

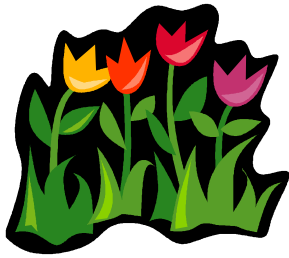
The Downing Clinic Newsletter

Spring 2006

5639 Sashabaw Rd, Clarkston, MI 48346 (248) 625-6677 www.TheDowningClinic.com

Acupuncture ☞ Massage ☞ Electrodermal Screening ☞ Reiki ☞ IV Therapy ☞ Facial Toning ☞ Reflexology ☞ Counseling & Hypnosis ☞ Quality Vitamins & Herbs ☞ Alexander Technique

SPRING FORWARD



After an unusually warm winter, and a milder-than-usual March, tulips and crocuses are bursting with their splendor of color, symbolizing the cycling of life and renewal of this

season that all of us feel inside. We are all eager to be outside, plant gardens, and watch the magic of stored life in earth and trees manifest.

DR. DOWNING'S RETIREMENT

Dr. Downing's retirement, May 1, brings a change and a fresh approach to your care. She will continue to advise the staff, teach, and support the clinic. Dr. Downing continues to work closely with Dr. Kovalcik in patient care, to transfer information and insights derived from working with patients for twenty years.

Dr. Kovalcik sees patients with complex problems, such as diabetes, heart disease, hypertension, osteoporosis, digestive problems, environmental sensitivities, chronic fatigue, metal toxicity, menopausal symptoms, recurrent infections. She has learned that stress, poor diet, lack of sleep or exercise contribute to most illnesses. As an internist, Dr. Kovalcik is familiar with prescription medications, but always strives to use natural therapies when possible. Many of her patients report that they feel better after a few simple changes.

CHELATION

The Downing Clinic offers a wide variety of different kinds of chelation for heavy metals. These include clathrating agents,

homeopathics, herbals, nutritional products, IVs. Consult Dr. Kovalcik for your best choices.

Oral Chelation

The best ones contain liposomes which allow increased absorption via the oral route. An added benefit if that they ALSO help lower cholesterol. TDC carries many of these oral products, including: Lipoflow oral EDTA chelation, oral glutathione, oral Myer's cocktail, and oral PlaQ X. Ask to have EDS testing for these products. You can do a full 30 dose EDTA chelation orally.

DR. DOWNING'S FACE CREAM IS FINALLY HERE!

Maybe it's more newsworthy than her retirement that she has finally formulated her face cream. For years, patients asked what she did for her skin since she looks young for her age. She tells that she used to buy estrogen creams from Helena Rubenstein at Smith Bridgman's Department Store in Flint, but they stopped making it, so she started making her own. She has compounded face creams with estrogen, vitamins, and rich oils for 30 years.



Now better ingredients are available for these creams. The estriol used is a very WEAK estrogen and considered safe to use on the skin. Although poorly absorbed from the skin, it has nice local skin effects, improving skin smoothness and moisture.

Drs. Downing and Kovalcik put their heads together to also formulate a better progesterone moisturizing cream, full of

vitamins and rich oils. *Progesterone Moisturizing Cream* and *Estriol Moisturizing Face Cream* both contain liposomes to carry the ingredients into the skin. Creams are packaged in extra-large 3 ounce pump containers giving you 50% more than our previous product. Even better; they contain no toxic ingredients or petroleum products. The creams will be in the office in early May in time for Mother's Day. Look for introductory specials later in this flyer.

New! *Physician-designed Moisturizing Creams With Estrogen and Progesterone*



For years, patients asked Dr. Downing what she did for her skin. Her secret? As a Registered Pharmacist, she created her own formula that included natural ingredients and small amounts of a safe form of estrogen, called Estriol.

Now, Drs Downing and Kovalcik are pleased to make these new creams available for you. Purchase for yourself, or as a Mother's Day gift.

