

## Snow, Veronica

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**From:** Curtis <cjirsa@gmail.com>  
**Sent:** Wednesday, April 10, 2019 3:29 PM  
**To:** HCIFS  
**Subject:** Testimony in Support LD 364

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

I write in support of LD 364, "An Act To Establish the Right To Practice Complementary and Alternative Health Care Act." Unfortunately I cannot personally attend the hearing scheduled for April 11 in Augusta; however, I hope my written testimony can still be considered by the Committee.

I myself have benefited greatly from alternative healing modalities like western herbalism. I suffer from a couple conditions that have only been successfully treated by herbal treatments and energetic practices such as Qigong. One example is my psoriasis, which finally started to clear after I consulted with herbalists and began to incorporate energetic practices like Qigong into my daily life. These modalities have also helped decrease sensations of pain caused by an inflammatory condition. I've come to believe that these alternative modalities provide some of the best methods available for dealing with chronic conditions. What's more, they're affordable and accessible in ways that modern allopathic medicine often is not (given the nature of modern costs and insurance), particularly when used in dialog with primary doctors. Complementary care providers can help reduce the frequency of costly visits to hospitals and doctors' offices by providing accessible and powerful means of maintaining health, whether that's performing a daily Qigong exercise or growing a medicinal plant in the home garden, like *Calendula officinalis*, which has been a great ally for me.

These are the reasons why I'd like to see alternative modalities like herbalism, energy work, and life coaching continue to exist alongside traditional allopathic medicine. They complement each other and can make long-term self care more affordable. LD 364 mandates that alternative practitioners clarify that they are not medical doctors and detail the kinds of care they can provide, as well as the nature of their training. With the parameters clearly disclosed in this manner, I see no reason not to allow consumers to exercise their rights to speak and choose for themselves what kinds of healing modalities to try. I urge you to please support the alternative health community and consumers by supporting LD 364.

Thank you so much for your time and consideration. I'm happy to elaborate on my own experiences should it be helpful to the Committee.

Yours sincerely,  
Curtis Jirsa  
88 E Pittston Rd.  
Dresden, ME 04342