

Name: Miranda Christiansen

Date: February 12, 2019

Subject: Oregon Association of Naturopathic Physicians Pay Parity Bill

Dear Senate and Health Care Committees,

My name is Miranda Christiansen and I am a patient of a Naturopathic Physician. I would like to share my experience working with an ND to show the importance of this profession in the state of Oregon.

I feel more listened to when I see my ND; she sees me as a whole person, and not just another number to hurry past on the way to the next patient. I feel genuinely cared for. I had NDs attend the births of my third and fourth children, and the experiences were amazing.

I feel like a lot of doctors are quick to prescribe drugs without truly knowing their patient. My experience with NDs is that they want to truly get to the root of the problem, not just treat symptoms.

I cannot emphasize enough how wonderful it feels to be treated like a human, instead of just "a patient," someone to be cared for and not just a problem to be solved. I feel like we relate to each other better, like we're more on the same level, so to speak.

It is amazing to work with an ND and feel like you're a team with them. They give you options and you can pick and choose what feels right. NDs aren't against using western medicine, either. They just have a bigger range of tools they are willing to use, and naturopathic treatments tend to have fewer unpleasant side effects than a lot of mainstream medications. Biggest barrier to ND care is probably insurance. Insurance doesn't seem to appreciate naturopathic care.

I began seeing an ND several years ago after I found mainstream western medicine wasn't working for me very well. I have continued to see my NDs and take all my children to them as well, because they take amazing care of us.

Why are naturopathic physicians are paid so little compared to the other providers I have seen? They work SO hard to provide excellent care to their patients.

I am asking that you vote yes on the Naturopathic Physician Pay Parity bill.

Sincerely,

Miranda Christiansen