SPECIAL OFFER!

Moisturizing Cream with Progesterone 3 OZ.
 Regularly \$28.50, **NOW** \$24.00, or 2 FOR \$40.00
 May be used in place of your present progesterone cream*

Moisturizing Cream with Estriol 3 OZ.
 Regularly \$42.00, **NOW** \$38.00, or 2 FOR \$68.00
 Dr. Downing's special formula for face, neck, shoulders, and hands.

Special ingredients including vitamins, shea butter, aloe vera, and a patented liposome process all help to deliver super-rich moisture and anti-aging therapies deep into the skin.

- No Parabens
- No toxic chemicals
- No petroleum products

TO ORDER: call 248-625-6677 or visit www.TheDowningClinic.com and go to Products

The Downing Clinic
 Laura Kovalcik, DO, Nedra Downing, DO
 5639 Sashabaw Road • Clarkston, MI 48346 • 248-625-6677



*Progesterone Moisturizing Cream can replace whatever progesterone you are presently using. The pump container is calibrated to give you 21 mg/pump. Note that these creams come in a larger 3 oz. size and contain no harmful chemicals!



STAFF HIGHLIGHTS

ANN HUESTED, R.N., Certified Electrodermal Screening (EDS) Specialist has completed two extensive training seminars with Bill Clark from Utah. She has studied homeopathy and Bach Flower Remedies. She can test these remarkable remedies for you on EDS. Made from fresh flowers, they work on emotions to bring balance. We have long used Rescue Remedy cream or oral drops with great success for adults, children, and animals under stress. Now we will expand usage of Bach Flower Remedies.

Ann can test your odontopoints, your teeth meridians. Teeth are connected to organs and parts of the body energetically. Ask for a tooth chart when you are in the office, or perhaps your dentist's office. An infected or toxic tooth can contribute to problems in other parts of the body. When the tooth is repaired or removed, related problems often disappear.

REFLEXOLOGY for A Mother's Day Gift!
VICKI EVANS, Certified Massage Therapist, gives a wonderful whole-body Swedish massage. But have you tried her hand and foot reflexology? Points on the palms of the hands and soles of the feet connect energetically to the rest of the body. Often, people do not know how knotted and tender these areas are until Vicki starts to work with them. Blocked energy is released, and there is a sense of deep relaxation and well-being after these sessions.

GIFT CERTIFICATES are available at the front desk, or call 248-625-6677 to have one mailed to you.

MAY IS NATIONAL OSTEOPOROSIS MONTH

Osteoporosis month coincides with Mother's Day each year. The timing is very appropriate, for this silent loss of bone usually becomes apparent in grandmothers or

mothers as they reach their 60's, 70's or older when bone fracture rates sharply escalate.

Osteoporosis is a thinning of the bones. The osteoporosis process starts gradually in the early 30's, when women typically begin to lose 1% of their bone mass annually. This bone loss accelerates in the 5-10 years after normal or surgical menopause when estrogen levels drop. Rate of bone loss stabilizes again after that to about 1% bone loss per year. One fifth of women in the United States will develop osteoporosis over a lifetime.

Men get osteoporosis too!


Women are not the only ones who get osteoporosis, men also may lose bone, but at a much slower rate and to a far lesser degree. Whether a person develops osteoporosis or not depends upon heredity, hormones, nutrition and lifestyle. Bone loss for both sexes typically begins in the spine, and later in the hip, wrist, and long bones of the arms and legs.

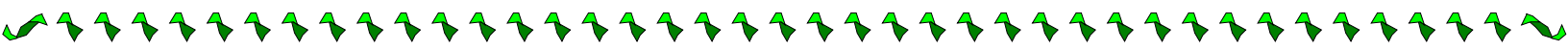
Broken bones occur more easily when bone is thinner and when bone protein fibers become drier and less flexible. The most common fractures occur in the wrist, hip, or spine where the bones contain more of a weaker honeycomb type of bone and less of the hard, dense outer bone. Often a fracture is the first sign of osteoporosis.

