to allow protein, Vitamin B12, and minerals to be absorbed.

If there is lack of this stomach acid due to: age, illness, lack of nutrients, or from taking acid-blocking drugs (both prescription and over-the-counter), malnutrition and hair loss will result.

Digestive enzymes come primarily from the pancreas and small intestine, with pepsin provided by the stomach. If these enzymes are deficient, food may not be broken down properly for absorption.

Bile from the gall bladder aids fat absorption. Those with insufficient bile may lose fat-soluble vitamins and essential Omega 3 and 6 oils.

The small intestines have an enormous surface area where food is absorbed and taken up by the blood stream. Anything that interferes with this function can lead to nutrient deficiencies and thus to hair loss. Chronic diarrhea, constipation, irritable bowel, inflammatory bowel disease, Candida overgrowth, parasites, or food allergies are examples.


The lining of the gut has a very high need for particular vitamins, minerals, and nutrients. A new lining of the small intestine must be made every three to five days in order to preserve digestive enzymes and absorption surfaces. Such things as: Vitamins B12, folate, zinc, glutamine, and inulin are absolutely necessary for this gut repair process.

The more we fail to absorb vitamins and minerals, protein and oils, the fewer the nutrients available for this process. If the small intestine cannot repair itself, we lose even more nutrients. It is a vicious cycle that sometimes requires intravenous vitamin and mineral therapy to correct.

Fiber foods are considered healthful, but too much fiber, especially from cereal grains can bind minerals making them unavailable for absorption.

Circulation

Probably the most important factor underlying hair loss is poor circulation. Blood must provide nutrients to the scalp and carry away wastes. Such problems as high blood pressure, excess and chronic stress, atherosclerosis (narrowing of blood vessels), dehydration, poor heart pumping function, "thick" blood with too many particles, lack of exercise, etc. can all contribute to the hair loss problem.



WORKUP FOR HAIR LOSS

A good workup by a knowledgeable physician, such as an ACAM or AAEM member, can help uncover problems and perhaps lead to an effective treatment. Below are the types of tests we may order.

- HISTORY AND PHYSICAL
- ROUTINE LAB WORK
- CBC with differential (If anemic, run ferritin, zinc protoporphyrins)
- Homocysteine (goal of 6.5)
- LFT, BUN/Cr
- C-CRP
- ESR
- ANA
- TSH, Free T3, Free T4 (not T3 uptake and total T4)
- DHEA-sulfate, pregnenolone
- Testosterone and free testosterone
- FBS and insulin
- Fasting lipid profile
- Fibrinogen
- 25 (OH) D3
- Vitamin A serum
- IGF-1

Special Testing (available at The Downing Clinic and other integrative medical clinics)

- Saliva Estrinol, Estradiol, Estrone (E 1,2,3) and progesterone (women)
- Saliva cortisol, 4 times during one day, a stress hormone profile
- Essential metabolics nutrient profile for vitamins, antioxidants
- Intracellular minerals
- Lipid peroxidation profile for damaged fats
- Nutrient oil balance in membranes to test for presences of Omega and other oils
- Hair, blood, urine minerals, to detect deficiencies or toxic metals
- Amino acid urine and blood detects protein problems

- ION panel
- Liver function test to check detox pathways
- Urine hippuric and mercapturic acids for toxic load

HOW TO SLOW DOWN HAIR LOSS

Prescription Drugs

Minoxidil was the first of several similar drugs that stimulate new hair growth. These drugs cause only fine baby-type hair to grow, not the thick adult scalp hair that has been lost. These medications work by improving circulation to the scalp and must be continued to maintain any new growth that occurs.

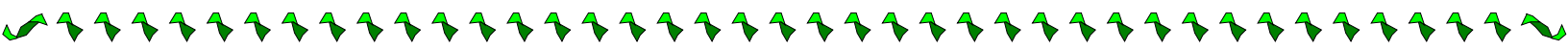
Improve Circulation to the Scalp Naturally

Regular brushing twice daily with a natural bristle brush can help restore oils to the hair shaft and stimulate circulation to the scalp.

Regular scalp massage during shampoos, in the morning and at bedtime is a very good habit. Acupressure points along the scalp and face can be gently stimulated with such a massage.

Certain plant oils can be used with the scalp massage to stimulate blood flow to the scalp. Look for rosemary, sage, lemon, thyme, lavender scalp oils which can be used at bedtime or before shampooing. Certain non-greasy, non-alcoholic tonics with herbs can be rubbed into the scalp after a shampoo before hair is brushed. Check health food stores for these and other organic hair products.

Hypertension should be controlled. Often proper mineral, oil, vitamin and other nutrient balance will help reduce blood pressure.



Magnesium, calcium, and potassium are very important and may be checked with the intracellular mineral test. Blood levels of these minerals are not helpful. Hawthorn is a favorite herb for strengthening the heart and reducing blood pressure. L-arginine, an amino acid found in protein, is very useful in lowering blood pressure and dilating blood vessels.

Certain other herbs may help: ginkgo, ginseng, horse chestnut, collinsonia, butcher's broom; as well as bioflavonoids, such as rutin and hesperidin.

