

Elizabeth Hopkins
Rockland
LD 1128

Dear Members of the Committee on Health Coverage, Insurance, and Financial Services,

My name is Elizabeth Hopkins, and I am a resident of beautiful Rockland, Maine. I am submitting this testimony today to voice my strong support for LD 1128, An Act to Modernize the Formulary for Naturopathic Doctors. As a patient who has received exceptional care from two naturopathic doctors over many years, I can personally attest to their vital role in our healthcare system and the necessity of updating their formulary to reflect modern medical advancements.

For years, I have relied on the expertise, compassion, and holistic approach of naturopathic doctors to maintain my health and well-being. My naturopathic doctors have worked collaboratively with me to manage chronic conditions, prevent illness, and optimize my health in ways that conventional medicine alone could not achieve. Through their guidance, I have benefited from a comprehensive, patient-centered approach that integrates natural therapies with evidence-based medical care.

I suffer from significant food and environmental allergies, including gluten intolerance. My primary care doctor has referred me back to my naturopathic doctor for support and follow-up because she knows I receive excellent care from them. This demonstrates the critical role naturopathic doctors play in patient care and the trust they have earned from other medical professionals.

LD 1128 is a necessary and long-overdue step toward ensuring that Maine's naturopathic doctors can continue providing their patients with the best possible care. By modernizing their formulary, this bill will allow naturopathic doctors to prescribe and utilize an updated range of medications and therapies that align with their extensive training and education. The current formulary is outdated and restricts their ability to provide timely and effective treatment options. These limitations hinder patient care and place unnecessary burdens on patients who may need to seek additional treatment from other providers, increasing costs and delaying relief.

Other states, including our neighbors in New Hampshire, have already taken steps to update and expand naturopathic doctors' prescriptive authority, recognizing their significant contributions to healthcare. Maine must follow suit to ensure our residents have access to the highest standard of naturopathic care. This bill will bring our regulations in line with best practices, ensuring that patients like me can continue to receive safe, comprehensive, and effective treatment without unnecessary barriers.

I urge the committee to support LD 1128 and recognize the essential role that naturopathic doctors play in our healthcare landscape. This bill is not just about professional fairness, it is about ensuring that patients have access to the best care possible without outdated restrictions standing in the way. Thank you for your time and consideration.

Sincerely,

Elizabeth Hopkins Rockland, Maine