Spinal vertebrae are normally cylindrical bones that give us structural support for upright posture. With osteoporosis, these vertebrae can flatten, leading to loss of height and low back pain. They may also become wedge-shaped, leading to exaggerated curvature in the upper back, called Dowager's hump. Maintaining good posture and strength of back muscles is important.

Mineral Reserves

Minerals are deposited and bone density and length rapidly accrue during the teenage growth spurt until about age 23 years or so. This occurs partly due to increased levels of human growth hormone, estrogens, progesterone, and androgens.





The bone minerals laid down early in life comprise the lifetime mineral reserves that the body draws upon whenever alkaline minerals are needed later on.

The most notable of these minerals is calcium, which is tightly regulated by hormones and Vitamin D. But bone contains a huge array of other minerals, such as phosphorus, magnesium, boron, manganese, strontium, silicon, zinc, potassium, sodium.

Estrogen Protects Bone

When the supply of estrogen falls, bone is lost. This happens in the postmenopausal period and after surgery to remove the ovaries. It also happens among young women when they over exercise, under eat, or become very stressed. When a young woman stops menstruating or has irregular periods, it is a sign that estrogen levels may be low, setting her up for osteoporosis later in life. Bones may be thinning at the very critical time of life when they need to be adding mineral density. When these menstrual changes occur in a young woman, it is cause for concern. A full hormonal, bone loss and nutritional workup should be done.

Bone is far more than calcium!

Bone is made up of tiny crystals of calcium and phosphorus deposited onto a tough mesh framework of protein fibers, mostly collagen. While the calcium phosphate crystals provide strength, weight, and hardness to bone, this collagen protein matrix allows some capacity for flexibility, allowing bone to be less brittle and less likely to fracture.

If you completely dissolved away all the minerals in bone with an acid, the collagen framework would still be there and the shape of the bone would be intact and flexible, like the tip of your nose.

Bone is a living tissue that replaces itself every seven years or so. Like a railroad crew, there are bone cells that destroy old bone, and other bone cells that form new bone in its place. The whole process takes months to complete. Bone loss occurs when

bone-dissolving cells predominate over bone-building cells. Nutritional, hormonal, genetics and lifestyle factors affect this bone remodeling process.

Nutrients play important role in prevention

Calcium makes up 37% of bone minerals. Calcium needs are greatest during adolescence when bones are growing longer and denser. In the years around menopause, calcium needs again are very high. Calcium foods should be a part of the diet for a lifetime.

Calcium Intake Recommendations

| | |
|--------------------|---------------|
| Adolescence | 1200 -1500 mg |
| Adults | 800 -1000 mg. |
| Pregnant/lactating | 1200 mg. |
| Postmenopausal | 1200-1500 mg. |


Calcium absorption declines with age.


Food sources of calcium are absorbed and utilized better by the body than inorganic or “rock” forms of calcium found in most calcium supplements. For example, calcium carbonate is the same as sidewalk chalk, not a normal food for humans. Neither is coral calcium. Calcium citrate-malate may be better absorbed than other supplement forms of calcium. Calcium is best absorbed if taken in small quantities of around 250 to 350 mg. at one time, taken with meals. Ask for a list of calcium foods when you are next at TDC.

Fiber diminishes calcium absorption

Fiber foods are in the spotlight now since the new USDA Food Pyramid features fiber. Food companies have responded with a host of whole grain crackers, cereals, breads, pastas. While there is no question these whole grains are good for us, they can adversely affect calcium absorption.

Constituents in fiber bind calcium so it is not absorbed well. Most notable of these are the phytates found in cereal grains (whole wheat, oats, rye). High intake of whole grains containing phytates can actually lead to a negative calcium balance, with more calcium lost than is retained. Other minerals may be lost as well. It is best NOT to eat whole grains with every meal, and to be sure to include





extra calcium with those meals where you do eat whole grains.

