

Hello, my name is Gisele Bridges, I am from Sedgwick, Me

I am a Certified Holistic Health Coach. I received my training in 2013 through the Institute for Integrative Nutrition.

- The **Institute for Integrative Nutrition** is recognized by the Department of Education and
- is a **member of the National College Credit Recommendation Service**
- and has been a **licensed vocational school by the New York State Education Department since 2009**

I also hold a **Certificate in Environmental Health**

I am a Certified Reiki practitioner

and have held certifications as a Personal Trainer and Fitness Instructor through the Athletics and Fitness Association of America.

I consider myself a lifelong learner. I have an inquisitive mind, a propensity for research and a lifelong passion to be of service to others.

In the past, I have worked as a dental assistant and a licensed chiropractic assistant.

I have spent the last 20 years gaining education which has cost me approx. \$20 thousand in order to create a wellness practice to help others live healthier lives as well as create a means to take care of myself financially during my retirement yrs.

I understand the scope of my practice as a health coach:

- **I do not diagnose disease**
- **I do not treat disease**
- **I do not prescribe a diet plan**

- **Rather - I am a supportive mentor and wellness authority**
- I provide information **that is available to the general public** to help my clients feel their best by making changes that support a healthier lifestyle.
- I share the **pillars of wellness – proper nutrition through whole food eating, adequate sleep, stress reduction and movement.**
- **I share the fundamentals of a healthy diet**
- **I share the fundamentals of a healthy lifestyle**

This information and education is sadly missing in our current health care model
More people are seeking natural ways to care for themselves that either

- their doctors don't know because of their lack of training in lifestyle
- or don't have the time to share in a standard well care visit in their office.

Certified Health Coaches bridge that gap between medical providers and a healthy lifestyle that will improve the quality of life for our clients and communities.

The state of Maine is ranked 11th for its cancer rate. My husband was diagnosed with stage 4 colon cancer exactly one year ago this month. He was given a survival of 6 months with no treatment and a year or two with standard treatment.

We sought care out of state in order to access the most aggressive, cutting edge conventional treatment at Massachusetts General Hospital

We also took advantage of natural healing options including reiki, acupuncture, chiropractic along with nutrition, supplements, herbs, essential oils and lifestyle changes.

We strongly believe that there is a place for complimentary, supportive health care along with conventional treatment.

I believe it is our right to choose the type of care we want for ourselves and our families.

Today, one year later, my husband is cancer free!!

My family and my community would be greatly impacted if we are no longer allowed to make our own choices in the type of health care we want.

I have supported many women and families in my community through lectures, workshops and classes – many of them free - to feel empowered to take control of their health and create positive healthy lifestyle changes. I have also partnered with medical professionals who refer their patients to me.

Under your proposed eligibility ruling I would not qualify for licensure as I do not hold a doctoral or masters degree nor have I had 1800 hours of clinical supervision under a licensed complementary health care provider.

Maine is known for its independent thinking. It is a state that promotes it's natural resources and relaxed way of life. People move here because that lifestyle is important to them. They want to raise their families here or retire here.

They want to be in control of the choices they make regarding their own health.

Our families and communities expect and deserve the right to have access to the healing practitioners of their choice.

Thank you