

Cayford, Edna

From: Nicole Bernhardt <nicolebernhardt5@gmail.com>
Sent: Monday, March 23, 2026 11:43 AM
To: Cayford, Edna
Subject: SUPPORT for the Major Substantive Rules provisionally adopted by the Board of Complementary Health Care Providers

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This message originates from outside the Maine Legislature.

Dear HCIFS Committee Members,

My name is Nicole Bernhardt, and I live in Vassalboro, Maine. I am writing to urge your final approval of the new naturopathic formulary rules.

In 2019, I returned to Maine seeking a provider who offered more than a “one size fits all” approach for my infant son, who struggled with specific sensitivities and detox issues. My Naturopathic Doctor became our primary lifeline, providing expert care to my son, myself through my second pregnancy and home birth, and my newborn daughter. The current limitations on ND’s don’t just affect doctors, they create dangerous delays for Maine families. In 2023, my one year old daughter was bitten by a tick that tested positive for both Lyme disease and Babesiosis. Despite my ND being the primary provider who knew my daughter’s history best, she was legally prohibited from prescribing the necessary medications to treat these infections. Because of the current rules we had to seek out a separate DO just to get a standard prescription that my ND was fully qualified to manage. In tick borne illness, every hour matters. Enabling ND’s to provide this care can only benefit Mainers and Maine communities. Naturopathic Doctors have been licensed in Maine for 30 years. They are already our primary care providers, they simply need the tools to finish the job. Both the Board of Complementary Healthcare and the Attorney General have approved these rules. I ask you to support the adoption of this formulary so that Maine families like mine can receive complete, effective, and timely care from the providers we trust most.

Thank you,

Nicole Bernhardt

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