

Cayford, Edna

From: April Gilman <apgilman32@gmail.com>
Sent: Tuesday, March 24, 2026 4:28 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.



April Gilman <apgilman32@gmail.com>

I, April Gilman, support the proposed rules as written. Naturopathic doctors in Maine have the training and safety record to provide this expanded care. These rule changes would allow my doctor, Corrie Marinaro, ND, to offer more comprehensive treatment—reducing delays, eliminating unnecessary appointments with other providers, and ensuring that the practitioner who knows me best can provide the full scope of care that I need. I feel safer having my ND prescribe because she understands the natural medicines I am on and how they can interact with pharmaceuticals.

As a postmenopausal woman, I have greatly benefited from Dr. Marinaro's hormone replacement therapy and thyroid management. My testosterone levels have been low lately as seen in my bloodwork. Since testosterone is a controlled substance, Dr. Marinaro is unable to prescribe it to me to bring it up to adequate levels. Before the blood test was completed, Dr. Marinaro had me taking a supplement, DHEA, that hasn't worked. If these rules aren't adopted, I'll have to establish a patient medical relationship with another provider in order to get the testosterone prescription, thereby delaying my treatment and unnecessarily adding additional cost.

I need my provider to be able to prescribe medications alongside natural treatments because she understands how everything about me works together. It would be one-stop-shopping because she could address the whole picture.

Additionally, the new rules will allow NDs to administer therapeutic substances by IV. I understand patients in nearby states have been able to access this care from naturopathic doctors. It will benefit Mainers to be able to more easily access this care in Maine.

I respectfully request you approve the new rules as written.

Sincerely,
April P. Gilman