

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 11:01:13 AM

---

To the Medical Board of Australia,

I support Option 1.

We have a right to make our own choices. Denying access to integrative medicine is denying a path to maintaining health, which often saves the expense of medical consultations and prescribed medications.

Most users of alternate practices pay for these services without any Government support. Recognition of alternate practices and some form of Government assistance would ultimately save excessive costs to Medicare.

Pharmaceutical Companies have too great an influence on the Medical Industry. Medical practitioners are expected to comply with these "recognised" methods, often excluding their ability to use the most less invasive and more humane treatments.

I and my family members have consistently used complimentary medicine services which are financially supported by ourselves.

I have remained in good health and not needed frequent GP consultations or pharmaceutical drugs (unlike most of my contemporaries).

Tertiary educational training in complimentary practices has recently been discouraged and curtailed. Choices for prospective students are therefore limited. Students should have choices in what they study, and be offered equal financial support.

If the MBA imposes more restrictions on our medical choices, this will lead me to a skepticism of the entire medical system. Doctors are over governed and not permitted to put the interests of the patient first.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:41:27 AM

---

To the Medical Board of Australia,

I support Option 1.

As a patient with chronic health conditions I have experienced the value of using complementary medicine to manage symptoms 'traditional' western medicine has failed to control or has only done so with medicines with unwanted and serious side effects.

I am also a senior health care worker and have seen the value of complementary medicine being used alongside traditional medicine. Complementary health care professionals are unlikely to contact you re. a patients care given your current stance. Surely a collaborative approach is best for patient safety.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:24 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I use integrative and complementary medicine because it makes sense and serves my medical needs. Change the rules and my health will be compromised, shouldn't health care whatever suits each individual not one size fits all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:38:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that the Medical Profession should be able to use discretion themselves as to including complementary and Interactive medicine. With restrictions on this, there is a danger that what is prescribed and used in treatment is governed by drug companies, not what is best for the patient.

Treatment of disease has advanced by studying Naturally occurring medicines, and many drugs are derived from Active Ingredients of these medicines, using JUST the active ingredient, while removing the natural checks and balances inherent in the plant base.

Also, much Traditional medicine has stood the test of time.

Don't let big drug companies rule what is best for patients -- certainly their products cause more harm than good. Free and open discussion with the Medical Practitioner is a must.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:11:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to inform the MBA that I do NOT want any changes to the current guidelines which may restrict GPs' abilities to recommend or integrate complimentary therapies into their practice. Complimentary therapies have given patients more choice, and in tandem with so-called 'conventional' medicine, better outcomes than conventional medicine alone. Many alternative therapies once considered to be fringe (at best) or even complete superstition, have more recently been vindicated by scientific research. Limiting access to alternative therapies is likely to impact negatively on such research.

Approximately 70% of Australians choose to use these therapies, many of which have long and well documented histories of effectiveness. I have used these therapies many times in the past, and almost everyone I know also uses them. We choose these therapies, and prefer doctors who integrate such therapies into their practice, because we want more choices that are less invasive and have less negative side effects than conventional medicine. Limiting doctors' choices in what they recommend will have a negative impact on Australians' health.

Changing these guidelines also opens the door to the abuse of the medical system by big pharmaceutical corporations with the power to lobby government institutions and dictate policy, thus restricting doctors' and patients' choices to a limited range of medicines and therapies that benefit the profit margins of the corporations, rather than the health of Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:17:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in freedom of choice

I believe in the very valuable adjunct of natural and integrative medicine

I believe doctors should be able to make referrals and recommendations

that will help the overall health of the patient

whatever other referrals may be needed outside the box of allopathic medicine.

Health is more than absence of disease

Optimal health requires many adjunct therapies which aim to improve

the health and wellbeing of the patient.

Health care has to go beyond prescription of medications to either

suppress or manage symptoms

I believe medical practitioners should be free to refer patients to these

integrative and complementary therapies and health insurance cover

alternative medicine for the benefit of the patient and community

thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I chose private podiatric surgery for a chronic foot condition and could not be happier with the outcome. The patient should always have the final choice in choosing the best solution for their health and GPs and specialists should be able to offer other alternative treatments if it will benefit the patient and improve their outcome.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:37:17 PM

---

To the Medical Board of Australia,

I support Option 1.

