

**Heather Sundblad-
Rhoades <cfaorhoades@gmail.com>**

Dear House Health Care Committee,

My name is Heather Rhoades, and 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 many types of medical providers and models of care. I do have a GP I see at a standard medical facility, however the one I have come to value - and desire to keep seeing - is my ND. I feel well cared for with the dedicated time and attention to my healthcare needs she provides. Her expert advice has helped me leap and bounds over much of the work my GP and I had done. Lifestyle, diet, food changes, and exercise direction - as well as more natural ways to deal with ailments - has served me far better than pharmaceutical remedies.

In point of fact, when recently dealing with menopausal issues – she helped me far more than my gynecologist did. She found out exactly the kinds of hormones that we were having issues with. And working with her with a few months of this - versus 2 1/2 years with my gynecologist. My ND literally “saved my life”.

Unfortunately in Oregon NDs are not being fairly compensated for their contributions to my health and the healthcare of this state. This puts my ND doctor on unstable financial ground, and my access to her 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 possible, nor is it 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 network with other providers, truly ensuring that my health is optimized. She actually helped me find a Doctor Who would fit much better than my regular GP has in the past 10 years. Because working with her we could pinpoint a lot of the areas where I needed better medical care in conjunction with her care. And it has made a world of difference.

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. In fact, we have made more progress working together than I have made with my GP for many of my issues.

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

Sincerely yours,

Heather Rhoades
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