

## Kendra Kloster

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**From:** Rep. Cathy Munoz  
**Sent:** Friday, January 22, 2010 3:21 PM  
**To:** Kendra Kloster  
**Subject:** FW: Thank you for HB 282

**From:** cidickess@gci.net [mailto:cidickess@gci.net]  
**Sent:** Thursday, January 21, 2010 11:51 AM  
**To:** Rep. Cathy Munoz  
**Cc:** Daniel J. Young  
**Subject:** Thank you for HB 282

Dear Representative Cathy Munoz,

I'm writing to thank you for your interest in natural medicine and for your belief in freedom of choice in health care and working creatively towards a solution to our national health care crisis. I want to share with you my personal experience with naturopathic medicine with the vested interest in seeing it expand its benefit to me and others.

I am fortunate to have access to a Naturopathic Physician, Dr. Daniel Young at the Center for Natural Medicine (CNM), as my primary care provider. Although I qualify for Indian Health Services through Southcentral Foundation and the Alaska Native Medical Center at no cost to me, I have chosen to change my primary care to CNM since August, 2009. The difference in the quality of care has been worth the \$6,000 out of my pocket that I paid to CNM for medical services in 2009.

In my experience, naturopathic physicians practice medicine the way it should be practiced—with the patient's needs as the driving force, rather than meeting system needs first. For example, as a patient at the Primary Care Center (PCC) run by Southcentral Foundation, I was allocated 15 minutes for an office visit, regardless of the presenting issue. I could request 30 minutes to be seen for more than one issue, but the visits rarely lasted longer than that. When I see Dr. Young, the visits are as long as they need to be to address the issue(s) at hand. At the PCC, for over a year, I never saw the same care provider twice and when I was seen, the provider didn't have my chart to reference. Since I started seeing Dr. Young in August, he has gotten to know me better than any other provider I've seen since I was a child. The care is clearly patient-centered.

Another positive difference in the quality of care I've received via ND vs. MD or traditional practitioner is that Dr. Young listens to what I tell him about my experience with my own body. ND's respect the patient's knowledge of his/her own body, whereas the traditional practitioner will follow the results of a lab test regardless of any evidence to the contrary provided by the patient.

There are so many other reasons that I'm supporting the cause of naturopathic physicians to expand their ability to practice as they have been trained to do through companion bills SB70 and HB 282, not the least of which is that the practice of ND's is ultimately sustainable. ND's promote wellness, which reduces our dependency on late-stage disease management. This standard of practice not only saves money and valuable resources, but it also improves the patient's quality of life.

Again, thank you for your forward thinking in expanding access to all qualified health care providers in Alaska.

Sincerely,  
Clarice Stewart

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