

Submitter: Rita spears

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure, Appointment or Topic: HB2143

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Prepared by Rita Spears

Five Needle protocol

I have been receiving acupuncture at 'Working Class Acupuncture' for four years and can personally attest to its effectiveness, especially for pain relief. I especially appreciate the accessibility and affordability.

I also started volunteering as a receptionist at the Gresham clinic which added a new dimension to my experience. I see many people come through the clinic, all ages, backgrounds and circumstances and notice the difference acupuncture has made for these individuals. Many of these patients are low income, troubled by pain and stress.

On a very personal note I have lost a family member to the Opiod epidemic so I feel strongly acupuncture can help with addictions and stress.

Thank you for this opportunity.