Hot and spicy foods that make your face and scalp warm aid circulation. Try curry, ginger, cayenne and hot peppers, garlic, horseradish, radishes.

Be sure to drink enough water. Many people forget the importance of keeping up the fluid volume of the blood, especially in hot weather. With age, the thirst mechanism is no longer reliable as a signal for dehydration or need for water. Sodas will not work for this purpose because they are too concentrated and deplete body mineral stores.

Correct Digestive Problems

Stop taking acid-blocking drugs, if possible, with the help of a knowledgeable physician. Reduce use of antacids, and avoid Mylanta and Maalox altogether because of their aluminum content. Improved mineral, protein, and B12 absorption will result.

Restore missing hydrochloric acid by taking betaine hydrochloride, or a betaine and pepsin combination. Restore digestive enzymes and bile, if needed. There are many good digestive enzymes on the market. Some products contain betaine and bile.

Restore normal bacteria to the intestines after use of antibiotics or after

other gut disturbances. Probiotics provide these friendly bacteria. Prebiotics, such as inulin or glutamine feed the gut so the good bacteria can better take up residence.

Avoid allergic foods or food additives that inflame the gut. Note that gut antibodies on cells which are related to blood types react to food antigens the same way transfusion reactions occur. This causes inflammation in the digestive tract with disruption of normal digestive and absorptive processes. For this reason, pay attention to your blood type dietary choice recommendations.


Check for other conditions, such as: presence of parasites, Candida overgrowth, or other abnormal gut flora that may be reducing nutrient availability and irritating the gut lining. Your physician can steer you to appropriate testing.

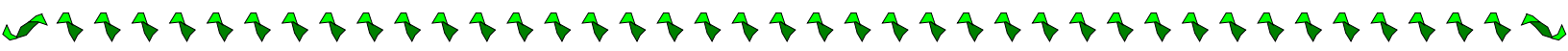
Balance Vitamins and Minerals

For good hair and a healthy body, all the needed nutrients must be provided. Foods we eat on a regular basis are the most important factor, but supplementing with additional vitamins, minerals, or nutrients can help.

Vitamin C cannot be made in the human body and must come from food or supplements. Since much of the Vitamin C in foods is destroyed by processing or storage, we cannot rely on dairy case orange juice to give us what we need. Vitamin C needs are related to body size, and more is needed during stress or infection. A common suggestion is to take buffered Vitamin C 1000 mg. three times daily.

Balanced B Vitamins, with special attention to B12, folate, biotin, and pantethine are recommended for healthy hair. Likewise, fat-soluble Vitamins A, D, E, and K are needed. Functional vitamin testing can be done at The Downing Clinic. Blood levels do





not always reflect tissue levels, which is especially true of Vitamin B12.

Correct Essential Oil Deficiencies and Balance Oils

Oils in the body are probably the best example of the old saying, "You are what you eat." The same proportions of oils in the diet are found in cell membranes and fat stores. These oils can be tested to find out if there are deficiencies of the Omega 3 and 6 essential oils, or excesses of saturated fats or arachidonic acid which is an especially pro-inflammatory fat. Tests can also be run to find out if the fats in the body are oxidized or damaged. Antioxidants like Vitamins C and E, CoQ10 can help protect fats from damage.

When oil imbalances are found, they can usually be corrected with changes in the diet and addition of missing oils. Dr. Downing always told her patients, "Human oil changes take three to six months."

Support Liver and Kidney Function

Proper elimination of wastes requires good kidney and liver function. Routine lab tests for these organs do not tell the whole story. Herbs and nutrients are very helpful to support these organs. The more the toxic load of metals or chemicals to be eliminated, the more support is needed. At The Downing Clinic, we often use the following: Glutathione (reduced), N-acetyl cysteine (NAC), alpha-lipoic acid, silymarin, dandelion, licorice, solidago, uva ursi and many more. We use a number of combination liver or kidney tonic formulas containing several herbs. IV Glutathione is very helpful.

Use Natural Hair and Skin Products

Organic hair products are widely available at health food stores. Their use helps hair keep its natural oil and

acid protection. A notable difference can usually be seen simply by switching to these gentler products. Natural hair colorings and permanents are also available in health food stores. Burt's Bees, Weleda, Aubry, BWC, Jason have good hair products.

Remove Chemicals from the Home

Buy natural cleaners and laundry products. Use herbal insect repellants and non-toxic bug killers. Avoid lawn weed killers as they are tracked into the house where they persist, even in wintertime. Buy unbleached paper products. Use NO room air deodorizers, or perfumed products of any kind. Avoid dryer sheets and fabric softeners. Grow green plants to help freshen indoor air. The Downing Clinic has many books on these topics.

Consider Careful Amalgam Removal

Mercury amalgam tooth fillings are a source of toxic metals. Many benefit from having them replaced with other restorative materials. Discuss the problem with a knowledgeable physician and a biological or holistic dentist.

Have Your Water Tested for Chemicals and Toxic Metals

The state health department or other labs can perform this service.

