

4/8/2019

Testimony in Support LD 364

"An Act To Establish the Right To Practice Complementary and Alternative Health Care Act"

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

My name is Katheryn Langelier. I was born in Lewiston and raised in L/A and Turner. I had the great fortune of growing up spending every hour possibly playing outside and learning about wild edible foods and medicine that grow in our beautiful Maine forests, fields and coastline.

I deeply love our state and have spent much of my life exploring it. I've lived in Waldo, Knox, Androscoggin, Hancock, Oxford, Cumberland and Washington counties. I currently reside in Union, where I have a MOGA certified organic farm and botanical health and wellness business Herbal Revolution Farm + Apothecary.

As an adult I've spent the past 24 years studying, growing and formulating botanical medicine with a concentration on plants that grow in our bio region or that can grow here. I have been an outdoor educator, landscaper, stone and brick mason, licensed massage therapist, farmer, herbalist and entrepreneur.

I have years of studying clinical herbalism and I'm currently in another 2 – 3-year clinical herbal program. I've received numerous awards for my formulations from the American Herbalist Guild, International Herbal Symposium, New England Made Trade Show and I recently received Home Based Business of the Year for Maine and New England from the Small Business Administration. I've also received recognition from Burt's Bees, Maine Farmland Trust, Island Institute and Fair Food Network.

I make botanical medicine. I use botanical medicine and I sell botanical medicine for others to use or for practitioners to use with their patients. Having access to medicine is equally as important as having access to food. I should have the right to choose what modalities of medicine I would like to access just like I can choose buying organic food from the farmer down the street instead of the conventionally grown food in the grocery store.

Mainer's are resilient people. We are resourceful, tenacious and incredibly self-sustaining. A great deal of my foundational education in herbalism came from farmers I apprenticed for as well as fisherman, woods workers and other people who work with the land. Mainer's are self-made, often holding multiple jobs throughout the seasons. The idea of not being able to make choices for ourselves doesn't seem to fit with the Maine philosophy or lifestyle.

As a consumer having access to the health care that I choose is imperative. We have, what I would call, a fairly serious health crisis here in Maine. Lyme disease. I've had firsthand experience with this disease and unfortunately went many years misdiagnosed and taking 3 -6 weeks of an antibiotic didn't help my situation. It took years to recover my health. I had a team of practitioners that I worked with one was an MD who used antibiotics, supplements and herbal protocols and recommended energy work. Another was my ND who used antibiotics, supplements, herbal protocols and suggested acupuncture,

homeopathy and cranio-sacral work. During the worst of this disease I would have episodes where I would violently convulse, I wouldn't be able to talk or walk without assistance. I had no control over my body. For this severe reaction my ND or MD could offer no relief and suggested I try cranio-sacral work for these severe neurological symptoms. I found a practitioner and I was unable to walk into her office but was able to walk out talking. It was such an incredible transformation and these sessions that I received are what kept me sane throughout the 3 years it took to fully recover.

As someone that has studied the body and has also experienced enough health issues, I believe wholeheartedly in complementary medicine. We as the people should have the choice to access all health modalities. Just because one protocol works for one person it doesn't mean it will work for the next. It often takes a number of protocols from various modalities to see lasting results.

If I was to become severely ill again with Lyme or any other disease, I can't imagine not having access to a cranio-sacral practitioner, clinical herbalist or a homeopath in conjunction with my doctors. I truly believe I would not have as great a success with a lasting recovery.

As a consumer, health advocate, clinical herbalist, licensed massage therapist and business owner I respectfully urge you to support Maine's complementary and alternative health care practitioners / health care consumers and vote in support of LD 364.

Thank you for your consideration, and I am happy to answer any questions you may have.

Sincerely,

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