



Gina Cushman NMD, PhD

Owner & Founder

Gina Cushman, NMD, PhD is a licensed Naturopathic Medical Doctor, President Emeritus of the California Naturopathic Doctors Association, Board Member of the California Citizens for Health Freedom, Owner and Founder of [HealthBridge Medical Center](#) and HealthBridge Management LLC, and Physician Spokesperson for the American Association of Naturopathic Physicians, the American College for Advancement in Medicine, and the California Citizens for Health Freedom's Cancer Bill. A recognized leader in the field of Integrative Medicine, Dr. Gina is a graduate of the University of California, Los Angeles; where she received College and Latin Honors and a graduate of Southwest College of Naturopathic Medicine and Health Sciences where she was awarded her Doctorate Degree at the age of 23 and received Distinguished Honors for her work in nutritional biochemistry, homeopathy and herbal medicine.



Dr. Gina is a featured expert on the cable TV show Fine Living Network (HGTV) and on PBS, and is often quoted as an expert in popular magazines such as *Woman's World*, *First for Women*, *Yogi Times*, *Better Homes and Gardens*, *Remedies*, *Diet & Fitness Magazine* and *Woman's Day*. Dr. Gina is the researcher and formulator of a variety of reputable, clinically researched nutritional supplements. She is the author of hundreds of published and peer-reviewed scientific documents on natural medicine, and is the inventor of several natural products formulation techniques. Her most recent patent projects involve the formulation and use of nutraceuticals that treat Sickness Syndrome, a new syndrome discovered by Dr. Gina that offers a cause for depression and anxiety and a method of healing the conditions naturally. Author of [Clinical Purification](#) and [Yogic Nutrition](#), Dr. Gina has also maintained a long-standing, well-respected column in the Townsend Letter for Doctors and Patients entitled Therapeutic Nutrition.

During the past 11 years, she has taught over 10,000 Medical Doctors, Pharmacists, Naturopathic Medical Doctors, and other healthcare professionals about natural detoxification therapies, natural treatments for anxiety, depression, prostate disease, inflammatory and autoimmune challenges, ADHD, and natural approaches to hormone balance. Dr. Gina is a member of the American College for the Advancement of Medicine, the American Academy of Anti-Aging Medicine, the UCLA Alumni Scholar Association, the American Association of Naturopathic Physicians, and the California Naturopathic Doctors Association. She serves on the Scientific Review Board for the peer-reviewed Journal of the American Nutraceutical Association and the International Association of Yoga Therapists and is an active member of several Scientific Advisory Boards within the Integrative Medical field.

HealthBridge Medical Center | 366 San Miguel Drive Suite 209 Newport Beach, CA 92660

Office: 949-715-9321 | frontdesk@HealthBridgeHealing.com | www.HealthBridgeHealing.com

Patient Services - Dr. Gina Cushman

At HealthBridge Medical Center, Dr. Gina provides leading, well-researched integrative medical treatments designed to support long term health and vitality, healthy aging, and to regenerate the body. The treatments aim to optimize your physical, emotional, and mental health and well-being and to enhance the look of a revitalized, better you. In partnership with you, Dr. Gina aims to:

- Strengthen cell-to-cell communication
- Enhance vitality and energy
- Strengthen key organs
- Increase blood flow and tissue oxygenation
- Shift your body's processes towards ***long term*** optimal health and balance.

Services offered at HealthBridge Medical Center:

Natural Integrative Medicine Therapies

- Bio-Identical Hormone Replacement
- Detoxification, to cleanse the system and stimulate healing in the body
- Successful Medical Weight Loss Program
- Assessment and treatment of Adrenal Gland Function
- Homeopathy/Herbs/Natural Medicine
- Mind/Body Medicine
- Natural Approach to Managing Stress
- Physician-Only Vitamins and Supplement Programs

Comprehensive Metabolic, Nutritional and Lifestyle Analysis

- Heavy Metal Testing
- Hormone Testing
- Neurotransmitter Testing
- Comprehensive Nutrition Analysis
- Intestinal Permeability Assessment
- Immune Allergy/Food Allergy Testing
- Functional Intracellular Analysis (blood analysis for vitamin, mineral, and amino acids; carbohydrate and fatty acid metabolism)

Specialized Health Challenges

- Andropause
- Attention Deficit Disorder
- Autism Spectrum Disorder
- Autoimmune Disorders
- Bipolar Disorder
- Cancer
- Chemotherapy Side Effects
- Depression & Anxiety
- Diabetes (Type II)
- Fibromyalgia
- Heart Disease
- Heavy Metal Toxicity
- High Cholesterol
- Hormone Imbalance
- Hypothalamic/Pituitary/Adrenal Axis Dysfunction
- Infertility
- Irritable Bowel Syndrome
- Low Energy and Vitality
- Menopausal Symptoms
- Metabolic Syndrome
- Mood Disorders
- Obesity
- Pre and Post Operative Care
- Premenstrual Syndrome
- Rheumatoid Arthritis
- Sickness Syndrome Depression
- Sleep Disorders
- Stress-related Illness
- Thyroid Disorders

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