Oxalates bind calcium in the digestive tract so it cannot be absorbed. They are found in some dark green leafy vegetables, tea, rhubarb and many other foods. Green, leafy vegetables also contain calcium. The calcium in broccoli, turnip and mustard greens, collards, and kale is well absorbed. Calcium in spinach and chard, however, is poorly absorbed due to their high oxalate content.

Calcium and iron interact when taken together. Adding a calcium supplement with a meal can increase calcium absorption, but it reduces iron absorption from both foods and supplements. However, calcium taken in orange juice, which is commercially available, does not interfere with iron absorption.

Calcium supplements reduce magnesium absorption. Often, magnesium needs to be added separately to ensure an adequate magnesium supply. Magnesium, important part of bone, also has many other roles in the body.

Stomach acid is necessary for minerals to be absorbed. Loss of stomach acid usually begins gradually around age 50. Many patients benefit from taking betaine HCl with meals to enhance production of stomach acid. Drinking a small glass of water with lemon juice or a little apple cider vinegar, or taking bitters before a meal may help to stimulate gastric juices.

When patients take frequent doses of antacids or take drugs which stop the production of stomach acid (available without a prescription), calcium and other minerals are not absorbed.

Bowel pathology of any kind can sharply reduce calcium and mineral absorption. Such things as rapid bowel transit, chronic diarrhea, colitis, inflammation, Candida intestinalis, atrophy of lining of the gut all play a role.

Certain drugs, especially prednisone or similar drugs, lead to bone loss. Diuretics like Lasix or Bumex lead to calcium loss in the urine, while hydrochlorothiazide (HCTZ) does not.

High Phosphorus intake reduces bone strength

Phosphorus provides 17% of bone minerals, bound to calcium. Ideally, the diet ratio of calcium to phosphorus should be in a 2:1 or higher.

Human milk is the perfect food in this regard with a 2.4:1 ratio. The higher the calcium content of the diet compared to phosphorus, the better for the bones.

The typical U.S. diet is just the opposite: phosphorus to calcium is 2:1. Dietary phosphorus intake has increased in the last 50 years, paralleling the rise in hip fractures from osteoporosis. Phosphorus has been increasingly added to our food supply since the 1950's. Expect to get a phosphorus load from processed convenience food, cold cuts, fast food, and especially soda pop.


Most of our phosphorus, however, comes from meat, fish, poultry, and dairy. These foods contain far more phosphorus than calcium, leading to loss of calcium in the urine. This raises the question of whether dairy is really a good source of calcium for the bones or not. A prolonged high phosphorus diet leads to bone loss. The higher the phosphorus, the more calcium is lost in the urine.


Leafy greens, on the other hand, have a very high calcium to phosphorus ratio making them the most desirable sources of calcium. Turnip and mustard greens, kale, and collards can be added to soups, sautéed with olive oil and garlic, or simply steamed with a little butter or ghee.

Soda pop is extremely harmful to the bones. With no calcium at all and a high phosphorus load and high acid content, bone is dissolved when pop is consumed. This is especially worrisome for children, adolescents, and young adults who drink pop on a daily basis. They may be losing bone mass at the very time of life when they need to be increasing bone mineral deposits.

Magnesium aids calcium usage

Magnesium is deposited in bone on the collagen protein matrix right along with





calcium and phosphorus as part of bone crystals. Magnesium is necessary for proper calcium usage by bone. Usual recommendations are to get calcium and magnesium in a 2:1 or a 1:1 ratio. Magnesium is found in green beans, celery, green leafy vegetables, fish, whole grains, seeds, nuts, soy, dried beans, molasses, dairy, meat, and some water.

Vitamin D for more bone density

Vitamin D intake correlates with bone density. The more Vitamin D you get, the denser your bones. Vitamin D stimulates bone to lay down more matrix protein, and it increases calcium availability. Vitamin D helps bones incorporate minerals for strength.

