

To Whom It May Concern:

My family and I have benefitted from the homeopathic treatments provided by a skilled practitioner but our access is limited because we pay out of pocket for these services. This approach to wellness and healing is in line with current trends (like mindfulness meditation, yoga, chiropractic, naturopathy) that emphasize treating the whole person, taking into account psychological and other factors.

Our family doctor (Scott Prewitt) practices in a way that does not allow for such a depth of knowledge to be shared regarding the history of physicality of the body over a lifetime. Homeopathic practitioners use an extensive intake interview that allows for insight to be shared as well as key information. So much about healing is about the individual realizing they have a much greater role to play in all matters - better nutrition and exercise, relaxing the mind, managing stress. Homeopathic wellness for me, has been a key part of my own self-care and has thus reduced the chance that I will need more traditional interventions such as another back surgery, reliance on anxiety medication, etc.

I want my teenagers to understand early in their lives the importance of self-care, managing stress and taking responsibility for their own mind-body management. I want them to have as many choices to wellness as possible covered under health insurance plans and I want these choices to be top quality. We take advantage of acupuncture services in CT, why not homeopathy?

Thank you for your consideration to support CT residents' access to quality homeopathic wellness services.

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