

To the Public Health Committee,

As the General Assembly committee that deals with overseeing medical regulation in Connecticut, it is your responsibility to assure that the people of this state have every possible avenue available to them when seeking treatment for any medical condition. In many cases homeopathy offers safe and affordable alternatives to western medicine, and with current regulation CT residents do not have the level of access to this treatment that residents in other states do.

Following the path of logic, it makes no sense to confine the practice of homeopathy to medical professionals that have little to no training in it. Understandably, most doctors would be hesitant to treat a patient using a process they don't fully understand. To add to this, the drug companies work very hard to influence doctors into discouraging homeopathy as it cuts into their profits. Connecticut residents need professionals in this field that they can trust. We need well educated and trained, board certified homeopaths.

In my own personal experience I have found homeopathy to be a very effective tool in dealing with anxiety and sleep problems. Through working with a homeopath I have been able to get a full night's rest and move through my day more effectively with a clearer head. There have been no negative side effects in my case, even while we were still dialing in the right treatment for me. On the other hand I had been prescribed countless pills, by physicians and psychologists, in order to treat sleep and anxiety. Some of the negative side effects that I encountered included weight gain, restless sleep, over exhaustion, and hallucinations. While these effects were not ideal it could have been much worse.

There are prescription pills available today that are marketed towards sleep and anxiety with possible negative side effects including things like rage, driving while asleep, and suicide. This means that if you were to pop a pill that your doctor prescribed for a simple problem like trouble sleeping, there is the outside chance that you may drive your car while blacked out or asleep. Imagine driving while asleep. With anxiety pills the risk of suicide is present along with violence towards others. These just a few of the dozens and dozens of possible side effects we risk taking these pills, and with each pill we take the risk and number of possible side effects grows. We need more options.

Thank you for your time,
Jonathan Smoil
Prospect, CT