

HB1527, Favorable  
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Good afternoon.

Chairwoman Bagnell, Vice-Chair Cullison, and members of the Health Committee, thank you for your consideration of and hearing on this important legislation for the State of Maryland, HB1527, THE COMPLIMENTARY AND ALTERNATIVE HEALTH CARE ACT and for the opportunity to speak today. Thank you also to Delegate Arikan for sponsoring this critical piece of legislation.

Marylanders deserve the option to receive alternative health care in safe and supportive environments, and this bill ensures that will continue to happen.

My own personal holistic health journey began nearly 20 years ago in Laurel and continues to this day, mostly in Anne Arundel County, but I will travel to other counties if needed to receive the best holistic care. I receive regular acupuncture, massages, reiki, stretches, craniosacral therapies, nutrition services with organic whole food supplements, ion foot detoxes, and red light therapy.

Because of holistic wellness, I am healthier in middle age than I was before and have no chronic or major health issues. Through holistic practices, seasonal allergies I have had since childhood are mostly non-existent now, and I used to get regular allergy shots. Also, my anxiety has been controlled, and the symptoms only spiraled when taking Western medicine. The one dearest to my heart – I was able to conceive easily at age 36 and have my one and only child through the aid of acupuncture, when Western doctors had said in my early 30s I would not be able to conceive due to a physical abnormality.

The only Western medicine I am still on is a small dosage from a prescription I was given many years ago to address the physical symptoms of anxiety. I now only take  $\frac{1}{8}$  of the amount I had originally because I now treat holistically the causes of my anxiety, rather than treating the physical symptoms. Through more work, I will eventually be completely off the chemical-laden Western medicine and will maintain my health and wellness entirely through the wonderful holistic practices available to us.

I feel very fortunate that our state has some phenomenal holistic practitioners. Though I am not originally from Maryland, I have lived more than half my life in this wonderful state that has become my home. I have thought about moving back to my home state as my parents are aging, but one of the biggest factors that keep me in here is the amazing team of holistic providers I have here. Please help keep THEM here too, through passage of this legislation.

Thank you for supporting and encouraging holistic practitioners to work in our state.

I respectfully ask that you vote in favor of this legislation. Thank you for your time.