

April 11, 2019

Testimony in Support LD 364

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

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

My name is Mischa Schuler. I live in Portland. My private practice Wild Carrot Herbs is also located in Portland.

I hold a Master of Science degree in Herbal Medicine, a three year on-site clinical program, from the Tai Sophia Institute, accredited by the Middle States Commission on Higher Education and now known as the Maryland University of Integrative Health. After graduation in May of 2015, I continued to study and apprentice with extraordinary herbal teachers of New England: Mary Bove, Naturopathic physician and midwife; Deb Soule, gardener, herbalist and owner of Avena Botanicals in Rockport, Maine; and Rosemary Gladstar, herbal educator and founder of the tea company Traditional Medicinals. The learning continues, as the plants themselves are my greatest teachers.

Since moving to southern Maine in 2013, I have had the honor of being a part of a number of herbal collaborations. Along with four other herbalists, we co-founded the Maine Herbalist Gathering, approaching its fifth convergence in October; with another group of five, we co-founded the Maine Botanical clinic just under a year old; and with a dear friend and colleague, we have begun the Maine Herbal Series in Portland, approaching its fourth year in bringing well-loved herbal teachers from around New England to share their wisdom with our local herbal community.

I am currently on faculty at Birthwise Midwifery School facilitating the Botanicals portion of the curriculum. In the past, I have facilitated programming at USM, and have been a preceptor for pharmacy students during experiential rotations at both UNE and Massachusetts College of Pharmacy and Health Sciences.

Additionally, I offer year-long beginner, intermediate and advanced herbal programs in Portland, as well as individual herbal mentorships.

In my herbal practice, I specialize in nervous system support in women and teens, as well as reproductive and thyroid gland support. Much of my practice presents as women and girls experiencing anxiety, a menstrual complaint, or fertility challenge. I have provided plants for children as young as five days old and elders in their 90s.

In addition to my herbal background, I have apprenticed in a year-long therapeutic shamanic practice program, and I hold therapeutic certifications in Reiki I and CranioSacral Therapy I through the Upledger Institute.

LD364 would allow me to trust that our government appreciates and respects the direct relationships humans have with the bioregional plants historically and currently used in our gardens and found in woods and

meadows for food and medicine. It is my belief that this knowledge be permitted to continue to evolve and be passed to the next generations without intervention which could directly impact people's capacity to care for themselves in gentle and preventative ways.

I respectfully urge you to support Maine's complementary and alternative health care practitioners 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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