Vitamin D is made by the body when the sun's UVB rays act upon cholesterol in the skin. Only a few foods contain Vitamin D: fish liver oils, fatty fish, and egg yolks.

Vitamin D is not efficiently made in dark-skinned persons or when sunscreen is used. Cloudy days and polluted air also reduce Vitamin D synthesis. In Michigan, Vitamin D production is highest in June and July, and lowest in January.

Doses of Vitamin D based on research done on both Vitamin D and osteoporosis are now 1,000 IU per day or more. These levels are not toxic for humans, and in fact, humans make that much under some circumstances. At TDC, we frequently run Vitamin D blood tests and dose accordingly.

Other nutrients for sound bones

Boron is a trace mineral that aids calcium metabolism. Without enough boron, bone becomes brittle, and calcium and magnesium are lost. Boron activates estrogen which promotes bone health. Boron is rich in nuts and seeds, non-citrus fruit, legumes, soy, vegetables, honey.

Copper slows bone breakdown and aids repairs and formation of bone matrix. Zinc depletes copper, so be sure to add copper if you take zinc supplements.

Folate and B12 play a role in bone health by keeping homocysteine levels low. Homocysteine comes from breakdown of protein and builds up if B vitamin levels are too low. High homocysteine is a risk factor for osteoporosis because it interferes with formation of bone matrix. TDC routinely checks homocysteine levels and treats accordingly.

Manganese deficiency leads to faster bone loss. It plays several roles in bone health. It is found in pineapple, nuts and seeds, whole grains, beans, green leafy vegetables, meat and tea.

Silicon is needed for good connective tissue, bones, cartilage, and tendons. Silicon levels decrease with age in blood and skin, so supplements may be necessary in later years. Horsetail is a good source of silicon, as are brown rice, barley, cucumbers, walnuts, string beans, turnips, parsley, nettles.

Strontium is very similar to calcium, and helps make bones stronger and plays a role in bone remodeling.

Pyridoxine (B6) supports protein structures in bone, and promotes progesterone production. With B6 deficiency, fractures heal more slowly.

Vitamin C is needed by bone for formation of its collagen and cartilage protein structure, and it increases calcium absorption.

Vitamin K is necessary for calcium to deposit on the protein matrix of bone. Vitamin K is normally made in the intestines. If normal bacteria have been disrupted, it interferes with Vitamin K synthesis.

Zinc is important for bone formation and repair. It is frequently deficient, especially in the elderly. Stress depletes zinc.



Causes of Bone Loss

Reduced levels of Progesterone and Estrogen hormones increases bone loss. Estrogens slow down bone breakdown, while progesterone aids new bone formation. At TDC, we see many postmenopausal patients gain bone on bone mineral density studies with use of bio-identical hormones, bone nutrients, and exercise. Natural progesterone is not to be confused with synthetic progestin drugs.

For those who can't take hormones, taking the herbs black cohosh or dong quai, and eating soy foods regularly have a positive effect on bones. Homeopathic estrogen, progesterone, testosterone in a topical cream or drops are useful for symptoms, but have unknown effects on bone.

Testosterone, DHEA, and human growth hormone help retain strong bones. TDC routinely checks these hormone levels and treats accordingly.

Lack of exercise leads to bone loss. Pulling on the bones by using your muscles adds density to bone. Impact from weight-bearing exercise creates force that makes bones stronger. The key here



is regular exercise done over a long period of time. Stronger muscles lead to stronger bones. Lifting weights, if done properly, is a good way to gain bone, as is running or jogging.

Swimming, biking, and simple walking are less effective. Recently a patient at TDC had gained 17% bone density in her hip, 9% in her wrist, and 1% in her spine after one year of water aerobics with resistance. She also uses bio-identical hormones, takes bone nutrients, eats a diet with vegetable sources of calcium.

