

Cayford, Edna

From: Julie Forbes <jmforbesnd@gmail.com>
Sent: Tuesday, March 24, 2026 4:05 PM
To: Cayford, Edna
Subject: "Support to Major Substantive rules provisionally adopted by the complementary healthcare providers - LD2242"

This message originates from outside the Maine Legislature.

Dear Chairs Mathieson and Bailey and members of the HCIFS Committee,

My name is Julianne M Forbes, and I am a licensed Naturopathic Doctor residing in Westbrook, Maine, where I also practice. I am writing in support of the Resolve to Review Major Substantive Rule Related to Formulary for Naturopathic Doctors, as written by the Board of Complementary Health Care Providers.

The proposed rules are a reasonable and long-overdue modernization of the naturopathic formulary in Maine. They would allow naturopathic doctors to practice in accordance with our education, clinical training, and competency, while reducing unnecessary barriers to patient care.

In my practice, the current formulary has created significant challenges. For patients who are new to the area and not yet established with a primary care provider, I may be unable to continue medications they are already taking, even when continuity of care is clearly needed. Likewise, when it is clinically appropriate to transition a patient from a prescription medication to a botanical alternative, the current formulary can prevent me from managing that change directly. This delays care and places additional burden on patients already facing limited access to healthcare.

The current formulary is also cumbersome to navigate in urgent care situations, both for me as a prescribing clinician and for pharmacists trying to determine what I am authorized to prescribe. I have encountered difficulty getting appropriate prescriptions filled because pharmacists find the formulary unclear and burdensome to interpret. This confusion creates inefficiency for providers and pharmacists and does not serve patients well.

Naturopathic Doctors have been licensed in Maine since 1996. The proposed rules reflect a thoughtful review process and are appropriate to the education, examination, and supervised clinical training required of naturopathic doctors. They would modernize and clarify the formulary, reduce confusion, and better support patient care.

Maine's naturopathic doctors are ready to help address the current healthcare shortage and improve access to timely care. I urge you to support these rules as written.

Respectfully,
Julianne M. Forbes, ND
Westbrook, Maine

I can also give you a version that sounds a touch more persuasive and polished for actual legislative submission.

ok

Here is a slightly more polished legislative-submission version:

Dear Chairs Mathieson and Bailey and members of the HCIFS Committee,

My name is [Your Name], and I am a licensed Naturopathic Doctor residing and practicing in Westbrook, Maine. I write in support of the Resolve to Review Major Substantive Rule Related to Formulary for Naturopathic Doctors, as proposed by the Board of Complementary Health Care Providers.

These rules represent a reasonable and long-overdue modernization of Maine's naturopathic formulary. They would allow naturopathic doctors to practice in accordance with our education, clinical training, and competency, while removing unnecessary barriers to patient care.

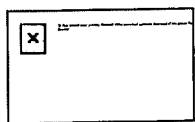
In my practice, the current formulary creates real challenges for both patients and providers. Patients who are new to the area and not yet established with a primary care provider may come to my office needing continuity of care, yet I may be unable to prescribe medications they are already taking. Similarly, when it is clinically appropriate to help a patient transition from a prescription medication to a botanical alternative, the current formulary can prevent me from managing that process directly. These limitations can delay care and create unnecessary obstacles for patients at a time when access to healthcare is already strained.

The formulary is also cumbersome to navigate in urgent care situations, both for me as a clinician and for pharmacists who must determine what I am authorized to prescribe. I have encountered situations in which pharmacists were hesitant to fill appropriate prescriptions because the formulary is unclear and burdensome to interpret. This lack of clarity creates inefficiency for clinicians and pharmacists alike and, most importantly, does not serve patients well.

The proposed rules would provide much-needed clarity and modernization. They are consistent with the education, examination, and supervised clinical training required of naturopathic doctors and reflect a thoughtful regulatory review process.

Maine's naturopathic doctors are well positioned to help expand access to timely care in the face of ongoing healthcare shortages. I respectfully urge you to support these rules as written.

Respectfully,
[Your Name], ND
Westbrook, Maine



Julianne M. Forbes, ND

www.mainenaturopath.com