When the pharmaceutical industry is scrutinised like the natural health industry then at least it will be an equal playing field. When the pharmaceutical industry does not pump money into medical schools to indoctrinate new doctors then there will be more equality. When natural medicine is given the same amount of money to research natural medicine as allopathic treatments are. It is common knowledge that only 11% of allopathic medicine is evidenced based even though they state otherwise. When the public is allowed the choice to see the qualified practitioner of their choice. When it is recognised that natural medicine practitioners are better educated in the workings of the body and understand far more extensively how to help the body heal itself. When allopathic medicine admits that they do not cure or heal but block symptoms with drugs to give the impression that they are helping in the healing process. When patients are no longer given a cocktail of drugs and allopathic doctors have no idea how they all interact with each other. When money is not ruling the health industry. When pharmaceutical companies actually want to help patients and not create more patients. When wellness is the norm and not illness. When we no longer need petitions because the natural health industry is recognised for its value by people in power. When research is allowed to expand its lens and realise we are now aware of a quantum world not a Newtonian world. Then we at least will have a level playing field with one purpose and that is to help each and every person live in health. I challenge the medical board to admit their fears of losing their hold on patient health and admit that their only concern is losing revenue to natural medicine practitioners. But the good thing is that the general public is more astute than they are given credit for and will seek health where they can see real results

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 2:55:52 PM

---

To the Medical Board of Australia,

I support Option 1.

As a user of Integrative healthcare, I strongly urge you to maintain Option 1, namely to allow myself and countless others to access Integrative and Complementary medicine.

Diagnoses of my health problems are carried out by an Integrative Practitioner. Due to multiple allergic reactions to most medications, I am unable to take them and so rely on the invaluable advice of my Practitioner and Naturopath. I find that Complementary medicine (vitamins, herbs, dietary changes, etc) agree with my system and do not give me any unwanted side effects.

Members of my extended family and friends also avail themselves of Integrated and Complementary Medicine.

My husband, an asthmatic, now is on a plan that sees him avoid very bad asthma by also taking specific herbs at first sign.

Two of my grandchildren were diagnosed and advised by Specialists that surgery was needed for their individual problems. After following the advice of their Practitioner and taking the suggested Complementary medications, the problems disappeared completely. A good, painless outcome for all concerned.

I and my family value a holistic approach to Healthcare, and feel that we are able to achieve this by continuing to support Doctor's rights to provide new and innovative practices, including Integrative and Complementary medicines.

Surely this is a positive step whereby we as individuals learn about managing and maintaining good health whilst also avoiding placing more strain and pressure on our Hospitals and Healthcare in general.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:15 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I have been successfully treated using integrative health practices. Our bodies, our choice. Depriving Australians of treatments their bodies can positively respond to must surely be a breach of our human rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I am currently on an interpretive health management plan with my doctor which has already reduced my sleep and gut issues and given me more energy.

To take this away from me means I go back to being a zombie unable to provide for my family and becoming a burden on society by not being able to work.

Is this what your trying to do?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:15:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe I have the right to choose what method of healthcare works best for me. The use of chiropractors, accupunturists, naturopaths and remedial massage therapists, vitamins and minerals helps keep my body going due to disc injuries in my neck and back. It has helped keep me at work and prescription and hospital free. Taking this away from me would greatly impact on my ability to work into the future thus placing further strain on Medicare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 6:02:07 PM

---

To the Medical Board of Australia,

I support Option 1.

This submission to the Medical Board;

The following is a critical look at medicine as it is practised currently in Australia and why they should try concentrating on making what they consider "Best Practice" a whole lot safer for Australians, before trying to eliminate and negatively impact all the other members and more Natural and certainly, safer health care options for Australians. This is a bad idea in the first place and Australians are now completely fed up with being restricted from using the system which took the last 60 years to set up! I will aim to discuss several issues which support the Natural Health Practitioners in Australia and that their safety record is near zero for the last 60 years and their effectiveness is high, and the science is pouring in which supports it. Any attempt to discredit them is based on either completely biased or ignorance. Ignorance is twofold, 1) the Medical Board simply ignores the research sent to it and purposely remains ignorant, and 2) medical practitioners are documented as being the lowest users of Allied and Natural Therapies. Therefore, how would they know what they are discussing/dismissing if they have never been to any or not actually read anything about the topic?