High protein diets create an acidic internal metabolism. Alkaline bone minerals, such as calcium, magnesium, potassium, are used to buffer the acid if there are not enough

other buffers on hand. For each ounce of protein eaten, figure 30 to 40 mg. of calcium will be excreted. Vegetable protein is more alkaline, and less calcium is needed to buffer it.

Vegetarians have a lower rate of osteoporosis than other women in the U.S., yet they average only about 600 mg. of calcium per day. This is likely due to an alkaline diet, more bone minerals from eating more vegetables, and a high calcium to phosphorus ratio in their diets.

Acidic metabolism from eating acid forming foods or from stress leads to bone breakdown. Bone is dissolved to provide minerals to buffer the acid. Ask at TDC for a list of foods which are either alkaline or acidic. It is best to include many alkaline foods in your diet to help prevent bone loss from stress.

Alkaline foods include: pumpkin, lentils, yam, onion, nectarines, watermelon, parsnip, kale, mustard greens, citrus, olives, strawberries, raspberries, almond, collards, cauliflower, broccoli.

Mineral waters are alkaline and many contain high levels of calcium. Drinking mineral water during the day is a good way to help protect the bones. Perrier, San Pelligrino, Gerolsteinersprudle, and Sanfaustino are examples. San Faustino has the most calcium with 80 mg. per glass.

Another form of alkaline water is made in special machines that split ordinary water into its acid and alkaline components. Ask for a brochure at TDC. Also, TriSalts alkaline powder, 1/8 to 1/4 tsp. may be added to one quart of drinking water to provide alkaline minerals and help spare bone.



Caffeine in coffee, tea, soda pop or medicine causes calcium to be lost in the urine. For each 6 oz. cup of coffee, 40 mg. calcium is lost in the urine.

Salt increases calcium loss in the urine and ultimately lowers bone density. A 3000 mg daily load of sodium, or rounded teaspoonful of salt, leads to a 7.5 to 10%

bone loss in postmenopausal women over a 10 year period.

Sugar interferes with calcium absorption and causes calcium losses in the urine. High insulin from eating sugar blocks renal reabsorption of calcium.

Heavy metals, such as lead and mercury, contribute to bone loss because bone calcium is used to buffer them. Avoiding heavy metals, removing them from the body, and getting plenty of calcium and other bone nutrients is the best way to deal with heavy metals.

Testing for bone strength and health

TDC does special tests to follow bone health, including:

- Bone Mineral Density
- Urine Bone Loss test
- Calcium and Vitamin D Levels
- Homocysteine levels
- Genetic Risk Factors for Osteoporosis
- Intracellular Mineral, Blood, Urine and Hair Minerals
- Hormones: Estrogens, progesterone, testosterone, DHEA

Supplements for bone health

The Downing Clinic uses many supplements to promote bone health, and has many calcium supplements:

- Cal Guard
- Balanced Minerals with Calcium
- Osteo Mins (Jonathan Wright, M.D. formula)
- Pro Bono (Jonathan Wright, M.D. formula)
- Liqui Cal
- Calci Food

- CalMag Plus
- Vitamin D3 1000 IU capsules and drops
- Vitamin K2 capsules and drops
- Ostivone (ipraflavone)
- Bone homeopathic
- Tri Salts (potassium, magnesium, calcium bicarbonate)
- Mag Glycinate
- Mag Citrimate
- Citramin II



Tips for healthy bones

1. Get calcium and other minerals from a wide variety of vegetables.
2. Limit meat, poultry, fish, and dairy and eat some vegetarian meals.
3. Make soup by cooking bones to get the minerals and nutrients for soup stock.
4. Drink mineral water, vegetable juice, and eat alkaline foods.
5. Exercise at least three times weekly; daily if possible.
6. Replace missing hormones, or use herbs after menopause.
7. Avoid soda pop, fast food, processed food, salt or sugar loads.
8. Get enough sleep, learn stress reduction techniques.

