

## Cayford, Edna

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**From:** Cutie Kat <ktsthoughts@gmail.com>  
**Sent:** Monday, March 23, 2026 9:03 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.**

Thank you for your time. I have been seeing a naturopathic dr for 10+ years with great success. The naturopathic doctor that I see is knowledgeable and skilled at prescribing medicines and knowing interactions and effects. I have received more knowledgeable care at the hands of a naturopath than I have with mainstream doctors. It's a shame they are considered lesser than when they have successfully treated patients who have been overlooked by mainstream doctors.

Before I saw the naturopath, I had been told by mainstream doctors (before sufficient testing was done) that I just worried too much or needed antidepressants. Mainstream doctors either wrote it off as mental illness or didn't know what to do about it. They also didn't take time to solve. One of the mainstream doctors who didn't know what to do about it finally suggested a naturopath which I cautiously tried. I was surprised to be listened to, tested, diagnosed, and prescribed medicine quickly to give me relief on the long road of recovery.

My naturopathic doctor has successfully and is continually treating me for chronic illnesses and so much more that I'm susceptible to because of those illnesses. They have prescribed many different combinations of natural and prescription medicine with success.

Please unfetter my doctor's brilliance. Naturopaths are not lesser than. They are equal to, and in my opinion, sometimes better than mainstream doctors.

Thank you, Katherine Bachelder