



Damien Downing, MD

*Environmental & Integrative Medicine*

Dr. Downing is a specialist in Ecological Medicine, a systems approach to health that considers interactions between the individual and the environment which has 3 components; Allergy, Environment and Nutrition. After qualifying from Guy's Hospital in 1972, he worked in psychiatry, neuropsychiatry and general practice in the UK, while also studying acupuncture, homeopathy and manipulative therapy. He then spent several years in the Solomon Islands in the Pacific, where his roles included running the Village Health Aid Project and the Mental Health Unit. In 1980 he returned to the UK and established a clinic which developed into Nutrition Associates. He has for 6 years been President of the British Society for Ecological Medicine. He co-founded and was for 20 years Editor of the Journal of Nutritional and Environmental Medicine. He is the author of Daylight Robbery, 1988, about the health benefits of sunlight; co-author of Why ME, 1995; his most recent book, The Vitamin Cure for Allergies, came out in 2010, and The Vitamin Cure for Digestive Disorders will be published soon.