

March 12, 2014

Elizabeth Kontomerkos  
725 Galloping Hill Road  
Fairfield CT 06824

RE: Amendment to Bill 5537

**I am writing in support of adding the Naturopathic Scope Expansion language to bill #5537**

My family and I have been patients of Naturopathic Doctors (ND's) for almost 10 years. I am a full time working mother of two and have placed significant importance on living a healthy and balanced lifestyle, eating right, and maintaining our bodies' equilibrium. As a result, I have truly come to appreciate and rely on my ND's holistic approach to our health especially with regards to preventative care. It has been truly life changing for our family. This is where NDs have become a more integral part of our healthcare system and therefore patients are demanding to receive a more comprehensive spectrum of qualified care from the ND of our choice.

My ND has successfully addressed and corrected chronic issues such as thyroid imbalance, allergies, and cholesterol. She has opened my eyes to the effects of certain foods and environmental stressors. NDs have provided friends of ours solutions to fertility issues, post-cancer wellness care, immune system disease and detection of an unidentifiable Lyme disease. How could such an astute and educated healthcare professional not then be able to write me a simple prescription? Up until now, the answer has been that my ND has to ask me to leave her office and make a second appointment with an MD or go to a walk in clinic. This not only is inefficient, more expensive to me, and adds additional work to our already burdened insurance system, but also delays my access to healthcare which in today's world is unacceptable.

ND's are highly educated doctors that follow a rigorous four year post-graduate education largely comparable to that of MDs. As a result, NDs graduate fully prepared to diagnose and treat patients and prescribe medications when needed.

We, like many people in Connecticut, have come to depend on ND's for high quality primary care services, including prevention, diagnosis and treatment of illness. We should allow our NDs to practice consistent with their education and training, especially since 17 other states already have legislated this. In the states that allow NDs to prescribe prescription medications, the track record for safety is exceptional.

What worries me the most is that Connecticut's outdated law will limit the number of NDs that choose to stay in CT and instead move to states that have updated scope of practice laws to begin their practices.

I am such a believer of the Naturopathic approach and philosophy, that for the sake of my children and the future of all our families, I urge you to please support this important legislation. It will allow these highly trained physicians to further benefit Connecticut patients with more comprehensive and efficient care while keeping our Naturopathic Doctors local and available.

Sincerely,

A handwritten signature in black ink, appearing to read "E. Kontomerkos", enclosed within a hand-drawn oval.

Elizabeth Kontomerkos