

- About CNM -

The Center for Natural Medicine, Inc. is the first and one of the largest integrated healthcare facilities in the Northwest founded in 1991. The Center comprises a diverse team of healthcare practitioners including four naturopathic physicians, two resident naturopathic physicians, twenty-four rotating 4th year naturopathic medical students, one chiropractor, two licensed acupuncturists, a nurse and licensed massage therapists working collaboratively to provide patients with well-researched and innovative treatments.



Mail Order and Online Dispensary

The Center for Natural Medicine Dispensary is a great bonus for patients. Our providers are able to choose the supplements they use the most, the best researched and quality tested products, and can offer them to you. In addition, you are able to order on-line at cnmwellness.com or naturalmedicineweb.com or call our toll-free order line 1-888-305-4288 and order your products without having to drive to the clinic. Our website provides articles on many of the products we carry.

Patient Services

- Women's, Pediatric, Geriatric & Family Care
- Auto, Work & Sports Injuries
- Mind/Body Medicine
- Full Laboratory Services

Therapeutics

- Homeopathic & Botanical Medicine
- Acupuncture & Chinese Medicine
- Spinal Manipulation & Physical Therapy
- Hypnotherapy & Biofeedback
- Stress Management & Stress Reaction Restructuring
- Prescription Drugs
- Minor Surgery
- Diet & Nutritional Supplementation
- Fasting & Cleansing Programs
- Extended Healing Programs

Specialty Services

- Second Opinions
- Allergy Testing
- Lung function Testing
- Artery and Vein Evaluations
- Resting and Exercise Stress EKG's
- Cardiac Exercise Rehabilitation
- On-site, 24 hour event and prolonged cardiac monitoring
- Body Composition Analysis
- Fitness Analysis
- Gait Analysis with Digital Orthotic Construction

Intravenous Therapies

Rehydrating, remineralizing, nutritional and immune stimulating IV's.

Research & Health Outcomes

CNM is a research satellite facility for Helfgott Research Institute, a part of the National College of Natural Medicine.

HealthQuest Services

- Classes, Seminars & Workshops
- Therapeutic Massage
- Steams, Private Jacuzzi, Wraps
- Therapeutic Hot & Cold Compresses

(503) 232-1100 • Fax (503) 232-7751
Web: cnmwellness.com

“Optimizing Health,
Reversing Disease”

Center
for NATURAL MEDICINE, INC.
1330 SE Cesar E Chavez Blvd (39th Ave)
Portland, OR 97214



What is
Natural
Medicine?



Center
for NATURAL MEDICINE, INC.

- Natural Medicine & The Health Continuum -

Our Mission

To offer an optimal healing experience through diversity, innovation and compassion. We encourage personal and professional growth and development of our people to better serve with full presence, integrity, competence, and love.

Our Philosophy

Each individual is a unique whole - a complex balance of body, mind, and spirit.

Health is not merely the absence of disease, it is a state of optimal function.

SERIOUS ILLNESS Chronic Degeneration

Our Approach

We help to motivate and stimulate the person's self-healing ability through medical care which encompasses "choice" for the patient, health enhancement services, preventative education, and lifestyle counseling.

The Health Continuum

Although illness is challenging, it can be an opportunity for growth, change, and movement toward improved health. Health and disease are dynamic processes representing a continuum from serious illness to optimal health and increased longevity.

"Where am I on this continuum? In which direction am I moving?"

FROM
DEPENDENCE

"I'm walking around but just don't feel good! Why?"

TO
INDEPENDENCE

Treatment

Treatment is our opportunity to begin moving you along the continuum. We effectively reverse acute and chronic disease.



Natural therapies have been around as long as people have used exercise, food, herbs, water, light, air, and thought: the forces of nature (*vis medicatrix naturae*) to heal themselves.

The Many Roles of a Complete Physician

A complete physician not only diagnoses and treats disease, he/she identifies the underlying cause of disease while optimizing health and wellness. Additionally, the complete physician focuses on prevention with programs to delay the onset and progression of diseases, early detection testing, risk factor analysis, preventative education and lifestyle enhancement. All of our patients are offered the opportunity to receive healthcare support on all of these levels. Feel free to contact us for further information or to schedule a telephone consultation with one of our practitioners.

Prevention

One's tendency to develop the leading causes of mortality (heart disease, cancer, strokes, diabetes, etc.) can be prevented by:

- Programs to delay their onset and progression
- Early Detection
- Risk Factor Analysis
- Preventative Education
- Lifestyle Enhancement

On the value of prevention:

"...First, prevention saves lives. Second, prevention improves the quality of life. Finally, it can save dollars in the long run. In an era of runaway health costs, preventative action for health is cost effective."

(From the U.S. Surgeon General's Report)

Optimization

"Feed a man a fish and you feed him for a day. Teach him to fish and you feed him for a lifetime."
-Anonymous

Our programs allow you to make appropriate choices in:

- Proper Diet
- Exercise Programs
- Stress Management
- Positive Mental Attitude

These tools, along with the diverse medical services offered at CNM when needed, enable you to be well and stay well on your own.

CNM's logo, the Celtic Knot, symbolizes the balance and interconnectedness of body, mind and spirit essential for optimal health.



"I feel great. I'm happy and healthy!"

OPTIMAL HEALTH
Freedom from Limitations

