

**Cayford, Edna**

---

**From:** Ellen Johnson <ejjrobbinston@yahoo.com>  
**Sent:** Monday, March 23, 2026 8:01 PM  
**To:** Cayford, Edna  
**Subject:** In Support of the Major Substantive Rules provisionally adopted by the Board of Complementary Healthcare Providers

**This message originates from outside the Maine Legislature.**

I am writing about the naturopathic formulary rules coming before the legislature. I have been a patient of a naturopathic doctor in Rockport, Maine, ever since I was diagnosed with cancer nine years ago. She has been a very important part of my healthcare team. She helped prepare me for surgery to remove the cancer, and for an easy recovery after, both with natural remedies, and with the knowledge about what to do and not do before and after the surgery. I really like that gentle supplements to support health and healing can often do more good than prescription medicines. I appreciate that my ND knows about both, when to use them, and how they interact. She is very knowledgeable and professional, and she believes that working together as a team with other providers is important. I feel that the knowledge and expertise of my ND has been an important part of my good health since the cancer.

I ask that you approve the new formulary rules for naturopathic doctors. NDs have been licensed in Maine for 30 years. Since there is a shortage of healthcare providers in Maine, expanding the formulary for naturopathic doctors helps Mainers have better access to well-trained medical professionals.

Thank you,  
Ellen Johnson  
187 US Rte 1  
Robbinston, ME 04671  
207-454-3364