

Cayford, Edna

From: Betsy Hopkins <betsy.hopkins@gmail.com>
Sent: Tuesday, March 24, 2026 1:52 PM
To: Cayford, Edna
Subject: "Support to the Major Substantive rules provisionally adopted by the complementary healthcare providers."
Attachments: LetterofsupportoftheMajor Substantive Rules - Ld2242.docx

This message originates from outside the Maine Legislature.

Good afternoon, Ms. Cayford,

I've attached my testimony in support of the adoption of the new naturopathic formulary rules. Thank you,

Elizabeth Hopkins
Rockland, Maine

3/24/2026

Dear Co-Chairs Bailey and Mathieson and Members of the Board of Complementary Healthcare Providers;

My name is Elizabeth Hopkins, and I am from Rockland, Maine. Thank you for the opportunity to share my testimony in support of adopting the new naturopathic formulary rules.

I am writing today as a patient who has received care from naturopathic doctors for many years, and they are an important part of my healthcare team. I suffer from significant food and environmental allergies, including gluten intolerance, and my naturopathic doctor has played a critical role in helping me manage these conditions and maintain my overall health. My naturopathic doctor prescribed medications when appropriate, clearly explained why they were needed, reviewed potential side effects, and monitored me carefully while I was taking them. I have always felt that I was receiving thoughtful, safe, and well-coordinated care.

In fact, my primary care doctor has referred me back to my naturopathic doctor for follow-up care related to my allergies and ongoing health management because she knows I receive excellent care from them. This really demonstrates that naturopathic doctors are not working in isolation and rather that they are part of a broader healthcare team and work collaboratively with other providers.

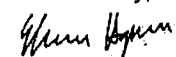
One of the most important things my naturopathic doctor does is help manage the interaction between supplements, diet, and medications. This coordination is very important for someone like me with allergies and sensitivities, and it is often something other providers are less familiar with. Having to go to another provider just to get a prescription that my naturopathic doctor already knows I need is inconvenient, delays care and adds unnecessary healthcare costs.

With the healthcare provider shortage in Maine, especially in rural areas, passage of this rule is even more important. Naturopathic doctors have been licensed and prescribing safely in Maine for many years, and expanding and updating their formulary simply allows them to continue providing safe, effective, and timely care to their patients.

I strongly encourage you to support adoption of the new naturopathic formulary rules. My naturopathic doctors have always been professional, knowledgeable, careful prescribers, and an essential part of my healthcare. Updating these rules will help patients like me continue to receive coordinated, efficient, and effective care without unnecessary delays or additional appointments.

Thank you for your time and consideration.

Sincerely,



Elizabeth Hopkins
Rockland, Maine