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SB 1052 – An Act Concerning the Practice of Acupuncture

**Testimony of Christie Ward
Public Health Committee Public Hearing March 2nd, 2011**

Dear Senator Gerratana, Representative Ritter, and Members of the Public Health Committee:

I'm writing as an acupuncture patient in the state of Connecticut. I want to thank the Committee for raising SB 1052 ('AAC The Practice of Acupuncture'), and not only urge you to approve it in Committee but also to support and advocate for this bill on the Senate and House floors.

In my own experience as a patient, I've learned the tremendous value of acupuncture and oriental medicine (AOM). In March 2010 I was diagnosed with Mononucleosis at the age of 42. After the acute stage of the illness passed, I was left feeling utterly exhausted. In traditional Western medicine, patients recovering from Mononucleosis are told that there is nothing they can do but rest. However, since I was twice the age of the typical Mono patient, I was concerned that my recovery might drag on for months or years, so I decided I would be proactive about reclaiming my health and vitality. That is why I turned to AOM.

Often, one of the lasting impacts of Mono is adrenal exhaustion. In Chinese Medicine the kidney meridian often relates in Western terms to the adrenals. In patients with weak kidney energy, the acupuncture points along that meridian can stimulate the healing process. Through regular acupuncture treatment, blockages in my system caused by my illness were released, and my adrenal glands were stimulated and strengthened, helping me to increase my energy and productivity. Without this effective AOM treatment, it is highly likely that my recovery, and return to full-time work, would have been much slower.

Finding a good AOM practitioner can be a life-changing experience, but patients need accurate consumer information to make informed decisions when seeking professional care. In these times when our healthcare delivery system is getting more complex, expensive, and reliant on good consumer information, it's incumbent on our lawmakers to make sure our healthcare practice laws truly describe the practices. SB 1052 does exactly that.

So, thank you again for raising this important bill, and for your consideration of patients like me in supporting it.

Sincerely,

Christie L. Ward

Cc: State Representative Bobby Sanchez