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Belfast  
LD 1128

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Committee Chair Senator Bailey, Co-chair Representative Gramlich and honorable members of the Joint Standing Committee on Health Coverage, Insurance and Financial Services.

I am from Belfast, I am asking you to support LD 1128.

As a Deaf individual, I have found myself facing a lot of communication barriers with the public health system and found myself taking alternate routes. I have also had very limited access to living a healthier lifestyle. By seeking out other resources, such as my Naturopath, I have received a tremendous amount of education enabling me to make healthier and wiser decisions. Communication has been imperative, and my naturopath has experience in working with people like me. My naturopath takes time to explain issues, answer questions I may have, pays attention to my sensitivities, and does the research and makes recommendations based on what she knows would be a good fit for me.

Since making I have made great strides with my health. I have overcome many health issues and that has led me to a healthier lifestyle. I am more aware of my sensitivities. I no longer need prescription medications. If I do need to go back on prescription medications, I would feel much safer taking them from my naturopath as she has taken the time to explain things, makes sure I understand them, and would warn me of anything I would need to watch for. In the past, when recommending a herb or supplement she would make sure there isn't something in it that would give me a reaction before telling me to take it. She has also been very clear on when to go off a supplement and explains her reasoning based on research. Knowing this, I am confident she would do the same with prescription medications. If I need to be taking medication, I want it to come from someone who will take the time to educate me on them.

Thank you for the opportunity to testify in support of LD 1128 today.

Carrie Pierce