



## **Portland Oregon Chiropractor Opens Unique Clinic: Dr. Tim Irving Opens Optimum Function in Southeast Portland**

*Tim Irving is a Portland, Oregon chiropractor, nutritionist, massage therapist, functional medicine practitioner and clinical hypnotherapist. His vision for a clinic that helps patients on 3 important levels (physical, chemical/physiological, mental/subconscious levels) was not recognized by any other chiropractic clinic in Portland, Oregon. As Such, he opened is own clinic, Optimum Function in the Everest Building on SE Morrison St.*

Portland, OR, February 14, 2009 --([PR.com](http://PR.com))-- Dr. Irving, a massage therapist who had a successful practice in Boulder, Co. moved to Portland with a dream; to become a chiropractor who treats patients on 3 important levels of health and well-being. These three levels are: physical, chemical/physiological and mental/subconscious levels.

At Optimum Function, patients travel from within Portland as well as from many other states in the country to experience this unique blend of techniques and procedures. Dr. Irving explains how he addresses each of the 3 levels of health and wellness in his clinic.

"On a physical level, I use chiropractic adjustments to all of the joints of the body, techniques like the Graston Technique, Kinesiotaping and more soft-tissue techniques that I utilized as a massage therapist, modalities like Cold Laser, Electric Stimulation, flexion-distraction and heat/ice, and rehabilitative procedures like functional movement pattern improvement, strengthening and stretching prescription and more.

"On a chemical/physiological level, I utilize nutrition, Real Food nutrition, not just supplements; this is the reason I went on to receive my master's in human nutrition; I also use functional diagnostic medicine to investigate the root cause behind why a patient's health status is not optimal. To do this, I utilize body-composition analysis, the Precision Nutrition Program developed by Dr. John Berardi, blood work, urinalyses and other functional medicine tests.

"Lastly, I noticed mental/subconscious processes contributing to many of patients' dysfunctions and ill-health which is why I became a certified clinical hypnotherapist."

The Everest building houses Optimum Function and Dr. Tim Irving and is located on Southeast Morrison and 8th street. The clinic itself is on the second floor and the set-up is incredibly efficient, utilizing online scheduling and a technological support system that allows Dr. Irving to be the only one who is involved in your medical/health concerns.

"My patients appreciate this level of privacy," Dr. Irving states. "They feel that in most doctors' offices, too many people are involved in their cases; at my office, you get to interact with me. After all, I am your doctor."

There is no doubt that Optimum Function is an incredibly unique and revolutionary clinic offering



chiropractic, nutrition, functional medicine and clinical hypnosis. To reach Dr. Tim Irving, go to [www.OptFunction.com](http://www.OptFunction.com), email [info@OptFunction.com](mailto:info@OptFunction.com) or call 503-866-9739. The address of the clinic is:  
819 SE Morrison St. Suite 215  
Portland, OR, 97214

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**Contact Information:**

Optimum Function: Chiropractic, Nutrition, Functional Medicine, Clinical Hypnosis

Tim Irving DC, LMT, Nutritionist, CKTP, CHt

503-866-9739

info@optfunction.com

www.OptFunction.com

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