



THE DOWNING CLINIC

WINTER 2005

By Nedra Downing, D.O.

As seasons change in Michigan, sunny days draw us outdoors to revel in the gorgeous palette of fall leaves displayed against bright blue skies. Winds and rain then bare the trees leaving the soft, graceful stands of dancing evergreens. Fields and forests fade to dry, muted neutrals creating a mood of quiet settling and introspection: winter is coming. Now is the time to move on with things you've wanted to do. Soon crisp cold air and frosty mornings are followed by the excitement of the first snowfall.

This newsletter is a much-abridged version of the original that includes discussion of many topics, including "Live Long and Well." See www.thedowningclinic.com for the full text.

CONTINUING EDUCATION items of interest from fall conferences:

METAL TOXICITY AND CANCER:

David Quig, Ph.D., holds degrees in nutritional sciences and biochemistry. He is a researcher and a Vice President for Doctors' Data Laboratory.

Dr. Quig discussed the role of metal toxicity in cancer and in damaging our genetic material. He said environmental factors are responsible for the induction of most cancers, and that there is a synergistic relationship between exposures to chemicals and metals.

CHELATORS FOR METAL

EXCRETION: Chelators bind metals to aid removal from the body. Used over time, along with dietary measures, chelators can maximize removal of undesirable metals from the body. Lead, cadmium, arsenic and mercury are often found in the body. Arsenic is prevalent in well water in Oakland County.

The Downing Clinic runs Doctors' Data stool and urine metal excretion tests for patients receiving chelation therapy. We use a wide variety of different chelators, depending on the patient, including IV, oral, homeopathic, herbal and dietary. We test for presence of metals in the body with hair analysis, urine challenge tests, and electrodermal

screening. We also test to find out which chelator is best for a patient.

HOW TO WIN THE LOSING CANCER


WAR was presented by Samuel Epstein, M.D., Professor of Environmental and Occupational Medicine at the University of Illinois. He is an authority on causes and prevention of cancer. He is author of *Safe Shopper's Bible*, *Cancer-Gate*, and *The Breast Cancer Prevention Program*. His website is www.preventcancer.com

Many cancers are preventable. But often people are unaware that exposures to commonly used household products or health and beauty aids can be part of the cause. He reports that it has been known since 1993 that pesticides cause childhood cancer.

Epstein's message is that our dollars spent to wipe out cancer are going for magic bullet cures, but not for prevention. The \$5 billion spent at National Cancer Institute is not going for basic research, but rather for promoting ineffective drugs for terminal disease.

Risks from cosmetics and toiletries are known to the industry and to regulators, but not to the public. For example, talcum powder used on babies' bottoms is associated with increased risk for ovarian cancer, yet FDA does not require warning





labels on talcum powder containers.
There is more on this topic later.

ROOT CANALS: Dr. Felix Liao practices biological dentistry in Washington, D.C. Dr. Liao presented evidence that the more root canals, absent teeth, and metal in the mouth, the more medical symptoms. The mouth must be treated in order to help many medical problems, he says.

Mercury is a potent neurotoxin, and is not safe in the body at any level. One mercury amalgam filling in a one-acre lake would release enough mercury for a fishing ban by the EPA. Mercury evaporates from amalgams and may be retained by the body.

STAFF ON THE MOVE: Jan DeVary, after eight years as our full-time Electrodermal Screening Technician has decided to retire—well, sort of. She is drastically reducing her hours in 2006, but will stay on to work with our new technician, Ann Heusted, R.N.



What can we say? We'll miss her and her hearty laugh. She did a great job and helped many. She provided useful information to the physicians to aid in patient care. She was loyal, honest, hardworking, and fun to work with. Jan genuinely cared about the patients she worked with.

Open House: You are invited to an open house in her honor on Sat., January 28th from 1:00 PM to 3:00 PM at The Downing Clinic. It will be on our

phone message if there are changes due to bad weather.

Ann Heusted, R.N.

left traditional nursing because she didn't feel she was helping people. She has worked with hospice; is an ordained minister; has had advanced training in Bach Flower Remedies, homeopathy, nutrition; and is a Parish Nurse. She is a vocalist, and lectures on public health issues. Her wonderful background and positive attitude will prove useful in her new job. Ann will become certified after taking training in Utah. Please help us welcome her to The Downing Clinic.



