

Testimony in Support of LD 364 & in Opposition to LD 1384

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

My name is Kathleen Hewey. I live in Hiram. I request you vote to support LD 364, An Act To Establish the Right To Practice Complementary and Alternative Health Care and to oppose LD 1384, An Act Relating to Complementary & Alternative Medicine Licensure.

In 2003, I had been working as an elementary level teacher and felt like I was on the verge of getting sick for most of each academic year. Being around children all day, I was exposed to germs regularly, and with a family history of allergies and asthma, I also often suffered from seasonal and other environmental allergies. I tended to come down with mild colds throughout each year, probably in part due to a lowered overall immunity from my allergies. I never liked taking allergy medicines because they always made me feel spacey and it bothered me to rely on a chemical drug that wouldn't heal anything, but rather only suppress my symptoms. I saw a homeopath, recommended by a friend who is an MD, and took a few remedies over the course of that year. My allergy symptoms disappeared by the following Fall and I also didn't get another cold for many years. It was truly amazing to feel healthy again and I could not be more grateful that homeopathy was available to me!

In 2017, I went to a homeopath again because I had been having migraines for a year or so, along with some digestive trouble. I had tried altering my diet, which helped a little. My regular doctor said there was nothing I could really do about the migraines, but that some people feel better from rest, coffee, and/or ibuprofen during a migraine. I am allergic to ibuprofen and wanted more than a band-aid approach. Once again, after many months on homeopathic remedies, my migraines stopped and my digestion trouble greatly improved. I was even able to stop avoiding gluten. Again, so thankful to have alternative health care options that are safe and effective!

In 2015, my daughter, then around 3 years old, began showing some early signs of asthma and was prescribed an inhaler by her allergist. Around that time, an herbalist friend suggested I try giving her an herbal tincture made from New England Aster for bronchial dilation. Just a few drops in some juice as needed. When my daughter would begin to have difficulty breathing, I gave her the tincture first and that often made the inhaler unnecessary. Over time we didn't need the inhaler at all and haven't even needed the tincture for a year or so. She is now 6 years old and showing no signs of

asthma. Again, so thankful I had a safe option to help my daughter breathe that didn't require reliance on chemical drugs, but allowed me to more cautiously use the inhaler alongside a safer herbal medicine.

I have been formally studying homeopathy for almost 2 years now and I would very much like to have my own practice in the future. I want to continue having access to alternative health care for myself and my family. Supporting LD 364 and opposing LD 1384 will allow me to continue having access to homeopathic remedies and herbal remedies to help treat myself and my family acutely and ultimately allow me to choose healthcare that is best for me and my family. Passing LD 364 and defeating LD 1384 will also mean I get to pursue the career I want and hopefully help others.

I respectfully urge you to support Maine's complementary and alternative health care practitioners/health care consumers and vote in support of LD 364 and in opposition to LD 1384 and allow healthcare freedom in Maine.

Thank you for allowing my testimony.

Sincerely,  
Kathy Hewey, Hiram, ME  
kathyernenwein@gmail.com