

Lisa Clark
Poland
LD 1128

Good Afternoon Madam Chair and Committee Members,
I am writing in support of LD1128. My name is Lisa Clark and I am from Poland. I have been seeing a Naturopathic Doctor here in Maine for the past two and a half years. I meet with my ND every four to six weeks for 45-60 minutes. My ND has been instrumental in helping me to diagnose my Lyme disease and to alleviate the symptoms that accompany the disease. In comparison to my primary care doctor, my ND knows my symptoms, my progress, and the trajectory of my disease in depth as I see my primary care doctor an average of once per year vs meeting with my ND roughly eight times per year. My ND has a vast knowledge of Lyme disease, its treatments, and comorbidities due to the time that she has invested into research. She has been able to help me understand what is happening in my body and find relief for symptoms that have dragged on for over a decade. I trust her with my health more than any of the doctors that I see because of the time that I have spent with her. I trust her knowledge of drug interactions and the research that she has done into the drugs and supplements that can help with Lyme and also the interactions between drugs and supplements. I have readier access to my ND than any of my other doctors either in terms of making an appointment or in the ability to send and receive messages in a matter of minutes. Naturopathic medicine has come a long way in recent years and it is becoming more mainstream. As the formulary for Naturopaths has not been updated in almost thirty years, it does not reflect current practices and the training that Naturopaths receive. Maine's healthcare is very strained and it can take months to get an appointment even for an initial consultation with a doctor in a mainstream medical practice. I am confident that, had I not started to see my ND, I would be in a much worse state health wise. I am hoping that this committee will hear the testimony of patients who have experienced the benefits of working with NDs here in Maine and allow them to prescribe medications to the patients whose trust they have earned and whose health conditions they are intimately familiar with. Thank you for your time and for reading this testimony.

Sincerely,
Lisa Clark
Poland, Maine