Nancy Akston, Certified EDS Technician will continue as she has in the past on a part-time basis.

WHAT YOU DON'T KNOW MAY HARM YOU

Such common items as lotions, shampoos, conditioners, creams, fragrances, soaps, cosmetics, cleaning and laundry products often contain toxic materials. Fabrics, carpets, paint, and many health and beauty aids contain formaldehyde. Food with chemical additives or residues of hormones or pesticides is the rule unless you buy organic foods. Plastics are extensively used to wrap or store food, and are a hidden ingredient in many cosmetics and consumer household products. Effects of these unnatural ingredients are additive, leading to increased risks for developing cancer and other chronic illnesses.





LOOK BEYOND THE HERBS!

Many ordinary health and beauty aids contain formaldehyde as a preservative. It is present in tiny amounts below the level that must be reported on the label. Formaldehyde is sprayed on lingerie, yarns, fabrics and clothing to give them a better "hand." It is used to finish carpeting to reduce crushability.

Recently, I received samples of "all natural" skin care products and progesterone cream from a consultant selling the products. She shared my concerns about environmental exposures to chemicals and carcinogens. She did not know that her products are loaded with ingredients to be avoided.



Revlon and L'Oreal have eliminated certain toxic chemicals banned in Europe but often found in cosmetics and toiletries sold in the USA. Regrettably, US law still permits companies to put unlimited amounts of toxic chemicals into cosmetics sold in this country.

FALSE SCENTS: Perfumes and fragrances can cause serious health problems. Room and spray deodorizers are used to mask cigarette or other undesirable odors, and chemical scents are added to many commercial products. The truth is that they contain hundreds of chemicals you inhale or absorb through your skin.

FALSE SCENTS ARE EVERYWHERE! Deodorizers are being used increasingly in schools, government buildings, hospitals, lavatories, airline air systems, hotels and workplaces. Department store perfume counters, supermarket laundry and candle aisles are loaded with these chemical scents. Dog groomers sell spray perfume for dogs! Check www.safertraveldirectory.com to help find lodging safe from pesticides and chemicals while traveling.

SCENTS AFFECT OUR BRAIN. The olfactory nerve, responsible for our sense of smell, transmits odor molecules to the brain. It is only about three inches long. It begins in the nose and extends straight back into the primitive brain, seat of memory, anger and emotions with connections to other parts of the brain. General anesthesia quiets our brains, while aromatherapy oils may positively affect our mood via this pathway. False scents can send false messages to these important centers and block normal information processing.

NUMB NOSES: After being exposed to a certain smell over time, the nose can no longer detect it, but the chemical effects are still there. An example of this is perfumed laundry detergent that you can no longer smell, but that still gives you a migraine headache, confusion, asthma, stuffy nose, or other symptom. Children and pets are especially vulnerable.

HIDDEN PLASTICS: A common ingredient in perfumed sprays, hair sprays and many other products that causes serious problems is a kind of plastic called phthalate, a hormone disrupter. Used to impart a heavier texture in sprays, to fix and dissolve ingredients, and to make plastics more flexible, phthalates have estrogen and testosterone effects. They are related to increased risks of female-hormone-related cancers, gene alterations in fetuses of female rats, and anatomy changes in male offspring. Phthalates cross the placenta and are found in breast milk.





Phthalates can block actions of fetal male hormones resulting in demasculinizing effects in male offspring. Such things as undescended testicles, smaller scrotums, shorter distance between anus and penis, and smaller penises may occur.

In men, phthalate exposure is linked to damage to sperm DNA which can lead to infertility, birth defects, miscarriages, cancer and infertility in the offspring. There is correlation between phthalate exposure and low sperm counts or activity, and abnormal sperm shapes.

Japan banned phthalates in 1993 in food-handling equipment after traces turned up in school lunches. The European Union has banned phthalates in cosmetics and toys. The US does not restrict phthalates.

