

**Cayford, Edna**

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**From:** Ashly Seura <ashly.seurafarm@gmail.com>  
**Sent:** Tuesday, March 24, 2026 12:16 PM  
**To:** Cayford, Edna  
**Subject:** Support to the Maj Substantive rules provisionally adopted by the complementary healthcare providers

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

Good afternoon,

My name is Ashly and I am HUGE supporter of Naturopathic medicine. Almost a year and half ago, I was blindsided by a debilitating mystery illness that left my body a wreck, bedridden and kept me shut in my home for almost two months. I was unable to be the doting mother of three that I was, business owner and partner to my husband. After my primary doctor and a specialist I drove 3 hours to see, failed me, I found my local Naturopath. Through her time, dedication and utmost care, she was able to guide me through a series of intense therapies, supplements and lifestyle changes that completely healed my body in a few months! Her work still amazes me and how far I have come from that horrific experience.

I plead for your support in allowing Naturopath physicians the right to update their formulary for prescriptions, so they can best help their patients in need. This is a crucial step in helping everyone obtain the proper care they deserve.

Thank you for your time,  
Ashly Seura