

**Written Testimony of David London:**  
**The Patient's Access to Integrative Health Care Act of 2020 (H.B. 259)**  
**Maryland Society of Integrative Medicine Testifying in SUPPORT**

Good afternoon! Chairwoman Pendergrass, Vice-Chair Pena-Melnyk and members of the committee. It is nice to see The bill being discussed today, Patient Access to Integrative Health Care, is an extremely important one. If it passes, it will save lives.

Integrative medicine is now respected around the world, medical schools have course work in it, universities and hospitals have fellowships in it, and there is more than ample research supporting its effectiveness. However, in spite of this, many physicians are afraid to use it since there is still a strong prejudice against integrative medicine by many physicians and boards that are trained only in conventional medicine and therefore know very little about integrative tests and treatments. This prejudice results in unfair investigations and sanctions of integrative physicians for no other reason than that they are in an emerging school of thought not understood by many conventional physicians. As a result, many physicians avoid offering care they know will safely and effectively help their patients.

The Patient Access to Integrative Health Care Act of 2020 will allow physicians to use integrative/holistic tests and treatments when they feel it is in the best interest of the patient, fully disclose to the patient that it is integrative and non-conventional, receive fully informed consent, and the treatment has no greater risk than traditional treatments not outweighed by the benefits. This bill will allow each patient to choose for himself or herself whether to use integrative treatments when they and their physician feel it is best for them. Such a decision is a patient's right. It is a human right.

Although I never expected integrative medicine to work, it did! Let me tell you just a few examples:

**First:** In 2005, after my family doctor put me on antibiotics for an infection, I developed c-diff which, as many of you know, is now an epidemic. Many people who have c-diff ultimately end up having their intestines removed. One of my dearest friends died of it. My traditional gastroenterologist put me on antibiotics for the c-diff—flagyl and vancomycin. But every time I got off of the antibiotics, the c-diff came back. This went on for *three* years! Finally, I went to the head of Infectious Disease at Johns Hopkins and saw the doctor who I learned was the foremost expert in the world on c-diff—Dr. John Bartlett. He told me to stay off the antibiotics and eat a lot of yogurt or take Culturelle for two weeks. Cuturelle (lactobascillus gg) is an over-the-counter probiotic which has been proven by research to cure c-diff. I did what he told me, and the c-diff was gone in two or three weeks. I told traditional physicians about this tremendous recovery, but they did not want to hear it. They told me that the “gold standard” for treating c-diff is to take the contents of a healthy person's intestines and transplant it into the intestines of the person with c-diff. I responded, “Who would want to go through all that, and the risk of all that if all they had to do to get cured was take the appropriate probiotics!”

**Second:** About ten years before that, in the mid 1990's, I had developed an extremely painful medical condition that was severely crippling me. For several years, I went to numerous doctors including the top doctors at both Johns Hopkins and University of Maryland Medical Center, and no one could figure it out. I then went to the Mao Clinic. They found that I had brucellosis that I had picked up in Israel years before. I also had an antibiotic resistant infection that I picked up during surgery. Although the traditional remedy for the brucellosis and the hospital infection did not work, at my wife's suggestion, I went to an integrative physician in Hazelton, Pennsylvania 150 miles away that had helped both of her parents when traditional medicine was ineffective. I did not believe it would help, and I did not want to go; but I went anyway. The integrative physician started me on integrative treatments appropriate to those conditions. Although I did not expect it to work, each week I got better and better. Finally, I was totally cured of the brucellosis and hospital acquired antibiotic resistant infection, but I still had a little bit of another problem from many years earlier. On a hunch, he tested me for heavy metals. The test showed that I had heavy amounts of arsenic in my system, apparently for many years, causing the other problem. He got the arsenic out of my system, and soon I was 100% well. The pain and crippling were totally gone, and instead of only being able to eat four foods as I had been doing for several years, I could now eat all foods except four! Later, I told a traditional physician about it, and he said “it must have been a placebo”. I responded that it could not have been a placebo because, for a placebo to work you have to expect it to work, and I did not expect it to work.

**Third:** A number of years later, in 2013 or so, I was getting symptoms of intense fatigue, muscle pain in my arms and legs, and neuropathies. The traditional doctors told me it was probably “chronic fatigue”, possible “sleep apnea”, nerve damage causing neuropathies, etc. and treated me symptomatically. I was put on various medicines—one for each

