

Cayford, Edna

From: Bonnie Atkinson <atkinsonmaine@gmail.com>
Sent: Tuesday, March 24, 2026 1:41 PM
To: Cayford, Edna
Subject: Support for Maj Substantive Rules Provisionally Adopted by the Complementary Healthcare Providers

This message originates from outside the Maine Legislature.

Dear Ms. Cayford,

I am writing to express my strong support for the proposed naturopathic formulary. Expanding prescriptive authority for NDs is essential for patients who rely on them for comprehensive healthcare. I am one of those patients.

I have been a patient of Marly Sachsman, ND for three years now and under her guidance and care my very advanced Hashimoto's thyroid disease has begun to slow down. There is not a single endocrinologist in the State that I could find that will take thyroid disease patients (too full with Type 1 and 2 diabetes patients), and my PCP wasn't aware of all of the accessible tests and additional prescriptions and supplements that Dr. Sachsman has taken the time to arrange for me that are making a huge difference in the quality of my life. Dr. Sachsman is fueled by scientific research literature and attends a HUGE number of conferences on cutting edge research and medical advances. I can testify that her knowledge of the endocrine system and female hormone research and treatment far exceeds what I need, and I need a LOT. =)

I trust my ND with my healthcare, and with prescriptive authority because she has a vast and extensive knowledge of both natural remedies and pharmaceutical medications, including potential interactions between them. She stands strongly in both camps and focuses on what is best for her patients. My appointments with my Dr. Sachsman are extensive, un-rushed and are vital to me continuing on in my physically demanding career as a school teacher.

FACTS:

Maine NDs have prescribed safely for 30 years -- including insulin which requires a high level of expertise. Their expertise comes from four years of integrated pharmacology training, 1,200 clinical hours, and a board exam covering drug interactions and adverse reactions.

Vermont and New Hampshire have already expanded ND prescribing rights to include controlled substances. Vermont recognized NDs as primary care providers a decade ago. These proposed rules don't go nearly as far -- controlled substances, psychotherapeutic agents, and most anti-neoplastics remain prohibited. It is a reasonable step forward.

Thank you for taking the time to read this. I have not written many letters to my representatives, but felt strong enough about this issue to take the time to do so.

I respectfully request you approve the rules as written.

Warmest regards,
- Bonnie Atkinson
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