

Cayford, Edna

From: Mindy <minzle@yahoo.com>
Sent: Monday, March 23, 2026 5:41 PM
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.

Hello,

My name is Mindy L. Gungor of Oakland, Maine. I am a public school educator, and have been seeing a Naturopath for several years now as a last stop before applying for disability. After her diligent care and willingness to investigate, it seems I have a genetic disorder which complicated my health after receiving brain surgery to stop the progression of a congenital disorder that became dangerously complicated after subsequent COVID-19 contraction.

Since receiving routine care from my N.D., I have avoided the need for emergency room services (3 years now!) which I had been frequenting for the better part of my adult life. Her services have been instrumental in getting me back to work full time. Prior to this, no doctors were willing to see me, as my list of conditions and history are too complicated for even specialists. Many of the specialists I see do not give me sufficient time to make or attain health goals, and it has been a great waste of resources to see them just for a prescription refill. My last bloodwork from my "insurance-covered" specialist cost almost \$6,000 out of pocket. My naturopath did not need those tests run, but the PCP required it before running the bloodwork that I really needed. The amount of time and money wasted, along with the gaslighting which questions my N.D.'s decision takes away time I can spend being a better teacher, parent and spouse.

For this reason, it's all the more important for my N.D. to have access to help me with simple medical issues which would normally be covered by a PCP. For instance, last winter when the vast majority of the staff at my school were hitting urgent cares for walking pneumonia, my N.D. was able to help with homeopathic remedies at her disposal. However, a more immediate remedy would have been an inhaler in my case-but she was unable to prescribe this with the restrictions. I took a great risk waiting for the homeopathic solutions to kick in, and feel this still counts as a win but am hoping you will agree with the importance of increasing the scope of her abilities as an expert in my health issues.

Thank you so much for taking the time to read this through. Maintaining my health ensures that dozens of children in Maine continue be educated through my work, and that my family will get to see me continue to live free of the health issues that have plagued us from a normal life the last few decades.

Sincerely,
Mindy L. Gungor
175 Fairfield St.
Oakland, Maine