



Integrative Medicine Clinic Welcomes Bilingual Physician, as Obamacare Expands Healthcare

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Portland, OR -- Grain Integrative Health, an integrative primary care medical clinic, welcomes Courtney Jackson, ND to its provider group. Recently, the founders of Grain Integrative Health found the dynamics of their patient population had shifted under the new ObamaCare regulations. Welcoming these changes, they acknowledged they would be unable to effectively serve the needs of the Portland Latino population without expanding their provider group to include bilingual providers. Dr. Jackson joins Grain Integrative Health to settle roots in the expanding integrative healthcare market and will provide bilingual medical care at the primary care clinic.

Dr. Jackson brings to Grain Integrative Health many years of clinical nutrition education and success working within the Latino community to provide direct outreach to families with diabetes and obesity or other health issues directly affected by nutrition. She is a primary care physician, with a strong interest in nutrition-based science and medical care.

Dr. Jackson is one of the founding directors of the Food As Medicine Institute, established and supported by the Bob's Redmill grain company. She is currently co-authoring a nutrition book based on her years of experience in servicing the nutrition needs of the greater Portland, OR community.

Grain Integrative Health is a leading example of a primary care home model under the Obamacare shift in regulations. The clinic is in the SE Belmont region of Portland, OR where it originated at the Belmont Garage building. The primary care clinic has 6 Naturopathic doctors and integrates with both acupuncture and massage therapy. Owners, Lindsay M. Baum, ND and Sara Kates-Chinoy, ND opened the clinic with the intention of creating a new model of naturopathic primary care - where providers were available to patients for their ongoing medical needs. In a healthcare climate where patients are often forced to interact with after-hours answering services or use expensive emergency room care, Grain Integrative Health is the exception.

The clinic is an example of inclusiveness - providing care to everyone - from Medicaid populations to a wealthy clientele arriving regularly from Europe and Asia to take advantage of the comprehensive medical care Grain Integrative Health physicians offer. Dr. Baum notes, "Our providers use conventional medical counseling, education and interventions but safely pair it with complementary alternative therapies whenever indicated or preferred by patients. Patients are encouraged to call our pager during closed hours, rather than clog up the emergency rooms. Nine times out of ten we can help patients over the phone or at least schedule them an appointment first thing the next morning." Dr. Kates-Chinoy states, "Helping an acutely ill patient feel calmer about their progress and prognosis saves the healthcare system money."

With the addition of bilingual physician, Courtney Jackson, ND, the owners of Grain Integrative Health hope to welcome a more diverse patient population. Dr. Jackson explains, "Grain Integrative Health is an inclusive, exemplary integrative health model - I'm excited to join the other providers and bring my clinical expertise forward."

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For more information about PR Bunch, contact the company here: PR Bunch Augusto Beato (503) 278-4356 augusto@prbunch.com P.O BOX 2011 Portland OR 97208

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Website: <http://prbunch.com>

Email: augusto@prbunch.com

Phone: (503) 278-4356

