

# act naturally

News from the teaching clinics of  
National College of Natural Medicine

www.ncnm.edu



Winter 2008

## Integrative Oncology Care at Pettygrove Clinic



People living with cancer often struggle with side effects of their treatments while battling the disease. Natural medicine can help.

Pettygrove Clinic's five year old oncology care program offers specialized treatments that blend classical Chinese medicine and naturopathic medicine to assist patients in successfully completing conventional cancer treatments with a better quality of life, while limiting side effects and long-term toxicities.

Patients receive personalized care based on their specific cancer type and the treatment they are receiving. The treatment team of licensed practitioners and senior medical interns creates individualized health plans which may include acupuncture, herbal therapy, nutrition and lifestyle counseling, homeopathy and qigong. Along with sharing expert medical advice, the treatment team provides compassionate and knowledgeable support to people persevering through a hugely challenging time in their lives.

Pettygrove's oncology care team is dedicated to working with other naturopathic physicians, medical doctors, nurses and acupuncturists who may already be part of a patient's treatment team. Our goal is to enhance conventional treatment benefits without interfering with surgery, chemotherapy, radiation or oral medications. Many side effects of cancer treatments such as fatigue, nausea, anxiety, insomnia, depression, scarring and vision/hearing deficit can be limited or avoided with the added support of natural medicine.

Our practitioners are committed to engaging in open communication, addressing underlying causes of cancer to restore health, and supporting the patient's treatment progress. Patient referrals from our medical community are always welcome.

Integrative classical Chinese and naturopathic medicine cancer care appointments are available at Pettygrove on Mondays between 4 p.m. and 6:30 p.m. Naturopathic cancer care appointments are available on Tuesdays between noon and 2:30 p.m.

## The Bright Side: Healthy Tips for Grey Winter Days

When the weather outside is frightful, it may be hard to feel delightful. We can help. Here are some tips from our doctors to beat the winter blues:

*RELAX . . . Sleep more, exercise less . . . Enjoy the sun when you can . . . Get hydrotherapy to boost immunity*

**Act Naturally is a continuing series of free health education events each month at the NCNM clinics.  
All sessions are from 6 :30 - 8:00 p.m.**

**January 18  
Natural Health Center**

Natural Light on Seasonal Affective Disorder: Do the dark days of winter cast a shadow on your mood? Illuminate yourself with practical tools and tips.

**February 15  
Pettygrove Clinic**

Cancer Care: Are you or someone you love living with cancer? Lean on us. Find out more about NCNM Cancer Care offerings.

**March 21  
Pettygrove Clinic**

Diabetes: Time -Tested Treatments for a Modern Disease. Learn natural ways to cope with or prevent diabetes.

**April 18  
Natural Health Center**

Healthy Person, Healthy Planet: Explore the link between your health and your environment.

## Medicine and a Whole Lot More

NCNM clinic patients often arrive a little early, just so they can spend a few minutes sipping a cup of our custom-blended tea before an appointment. NCNM's two clinic medicinaries offer a wide array of specialty products to support health and well being. These products were developed by our faculty and staff using the highest quality natural ingredients.

Pettygrove Clinic is currently featuring Morning Beauty Tea, an invigorating blend of Chinese herbs that is especially delightful on cold winter days. The combination of ginger, licorice, clove, fennel, aloe-wood and red date is a well-rounded formula that warms and tonifies the body. Other teas for sale exclusively at our clinics:

- Adrenal tea                      Adaptogenic herbs to promote a healthy response to stress
- Alterative tea                   Stimulates the liver in its detoxification process
- Calming tea                      Eases stress and anxiety, promotes healthy sleep
- Immuni-tea                      Great for colds and flu; warming and soothing
- Mentali-tea                      Boosts mental clarity and memory, helps ease stress
- Ruby (heart) tea                For healthy circulation; tonifies and nourishes the heart
- Tonic tea                         Vitamins and minerals for overall health and vitality
- Tummy tea                      Soothes upset stomach and diminishes gas



For a deliciously healthy meal or snack, try our Autumn & Winter Tonic Soup, a nourishing herbal formula designed to boost the immune system and tonify qi to ward off infections. Just add meat and/or veggies, green onion and ginger to make a tasty soup and a well rounded meal. Available only at Pettygrove Clinic.

Pettygrove Clinic is fortunate to have acquired ancient Chinese herbal formulas to create our Chinese Herbal Tooth Powder and line of Empress Beauty Products. The tooth powder is antimicrobial and is great for supporting healthy teeth and gums. Empress Face Powder works great on all skin types and is wonderful used as a weekly mask to deeply clean and soften skin. The Empress Beauty Basket makes a wonderful gift for the empress in your life. It contains a collection of nurturing and beauty enhancing products, including a large tin of Empress Face Powder, a packet of Morning Beauty and Longevity Tea, a bottle of Rose Petal Facial Mist, a porcelain tea mug and a cotton face cloth, packaged in a lovely gift basket. Available only at Pettygrove Clinic.

Pettygrove Clinic offers comprehensive naturopathic care on Tuesdays, Fridays, and Saturdays. Hydrotherapy is available during these shifts. Please ask at the front desk or call 503-552-1552 for details.

Our medicinaries blend organic healing herbs and oils with vitamins A and E to create our soothing, moisturizing NCNM Salve for scratches, scrapes, and minor skin infections. For aches and pains, our doctors have created four Topical Plasters to treat acute and chronic musculoskeletal injuries. These plasters are used to successfully treat pain, swelling and inflammation as well as other topical conditions. Available only at Pettygrove Clinic.

## NHC Office Manager is a Natural

Every office needs an easygoing, helpful, friendly manager to keep things running smoothly, and Russ Heitkamp fills the bill perfectly at the Natural Health Center. You could even say he was born for the job. Russ's mother was an office manager in alternative medical clinics while he was growing up. He worked with her before coming to NCNM last year.



When he's not behind the front desk in the clinic, Russ likes to play guitar (ask him about his rock band, The Dings), hang out with his wife Amanda and their two cats, and practice his skills at disk golf.

Russ is happy to answer your questions about services offered through the clinic, and generally make your visit a pleasant experience.



### NCNM Clinic Hours

#### Natural Health Center    2220 SW First Avenue, Portland

Monday	12:00 p.m. - 7:30 p.m.
Tuesday - Thursday	8:00 a.m. - 7:30 p.m.
Friday	8:00 a.m. - 4:30 p.m.
Saturday	9:00 a.m. - 12:30 p.m.

#### Pettygrove Clinic    2232 NW Pettygrove Street, Portland

Monday - Thursday	9:00 a.m. - 7:30 p.m.
Friday	9:00 a.m. - 5:00 p.m.
Saturday	9:00 a.m. - 12:30 p.m.