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Greetings,

I am writing to share my experiences with Naturopathic Medicine. I understand there is a hearing next week about prescriptive rights for Naturopathic Doctors in CT. Unfortunately, I will be out of state then and cannot attend, but I wanted to share my story.

I am a veteran of the US Army (6 years, including a deployment to Iraq), and was medically retired after my pancreas suddenly gave out, and left me with Type 1, Insulin Dependent Diabetes. After getting out of the Army, I strived to keep myself as healthy as possible, and did whatever my doctors told me. I also started educating myself on all things health, nutrition and diabetes. My physicians wanted me on high levels of insulin, statin drugs, and metformin, and I complied thinking this would be the best for my health. My health did not improve, and I chalked this up to something unavoidable about my condition. I then found a naturopathic doctor. This physician was the first I ever experienced who used diet and lifestyle as a first approach to treating disease.

With this doctor, I stopped taking all the drugs, except very minimal amounts of insulin. My blood work, cholesterol, glucose, and hA1c all are well under the non-diabetic levels now, even without drugs to control these things. My conventional doctors are baffled by my success, especially since I am not taking the drugs that they think I need.

I was so inspired with my results that I decided, in my mid-30s to go to Naturopathic Medical School myself with the aim to one day open a diabetes clinic.

I would love to stay and practice in CT, but without prescriptive rights myself, I cannot write my patients Rx's for simple things like blood glucose monitors, and the hormone insulin. NDs are well trained in pharmaceuticals, and more importantly, focus first on diet and lifestyle, lessening the need for Pharmaceuticals.

Please consider my story when voting on updating prescriptive rights for NDs in CT. Please feel free to contact me if you would like any more information.

Thank you!

Ryan Attar