WONDERFUL GIFTS FOR MOTHER'S DAY OR GRADUATION



PRO BONO premium formula for bone building and bone retention. Contains 1000 IU of D3, 1000 mg of calcium, 1 mg K, Magnesium, Manganese, Boron, Strontium and more in convenient packets (Found elsewhere for \$79.00)

\$59.00

MEGA VITAMIN MIX with minerals, amino acids, NAC, taurine with berry flavor can be mixed with juice, water, or shakes **\$50.00**

ULTRA MEAL is soy-based, comes in natural vanilla, chocolate and other flavors. Good source of calcium in a delicious shake for breakfast, a snack, or when traveling **\$31.00**

ANNA MARIE BORLIND line of elegant skin care products. A day or night cream, or special décolleté cream for neck and shoulders make the perfect gift. We have many testimonials from happy users. Dr. Downing has used these products for 35 years.

| | | | |
|-------------------|----------------|-----------------|----------------|
| Ceramide Lotion | \$75.00 | Decollete Cream | \$53.00 |
| Eye Wrinkle Cream | \$47.00 | Day Cream | \$51.00 |
| Night Cream | \$54.00 | | |

TAKIONIC BEADS

Tachyon energy according to Professor Tiller of Stanford University exists in the magneto-electric (etheral) realm. Tachyon particles travel faster than light and have anti-entropy effects, helping bring order out of chaos. Dr. Downing has worn Tachyon energy products daily for twelve years. These make a special gift which will last a lifetime.

We will be placing a special order for 70 bead necklaces in early June. These glowing Rainbow Beaded necklaces are about 22" long, and come in a plain or faceted clear bead, a frosted bead, or cobalt blue bead that resembles lapis. Matching ear clips are sterling silver with gold fill. Samples are available for viewing at our office.

- RAINBOW BEADED NECKLACE – 70 BEAD **\$500.00**
- RAINBOW BEADED EAR CLIPS – 2 BEAD **\$45.00/pair**
1 BEAD **\$80.00/pair**
- TAKIONIC CASTLE LOCKET, SILVER, 10 BEADS **\$150.00**

TAKIONIC APPLES for your desk bring energy to the area

- PINK SMALL APPLES **\$100.00**
- GREEN SMALL APPLE **\$100.00**
- RED OR CLEAR LARGE APPLE **\$400.00**

Special order only Large red or clear apple, slightly smaller than a baseball, with bubbles and a brass stem and leaf. Total height 3", counting the stem, and 2.5" wide. These apples are beautiful!

NEW DOWNING CLINIC MOISTURIZING CREAMS



Finally, after 20 years of promises, Dr. Downing's Face Cream, the Estriol Moisturizing Cream below, is here! Patients have asked for this cream for years, so Dr. Downing, with Dr. Kovalcik's collaboration, has finally produced her personal recipe for younger looking skin. What a perfect gift for Mother's Day! Progesterone Moisturizing Cream can replace whatever progesterone you are presently using. The pump container is calibrated to give you 21 mg/pump. Creams come in a larger 3 oz. size and contain no harmful chemicals!

SPECIAL INTRODUCTORY OFFER UNTIL MAY 31, 2006

- Moisturizing Cream with Progesterone, 3 oz.
Regularly \$28.50, NOW **\$24.00**
Use in place of your present progesterone **2 FOR \$40.00**
- Dr. Downing's face cream – Moisturizing Cream with Estriol, 3 oz.
Regularly \$42.00, NOW **\$38.00**
Use on FACE, neck, shoulders, and hands. **2 FOR \$68.00**

You won't find quality creams with vitamins, shea butter, and aloe vera, with no petroleum ingredients or toxic chemicals at this price anywhere else! The creams are made with a patented liposome process that helps deliver ingredients deep into the skin. Drs. Downing and Kovalcik have been working on these creams for many months and are delighted to be able to bring them to you at these special prices!



