

**Cayford, Edna**

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**From:** Angela Tardif <jatardif@yahoo.com>  
**Sent:** Tuesday, March 24, 2026 10:05 AM  
**To:** Cayford, Edna  
**Subject:** In Support of the Major Substantive rules provisionally adopted by the Board of Complementary Healthcare Providers

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

Dear Co-chairs Baily, Mathieson and members of the committee,

My name is Angela Tardif from York County Maine. Thank you for the opportunity to share my testimony.

During the time of covid, a lot of healthcare providers were stepping away from their profession. My husband and I had turned to a naturopathic doctor locally and really believe it was the best decision we've made for our family of 5 for each's own personal health journey's. Thankfully, it seems that naturopathic doctors look at the whole body, not just concentrate on certain things so, to me they have a broader scope of practice than the general practioner's we have seen in the past. Our ND knows the importance of prescription medication, as well as supplements that our bodies were depleted of and he got us back to feeling better again! Our ND ran a full scope of bloodwork where other doctors have just focused on cholesterol, blood pressure, and only a couple test for thyroid which does not always give the whole picture. They would miss other important markers in our bloodwork.

With the shortage of providers and the overwhelming number of patients who were struggling with certain issues, most struggling with 3 or more issues at a time, this should be proof enough to approve the rules for ND's. All ND's are just as professional, knowledgeable, and always willing to team up with other providers when necessary. For the last 30 yrs. they have proven their competency within the medical community helping sick Mainer's while other providers/ Dr. offices had a 3-6 month waiting list to be seen. Personally, I am very thankful for my ND who is very passionate about his job. He genuinely cares for each patient as though they were family. I know this because, when I walk in his office, I feel like part of his family every time! Thank you again for taking the time to read my letter.

Sincerely,  
Angela Tardif