

Cayford, Edna

From: Suzanne Burns <suzanne.burns9@gmail.com>
Sent: Monday, March 23, 2026 9:51 AM
To: Cayford, Edna
Subject: Support to the Maj Substantive rules provisionally adopted by the complementary healthcare providers"

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This message originates from outside the Maine Legislature.

Sent from my iPhone
To whom it may concern,

Please excuse any errors that might be in this email. I am speaking it into my phone as I just had hand surgery.

I have worked with several natural paths in the Ellsworth area. My most recent doctor has been Penelope Houghton. I started seeing her about four years ago. She was very or should I say is very professional, understanding and knowledgeable about not just the body but also the mind and whole person. One of the things I extremely appreciate about her was the tests that she gave me and skills that she had to diagnosed me with PTSD. I am a woman in my 60s and have had a very successful life but also have a lot of health issues and mental health issues that I have dealt with. I've had wonderful doctors and counselors, and they have been able to help me along the way, but they have not been able in the mental health area to get to the root cause. Working with Dr. Houghton enabled me to do that and get the help and treatment that I needed. It has been a life changer for me and the sense that I now understand more about my body and the way that I react to so many experiences and things happening around me.

She also has helped me with other issues like sinus infections, fibromyalgia, chronic migraines. She was very well trained, and I feel if she had the opportunity to be able to prescribe medicines. She would do it cautiously and knowledgeably.

Thank you very much,

Sincerely,

Suzanne Burns.