Remove Toxic Metals or Chemicals from Your Body

Oral or IV chelation to remove metals is an effective therapy. Many herbs, homeopathic remedies, and nutrients can aid this process. The Downing Clinic uses such things as: Mercurius, Metalogen, Toxi-Cleanse, Porphyrazyme, L-glutathione, MSM, as well as IV and liposomal chelation to help with this problem. ION cleanse foot baths, far-infrared sauna, colonics, and cleansing and detoxing diets are also helpful.





Correct Hormone Imbalances or Deficiencies

After testing, proper levels of thyroid, sex, adrenal, and growth hormones may be maintained. These are very important to aid in restoring lost hair.

Correct Cholesterol, Triglyceride, Blood Sugar or Insulin Problems

Proper diet and nutritional supplements can help. Presence of elevated levels of cholesterol, triglycerides, blood sugar can contribute to “thick” blood which reduces circulation and to overall body inflammation.

Learn to Control Stress


Stress contributes to hair loss, as explained above, by reducing blood flow and encouraging breakdown of tissues rather than growth. Also, stress creates an acidic internal metabolism and increases the inflammatory response. Such practices as yoga, Tai Chi, meditation, walking, deep breathing, Reiki, massage, aromatherapy and exercise can help. Consuming an alkaline diet and drinking alkaline water are very important. Alkaline water may be purchased or made at home with a special water filter. The Downing Clinic has a handout on alkaline foods and a water processor, as well as books on the topic. A patient who experienced severe anxiety attacks found help with Heart Math. This program is commercially available on Internet as well as in a book. Favorite supplements to help with stress include: L-Theanine, Eleutherococcus, Quietude, Magnesium, Norival, Adrenacort, Adrenal and others.

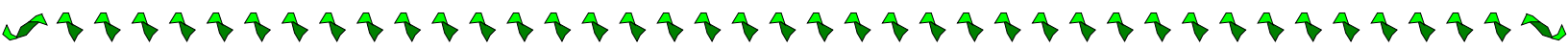
Replace Missing Vitamins and Minerals

Establishing and maintaining a good diet is the key to a healthy body

and a good head of hair. Diet can be augmented with nutrient supplements, or in some cases, IV vitamin and mineral therapy. A list of nutrients to support hair growth should include: Biotin 8 mg. per day, MSM capsules three times daily, Horsetail (for silica) two or three times daily, Pantethine (active B5) two or three times daily, Vitamin C 1000 mg. three times daily, one B-complex daily, Mixed Carotenes daily, ProOmega oils twice daily or more, Vitamin D3 1,000 IU per day, Vitamin E Mixed tocopherols and tocotrienols daily, and Vitamin A if needed. Zinc picolinate 20 mg. every other day. Intra Min or fully reacted minerals or Citramin as well as regular glasses of vegetable juices and green foods can help with mineral replacement. However, not all of these things are needed by everyone.

Additional Tips

1. Work with a knowledgeable doctor who can order the tests and follow up with proper treatments.
 2. Eat a good diet all the time. DON'T BUY JUNK FOODS! (You'll eat them if you do.) Often diets are too high in sugar and refined flour and too low in essential oils, such as the Omega 3 oils. Eat sulfur-containing foods, such as onions, garlic, broccoli family, beans, egg yolks. Eat fresh, colorful foods for Vitamin C, carotenes, bioflavonoids, and other vitamins and minerals. When you eat out, find restaurants serving good vegetables and natural foods. Try the deli at Good Food Company on Maple Road, in Troy and Dale's on Miller Road in Flint. Avoid fast food, deep fried foods, and processed, preserved, dyed foods like hot dogs, cold cuts, ham.
 - Choose fiber foods like beans, pectin fruits, vegetables to avoid getting too much cereal grain fiber.
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- Try a vinegar rinse on hair after shampooing. This is the proper 5.5 pH, leaving the hair clean and shiny.
 - Use a slant board daily for 30 minutes with feet higher than the head. A 30 degree angle is just right. This is not only relaxing, but also aids blood flow to the head.
 - Find and follow regular detoxification using a combination of things right for you: Diet, sauna, Migun bed, foot baths, herbs, nutrients, colonics are on the list.
 - Always shower after swimming to rinse off the chlorine.
 - Protect your head and skin from harsh weather conditions.
 - Magnetic bed pads are helpful using negative steady state magnetic fields to reduce stress, improve alkalinity and blood flow. Also, a magnetic face mask helps reduce tension held in facial muscles.
 - Try Burt's Bees Avocado Hair Butter or olive oil massaged into the scalp, then cover with a towel, wait 30 to 60 minutes, shampoo.
 - Drink enough pure water.
 - Exercise every day, if possible.
 - GET ENOUGH SLEEP. Keep electromagnetic fields, such as television or computers, out of the bedroom. Be sure the bedroom is very dark in order to aid melatonin production.
 - Provide growing plants placed throughout the house to help freshen the air.
 - Start now to work on your stress load.
 - Fresh organic vegetable juices, (Root vegetables and green leafy ones especially) are the best way to replenish missing minerals and vitamins.

Disclaimer: This newsletter is written for general information only, not treatment advice. Please consult with your physician about your particular condition before making any change in your diet, or health regime.

