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## Specialized therapies at The Downing Clinic support holistic healthcare needs

By Joey Yashinsky For Digital First Media Feb 4, 2019

The Downing Clinic is located in Clarkston and specializes in internal medicine with an alternative medicine focus.

More frequently than ever patients are searching for an alternative to taking prescription medications – concerned about both the price and potential side effects. They are looking for a place to receive treatment without a rainbow of pills to swallow each day of the week.

Enter The Downing Clinic, a Clarkston-based office specializing in internal medicine with a alternative medicine focus.

Opened in 1991 by founder and former Pharmacist, Nedra Downing, DO, The Downing Clinic philosophy is based on using natural treatments when possible while encouraging patients to choose better foods and to improve their lifestyle in order to improve their lives — instead of taking a pill for everything. The clinic staff assess patient's health, partners with them to make good decisions for their health, and educates and guides them toward health improvement.

Dr. Laura Kovalcik became the clinic director in 2004, when Downing — Kovalcik's mother —retired. A board certified internist, Kovalcik sees patients not only from Clarkston, but from all over the region. They are willing to make a little longer drive to experience the array of options offered at The Downing Clinic.



**Acupuncture** is a popular therapy designed to relieve patients of pain and improve neurological, musculoskeletal, gastrointestinal and other issues. Jing Fei Huang is a certified acupuncturist at the clinic which she joined over 20 years ago.

**Electrodermal screening (EDS)** is also offered. This process uses special software and a computer to test energy signals in the body. Those signals help to identify if a specific system is stressed or fatigued. Ann Heusted, RN, has been with The Downing Clinic for over 15 years as the EDS specialist and nutrition counselor. She and Dr. Kovalcik use results of EDS screening (along with other assessments) to identify specific dietary and lifestyle changes for patient health improvement strategies.

**Rolfing® Structural Integration** is body work that helps realign structural relationships of the body for people with scoliosis, poor posture, hip imbalance, accidents, repetitive stress injuries, post surgery, degeneration, stroke and relief for deep pain due to improper alignment of tissues. Rolfing works with the fascia tissue which can get restricted due to the above conditions. Kathleen Strauch is a certified advanced Rolfer with over 25 years of experience.

When people hear the word **massage**, they naturally think of soothing music and maybe one of those fancy chairs at the shopping mall. But in fact, massage when done by an expert can lead to all sorts of medical benefits. Vickie Evans, certified massage therapist, has been with The Downing Clinic since 1998. Vickie works with her patients to incorporate a variety of massage techniques to achieve optimum results.

**IV Therapy** provides patients with intravenous treatments that help with fighting infections, reducing heavy metals and boosting their nutrition. Two full-time RNs are on staff five days a week supporting patients who need extra attention and special care to improve their health.

Coming to The Downing Clinic presents many advantages: a comfortable, home-like feel, warm lighting and soft armchairs for cozy ambience, and long-term staff who work together to support patients. All this in one location saves patients' time and energy when seeking a more holistic approach to their health care.

It's why so many Clarkston residents and those from neighboring communities have been coming through the doors of The Downing Clinic for close to 30 years.

And always walking out feeling just a little bit better than they did before.



The Downing Clinic has a comfortable, home-like feel, with warm lighting and soft armchairs for cozy ambience.



One patient, Tahnee Berger, started IV therapy a year and a half ago for multiple allergic reactions and sensitivities due to toxic build up from anesthesia following surgery for injuries from a car accident. Now her allergic symptoms are reduced, she has more energy and is better able to plan and focus on her life.



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