



**Stephen Hoffman**

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**From:** Peter Lanigan <peter.nancy.lanigan@gmail.com>  
**Sent:** Tuesday, January 11, 2022 11:30 PM  
**To:** IRRC  
**Subject:** Regulation of Naturopathic Doctors in Pennsylvania

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Re: Registration of Naturopathic Doctors

IRRC #: 3324

Agency #: 16A

ID#: 4953

Dear Commission,

This letter is to show my support for the regulation of Naturopathic Doctors in the state of Pennsylvania.

NDs provide a valuable service in healthcare by treating the whole person, focusing on the underlying causes of a health issue, and using their expertise in food, nutrition, and natural healing processes to enable the body to heal. Our naturopath has been of great comfort and benefit to my family for the past thirty-five years. He has helped my family with many different health issues and has found solutions to a number of serious health problems that other doctors, sometimes numerous, could not resolve. Below are three examples of where our naturopath was able to provide help to a member of my family in a time of great need.

Our daughter, as a young child suffered from chronic ear infections for about five years, had a ruptured eardrum, and had developed a cholesteatoma, a cyst on the eardrum which invades the middle ear and mastoid. Each of six ENT specialists we took her to prescribed antibiotics and analgesics for her ear infections. They each told us she would need surgery for the cholesteatoma, as this was the only

cure, and that if she did not have surgery the cyst would grow throughout her inner ear causing damage to the bones and hearing loss. My husband had chronic ear infections as a child and had an extensive cholesteatoma which resulted in lengthy surgery and a 20% loss of his hearing. Thankfully, for our daughter, we located a wellness center in a nearby town with a naturopath. He suggested we remove all dairy products from her diet, showed us how to encourage her ears to drain by massaging over her eustachian tubes, treated her ear infections with homeopathic and other remedies, and suggested keeping a close eye on the cholesteatoma. The ear infections became fewer over time, finally resolved themselves, and the ruptured eardrum healed. After a year or so, our naturopath said he could no longer see the cholesteatoma. Being skeptical, I had our daughter checked by one of the ENTs we had previously visited, and using a more powerful microscope, he could find no sign of it. Our daughter's hearing is perfect.

My sister suffered from painful debilitating eczema on her hands and forearms for several years, which was so severe it deformed her fingernails. She found it extremely difficult to care for her small children. She had been to a number of Air Force doctors who gave her a variety of creams which did not help. She came to our naturopath, and after a long interview, he gave her a homeopathic remedy. Her hands began to improve and within several weeks were almost back to normal except for her nails, although she still had to be careful to avoid certain soaps and detergents as in the past. On two occasions in later years, she began to have difficulty with the eczema again. She called our naturopath; he spoke with her and gave her another homeopathic remedy, which helped again to heal her hands.

My mother had panic attacks over a period of about ten years when she was in her mid-sixties into her seventies, which were becoming more frequent and severe, lasting for hours and confining her to bed. She felt as if she were having a heart attack with a racing heart, shortness of breath, profuse sweating, nausea, and finally

ending with vomiting and diarrhea. Her doctor gave her a number of medications to try to stop the attacks, but none helped. At first, she believed the attacks were due to stress and worry, but in the later years, she began to suspect they might be related to something she was eating. I encouraged her to see our naturopath, and after speaking with my mom, told her he thought she was having a severe reaction to wheat in her diet. My mother immediately stopped eating wheat and never suffered from another panic attack again.

The above examples show how valuable a naturopath's expertise is in healthcare. There have been many other times our naturopath has been of great help, including when our newborn, only a week old, developed a cough from another of our children with a bad cold. Our naturopath gave us a homeopathic remedy for him, and to our great relief, he quickly improved. Our ND helped a dear friend of ours improve his diet and manage his nausea from chemotherapy without adding another medication to his treatment. When the covid outbreak occurred, our ND advised my husband and me on how best to build our immune systems and use supplements known to be effective against the virus. When we recently became sick with the virus during a time of much family stress, our ND advised us on the most effective vitamins, supplements, and treatments available and gave us each homeopathic remedy to help lessen our symptoms. We feel certain his recommendations helped to protect us from more harm from the virus and to aid us in a faster recovery.

Naturopaths, with their education and training, focused on treating the unique person as a whole, nutrition, and natural healing processes provide an area of expertise in healthcare that is of great benefit to many people, often to those who have been unable to find help elsewhere. Regulation of naturopaths in Pennsylvania will give consumers confidence in knowing that NDs are held to a high standard of education and training and will help other doctors and medical professionals to become aware of and confident in a valuable resource for their patients' care.

Sincerely,  
Nancy Lanigan  
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