

Testimony of Elizabeth Mescher
Senate Bill 103: Patient's Access to Integrative Health Care Act
January 21, 2020

To Whom It May Concern:

I am writing this letter in support of integrative medicine and protecting the doctors who practice it.

I am a mother of four children, one with special needs. My family has many complicated medical diagnoses and over the past 10 years we have found a variety of integrative medicine practices that have helped my children and myself. I've had many doctors say, "Your children do not follow the textbook!" As a mother, it is hard to hear those words and know what to do.

My 15-year-old son had severe anxiety at the age of 10. He presented in the classroom with forgetting to do the backside of worksheets or various problems on a test. He would ask the teachers 100 questions for each activity or assignment. He was so nervous to complete any task given to him without direction on each section. Our doctor ran blood work and found nutrients that were lacking in our son. We gave him the supplements to support the needs of his body. Within 3 months, the teachers, who had no idea we were doing anything, told me that our son was no longer asking questions, attentive in class, and completing his work independently. He went from Bs and Cs on his work to earning As in the classroom.

My 10-year-old daughter was diagnosed with a rare metabolic disorder at the age of 3. If she was sick with any virus or bacterial infection, her blood sugar would drop and her ketones would increase. Consequently, she would be hospitalized until she was stabilized. At the age of 6, our integrative doctor supported her body with IV lipids and she has not had been hospitalized since.

Ten years ago, I had extreme adrenal fatigue. With 4 young children, one with special needs, I was so sick. In fact, I weighed 105 pounds and was pre-diabetic. My adrenals were not functioning properly causing my cortisol levels to be out of balance that resulted in issues with my insulin. Hence, I was diagnosed pre-diabetic. I did weekly high dose Vitamin C IVs and was able to get my adrenal glands functioning properly and the rest followed. I am no longer pre-diabetic.

Lastly, we have a 13-year-old son with a plethora of medical diagnoses. We started integrative medicine with him at the age of 3. Over the past 10 years, many things have worked for him. The two I would like to highlight are the ones that had the most profound impact. They are diet change and IV lipids. Our son is on the autism spectrum. At the age of 3, he had a goal with his behavioral therapist to watch a television program for 60 seconds. We took gluten out of his diet (10 years ago) when it was not a popular practice. Within 1 week of no gluten, our son was watching a full episode of his favorite cartoon that was 23 minutes long!

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Our son spoke his first words at the age of 9. He had a very limited vocabulary that consisted of a single word spoken at one time. Our integrative medicine doctor gave our son IV lipids. He started to speak multiple words and simple sentences! Can you imagine hearing your son finally speaking in a simple sentence at the age of 10?

We believe integrative medicine is an important part of the care in our medically complicated family. I am eternally grateful to our integrative medicine doctors who think outside the box and have been able to help my children and me.

Please support these doctors so they can continue to make a difference in the lives of others, like my family!

Thank you.

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