FRAGRANCE POLLUTION: Some 95% of chemicals used in fragrances are synthetics derived from petroleum. These fragrance chemicals pollute the air and water when used for laundry and are retained in laundered garments, towels, and sheets. Fragrance chemicals are found in drinking water, lakes, and streams affecting birds, animals, marine life, plants and humans.

FRAGRANCE-FREE IN HALIFAX, NOVA SCOTIA: This city became fragrance-free after recognizing the dangers of fragrance chemicals. When hundreds of staff members became ill at the Camp Hill Medical Centre there in 1991 because of poor air quality, the city took action to ban fragrance chemicals. Many of these people remain ill today.

BETTER HOSPITAL AIR: Brigham and Women's Hospital in Boston has controlled fragrances in their facility. Poor indoor air quality due to chemical fragrances was affecting the health of both workers and patients, and reducing worker productivity.

Their policy states, "Fragrances and scented products that are perceived by others in addition to the user are not to be worn in the hospital, particularly in the clinical areas." Furthermore, they established a Product Safety Committee to select cleaning and maintenance products that are fragrance-free, and that don't harm health or pollute indoor air." What a great idea!

YOU are directly affected by your own use of fragranced or chemical-laden products, and indirectly affected by others' use of perfumes. Handouts on The Toxic Problem, Creating a Safe Haven, and Health Problems Caused by Volatile Organic Compounds such as pesticides and formaldehyde are available at the clinic.

WHAT TO DO: Avoidance of exposures is the most important first step. Start to use natural products and get rid of unnecessary chemical loads from items you use in your home. Some good choices include:

HEALTH AND BEAUTY AIDS: Aubrey Organics, Dr. Hauschka, Ecco Bella, Paul Penders, Burt's Bees, Dr. Bronner, and Jason hair care, and many more. Be careful, read labels. Some "all natural" products have hidden ingredients. We continue to sell Borlind skin care with organic herbs and Dreamous homeopathic skin care products. Natural flower oil scents may be used if one is not allergic to them. The clinic has Young Living organic oils for sale.





LAUNDRY AND CLEANING:

- Borax and baking soda help soften laundry.
- Baking soda, white vinegar, hydrogen peroxide, Bar Keeper's Friend, and Bon Ami are just a few from the supermarket that are safe.
- Laundry discs can replace harsh detergents and save money.
- Harmony sells unbleached paper products and natural cleaning and laundry products. Aubrey makes wonderful organic cleaning products, which we use in the office and have for sale.
- Dr. Bronner's castile soap can be used for cleaning, laundry, dish, and hand soap.
- 7th Generation has many good products, including a good all-purpose cleaner, Free and Clear which is fragrance-free.
- Mrs. Meyer's Clean Day works well.

There are many safe products available. Check your health food store and the web.

HOUSEHOLD ITEMS – Make Better Choices:

- Glass or Pyrex food storage containers
- Unbleached waxed paper instead of plastic wrap
- Unbleached paper products
- Wooden, hard plastic or solid tempered glass or rubber toys
- Natural carpets and padding
- Wood instead of plastic or vinyl finishing materials
- Furniture without formaldehyde-laden particle board

Helpful books: *Your Home, Your Health and Well-Being*, *Healthy House and Home*, *Growing Fresh Air, Clean and Green*, to name a few. These are for sale at The Downing Clinic or on-line.

PARTIAL LIST OF PRODUCTS TO AVOID

(Note that there may be safe products in some categories)

- DRYER SHEETS, FABRIC SOFTENERS (SCENTED OR NOT)
- SPRAY OR SOLID ROOM DEODORIZERS
- PERFUMED DETERGENTS AND BLEACHES, HARSH DETERGENTS
- SCENTED AND BLEACHED PAPER PRODUCTS
- SCENTED CLEANING PRODUCTS, STRONG CHEMICALS
- SCENTED TRASH BAGS
- SCENTED DIAPERS (Use unbleached cotton)
- PERFUMES, COLOGNES, AFTER-SHAVE, TOILETRIES
- PERFUMED LOTIONS, HAIR SPRAYS AND MOUSSE
- NAIL POLISH AND REMOVER, ARTIFICIAL NAILS
- SCENTED KITTY LITTER
- SCENTED SHAMPOOS, CONDITIONERS, CREAMS
- PESTICIDES, HERBICIDES, FUNGICIDES, RODENTICIDES
 - (except natural ones)





