

Submitter: Rubi Vergara-Grindell  
On Behalf Of:  
Committee: House Committee On Behavioral Health and Health Care  
Measure, Appointment or Topic: HB2143

I am writing in support of the measure to make 5NP a more accessible practice. 5NP is a community healing method that honors the legacy of Matulu Shakur and Micheal Smith, the work of the Black Panther Party and the Young Lords. As they intended, this is a practice that should be accessible to all. In order for that to happen it needs to not be limited to just acupuncturists. I have personally found support and healing through 5NP and can see how beneficial it would be for it to be accessible to more people. Medical care is often inaccessible or too expensive for folks to access. 5NP would provide a preventative, safe and accessible form of care for folks who need it the most.