

Lisa Shaver, ND, LAc

Dr. Lisa Shaver is a licensed physician who incorporates Naturopathic medicine and Chinese medicine to treat women and men. She graduated from the National University of Natural Medicine in Portland, Oregon with a Doctorate in Naturopathic medicine and a Masters of Science in Oriental medicine. Dr. Shaver is a licensed acupuncturist. She co-founded and ran Everyday Wellness Clinic in downtown Portland, where she maintained a private practice for 15 years. Dr. Shaver is a co-founder of Hive Mind Medicine Clinic in downtown Portland, where she currently practices. Dr. Shaver is a yearly guest lecturer on celiac disease and non-celiac gluten sensitivity at the [National University of Natural Medicine](#) She is the branch manager for the [Gluten Intolerance Group of Portland](#).

Dr. Shaver's practice focuses on chronic lifestyle diseases such as non-celiac gluten-sensitivity and celiac disease, digestive disorders (chronic burping, GERD/heartburn/reflux, hiatal hernia, gas/bloating, abdominal pain, diarrhea/constipation, hemorrhoids), ulcer/stomach pain, IBS, constipation/diarrhea, gas/bloating/abdominal distention, SIBO (small intestinal bacterial overgrowth), intestinal yeast overgrowth (SIFO/LIFO) and parasites. She has a special interest in autoimmune conditions, hormone and thyroid imbalances, mental and emotional imbalances. As both a naturopathic physician and acupuncturist, she treats patients who have been involved in MVA's (motor vehicle accidents) from both an acupuncture/Chinese medicine and naturopathic medicine perspective. Dr. Shaver sees adults only.

Dr Shaver is trained in Functional Gastroenterology (gut and digestion), Functional Endocrinology (all hormones: thyroid, adrenals, sex hormones), Functional Neurotransmitter Balancing (moods) and Functional Blood Chemistry Analysis (looking at lab tests more thoroughly than standard means). She has trained in a year-long Functional Neurology program, however she does not practice neurology. Functional medicine doesn't only address disease and symptoms; it looks at the whole person and treats the imbalances and dysfunctions which are at the root of the disease or condition and bodily symptoms.

Dr. Shaver particularly enjoys working with food and nutrition, and lifestyle modifications as a means to regain health and vibrancy, as well as botanical medicine, targeted therapeutic agents such as vitamin/mineral protocols, and acupuncture and cupping. She is an ardent whole foods diet and gluten-free (when appropriate) advocate and educator. As an educator, she teaches her patients about their body and ways they can maintain health on their own.

Dr. Shaver grew up embracing a lifestyle full of healthy cooking, nutritious eating, exercise and the love of the outdoors. While growing up she actively participated in swimming, sailing, tennis, beach volleyball, hiking, skiing and running. Dr. Shaver is a former Peace Corps Volunteer. She served four years in the Central African Republic as a public health educator in maternal and child health care, and as an HIV/AIDS prevention liaison to at-risk women. She lived both in the bush in a grass-thatched mud hut for two years as well as in the capitol city of Bangui, working with the Ministry of Health (their version of the Dept of Health and Human Services). She taught these high-risk women entrepreneurial and small business skills. She has worked in Washington, DC for the American Red Cross and has volunteered extensively and passionately her entire life.

Dr. Shaver loves to cook, create recipes, convert recipes to gluten-free, grain-free, anti-inflammatory friendly, and share them with her patients. She has taught classes in cooking, meal planning, and gluten-free and clean healthy delicious cooking. Dr. Shaver has competed in an Olympic distance triathlon with Team In Training, raising funds for the Leukemia and Lymphoma Society. She currently enjoys biking, hiking, camping, running, walking and photography. She grows her own food in her vegetable and herb gardens – at home and in a community garden.

Since 2008 Dr Shaver has volunteered as the branch manager for the Portland chapter of the [Gluten Intolerance Group](#), which meets monthly and supports all those who live a gluten-free lifestyle – whether by choice or due to a medical condition. Meetings include expert speakers in the area and nationally, gluten-free samples, discussions on safe and unsafe foods and restaurants in the area and occasional gluten-free gatherings. She maintains their [Facebook page](#). The meetings are geared equally to

those starting to navigate the gluten-free lifestyle, or who are curious, as well as those more advanced. Many members are eating diets that follow: Paleo, SCD, GAPS, Ketogenic, low FODMAP or straight-up conventional Gluten-Free Diet. For 6 years she coordinated the yearly Gluten-Free Food Fair, an expo with over 60 gluten-free local businesses. Dr. Shaver has attended the International Celiac Disease Symposium, with a delegation of local Oregonian health practitioners.

Dr. Shaver is a guest lecturer at NUNM and lectures in the Advanced Gastroenterology course on celiac disease, non-celiac gluten sensitivity, wheat allergy, food sensitivities and food allergies to medical students. Dr. Shaver regularly presents lectures at numerous gastroenterology conferences across the nation. Shaver lectures on topics as varied as SIBO, celiac disease (diagnosis and treatment of CD, skin manifestations of CD, psychiatric manifestations of CD, the ethics of prescribing a gluten-free diet, research updates on CD, etc.), identifying food sensitivities, and other topics.

Dr. Shaver has written articles for local newspapers and has been quoted in The Oregonian, Delicious Living, NW Boomer and Senior News, and other media. She has been interviewed for numerous online webinar-style summits. She has been a speaker in several online educational health summits. Dr. Shaver sits on the board of [Camp Blue Spruce](#), a gluten-free, allergy-free summer camp for kids in Oregon.

Dr Shaver's clinic, Hive Mind Medicine, takes most insurances and as a courtesy to you, will bill your insurance for your visits. Dr. Shaver consults with individuals living out of town or out of state via phone for digestive issues, celiac disease, SIBO or other conditions.

Like [Dr Lisa Shaver on Facebook](#), and get her recipes, links to research and inspirational messages.