

Program

We welcome the Portland Community to our Naturopathic Cardiovascular and Pulmonary Medicine Clinic. Each week fourth-year naturopathic medical interns and residents offer their expertise in the diagnosis, treatment and management of cardiovascular and pulmonary disease. This medical team is under the training and supervision of their Cardiovascular and Pulmonary Medicine professor, Martin Milner, N.D. Dr. Milner has functioned in this capacity at NCCNM since 1987.

Structure

NCCNM fourth-year naturopathic medical interns pair up with Dr. Milner and his residents as a team to provide consultations, physical examinations, related testing, patient care and wellness services. Patients are seen in consultation for 30 or 60 minutes. During the last part of the consultation patients are seen by Dr. Milner and/or his resident with the medical interns to finalize the assessment and treatment plan. After each shift the interns, Dr. Milner and the resident meet to review patient management and further optimize care.

Research

Naturopathic Cardiovascular and Pulmonary Medicine Textbook

After teaching Cardiovascular and Pulmonary Medicine since 1987, Dr. Milner is developing a research team including fourth year medical interns, resident physicians, and naturopathic physicians dedicated to the completion of a textbook in Naturopathic Cardiovascular and Pulmonary Medicine.

Heart & Lung Wellness
A Cardiovascular and
Pulmonary Medicine Clinic
1330 S.E. 39th Avenue
Portland, OR 97214

HEART & LUNG

NATUROPATHIC WELLNESS



A Cardiovascular and Pulmonary Medicine Clinic

An alliance between



Center for NATURAL MEDICINE

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and

National College of Natural Medicine
NCNM

NCNM is a teaching clinic of NCCNM

HEART & LUNG WELLNESS

A Cardiovascular and Pulmonary Naturopathic Medicine Clinic

Who is this program for?

Anyone who experiences the symptoms of chest pain, shortness of breath, coughing, heart palpitations, poor circulation or leg swelling. We also offer complete family healthcare.

Are you at high risk?

Cardiovascular disease is a silent killer. If you have a family history of heart or lung disease, diabetes, smoking, high blood pressure, high cholesterol or triglycerides, obesity or a sedentary lifestyle we can help improve your health and reduce your risk of disease and complications. Cardiovascular screening needs to start at age 40.

Why choose this program?

True health comes from treating the underlying causes of disease as well as your symptoms, while rebuilding your health. Our program can be either a complement or an alternative to conventional medicine.

Benefits

- Comprehensive care by a physician-supervised team of medical student interns and residents.
- Cases are reviewed as a team
- Medical students are an excellent resource for cutting edge therapies and new research
- Discounted Fees: 50% consultation, 20% procedures
- Additional discounts for community clinic referral
- Free initial body composition analysis
- Many insurance plans accepted and billed

What conditions do we address?

- Allergies, Asthma, Bronchitis, Emphysema, Pneumonia and Lung Cancer
- Angina: Coronary artery disease
- Arteriosclerosis: Hardening of the arteries
- Cardiomyopathy: Enlarged heart
- CHF: Congestive Heart Failure
- COPD: Chronic Obstructive Pulmonary Disease
- Heart Rhythm & Valve Diseases
- Hypertension: High blood pressure
- Peripheral Vascular Disease: Arteries and veins
- Stroke Prevention & Management
- Syncope: Fainting episodes
- Nutritional Precursor and Cofactor Support for Depression, Anxiety, PTSD, Insomnia, Attention Deficit
- Bio Identical Hormones - thyroid, adrenal, male/female

Service Available

- Consultations & 2nd Opinions
- Electrocardiogram: 12-lead resting, on-site cardiac and 24-hour monitoring.
- Exercise Stress Testing and Exercise Rehabilitation
- Spirometry: Lung function testing
- Wellness Consultations & Weight Management: diet, exercise and stress management
- Diabetic & Carbohydrate Metabolism Consultations
- Body Composition Analysis: Percentages of body fat, body mass, hydration, cellular capacitance & metabolism.
- Artery & Vein Evaluations for Strokes & Circulation,
- Allergy Testing: Airborne & Foods

Therapeutic Options

- Herbal Medicine, Homeopathy and Prescription Drugs
- Nutritional Supplementation and Hydrotherapy
- Diet: Optimal caloric, protein, carbohydrate & fat balance
- Oxygen Therapy and Cardiac Exercise Rehabilitation
- Exercise Training: Aerobic, flexibility & resistance
- PE,M.F. - Pulsed Electromagnetic Field Cellular Exercise
- Fasting, Cleansing and Detoxification
- Intravenous: Vitamin, mineral, & hydrating
- Chelation: Oral and referral for intravenous

Fees

Consultations are discounted 50% and office procedures are discounted 20%. Community clinic referrals benefit from additional discounts. These discounts exclude any products purchased from the dispensary.

Staff

In addition to the fourth-year NCNM medical interns participating in the program, Dr. Milner's resident, nurse, and office coordinator assist in the design, development and implementation of the program.

For more information or to schedule an appointment, call:

503-232-1100

About the Director

Martin Milner, N.D. is President and Medical Director of the *Center for Natural Medicine, Inc.* Established in 1991, the Center is the oldest and



one of the largest ongoing, integrated healthcare facilities in the Northwest. The Center comprises a diverse team of practitioners working collaboratively to provide patients with well researched, innovative and effective treatments.

Since 1987 Dr. Milner has been Professor of Cardiovascular and Pulmonary Medicine at *National College of Natural Medicine*. He is well published with texts, medical journal articles and/or studies in cardiology, pulmonology, oncology, endocrinology and environmental medicine.

Dr. Milner is the medical advisor to *Health Sciences Institute*, a monthly cutting edge newsletter featuring breakthrough underground natural therapies with over 100,000 worldwide subscribers. Dr. Milner speaks worldwide to medical doctors, naturopathic physicians, chiropractors, pharmacists and the general public. Dr. Milner is regarded by his peers as a leader in naturopathic cardiovascular and endocrinology (hormone) care.