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On Behalf Of: self
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I have been a patient of Naturopathic Medicine for over 15 years. It was this branch of medicine which first diagnosed and treated my hypothyroidism in 2006 using bioidentical thyroid supplements, and resulting in an improvement in life quality evidenced by the fact that at the time I could barely crawl up the 2 flights of stairs to my 3rd floor apartment. After a diagnosis of low thyroid (utilizing the best science-based ranges) and treatment, I found myself able to easily climb the stairs to my apartment, not to mention carrying out the responsibilities of my job as a field biologist. Had I been willing to accept the opinion of the traditional medical field at the time, nothing in my life would have changed. As time has gone by, placing myself under the care of a naturopath has also allowed me to navigate menopause relatively smoothly.

But the biggest 'win' for me has been in the past 2 years after I was diagnosed with rheumatoid arthritis. My naturopath put me on a research-supported regimen of low-dose Naltrexone, which over the course of half a year has reduced my pain and swelling to nearly nothing and allowed me to continue functioning normally. The traditional field of rheumatology advised me to take a medication which has a panoply of side effects including leaky gut. I politely declined the rheumatology advice and took that of my naturopath, thus finding myself in a very much improved, functional state.

Naturopaths are the physicians which are least in the thrall of/influenced by big pharma interests. Naturopaths are the closest practitioners to pure science, and keep themselves abreast of the latest peer-reviewed studies as contrasted with 'regular' doctors who are point-of-sale distributors for pharma.