

April 7, 2019

Subject: Testimony in support of LD 364  
An Act To Establish the Right To Practice Complimentary and Alternative Health Care Act

Senator Sanborn, Representative Tepler, and Members of the Committee on Health Coverage,  
Insurance and Financial Services,

My name is Karen Waldman and I live in Belfast, Maine.

Over the past 3 decades I have been treated by both allopathic and alternative healthcare providers, in the state of Maine, for chronic and acute physical conditions. Specifically, I suffered dramatically from a debilitating skin condition that was severely uncomfortable emotionally and physically; and kept me from exposing much of my body from my late 20's through my early 50's. After trying copious amounts of serious traditional medical treatments - including acid and tar applications, light therapy, and hospitalization - I was at a loss. I was exhausted and chronically depressed.

Gratefully I began work with a skilled homeopath, as well as utilizing several other alternative practitioners including polarity energy work/ kinesiology and massage. My condition showed dramatic improvement after consistent applications of homeopathic remedies, and other supplements recommended to improve my digestive system; as well as hands on body work. Over time, with no further medical treatment, my condition totally disappeared and has not returned to date. This was truly a miracle, but I believe, in actuality, was a consequence of being wholly committed to homeopathic consults and suggestions. It was a fairly long and rigorous process but relief was steady, progressive and dramatic.

Additionally, more recently I suffered a traumatic and sudden retina detachment that was predicted to cost me my entire vision in one eye. Prior to surgery, it was noted that I would most likely need the most invasive and complex of surgeries to reattach the macular and retina in my left eye. Once again I immediately called upon my highly trained and skilled homeopath, who began administering several remedies prior to surgery, unbeknownst to my surgeon. Miraculously, so it seemed to me, light and shapes began to appear through the "opaque dark curtain" that had descended in that eye. Following surgery my doctor reported being quite confused as to why I was so improved, since I had been last examined, (prior to administration of homeopathy) and was really surprised that I needed the less invasive, less extensive surgery. He was delighted; and ultimately my prognosis was dramatically changed from minimal eyesight post surgery to almost full recovery of vision in that eye. I have absolutely no doubt that this is a result of both excellent surgical intervention AND the additional support of homeopathy.

I respectfully urge you to support Maine's complimentary and alternative health care practitioners/health consumers and vote in support of LD 364.

Thank you for your time and consideration.

Sincerely,  
Karen Waldman, MSW  
4A Penobscot Terrace  
Belfast, Maine 04915  
207-894-4962  
kwald97@gmail.com