

Cayford, Edna

From: Heidi Hunt <wildwoodpeeps@gmail.com>
Sent: Tuesday, March 24, 2026 10:04 AM
To: Cayford, Edna
Subject: In Support of the Major Substantive Rules provisionally adopted by the Board of Complementary Healthcare Providers

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This message originates from outside the Maine Legislature.

Dear Committee Members,

My name is Heidi J. Hunt and I live in Cushing Maine. I have lived in Maine my entire 55 years and I've experienced the full gamut of Maine's healthcare system. Some of my chronic illnesses began at a young age. My family was hard working but poor, and could not afford Health Insurance. Many times pain had to be tolerated rather than addressed by health providers. When I finally acquired my own health insurance I started to learn the dance of maneuvering The System, all the while expecting to be thwarted by hidden rules, and sudden changes to how the game is played.

How astonished was I to discover a year ago that my latest health insurance provider would cover some Naturopaths as Specialists visits. That's when I found Dr. Yori, and I couldn't be happier. Although she is almost an hour away, I know I can get in to see her, whereas an appointment with my PCP can take over a month to get. She has helped me take control of my severe RLS and I've never felt better. She looked at the prescriptions I was already taking, and prescribed natural supplements that would not adversely interact. I am confident now that with her help, I can reduce my dependence on some of the medications and eliminate their side effects.

I am a firm believer in Naturopaths, and their approach to viewing a patient's health as an integrated system that must be assessed as a whole, including the combination of prescriptions and supplements used to treat.

Sincerely,
Heidi J. Hunt