

Cayford, Edna

From: Grace Abbott <gkmabbott@gmail.com>
Sent: Tuesday, March 24, 2026 6:51 PM
To: Cayford, Edna
Subject: Support to the Maj Substantive rules provisionally adopted by the complementary healthcare providers

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This message originates from outside the Maine Legislature.

Hi,

I'd like to submit written testimony and give testimony over zoom tomorrow in support of the Maj Substantive rules provisionally adopted by the complementary healthcare providers.

Can you please provide me with a [panelist zoom link](#)?

My written testimony is below:

My name is Grace Abbott and I live in Portland. I am writing to you today to express my strong support for the proposed naturopathic formulary. Expanding prescriptive authority for NDs is essential for patients like me who rely on them for comprehensive healthcare.

I've had the same doctor since birth. She is a very experienced naturopath who I literally trust with my life. My doctor has continued to provide attentive and expert care through childhood and into adulthood. I trust her with prescriptive authority because of her extensive knowledge and training of both natural remedies and pharmaceutical medications, including their potential interactions.

I have had asthma my entire life, and my doctor cannot prescribe me my rescue inhaler. This year I had to wait months for an appointment with an asthma specialist in order to get my inhaler prescribed to me. For me, it is an inconvenience at best and a serious difficulty at worst; I have to make separate appointments and pay separate costly bills to meet my basic health needs that I should easily be able to get from my experienced naturopathic doctor. Vermont and New Hampshire have already expanded ND prescribing rights to include controlled substances like my albuterol inhaler. I need it to prevent asthma attacks and ensure I can breathe. My doctor has the proper training to provide this essential service.

These challenges are even more difficult for Mainers who may not have access to a personal vehicle or the time to schedule and attend multiple healthcare services that could easily be combined. What can be an inconvenience to me can be life or death to others. Waiting to get off long waitlists is not an option for many Mainers who face health emergencies more urgent than I do. I hope to continue to receive naturopathic care from my doctor long into my life. Approving these guidelines will allow me and other Mainers to do so more safely and with fewer barriers to our essential health needs. I respectfully request you approve the rules as written.

Thank you,

Grace Abbott