

Cayford, Edna

From: Kaitlyn Bickford <kaitlynmarie.merrill@gmail.com>
Sent: Tuesday, March 24, 2026 11:36 AM
To: Cayford, Edna
Subject: Support for ND formulary rules

This message originates from outside the Maine Legislature.

Hello,

I don't usually reach out about legislative matters, but this one is very important to me.

I am writing in support of the proposed expansion of the naturopathic doctor formulary in Maine. My experience with naturopathic care has been truly life changing. I have been working with Corina Dunlap and her team in Portland, and the care I've received has significantly improved my health and overall quality of life.

Before beginning treatment, I struggled with ongoing hormone imbalances and persistent gut issues that were affecting my daily life. Through personalized care, thoughtful treatment plans, and a more root cause approach, my naturopath has helped regulate my hormones and restore my gut health. Because of this care, I feel better, have more energy, and am able to show up more fully for my family and responsibilities.

Expanding what naturopathic doctors are allowed to prescribe would allow providers like mine to offer even more comprehensive and effective care for patients with complex or chronic conditions.

I strongly encourage you to support these updated formulary rules so that more patients can access the level of care they need.

Thank you for your time and consideration.

Sincerely,

Kaitlyn Bickford