- PLASTIC STORAGE CONTAINERS, WRAPS, TOYS, CAN LINERS
- IV BAGS (The Downing Clinic uses glass IV bottles)
- PHTHALATE COATED PRESCRIPTION DRUGS
- MEDICAL GLOVES WITH PHTHALATES
- HAIR DYES (except those from vegetable, safe ingredients)
- ANIMAL FLEA DIP
- STYROFOAM CUPS AND FOOD CONTAINERS (Use paper)
- CARPET, FURNITURE, FABRICS SPRAYED WITH FORMALDEHYDE
- CHLORINATED AND FLUORINATED WATER

PARTIAL LIST OF INGREDIENTS TO AVOID

- Methyl, propyl, butyl, and ethyl parabens
- Diethanolamine (DEA), triethanolamine (TEA)
- Diazolidinyl urea, imidazolidinyl urea (release formaldehyde)
- Sodium lauryl/laureth sulfate, cocamidopropyl betaine, cocamide DEA
- Petroleum products, often in pharmacy ointment or cream bases
- Propylene glycol, PEG, PPG
- PVP/VA copolymer
- Stearalkonium chloride
- Synthetic colors, dyes
- Synthetic fragrances
- Phthalates, plastics
- PCB, Dioxins, Bisphenol A, brominated flame retardants, alkylphenols
- Formaldehyde, acetaldehyde
- MSG, aspartame, BHT, BHA saccharin
- Parabens

COLDS AND FLU SYMPTOMS, FEVERS AND SORE THROAT

Winter illnesses started earlier this year. Patients had similar problems: swollen lymph nodes, fever, sore throat, headache, but worst of all, fatigue and dullness. One patient had been on antibiotics for two months, and was presently on a "stronger one," yet he felt no better. Several patients had fall allergies contributing to their symptoms. When the heat goes on in the fall, house dust is stirred up and the air becomes very dry causing symptoms in many people.

Two young men had work exposures to diesel, automobile exhaust, and pesticides that caused congestion, headache, flushed and burning faces, dry nasal membranes, and fatigue.

The causes of illness are multifactorial, and treating with an antibiotic will not fix the problems. Most of the patients were fighting viruses as a major cause of their symptoms. And some were eating food that did not help them.





NATURAL MEDICINE CABINET:

Listed below are suggestions to put in your natural medicine cabinet to help with symptoms, boost your body's immune system to fight infection, and to help reduce inflammation. Note that persons with autoimmune disease should not use Echinacea.

- INFECTIONS: May be used alone or in combination.
- ECHINACEA PLUS or ESBERITOX
- ASTRAGALUS JADE SCREEN
- BERBERINE
- OLIVE LEAF EXTRACT
- SAVENTARO, Cat's Claw, also reduces inflammation
- IP-6
- IVY for respiratory problems
- BRONCHORIL to aid productive coughing
- RESBID, N-Acetyl Cysteine to thin mucous
- AROMATHERAPY OILS: Thieves, Thyme
- MONOLAURIN helps the body fight viruses
- TRANSFER FACTOR BASICS, for prevention
- ENGYSTON-N and THYMACTIV, homeopathics for virus
- MUCOLYXIR, a DNA-based drop that helps clear the lungs of mucous

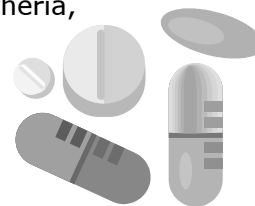
THE SPANISH FLU OF 1918 AND 1919 that killed millions worldwide was a bird flu. Researchers have found striking similarities between this virus and the H5N1 strain and other bird-flu viruses found today.

Each year, millions of people contract influenza and flu-like infections in the United States, resulting in 100,000 hospitalizations and 20,000 deaths. Most patients recover after 1 to 2 weeks, but elderly or debilitated people may suffer serious complications. Usual treatments include vaccines for prevention, antiviral drugs to interfere with viral replication, or to treat the symptoms of flu.

