

Cayford, Edna

From: Sharon Murphy <shmargmurphy@gmail.com>
Sent: Tuesday, March 24, 2026 7:01 AM
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.

Ms. Edna Cayford,

I am writing to support the legislation regarding N. D.'s.

I have a severe thyroid issue. I don't tolerate levothyroxine. The regular M. D.'s forced me to take it and would not listen to me when there was a shortage on an effective natural medication for me. I was so miserable so I saw a naturopath. I have have had my thyroid managed by a naturopath since 2010. I have found my naturopath to be competent, caring and more accessible than M. D.'s. I wish my M. D.'s had this same level of access. They have medical assistants answer and screen portal messages. So you have a person who may have as little as 6 months of medical training screening and making medical decisions for the doctors.

Please pass the new rules. This will allow me to continue to have excellent care from my naturopath.

Thank you for your time.

Sharon

Sent from my iPod