PATIENT SUCCESS STORIES

Carol came to the office several years ago with bipolar disorder,

gastrointestinal problems including Candida overgrowth and parasites, zinc deficiency and more. We started her on amino acids, vitamins and herbs to help her bipolar, and special diets and cleansing programs. Recently, she completed fifteen doses of DMPS to pull toxic metals from her body. She stated that she feels much better than before and that she has been off her bipolar medicine for 1 ½ years.

Anna is feeling much better. Knowing that soup is good for her and her family, she has started simmering bones to make delicious and healthy soup stock. From this she makes what she calls, "Count the Vegetables" soup. She tours the market and buys as many different vegetables, especially root vegetables, as she can find (within reason). She cleans them, cuts them up, and adds them to her soup!

Sally had problems with too much wine, coffee, and exercise. She carried toxic metal loads. Upon leaving the office recently, she commented, "Thank you. You saved my life." She had been taking vitamins, amino acids, and probiotics. She had changed her

diet to increase vegetables and fruits, reduce wine and coffee. She had received a series of IV nutrients and DMPS which pulled out arsenic, cadmium, nickel, mercury and lead.

Juanita reported in her Christmas card that it had been one year since she had an infection. She thanked us. She has changed her diet, takes vitamins and herbs and homeopathics to boost and support her immune system.

James, a 10-year-old, was tested with EDS. He was sensitive to cow milk, sugar, wheat, corn, barley, peanuts, raisins, chocolate, mushrooms, spelt, cocoa, oats, rye, cantaloupe, kamut, gluten, and pumpkin. He had overgrowth of Candida in his intestines. He had been disruptive, angry, emotional on a daily basis at school. He was in counseling. He followed special diets to avoid foods he is sensitive to and to not feed Candida. Two months later, his mother said he is doing so much better it is like a miracle.

Nick had persistent fungal toenail infection. He is using an herbal nail fungus soak which contains equisetum, menthol, lavender and eucalyptus and his toenails show definite signs of improvement.

NailFungus Soak can be found at www.longcreekherbs.com.



BUSY PATIENTS

CARDINAL'S NEST SCRAPBOOKS by Nan Witzgall, 1364 N. Leroy in Fenton.

Nan can help you make lovely scrapbooks from your family treasures. Call her at (810) 750-2061.

HEALING CONNECTIONS UNLIMITED provides Reiki with Angelic Messages. Both private sessions and Reiki parties can be arranged. Call Carolyn Skalnek at (248) 814-9995 or visit www.HealingConnectionsUnlimited.com



PORTRAITS & PAINTINGS

Sharon A. Blake is an artist, designer and teacher with a BFA from Ohio State University. Sharon is available for portraits, commissioned art and group or individual classes. Sharon will be the featured artist at the Downtown Farmington Library, 23500 Liberty St. Farmington Hills, MI for the month of May. Sharon's artistic style is bold and gentle, realistic and representational at the same time. She has done commissioned work for many individuals and businesses. Her work includes animal and human portraits, murals, landscapes. Contact Sharon at (248) 592-0266 or sblakedesign@aol.com

BATS NATURAL ORGANIC ESSENTIAL OILS & PET TREATS

Check out such products as Flea-Be-Gone biscuits, Veggie Vitamin Treats, Cheese Treats with Yogurt, Chick 'N Biscuits and calming tummy oils and ear oils. Contact Brock and Trina Zschering at (248) 563-9586 to order.



Remember to check out our website for the latest news,
new patient information, services and
copies of recent newsletters and fliers.

Go to www.TheDowningClinic.com



**The Downing Clinic PC
5639 Sashabaw Road
Clarkston, MI 48346**

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The whole story on preventing osteoporosis

Dr. Downing's own special formula moisture creams arrive – special purchase price for May

Gift ideas for Mother's Day and other special occasions