ALTERNATIVES: HOMEOPATHIC REMEDIES. Gaining in popularity is the use of homeopathic remedies.

An interesting type of homeopathic remedy is called a nosode. Nosodes are homeopathic dilutions of the products of the actual illness in question and are given orally. They have been used for hundreds of years before the first vaccine was made, and are called homeopathic vaccines. According to government statistics, use of homeopathic nosodes caused an

amazing drop in the incidence of whooping cough, diphtheria, scarlet fever and measles in children. Also, infectious disease incidence was reduced in people of all ages according to several studies, but there are few published studies looking at this area.



The Downing Clinic has a wide variety of homeopathic remedies and nosodes.

OSCILLOCOCCINUM reduces severity and duration of flu symptoms and is the most popular homeopathic flu remedy in the US and France. It has no side effects and may be taken along with prescription medications.

INFLUENZINUM 9C contains this year's flu strains as well as Pneumococcinum and Chlamydia pneumoniae strains.

AVIAN BIRD FLU H5N1 nosode in 2 ounce dropper bottles

CHESTAL Honey Cough Syrup or **LARYDOL Throat Spray** for temporary cough and dry throat relief





Great Gift Ideas



STAY CONNECTED AND PROTECTED:
According to Dr. Robert Kane, author of the book entitled Cellular Telephone Russian

Roulette-A Historical and Scientific Perspective, radiation from phones can cause tissue damage, DNA damage, and chromosomal mutations in our brains.

WAVESHIELD offers cellular, cordless phone, and headset protection devices. These devices fit on your phones, do not affect reception, are simple to install and are comfortable.

WAVESHIELD CELL PHONE PROTECTION.....\$19.95

WAVESHIELD CORDLESS PHONE PROTECTION.....\$19.95

WAVESHIELD HEADSET PROTECTION.....\$34.95

BODY SLANT makes a very useful firm cloth-covered foam slant board. Cover comes off for washing, and it folds into a small bench, or flat for a narrow bed. Slant boards help one undo ravages of gravity and improve blood flow to the head. Beige cover. \$198.00 plus \$25.00 for shipping and handling. Call Judy to order: 248-625-6677.

CELLFOOD OXYGEN GEL skin care refreshes, smoothes, tightens, reduces fine lines around eyes and mouth and oxygenates your skin. Contains aloe vera, chamomile, minerals, enzymes, amino acids, and dissolved oxygen. 2 ounces.....\$26.50

OCUDYNE II is a new and improved supplement for the eyes. Jonathan

Wright, M.D. developed the formula containing lipoic acid, lycopene, Vitamins D3, A, C, bilberry and much more.....\$39.00

PURELY NATURAL UNSCENTED HANDMADE BAR SOAP 6 OZ. ..\$6.75

Q-LINK CLASSIC PENDANT on a black silk cord requires no batteries and no maintenance. It is durable and waterproof, reduces effects of stress, protects from energy drains, and boosts capacity to function within EMF saturated environments. Simply put it on and wear it every day. You will notice rock stars and other musicians exposed to electronics wearing the Q-Link. Comes in a blue velvet pouch.....\$129.00.

PRO BONO is a premium supplement for building new bone and preventing bone loss. Based upon latest research on bone nutrients, PRO BONO contains: strontium, ipriflavone, Vitamin K, Vitamin D 1000 IU, calcium 1000 mg., magnesium 400 mg., phosphorus, selenium, folic acid, copper, manganese, molybdenum. It comes in convenient packets. It saves buying separate D and K. 30-day supply.....\$59.50

HOMEOPATHIC TRAVEL KIT from Boiron contains 32 remedies with 20 unit doses of Oscilloccinum. It contains remedies for the most frequent travel indications. It has an insert telling about uses and has a travel zipper case.....\$68.00

SOUNDS TRUE CD'S are very popular and make a nice gift. For personal enrichment, they cover a wide variety of topics from well-known authors. Check our office for the latest shipment including Carolyn Myss, Ph.D., Pema Chodron, Andrew Weil, M.D. and more.





