



1330 SE 39th Ave., Portland, OR 97214
Phone: 503-232-1100 Fax: 503-232-7751 Web: www.CNMWellness.com

Meet our health care providers

Martin Milner, ND: Dr. Milner is the Medical Director and proprietor of the Center for Natural Medicine. He has successfully practiced medicine since 1983 and is a professor of cardiovascular medicine and lectures in Endocrinology at the National College of Naturopathic Medicine located here in Portland. As a published author in the fields of menopause and hormone replacement therapy, cardiovascular medicine, cancer and allergies, he is also widely known on the lecture circuit and is the Medical Editor of the internationally known alternative medicine newsletter, *Health Sciences Institute (HSI)*. Dr. Milner's practice is comprised primarily of patients with cardio-pulmonary disorders (coronary artery disease, clotting disorders, arrhythmia, hypertension, asthma, COPD) and hormone imbalances (thyroid disorders, menopause, PMS, adrenal insufficiency, diabetes) as well as primary care conditions including brain chemistry imbalances, digestive dysfunction, allergies, arthritis, chronic fatigue/fibromyalgia, skin disorders, general wellness and screening physical exams. To find out more information about Dr. Milner and how he might be able to help you, call the clinic and ask to schedule a 10 minute free phone consultation or view his and our other providers background online at www.CNMWellness.com (Healthcare Team tab).

Kelly Barrett, DC: Kelly Barrett is a chiropractic physician and a dietitian. She believes in natural methods of health care that treat the cause of physical problems rather than the symptoms. Her approach to wellness recognizes the integration of the whole person in order to pursue optimum health. Dr. Barrett graduated with her BS in Dietetics in 1992 from Purdue University and received her Doctor of Chiropractic degree in 1998 from Western States Chiropractic College. Shortly thereafter, she earned her certification in spinal trauma by the San Diego Spine Institute. Since graduating, Kelly has practiced in Portland, specializing in cervical acceleration deceleration trauma (whiplash). Additionally, she has taught diagnostics, clinical skills and reasoning, and patient management to third and fourth year students at Western States Chiropractic College and West Burnside Chiropractic Clinic. Dr. Barrett focuses her practice on the following: Whiplash, neck pain, back pain, headaches, TMJ (jaw) pain, rehabilitation, weight management, nutritional and exercise counseling, and food allergies. She accepts a variety of insurance and is experienced in personal injury and workman's compensation claims. Our staff will gladly help you verify your insurance coverage for Dr. Barrett's services.

Caroline Baldwin-Sayre, ND: Dr. Baldwin-Sayre has been in practice at the Center for Natural Medicine since 2004. She is a board-certified, primary care naturopathic physician, placing a strong emphasis on disease prevention, patient education, and a holistic approach to healthcare. She sees patients of all ages for preventative care (annual physicals, Pap exams, well-child exams), as well as acute and chronic illnesses. Additionally, she focuses on natural approaches to cardiovascular, endocrine, digestive, and women's health problems and utilizes nutrition, botanical medicine, homeopathy, bio-identical hormones, and lifestyle counseling to meet the varied needs of her patients. Dr. Baldwin-Sayre is the Vice President of the Oregon Association of Naturopathic Physicians and is on the faculty at the National College of Natural Medicine.

Alena Guggenheim, ND: Dr. Guggenheim works extensively with a conventional rheumatologist, working with patients with all forms of autoimmune and joint diseases. She has a passion for working with children, as she sees this as the best opportunity to prevent chronic illness later in life. Well Child visits with Dr Guggenheim will cover the most important aspects of long-term health that may get skipped in an allopathic pediatrician's office. She also provides vaccination counseling for parents so that they may make educated and individualized vaccination decisions for their children.

Cynthia (Cindy) Anderson, LAc: Cindy has had the honor and privilege of treating hundreds of patients since she began practice in 1994. She is state licensed, has her Masters in Acupuncture and Oriental Medicine and is nationally board certified as a Diplomat in Acupuncture. Cindy is also an active member of the Chinese medicine teaching faculty at a top rated Acupuncture and Oriental Medicine College. She has also been an acupuncture provider for a large NIH and Kaiser research project on TMJ disorders. Cindy describes acupuncture as a gentle, safe and effective form of healthcare. She treats the many diverse health issues that acupuncture can help, such as musculo-skeletal pain disorders (low back, shoulder, elbow, knee, neck pain, etc), headache/migraine, arthritis, injury rehabilitation, pain management, degenerative spine/disc disease, depression, stress reduction, gynecological complaints (PMS, menopause, infertility, etc.), constipation, allergies, smoking cessation, Bells Palsy, TMJ,the list is endless. Though best known for treating painful conditions, acupuncture is highly effective in treating many health issues faced by people everyday. If you are wondering what acupuncture treatment is like or if it may help you, please give her a call to discuss your condition or concerns. Acupuncture is gentle, relaxing and it works!

Daniel O'Neill, L.Ac received his Master's of Science in Oriental Medicine from Southwest Acupuncture College in Boulder, Colorado. He has studied both Traditional and Classical Chinese Medicine for over 10 years and considers his practice to be not only his profession, but his passion and life calling. Utilizing a holistic approach through acupuncture, herbal and dietary therapies, Daniel effectively treats both chronic and acute conditions which are often unsuccessfully or only partially addressed by Western medicine, including stress-induced illnesses, sleep disorders, hormonal imbalance, indigestion, IBS, fibromyalgia, migraines, Meniere's disease, physical injury, and much more. He also gladly co-operates with your primary care physicians to decrease or phase out use of pharmaceutical medication for many conditions. With all patients he works toward a goal of relief from symptoms with overall balance and healthy longevity.

Heart & Lung Wellness Program: This program is a discounted medical service serving the local community, extending from Dr Milner's passion for instructing medical students. Patients are treated by a team of naturopathic medical student interns under the close supervision of Dr Milner and his resident doctor. In return for their willingness to participate in this educational process, patients receive a significant discount for paying at time of service (50% off office visits, 20% off in-office/lab procedures). This teaching clinic specializes in the treatment of heart and lung related disorders, however other primary care cases are also gladly seen and treated.

Licensed Massage Therapists: HealthQuest Spa at the Center for Natural Medicine, Inc. has a team of incredible massage therapists available to provide therapeutic, relaxation and prescription massage. There are a wide variety of massage techniques to choose from including: Swedish/relaxation massage, deep tissue massage, pregnancy/side-lying massage, sports massage, Thai massage, acupressure/trigger point therapy, cranio-sacral therapy, myofascial release, stretching exercises and more! Please ask us about billing your auto insurance for personal injury massage or worker's compensation insurance for on the job injury.

Spa Services: HealthQuest Spa is part of the Center for Natural Medicine. Soak in our Jacuzzi tub with new hydrotherapy options for muscles aches, cold and flu or green tea detox. Add detoxifying herbs to your sauna. Open six days a week for convenient scheduling!