

February 2, 2022

Subject: HB 4006 – Support of Naturopathic Doctor Pay Parity

Dear Senate and Health Care Committees,

My name is Christopher McHenry and I am a patient of a Naturopathic Doctor (ND). I would like to share my experience working with an ND to show the importance of this profession in the state of Oregon.

I started going to my ND (Dr. Sara Sentell in Portland, Oregon) about 7 years ago. I was experiencing some chronic health problems and depression/anxiety. After years of seeking help through traditional (allopathic) medicine, I decided to try naturopathic medicine, partly out of desperation. I had the most amazing experience with the naturopathic treatments prescribed by Dr. Sentell. I can unequivocally say that the care Dr. Sentell has given me over the years has led to the best health, both physically and mentally, that I have ever experienced.

I find that naturopathic medicine takes a more holistic, whole-person approach. When I go to a naturopath, I feel heard, seen, and understood, and I feel that my health issues are looked at in a broad and connecting way that takes many things into account. The human body and its ailments are complex, involving both body and mind. In contrast, when I used to go to a regular allopathic doctor, the examination was always extremely fast and cursory: a quick diagnosis with little input sought from me about what was going on. It was always like putting a quick bandage on the issue.

I am deeply grateful to have access to naturopathic care. Naturopathic medicine is deeply rooted in science and NDs receive first rate training, such as from our own National University of Natural Medicine (NUNM) here in Portland. Patients should have a choice about whether they want to go to a Naturopathic Doctor or an allopathic doctor, and these types of practice should be treated equally. I am asking that you vote yes on HB 4006 and ensure fair access to licensed Naturopathic Doctors.

Sincerely,  
Christopher McHenry