IONIZER PLUS from Singer produces alkaline water with ultraviolet disinfection. The water tastes great and permeates the cells due to smaller water clusters. Staying hydrated is very important, especially as we age, since we lose our sense of thirst. Cells produce acidic waste products that must be neutralized with alkaline buffers. The unit attaches easily to a water faucet, but should not be used with softened water.

Call Judy at 249-625-6677 to order, or call High Tech Health, Inc. in Boulder, Colorado at 202-413-8500 or www.hightechhealth.com.

ION-CLEANSE foot bath is very popular with patients using it in the office. To order one for use at home, call Judy.....\$2,595.00

In-office foot bath treatments available for \$45.00 per treatment

MEGA MULTIVITAMIN DRINK MIX is a berry and cherry flavored powdered vitamin source that can be mixed with water or put into a smoothie. It comes with a hard Nalgene plastic bottle that can be used for mixing the vitamin powder or as a water bottle. It contains higher amounts of vitamins than most multivitamins. 22 oz. can.....\$50.00

HOT FLASHES AND SUCH: PROGESTERONE INTOLERANCE:
For those who cannot take progesterone, an alternative is Dong Quai Tonifier or Dong Quai Treasure, or homeopathic progesterone.

POST-MENOPAUSAL COMBINATIONS that work as we reduce the amount of bio-identical estrogens in later years, include Black Cohosh, Spectra 305-E, an herbal blend active at estrogen receptors, and Maca. Estriol (E3) topical cream can add a bit of this weak estrogen,

and is used on the face around eyes and mouth to help prevent skin aging. Of course, progesterone is always needed to balance estrogens. Note that high cortisol due to stress can cause hot flashes.

NEW!! HOMEOPATHIC BIO-RESONANCE REMEDIES from Theresa Dale, N.D. for enhancing, balancing, and detoxifying hormones. Formulas are either oral drops or transdermal creams, and may be used by both pre- and post-menopausal women. The formulas include homeopathic dilutions of the hormones with glandular support and herbs.

ENDO PURE HOMEOPATHIC ORAL DROPS IN 1 OUNCE BOTTLES:


- PRO-Homeopathic progesterone.....\$30.00
- ESTRO-Homeopathic estrogens..... \$30.00
- TESTOS-Homeopathic testosterone..... \$30.00
- NU FEM HOMEOPATHIC 1 OUNCE GLASS PUMP BOTTLES FOR TRANSDERMAL SKIN USE:
- #1 Progesterone homeopathic topical.....\$32.00
- #2 Estrogen homeopathic topical.....\$32.00
- #3 Testosterone homeopathic topical for men and women.....\$32.00

POPULAR FAVORITES

Happy PMS, a 3% progesterone cream with NO hidden toxic ingredients, at a very good price, 2 oz.\$19.00

ESTRIOL CREAM containing 1 mg. estriol per _ tsp. Estriol or E3 is the weak estrogen, nice for use on the face, for vaginal dryness. 2 oz.....\$24.00





SPIRITUAL RESPONSE THERAPY is a way to gather information about yourself or others, and to learn to communicate with your higher self. It can clear blocks that are keeping you from your highest potential. Health problems, fears, conflicts, addictions, negativity can be related to blocking memories that can be replaced with positive energy. This releasing of our "baggage" can create inner peace and enhance life. You connect with your own inner guidance.

Call Margaret Nern, 248-375-5935 for an individual session for \$65.00, or take the beginning course for \$275.00.

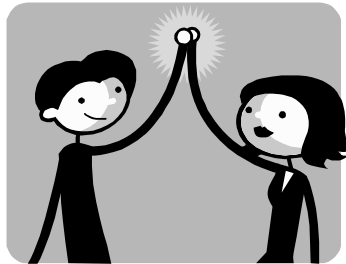
STORIES FROM PATIENTS AND FRIENDS

MARY'S STORY:

This story came from Regina Bowden, Ph.D. who

works with Esoteric Healing and is a coach and lecturer on stress management. Esoteric Healing works with physical, mental, emotional, personality and spiritual energies.

