

Local Pioneer of Integrative Medicine Retires

Nedra Downing, D.O. retires from The Downing Clinic in Clarkston on May first

She first opened her office there in 1991, offering the community a new approach to medical care. She specialized in nutritional and environmental medicine, combining traditional prescription drugs with natural treatments.

The practice grew steadily since its inception, and now her daughter, Laura Kovalcik, D.O., Board Certified Internist, is following in her mother's footsteps to continue the legacy at The Downing Clinic.

Back in 1979, Dr. Downing had a dream that has, indeed, been actualized. Her dream was to have a medical practice that addressed basic nutritional needs of the body. She always said, "If the body needs zinc, the treatment should be zinc, not a prescription."

At that time, she owned and operated a pharmacy. She became concerned about the numbers of strong pharmaceuticals her clients were taking, often with one drug ordered to correct side effects of another. At the same time, she saw them smoking cigarettes, eating junk food, not getting enough sleep, thus ignoring basic needs of the body. They expected the chemicals in the prescriptions she dispensed to make them well. She knew this wouldn't work, and decided to do something about it.

She returned to school for degrees in nutrition and medicine. In 1986, she began to live her dream of combining nutrition with medicine in her practice. "Health begins with what we eat, think, and do," she says.

She owes her own good health to following her own advice. "Eat fresh, organic food whenever possible, get enough sleep and exercise, surround yourself with beauty, kindness and love, and pursue spiritual practices." She has had a rich and full life and looks forward now to the next chapter, which includes becoming a grandmother for the first time.

The Downing Clinic is located at 5639 Sashabaw Rd, Clarkston. For more information call 248-625-6677 or visit TheDowningClinic.com. See ad page 31.



~ Time ~

The time has come
the old one said
to look ahead to spring.

To walks with dogs
and naps with cats
and picnics on the porch.

To painting frogs
and steaming oats
and talking to the trees.

To watching clouds
and writing poems
and traveling to the sea.

To moving on
from indigo
to purple and magenta.

To learning to play
and tending the love
and reaching the higher self.

To finding the way
and time to pray
for each and every one.

To living the role
and giving the best
as grandmother-to-be.

To wishing you well
and seeing you soon
and never saying goodbye.

--Nedra Downing, D.O.



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