

Kimberly Windstar - Hamlin, ND
NCNM Clinic
3025 SW Corbett Avenue
Portland, OR. 97201
(503) 552 - 1807

EDUCATION

1991 ND, NCNM
1982 MEd, California State College
1979 BS, Lock Haven State College

TEACHING

2008 – winter Panel Member for Integrative Medicine Fellows at OHSU
2007 - fall Resident Education – NCNM – menopause & AUB
2007 – fall CAM Grand Rounds OHSU Portland, OR (Women’s Reproductive Health)
2007 - spring NCNM Grand Rounds – cervical dysplasia
2006 – fall CAM Grand Rounds – OHSU Portland, OR (Women’s Reproductive Health)
2006 – winter Grand Rounds – NCNM (3rd & 4th yr) – 1. Philosophy Panel, 2. Acute Abdomen Panel
2005 – present Pathology II, III, IV
2004 – winter Grand Rounds – NCNM (1st & 2nd yr) – case presentation – cervical dysplasia
2003 - spring Breast cancer Grand Rounds – OHSU CAM Series, Portland, OR.
2002 – present Palpation I & II, NCNM
2001-present Advanced Gynecology Course Seminar Series, NCNM, Portland, OR.
2000-2002 Teaching Assistant for Institute of Women’s Health & Natural Medicine
1999 – present Clinical Case Presentation Class, NCNM
1999-present Assistant Professor, full time faculty, NCNM, Portland, OR
1996 – present Clinic Supervisor for Teaching Shifts at NCNM
1996 – present Gynecology Lab, NCNM, Portland, OR
1996 -1999 Adjunct Professor, NCNM, Portland, OR
1997 “Naturopathic Medicine & Menopause” at Menopause Conference
1984-91 Teaching Assistant, NCNM

1981-84 Women's Athletic Trainer/Instructor, California State College

PROFESSIONAL EXPERIENCE

2005 – present Creator/ Supervisor - Windstar – Hamlin Women's Health Residency, NCNM 1st Ave Clinic

2002-present Private practice NCNM 1st Ave Natural Health Center – Portland, OR.

2000 – present Creator/Supervisor of 3 mentor shifts with 7 medical students each with special focus on advanced gynecological cases, NCNM 1st Ave Clinic

1996-present Supervising physician, Natural Health Centers – Portland, OR

1996-present Assistant Professor, NCNM (courses – gyn lab, palpation I&II, clinical case presentation, Pathology II, III IV)

2001-present Co-Director of Advanced Gynecology Seminar Series for medical students and physicians

1991-2002 Private practice, Portland, OR
New Health Horizons, Integrative Medical Clinic

1996-97 Physician, All Women's Health Clinic, Portland, OR

1988-96 Counselor/Support Services, ARC Related Services Brokerage and Multnomah County Mental Health Case Managers

1987-88 Instructor/Counselor, MRDD adults at Portland Habilitation Center

PROFESSIONAL AFFILIATIONS/CERTIFICATIONS

1977-present Certification in CPR/First Aid

1991-present Naturopathic Physician, State of Oregon

1991 Certification in Cervical Cap/Diaphragm Fitting

1991 Certification in Homeopathic Medicine

1988 Oregon Licensed Massage Technician

CONTINUING EDUCATION ATTENDED

2007 Bio-Identical Hormone Restoration Therapy in Male & Female Patients (ZRT)

2007 Advanced Gynecology Seminar – Breast Health & Cancer

2007 Pharmacy and Pain Management Seminar (OANP, OBNE)

2007 Advacing Pain Management in Oregon (OPMC, ODHS)

2006 Medical Ethics, Portland, OR

2006 Chronic Disease, Miasms, Portland, OR

2006 Advanced Gynecology Seminar - Menopause

2006 The Gathering – NCNM – Feb 11th & 12th

2005 Advanced Gynecology Seminar – Abnormal Uterine Bleeding/Pelvic Pain

2005 Cancer Treatment Center – Clinic Oncology Seminar March 2005

2005 Advanced Gynecology Seminar – Menopause

2004 AANP Conference – Seattle, WA. Sept. 2004

Botanical Medicine – NCNM fall 2004

- 2003 Advanced Gynecology Class – Menopause
 Advanced Gynecology Class – Breast Health/Cancer, Colposcopy
 Grand Rounds, NCNM
- 2002 Advanced Course in Primary Care for Women
- 2001 Immunology Seminar, NCNM
 Pharmacology Seminar, OANP
- 2000 Advanced Course in Benign Pelvic Tumors, Pelvic Pain, and Urological Disorders
 Advanced Course in Sexually Transmitted Diseases, Contraception, and special topics
 Integrative Holistic Oncology Care, Cancer Treatment Centers of America
- 1998 Preceptoring with Dr. Tori Hudson, Portland (10 hrs)
 Functional Medicine (2 hrs)
 “Botanical Medicines” with Kerry Bone (2 hrs)
 EENT In-service (1.5 hrs)
 “Charting”, NCNM Grand Rounds (2 hrs)
 Pharmacology, NCNM (6 hrs)
 “Art of the Chart” (1.5 hrs)
 Neurology Review (1 hr)
- 1997 Pharmacology, NCNM (5 hrs)
 “Nutritional Improvement of Health Outcomes – The Inflammatory Disorders” with Jeffrey
 Bland, PhD (8 hrs)
 “Basic Course in Frequency Specific Microcurrent” with Carolyn McMakin, DC (6 hrs)
 Cut Score Session, NPLEX (3 hrs)
 “Intermediate Frequency Specific Microcurrent” with Carolyn McMakin, DC (6 hrs)
- 1996 New Perspectives in Naturopathic Therapies, Jeffery Bland (6 hours)
 seminar with Michael Murray (5 CEs)
 HANP case conference (10 CEs)
 NPLEX cut scoring (3 hours)