It is about Mary, one of her clients, who was diagnosed with ovarian cancer 3 years ago. She has had several surgeries. Prior to the last surgery, Mary had a healing session. Mary drinks alkaline water regularly and sits in a far infrared sauna (both from High-Tech, above) three times weekly. Her Ca-125 tumor marker dropped after surgery and continues to drop each month when it is checked. She refused chemo after the last surgery. She continues to work and her energy is increasing. Esoteric Healing addresses deep changes in the body that allow cancer to form. Dr. Todd Ovaikaitis is doing research on this, his website is:



www.GEMATRIA.com. His assistant helped Reggie with the protocol she used for Mary. Reggie may be reached at 248-969-9285.

LOU'S STORY REVISITED: Lou has MS and had "dead wood legs" that now are much better. She is even able to rollerblade with her husband.

The treatment that has made a big difference for her is oral chelation with DMSA used over a period of years.

AVA'S STORY: Ava had breast cancer and was advised to have surgery. She said no, and searched many possible alternatives before she decided to use cancer salves. She did repeated cleanses including coffee enemas, ate an organic fresh food diet, dealt with personal and stress issues, underwent hypnosis to deal with past emotional hurts that affected her heart chakra. (Christianne Northrup, M.D. discusses the relationship between breast cancer and insults to the heart chakra in her books.) Ava has photos of the breast cancer mass being expelled through the skin as a result of using cancer salves. Now her skin is normal and healthy in the area where she had the breast cancer.

PEG'S STORY: Peg had plantar fasciitis making it painful to walk. It was completely resolved with one acupuncture session with Jing Fei Huang, Certified Acupuncturist at TDC.

SALLY'S STORY: Sally happily reports that she feels better, has lost weight, and is getting compliments simply by following a better diet, not eating junk food, going to bed on time, and taking supplements.

KIM'S STORY: Kim was limping from pain in her upper leg groin area. She thought she had a pulled muscle and needed surgery. It was diagnosed as





an abdominal hernia with referred pain to the groin. Kim was told to avoid constipation, do gentle abdominal exercises to increase muscle tone, work with posture, and to eat a better diet. Kim is pre-diabetic, had drunk diet soda, and eaten a refined, poor diet. She reports that her pain is gone.

EVE'S STORY: Eve had Crohn's disease and was told, "We'll have to take out your colon." She refused surgery, and took prednisone and Azacol for years. At The Downing Clinic, we found wheat intolerance, food sensitivities, Candida intestinalis, nutrient deficiencies. She craved sugar and wheat but gave them up, and stayed on an allergy-free Candida diet. She received many nutrient IV's and oral nutrients for the gut. Today, her Crohn's disease is gone.

IRENE'S STORY: Irene was told she must take Lipitor for her cholesterol elevation. Very determined NOT to, she read Kowalski's Eight-Week Cholesterol Cure, and followed his diet using oat bran in everything. She started a serious exercise program. Today, her cholesterol is enviable. Oat bran and other soluble fibers in food (and Metamucil) bind cholesterol in the gut to aid its removal. TDC has handouts on soluble fibers.

GEORGE'S STORY: George had seen many doctors. He presented with a red and swollen face, excess weight, fatigue, recurrent viral infections, insulin resistance, and problems with overuse of alcohol. He was treated with a high protein and complex carbs, low-glycemic diet. He stopped alcohol, received both Mycostatin and Diflucan, along with acidophilis, essential oils and herbs. He reports that he is 90% improved and that people are telling him he looks better.

CAROL'S STORY: Carol reports that Vitamin D helps her avoid fall depression, so she increases her dose each year. Last year, she and her family of four took flu homeopathic remedies and no one was sick until March. Possibly spring tree allergies contributed to symptoms then. She uses X-Lear nasal spray regularly to keep nasal passages free from bacteria that can enter the body to increase incidence of sore throats, sinus and ear infections, and bronchitis. She says that BHI SINUS tablets help her keep her sinuses clear. Her joint pain is much improved after following Thomas Brown, M.D.'s protocol.





The Downing Clinic would like to extend our best wishes to you during this holiday season and thank you for selecting us to be your health care provider.

We value your trust in us.

*Our entire staff wishes you and yours
the best of health in 2006*

The Downing Clinic
5639 Sashabaw Road
Clarkston, MI 48346
Return address requested

