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LD 1128

My name is Amy, and I am a resident of Sullivan, ME. I am writing in support of LD 1128.

I am on a fertility adventure. This is a phrase I've used to find light in a dark tunnel. I was born and raised on the coast of Maine, playing in the blueberry barrens with my cousins. Now, at 39 years old, I am trying to start a family with my husband, an oyster farmer born and raised in Maine.

We lead active, healthy lives and still struggle with unexplained infertility. Navigating the medical system with busy lives can feel like a sea squall with rain and winds closing in on us. Shame, fear, and anxiety are only a few feelings I've had during this infertility journey. Being self-employed oyster farmers makes health insurance very expensive and challenging.

Without the care and presence of my naturopath doctor, I strongly believe we would have given up hope for a family a long time ago. My ND offers their time and patience and responds with thoughtfulness as my body changes and flows through my cycles. They unturned every stone on the path to what will someday lead to a healthy pregnancy. I can rely on regular scheduled meetings and make informed and precise adjustments to treatments in real time with a human touch.

My naturopath has offered me tools to feel confident in our treatment plan, they support the use of prescription medications with a balanced approach that feels comprehensive, safe, and well-researched. We are about to begin IVF treatments, and our naturopath is helping prepare my body for invasive surgery through these aforementioned balanced treatments to help reduce the side effects of serious medications. This collaborative approach feels safe, sustainable, and empowering.

I urge your committee to pass the bill LD 1128, and thank you for allowing me to send in this testimony.