

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 served in this capacity at NCNM since 1987.

Structure

NCNM 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.

First Worldwide Center of Excellence

**In Naturopathic Cardiovascular and
Pulmonary Medicine & Research**

The maturation of cardiovascular residents into physicians at CNM has evolved the first worldwide “Center of Excellence” in clinical naturopathic cardiology and innovate cardiovascular research.

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



HEART & LUNG

NATUROPATHIC WELLNESS



*A Cardiovascular and
Pulmonary Medicine Clinic*

An alliance between



www.CNMWellness.com

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503-232-1100

and

National College of Natural Medicine

NCNM

CNM is a teaching clinic of NCNM

Optimizing Health, Reversing Disease

Heart & Lung Wellness

A Cardiovascular and Pulmonary Medicine Clinic

**1330 S.E. Cesar E. Chavez (39th) Blvd.
Portland, OR 97214**

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 patients
- ☞ 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
- ☞ CHF: Congestive Heart Failure & Cardiomyopathy
- ☞ COPD: Chronic Obstructive Pulmonary Disease
- ☞ Diabetes and carbohydrate metabolism disorders
- ☞ Heart Rhythms, Atrial Fibrillation & 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

Services Available

- ☞ Consultations & Second Opinions
- ☞ electrocardiogram: resting 12-lead EKG, with real time, 24 hour and other cardiac monitoring technologies.
- ☞ 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
- ☞ P.E.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 patients 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 Medical Director and CEO 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. He 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 pulmonary and endocrinology (hormone) care.