

I recently had back problems and my care provider Kaiser offered me only help with a massage or small network of Naturopathic doctors. I called up a friend who is an ND and paid cash for an in home visit (not covered by my plan) This ND had done pro bono work to fix a rib I had injured in a yoga accident many years ago. (2016) My many visits to Kaiser did not help fix the yoga accident damage. This time (March 2021) the rib was harmed for an unknown cause, most likely stress from covid. After the treatment and 2 weeks of stretching the severe shoulder and rib pain is gone. Without this ND I would be still waiting for help from my Kaiser plan. ND doctors should be paid on par with MD doctors. I use them both. When I had shingles I used an MD doctor, but for many needs, the ND doctor is a better and less costly solution. ND doctors can often solve problems without the strong side effects of corporate pharmaceuticals . Signed, Joe Rowe.