

My name is Norma Ociepka  
I live in Vassalboro, Maine  
4-2-2025

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

I wish to share my experience with my ND.

I started seeing my ND on the recommendation of a friend who had been seeing her. I had always wanted to go to an ND because I believe in Naturopathic Medicine as a more natural way of healing the body. I feel more comfortable in taking medications that my ND has prescribed.

She diagnosed me with chronic Lyme in 2014. The worst she had seen. She had tried giving me the normal prescription that others take but we soon found the Lyme had made me very sensitive to many medications. My Dr. was able to come up with a natural path to healing that my body could tolerate. Over time, after much pain and disability my body started healing. Today I am able to live a more normal life again though I still have many sensitivities that I have to work with. I would not be where I am today without her vast knowledge of how the body systems work and how best to treat them in a natural way without disrupting something else or causing additional problems. The 3 prescriptions that I do have are covered by insurance thankfully.

I'm grateful for my ND Dr. who really listens to me and helps me learn how to help myself where I can. She explains how each medication works within the body in language I can understand and supports me when I'm scared, worried, apprehensive or joyous over a new healing trial. She has helped me learn how to deal with my PTSD and anxiety from the past pain experiences with Lyme, again, all done with naturopathic supplements that I can tolerate and feel safe with.

I am grateful that Maine has naturopathic Drs. I have referred some family members to a different Dr. than what I have and they each have received immediate positive answers and naturopathic medicine help at their first visit. They were grateful to find prompt and more natural ways of treatment.

Thank you for the opportunity to testify in support of LD1128 and I hope you will vote "*Ought to Pass*".

With Sincerity and Gratefulness,  
Norma Ociepka

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LD 1128

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