

**Cayford, Edna**

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**From:** Hannah Russell <hrussell0908@gmail.com>  
**Sent:** Tuesday, March 24, 2026 2:57 PM  
**To:** Cayford, Edna  
**Subject:** In Support of the Major Substantive Rules provisionally adopted by the Board of Complementary Healthcare Providers - LD2242

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

Good Afternoon,

Below is my written testimony.

Dear Co-Chairs Bailey and Mathieson, and members of the committee,

My name is Hannah Emery-Russell, and I've lived in central Maine my entire life. In college, I was riddled with sickness and had no answers on what I had or why. I spent years suffering and saw numerous doctors, specialists, and chiropractors in Maine without any relief. I tried to navigate my health struggles on my own after a lack of answers from so many professionals, but it wasn't enough. My symptoms were affecting my way of life, and I almost started to believe that I was crazy. At the end of 2023, I met with a naturopathic doctor, Dr. Corrie Marinaro of New England Naturopathic Health. This was the first time in my life that I felt heard by a doctor. She took the time to listen to my entire health history of twenty-plus years. She knew that all of my odd, debilitating symptoms were connected and not random. She was welcoming, honest, and extremely knowledgeable. She helped me navigate a plan of action that I was comfortable with while also empowering me to continue learning and educating myself on treatment, healing, and strengthening my immune system. Through different rounds of treatment, she always had an open line of communication with me through in-person appointments, phone calls, and messages. I always felt comfortable asking questions beforehand and taking what my doctor prescribed because she would explain in depth what it was, potential side effects to look out for, and would always encourage me to learn about it before taking it. If it weren't for Dr. Corrie and her ability to prescribe medications and supplements and treat my illnesses, I would still be suffering physically and emotionally today. I still would continue to have chronic sinus infections, gut issues, anxiety, hormone imbalances, chronic fatigue, joint pain, severe, painful full-body flare-ups, nose sores, hearing loss, striking nerve pain, brain fog, and more. My livelihood is restored thanks to Dr. Corrie. Today, I am feeling the best I have ever felt in my life. I am in recovery from Mold Illness, Lyme Disease, and Mast Cell Activation Syndrome, and I can finally share hope with others who are suffering, all thanks to my Naturopathic Doctor.

Thank you for listening to my story,  
Hannah Emery-Russell