

Submitter: Dan Weston
On Behalf Of:
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2143

Friday, January 24, 2025

Honored Chair Nosse, Vice Chairs Nelson and Javadi, and members of the committee.

My name is Dan Weston and I am a retired software engineer living in Portland.

I am testifying in favor of House Bill 2143 because of my own personal beneficial experience with 5NP as a treatment for anxiety and PTSD.

In June 2022 I had an unexpected heart attack. Although the attack was actually quite minor and I was back on my feet physically in a few days, I found my self struggling with crippling anxiety which persisted for almost two years. During this time I also lost both of my elderly parents within six months of each other. I was kind of a wreck throughout this time.

My medical doctors couldn't really do much to help beyond prescribing anti-anxiety medication, which is dangerously prone to abuse, so I was reluctant to use that. Counseling helped a bit, but I was still not sleeping and anxious with various stress-related physical maladies.

I tried acupuncture, and found it helpful almost immediately. In particular, the 5NP treatments seemed most beneficial. My medicate health insurance only covered a limited number of acupuncture appointments a year, so I eventually found my way to Working Class Acupuncture where I could get affordable 5NP treatments out-of-pocket.

I am supporting this bill because I believe that a wider access to 5NP would be of great value to Oregon citizens. It is a safe and more affordable option for treating trauma and anxiety. It has been a life-saver for me.

thank you for reading my testimony.

Dan Weston