symptom. I finally went to an integrative physician in Washington, D.C. He tested me and found I had Lyme. He and his associate treated me with the normal Lyme antibiotic protocol. The symptoms went away in a few weeks. His associate told me to stay on anti-Lyme herbs to make sure it did not come back; but my traditional family doctor said that, if it was Lyme, the six weeks of antibiotics would take care of it. I took my traditional doctor's word for it since it was easier not to go on herbs than to take them. My traditional physician was wrong! Three months later, the Lyme came back with a vengeance and included multiple co-infections. I went to another integrative physician's office to get another opinion. He re-started me on antibiotic treatments for Lyme. The Lyme and its co-infections and all the Lyme symptoms went away again, but each time I went off of the antibiotics for a few months, the Lyme came back. Then I heard about an integrative Lyme treatment with a near 96% total cure and no relapse rate in New York that has been used successfully for ten years. It was very similar to what I had done 20 years earlier with the integrative doctor that cured my brucellosis and hospital acquired antibiotic resistant infection when everything else failed. I went to an excellent integrative physician that did this treatment. It cost me only about \$ 380 a month, and after four to six months of this integrative treatment, I was totally cured. It was so inexpensive, I did not even need insurance. Now, years later, I am still cured as are others I know that had this integrative treatment. And there were absolutely no harmful effects. In addition, I have a friend who had persistent Lyme for many years. When the antibiotics stopped working, she went to the Alpstein Clinic, an integrative clinic in Switzerland. In three weeks, she was totally cured of Lyme using their integrative treatments and, as far as I know, her cure continues to this day.

**Fourth:** My friend who was a dancer was devastated and thought she would never dance again when she started having severe pain and swelling in both knees preventing her from not only dancing but also causing significant problems walking stairs. She was told she had cartilage degeneration by two orthopedic physicians, one at one of our major teaching hospitals. She was given steroid injections for a year. When that did not work, surgery was recommended. Not wanting surgery, she spoke with a pharmacist specializing in natural treatments. At his recommendation, she took two safe and effective supplements to rebuild the cartilage. After approximately six months of this protocol, the pain was gone, the cartilage apparently rebuilt, the swelling was gone, and she was back to walking and dancing. A couple years later, I was having a great deal of pain in my right shoulder. My orthopedic physician took an x-ray and told me I had arthritis and loss of cartilage. I called my friend the dancer to find out what treatment she did so I could do the same. I took the same supplements, and in a few months the pain was gone. I assume the cartilage had apparently rebuilt.

**Fifth:** My friend developed a form of liver cancer that is usually fatal. He went to a university hospital in California for treatment—either Stanford or University of California. In addition to the chemo, they also recommended significant diet and lifestyle changes. He made a total recovery and credits his recovery to the diet and lifestyle changes he made. In contrast, another friend who lives in Maryland developed cancer. When she went for chemo at a Maryland teaching hospital, she asked what diet and lifestyle changes she should make to help get rid of the cancer. She was told “nothing”, that diet and lifestyle have nothing to do with it. She was told this even though there is significant evidence that one's diet and lifestyle has much to do with the growth of cancer and its cure.

The treatments that I used to cure the brucellosis, antibiotic resistant infection and Lyme have been used by thousands of physicians here and in Europe for 80 to 100 years with no ill effects—and they work! The doctor 150 miles away in Hazelton, Pennsylvania, Dr. Arthur Koch, that I mentioned who had cured me from the brucellosis and hospital acquired antibiotic resistant infection at a cost so low I wondered how he could afford to stay in business, died from a heart attack in his early 70s shortly after I had completed treatment. His staff and patients fully believe the heart attack was from the stress from the constant harassment he received from the traditional medical community for simply being an integrative physician. I believe that too. The integrative physician who first discovered I had Lyme, Dr. Warren Levin, and started me on my way to health from Lyme, had previously spent sixteen years fighting harassment by the board in New York even though no patient ever complained, patients were cured, and no harm ever came to any patient. That sixteen year investigation of Dr. Levin was instigated by a traditional physician who had absolutely no knowledge of integrative medicine but wanted to stop it anyway. Dr. Levin finally won and New York's law was changed because of it -- but the ordeal took a significant toll on him.

I would be sick, crippled, in severe pain, and probably dead if it was not for integrative medicine. It is because of these excellent and proven safe and effective integrative treatments that I am now cured. Others have a right to do the same and not be asked to continue to suffer because traditional medicine does not have an effective treatment. Neither

should patients be forced to resort to use medicines with serious side effects or invasive surgeries when there are integrative treatments that can safely and effectively cure them instead.

If we do not allow true integrative treatments that work to be properly done by trained professionals in Maryland where they will be under the jurisdiction of the boards, patients in desperation will continue to travel to other countries where they may be harmed by fraudulent treatments or try fraudulent treatments they see on the internet and elsewhere.

This bill is about one thing. If you are sick, and especially if traditional medicine cannot help you or can only help you with medicines with potential serious side effects or invasive surgeries, it is your God given right to decide for yourself if you are going to try another method of healing by highly trained professionals, and no one should have a right to tell you that you cannot do so and that you need to stay sick because *they* don't believe in that method—and that “someone else” doesn't even know enough about integrative modalities to make an informed decision. If someone doesn't want to use integrative medicine, they don't have to; but they have no right to tell the rest of us that we cannot. It is our health; it is our right to choose the treatment we want! No one has a right to tell us differently.

Let me make this personal: If you or your child or grandchild has a serious illness and integrative medicine has a treatment that is safer and more effective than traditional treatments, wouldn't you want the right to use it! Please pass this bill. If passed, people will get well!

If you need to contact me for additional information, please let me know:

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