

Submitter: Amanda Caffall
On Behalf Of:
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB3439

Dear Committee,

For almost ten years, I have had the privilege of paying out-of-pocket for naturopathic care. It has had profound and positive impacts on my health. For me, it is an essential piece of a healthcare puzzle that includes a diverse team of providers. I am a proud Kaiser patient with an amazing primary care provider. However, my naturopath asks questions and pulls on threads that the rest of my team of providers do not.

My naturopath's approach to helping me improve my health involves fewer inputs from Big Pharma and more attention from me. She suggested dietary and lifestyle modifications that made a chronic condition manageable. She recently advised me to make a broth. I was near hospitalization two and a half years ago and am closer to remission today, thanks both to Big Pharma and my naturopath.

Naturopathic care is healthcare. It is a little less industrial and a little more home-remedy than a typical doctor's office in the US. We're living in a world that feels increasingly hostile to care, whether for each other, our neighbors, or ourselves. Expanding access to care of varying types increases the likelihood that any one person can find what they need. The more folks with well-managed health, the more neighbors we have to help care for our communities alongside us.

My own father, a tugboat captain and timber person, had to stop eating gluten and sugar at the advice of a practitioner performing a stem cell knee surgery. He stayed off gluten and sugar and now skis whatever double black diamond slopes he wants to. The one doctor in my hometown just retired and my Dad's considering finding a naturopath.

Oregon does not have enough primary care providers today. From the sounds of it, we aren't expecting that to change. Naturopaths can become an important part of Oregon's primary care ecosystem. Equalizing how naturopath's offices are reimbursed with how doctor's offices are reimbursed would stabilize the entire industry.

Oregonians are on track to need more healthcare, not less. I hope you will pass this bill to maintain and expand access to naturopathic care.

Thank you for your service. Keep your heads up.

Sincerely,

Amanda Caffall

Attorney, Nonprofiteer, & Patient of Grain Integrative Health