

**Stephen Hoffman**

From: mailagent@thesoftedge.com on behalf of Lea Zikmund <mailagent@thesoftedge.com>
Sent: Tuesday, January 4, 2022 8:56 PM
To: IRRC
Subject: Registration of Naturopathic Doctors

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Dear Commission:

IRRC # 3324
Agency # 16A
ID# 4953

I wholeheartedly support registration of Naturopathic Doctors in Pennsylvania. Registration of Naturopathic Doctors fortifies distinction of their education and training from an accredited naturopathic medical college by the Council on Naturopathic Medical Education (CNME). Registration further assures Pennsylvania residents their Naturopathic Doctor with the N.D. title has the competencies to practice in PA.

After years of experiencing some of the most painful menstrual cramps I could imagine, I continued to ask for new solutions from my OBGYN besides hormonal birth control. For personal reasons, I was not interested in pursuing that route and was frustrated of the lack of creativity in the care I was receiving. A friend recommended I see an ND and I decided to try it out. My ND was knowledgeable and respectful and she handled my case with care. She and I came up with a plan together, something I hadn't had the option of with other providers. After running some tests and learning more about my experience, my ND suggested I try a collection of supplements that would target a hormone imbalance causing the pain. Not only did I feel heard and understood, but I felt that we were working to solve the heart of the issue together rather than use a blanket solution. After a month taking the supplements, I noticed a significant change in my pain level. More importantly, I see my body as a system that is uniquely mine and one that can be understood with the presence and care of an ND.

We need NDs today more than ever and I hope that my experience can help these individuals distinguish their practice and reach the people of Pennsylvania.

Sincerely,

Lea Zikmund
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