

Cayford, Edna

From: Bill Gerrish <billygerrish@gmail.com>
Sent: Monday, March 23, 2026 3:03 PM
To: Cayford, Edna
Subject: Support to the Maj Substantive rules provisionally adopted by the complementary healthcare providers

This message originates from outside the Maine Legislature.

I am writing to express my support for expanding the scope of practice for naturopathic physicians in Maine. As a patient, I have experienced significant improvements in my health through naturopathic care, particularly in managing sleep challenges and anxiety.

Working with a naturopathic physician has helped me make meaningful lifestyle changes that have led to more productive days and a noticeable reduction in anxiety. This approach has addressed the root causes of my concerns rather than simply masking symptoms, and it has made a lasting difference in my overall well-being.

However, there are still areas where additional support would be beneficial. For example, a low-dose prescription to aid with sleep could further enhance my progress. Unfortunately, due to current scope-of-practice limitations in Maine, my naturopathic physician is unable to prescribe such medication, even when it would complement my existing care plan.

Expanding prescribing authority would allow naturopathic physicians to provide more comprehensive, continuous care, reducing the need for patients to seek multiple providers for closely related concerns. This change would improve patient outcomes and increase access to effective, individualized treatment.

I respectfully urge you to support legislation that modernizes the scope of practice for naturopathic physicians in Maine so that patients like me can receive more complete and coordinated care.

Thank you for your consideration,

Bill