

February 2, 2022

Re: YES ON HB 4006, I'm a Patient and support my ND

Dear House Health Care Committee,

My name is Maija Ryan. I am a patient of a Naturopathic Doctor. I would like to share my experience working with this medical provider, and ask you to support HB4006.

There are of course many types of medical providers and models of care. The one I have come to value - and desire to keep seeing - is my ND. I feel cared for and I am cared for with the dedicated time and attention to my healthcare needs. I have seen multiple providers for various physical and mental health issues and my ND is able to best address the intersection of the physical and mental health issues and address them holistically. My ND is connected and listens deeply to me and I feel cherished and lighter when I leave her office. It is a truly healing experience, not just a quick in and out as I have experienced with more mainstream medicine.

I believe NDs are on the cutting edge of utilizing the latest research as well as the deepest wisdom from generations of healers. NDs are also more like the models I see on the old 1950s TV shows where there is a family doctor that visits the home and truly knows their patient as a neighbor, this is how I feel with my ND although she has never visited my home.

Unfortunately in Oregon NDs are not being fairly compensated for their contributions to my health and to the healthcare of this state. This puts my doctor on unstable financial ground, and my access to this highly valued care at constant risk.

It is essential that I be able to utilize my health insurance to see my doctor. I cannot afford to both purchase health insurance against major medical expenses and pay out of pocket for my regular and preventive care. That's just not right.

My licensed ND manages the majority of my healthcare needs. Whether it be my annual exam, lab orders, other health screenings and prescriptions. They also refer me to competent providers and specialists in the conventional medicine world as needed. Nearly all of them operate in partnership or in network with other providers, truly ensuring that my health is optimized.

My ND takes the time to teach me about my health concerns and how to best manage my health through diet and nutrition, staying active, overcoming stress, and improving my sleep, in addition to prescribing medications and treatments.

I am asking you to please vote yes on HB4006 and ensure fair access to licensed Naturopathic Doctors.

Sincerely yours,

Maija Ryan

