

House Bill 5915: An Act Concerning the Practice of Classical Homeopathy.

Good morning Senator Gerratana and Representative Ritter and members of the Public Health Committee.

My name is Lindsay Mathews and I live in New Haven, CT.

I am here today to testify on House Bill 5915: An Act Concerning the Practice of Classical Homeopathy.

I support this bill because I use homeopathic remedies in my everyday life and firmly believe in their efficacy. They support my good health and my active lifestyle.

I am asking that you, the committee members, lend your support for this very important bill.

If I let you look in my pocketbook right now, you'll find that I carry several homeopathy remedies around with me wherever I go out.

One is to stop a cold from coming on, another is a remedy for a sinus infection and the other one is used when I feel the flu coming on. I would not leave home in the wintertime without these remedies because over the years, they have saved me from having suffered countless numbers of colds, sinus infections and flus.

In my medicine cabinet, I have homeopathic remedies for nerve pain (*hypericum perforatum*), trauma and bruising (*arnica montana*), and to calm my mind *coffea cruda*.

In my nightstand drawer I have countless other remedies too numerous to mention. But, I have had to do all the research to find the right remedy on my own.

I would like to be able to go to a trained homeopathic professional in CT who would be able to help me expand my understanding and use of homeopathic remedies. Why? Because this is one of the most important health care remedies available to me that is safe, dependable and effective.

Thank you for taking the time to hear my testimony.