

Cayford, Edna

From: jirehfrm@charter.net
Sent: Monday, March 23, 2026 3:20 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.

Testimony. I am a registered nurse for over 45 years. When I was in my 40's my thyroid levels were becoming more off. At the advice of a naturopathic doctor I started taking a thyroid supplement of iodine and minerals and in a year they were normal. My thyroid function is better at 67 then it was in my early 40's and I am not on any medication, just a supplement. I am so grateful and I have seen so many patients struggle with their thyroid.

Sincerely,

Susan Brennan RN

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