

## How Complementary Wellness Services Differ from Medical Practice

### LICENSED MEDICAL PRACTICE

Regulated by medical licensing boards

Diagnoses disease and medical conditions

Prescribes medications and medical treatments

Performs medical procedures or interventions

Treats illness and disease

### COMPLEMENTARY WELLNESS PRACTICE

Operates under consumer disclosure laws

Supports general wellness and lifestyle balance

Provides lifestyle education and wellness guidance

Uses non-invasive wellness techniques

Focuses on prevention, wellness, and lifestyle support

### Examples of Licensed Medical Professions

- Physicians
- Nurse Practitioners
- Physician Assistants
- Licensed Naturopathic Doctors (NDs)
- Other licensed healthcare providers

### Examples of Complementary Wellness Practitioners

- Nutritional Therapy Practitioners
- Herbal Educators
- Holistic Nutritionists
- Wellness Coaches
- Traditional Wellness Practitioners
- Energy-based Wellness Practitioners
- Holistic Lifestyle Educators

### Key Principle

Complementary wellness practitioners **do not diagnose disease, treat medical conditions, prescribe medications, or claim to cure illness.**

Their work focuses on **supporting overall wellbeing through lifestyle education, nutrition guidance, stress-reduction practices, and other non-invasive approaches.**

## **Why a Legal Framework Matters**

A clear legal framework would:

- Improve **consumer transparency and informed consent**
- Establish **clear boundaries with medical practice**
- Provide **regulatory clarity for practitioners and regulators**
- Support **small wellness businesses across Maryland**

## **Contact**

Name: Kimberly K. Smith

Organization / Practice: Independent Complimentary Wellness Practitioner

Email / Phone: [kksmith40@verizon.net](mailto:kksmith40@verizon.net) / (301) 377-4307