

Cayford, Edna

From: Di Mathieu <dcm_946@hotmail.com>
Sent: Tuesday, March 24, 2026 11:24 AM
To: Cayford, Edna
Subject: Support for ND formulary rules

This message originates from outside the Maine Legislature.

Please support ND formulary rules.

I am a 69 year old female who pays for Naturopathic appointments. These are not covered by insurance. My ND listens to me and is available to suggest ways to improve my health naturally as I age. I had a diagnosis of osteoporosis by my primary care and was offered the option to increase Vit D and take a bisphosphonate drug . -2.9 in spine. When listening to the possible side effects I wanted try an alternative way. I did some research on my own and found an option that I wanted to try and was able to discuss it with my Naturopath. She added other supplements to make sure we have the correct balance. We look at preventative ways to optimize my health and she looks at my bloodwork for the correct balance. In working with my Naturopath, my 2nd scan (two years later on the same machine) was -0.9 (normal range). The other two areas had improvement for the Osteopenia. I had a new primary and received a note stating I had osteopenia. Did not acknowledge that it was an improvement and that I went from Osteoporosis to normal. They are too busy and are not allowed to spend the time to see the bigger picture- how disappointing. How sad... we keep losing good medical people.

I have also used the services of a Rolfer for years. She got rid of plantar fasciitis, tennis elbow and many other issues through the years. The result is that I do not have any aches or pains at this point and I can run while playing competitive tennis in the USTA (40+, 55+, and 65+ teams) at my recreational level. Our matches often last 2 hours and I will play 2 matches in the same day.

My ND is very good about discussing options and suggesting Medical specialists that I might need to check in with for specific medical needs. I am for letting us shop in all the aisles of health rather than limiting customers to certain aisles because insurance will only pay for certain pharmaceuticals, medical specialists etc... We need to recognize specialist that deal with preventative medicine: nutritionists, Rolfig, massage therapy, Naturopathic, Accupuncture.... Just to name a few.

Diane M.
Sent from my iPad