

March 1, 2010

RE: HB 282

To: Chairman Olson & Members, House Labor &Commerce Committee

HB 282 is as much a **consumer issue** as it is another step in the struggle by ND's and naturopathic medicine for just recognition and regulation.

I am now 60 years of age, have resided in Homer since 1977, and consider myself proactive on healthcare issues and very much responsible for my own health. I look to the State to do it's part in making the best choices for healthcare available to me, **particularly those that help me help myself.**

Since my first encounter with an ND in 1993, I have progressively entrusted more and more of my healthcare decisions to the guidance of ND's and the naturopathic approach. I now consciously spend most of my healthcare dollars, whether reimbursable or not, on a naturopathic approach so my primary care is coming from ND's. If the provisions of this bill were in place earlier, I could have obtained more of my needs (including pharmacy and minor surgery) , more efficiently from my primary care physician (an ND).

I will soon be of an age where Medicare coverage might be a big consideration in my healthcare choices. The citizens of Alaska shouldn't have to decide whether to dig into their savings, or perhaps go to Arizona or Hawaii where the laws are more progressive, or settle for a lesser choice, simply because of a lack of enabling legislation.

If Alaska truly wants to encourage it's citizens to take **responsibility for their own health** (which is a positive point for the financial health of the State), **then the passing of HB 282 is one good step in that direction.**

Sincerely,



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