

## Snow, Veronica

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**From:** Jessica Laurin <easternsunhealing@gmail.com>  
**Sent:** Wednesday, April 3, 2019 9:53 AM  
**To:** HCIFS  
**Subject:** Bill LD364

RE: LD 364

To Whom It May Concern,

Good day, my name is Jessica Laurin and I am a, Certified Ayurveda Practitioner, Certified Reiki Master, Registered Yoga Instructor and Licensed Massage Therapist for the state of Maine; I am writing you today with the concern of bill LD364. As an alternative wellness professional I make it my priority to keep my clients safe and with that I make sure I follow my scope of practice as well as staying up to date in my fields by being a member of both NAMA for Ayurveda and AMTA for massage. Being a member of both associations I am obligated to take continuing education credits in both fields; this helps me gain more knowledge to help others, keeping them safe as well as keep my training current. Even though I am not currently a member for yoga alliance I am still doing continuing education to gain more knowledge in my field of yoga. In 2009-2014 I lived in the State of Washington, while living there I became a Reiki Master. To practice the holistic healing of Reiki without a license in that state, I was required to become an ordained minister; that of which I completed, and was then able to practice the healing power of Reiki without any issues.

In 2012, I went to massage school in Washington State, practicing 800 hours in massage school, I also went to Ayurveda school in Washington studying and practicing over 2000 hours of Ayurvedic Medicine; which included a month long internship in India; studying with the doctors at a Ayurveda Hospital. Why am telling you this you ask? Well I am a professional and take my work and training very seriously, I think I should still be able to practice these forms of medicine if I'm following my scope of practice, as well as taking continuing education. I also feel that we should be able to be given the choice of how we would like to treat our own bodies and not be told how and where to go by the state.

As an individual I am not a fan of the western medicines motto of "giving you a pill to mask the symptom." In Ayurveda, which is a 5000 year old life science from India, we treat the root cause of the issue per each individual thru diet, lifestyle and herbs. However, being trained and a professional in my field I know my stuff and believe in the medicine fully. When I was taking my internship in India I was treated as a patient at the Ayurveda Hospital for Hyperthyroid and anemia, both of which I was fully cured from in only 1 month of taking herbs and changing my diet. Now if I were to get treatment for the same diseases from conventional medicine, I would have probably been told my thyroid had to be removed and would have to go on heavy iron supplements and thyroid medications; living with it for the rest of my life. My point is this; conventional medicine doesn't always help people fully and every person is built differently and may take to treatment better in a holistic way versus a heavy medicated way. Why can't we give people options to take control of their own health and let them have the freedom to choose their consultations with other forms of medicine that have been around for thousands of years longer before conventional medicine was even created. Why does conventional medicine have to be the only way of treating people?

Please feel free to email me or give me a call with any questions or concerns you may have.

Healing Blessings,

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