

Cayford, Edna

From: Elizabeth Yori <drlizyori@gmail.com>
Sent: Tuesday, March 24, 2026 6:46 PM
To: Cayford, Edna
Subject: "In Support of the Major Substantive rules provisionally adopted by the Board of Complementary Healthcare Providers"
Attachments: 03242600.PDF

This message originates from outside the Maine Legislature.

Dear Edna,

Attached is my letter of testimony for LD 2242. Thank you!

- Dr. Y

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Madame Co-Chairs Mathieson and Bailey and Honorable members of the Joint Standing Committee on Health Coverage, Insurance and Financial Services,

My name is Dr. Elizabeth Yori, ND; I live in Brooks and my Naturopathic practice is in Belfast. I am the most recent past president of the Maine Association of Naturopathic Doctors and the current co-chair of the Legislative committee.

I am speaking to you today in support of LD2242, the Resolve to Review Major Substantive Rule Related to Formulary for Naturopathic Doctors.

How did we get here? Over the last 5-6 years, Maine NDs have been actively seeking to modernize our prescriptive formulary to better align with our training and modern standards of care. We first approached our licensing board, the Board of Complimentary Healthcare Providers, to review and modernize our formulary. We were told by the Board that they were unable to do this and we needed to seek legislative action for this to happen.

2025, LD1128 was introduced with numerous cosponsors to try and address this outdated formulary. In April 2025, this committee voted unanimously to instruct the Board of Complimentary Healthcare Providers to review and modernize the formulary via rule making. The formulary subcommittee of the board, including an MD, met and worked on the rules and consulted with the Board of Pharmacy. The multi-disciplinary Board, including MD, NP, CNM and LAc, reviewed the proposed rule changes, held a public hearing, gathered stakeholder input and ultimately approved the proposed rules changes. The proposed rules changes (LD2242) are now back in front of the HCIFS committee to approve.

I strongly encourage you to vote in favor of these proposed rules changes, because I believe it will make medical care better for my patients.

Under the current rules, many of the medicines used to manage common health conditions are not accessible to me in the current formulary and I have to ask my patients to return to their primary care doctor or send patients to urgent care for access to these medicines. Even antibiotics that are front line for treating urinary tract infections! These formulary constraints result in more trips to doctors' offices, putting strain on our healthcare system and the patient, in terms and time and finances.

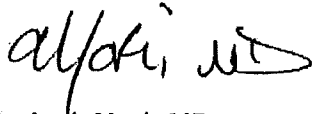
Since I was last here testifying before you, I had a patient who needed an MRI to evaluate for potential brain tumor. All of the concerning markers were there and an MRI was indicated. Under the current rules, there is belief that NDs cannot order using contrast. The imaging center and supervisor rightly pointed out the MRI without contrast that I ordered wasn't sufficient and would not run the imaging. After several weeks and numerous back and forth conversations, I was able to convince the patient to have a consult with a colleague who could order the MRI with contrast. This process took over 4 weeks. Ordering contrast for imaging like MRI or CT scans has *always* been allowed under our rules, but the perception for the last 30 years is that it has not been allowed. These new rules changes will lend necessary clarity to the issue of contrast and many, many other ambiguous and confusing rules in the current statute.

For many of my patients, I am the only doctor they see, and am often the only doctor they are *willing* to see. After working to convince a patient that they need to establish care with a PCP, they patient returned to tell me that the wait times at 2 different offices they called were 1 year out and 3 years out and others were no better. This creates an incredible concern for patient safety and care.

Please understand, I am in no way laying blame on the good, caring, hardworking health care providers in Maine; it is well known that we have a health care crisis in this state.

No, I am here today, asking for your support of LD2242, An Act to Modernize the Formulary for Naturopathic Doctors, to allow us trained and licensed Naturopathic doctors, to be able to be part of the solution. Help us to better help our patients and be a part of the solution for the Maine health care system.

Thank you for your time and consideration,

A handwritten signature in black ink, appearing to read "Elizabeth Yori" with a stylized flourish at the end.

Dr. Elizabeth Yori, ND
Heritage Natural Health