If the Medical Board of Australia were interested in forging a culture of wellness and safety in the Australian Health Care System where all health professionals are dedicated to a happier, healthier country. Then there are different ways to go about it. They appear to have a system in place to simply end up drugging our lovely country. This is all that remains when you take away alternative treatment theories. When was the last time you had a 1-hour massage from your GP? When has your GP ever touched your back. Yet 85% of the country is statistically going to have a back issue in their lifetime and back pain is # 2 cause of absence from work, White collar and Blue-collar people.

The fundamentals of science are to test out new theories and determine if they can have a beneficial effect. Therefore, banning all other forms of therapy in Australia is the most unscientific thing to do. If the medical care was working well then it would be solving all the conditions currently plaguing our country. Since this is not the case, Australians are seeking other approaches to help themselves solve their conditions.

Remember that Australians have to pay out of their own pocket for this care. Whereas I am paying for your wages, where you are killing my friends. Iatrogenics is responsible for ~25,000/year in Australia. For example there were 6000 deaths/year from medical people in hospitals simply transferring infections, simply by not washing their hands between patients (Statistics Australia) (2015) alone. Shouldn't we be examining all Medical Practices first as their safety record is seriously concerning?

Why do you think all these Natural therapies are flourishing? The Natural therapy practitioners have killed no one and have the fewest by

far any adverse reactions. It appears that the comments above appear to be oblivious that many medical methods and treatments are extremely dangerous and the comments above are irresponsible. There are excellent studies and text books fully supporting the natural therapies for the last thousands of years, try reading some for example in JMPT (Journal of Manipulative and Therapeutics), where many studies demonstrate that Chiropractic methods for back pain are superior to medical approaches and have no adverse reactions.

A Retrospective Analysis of Vertebral Body Fractures Following Epidural Steroid Injections. The Journal of Bone & Joint Surgery. June 2013. Which states that 21% occur. Facts from Americans. They have 9 million/year which equals 1.89 million complications/year+, from just one single procedure. Chiropractic and Physiotherapy = a few

Let's face it, it appears to me that the Medical Board is marching forward /steam rolling over the little guys in their wake and wanting to indiscriminately change the rules regardless of everything else in the current Australian Health Care system. And this rude attempt at making it look like proper format /protocols/rules for changing the law 39 is obvious.

In a climate of immense knowledge which is easy to access plus the fact that medical knowledge is increasing daily, it is particularly odd and ironic that such a stance is proposed by the Medical Board of Australia. It leaves one wondering just what the Board is questioning? Ironically, they appear to be questioning themselves.

Let's consider that the Medical Board is concerned with comparing what both groups manage, (as in like topics) for example, back pain and other spinal issues including middle back pain, neck pain and pain into the arms and headaches. On a level playing field with Chiropractic, Physiotherapy, Osteopathy, Acupuncture, Yoga, exercise and guided home therapy, etc. All the research in the last several years overwhelmingly supports the Natural Therapies and especially combinations of them over standard medical care.

The Medical Board state they want to limit Integrative Medical Doctors from more conservatively assisting their patients and trying newer methods. Also, the Medical Board state they to want to limit most of the other natural health care providers from helping their patients conservatively.

This is crazy. This would be an enormous disservice to the Australian Public, and they will not stand for it. They are already getting their backs up against Medical Doctors about trying to limit their children from seeing chiropractors.

When comparing the main points, the Natural Health care providers they are targeting all have very high safety records when using comparable situations. I'm not sure what the Integrative doctor's safety rating is yet. When compared to the standard Medical Doctors approaches, this group has a poor rate of success at helping Australians and actually injure lots of Australians and also killing lots of Australians. And there is a lot of research and statistics demonstrating this. For example; even considering just one topic of poor Medical Doctors management proves the point. Opioid medications recommended for simple back pain and headaches, kills around 700 Australians each year and has for several years in a row, making it the worst thing to do if you have back pain. Therefore it would be wiser to not go to your local GP for many issues that the natural practitioners under AHPRA can attend to better and much safer! As a matter of fact, anywhere else is extremely safer! Even staying at home and doing nothing!

It leaves one wondering why they the Medical Board want to bring this

attention onto themselves?

This attempt of the Medical Board to try and alter the ethics and science against the diversity in the current Australian Health Care System is not based on the evidence nor common sense. Otherwise simply state what is wrong the natural health care fields and we would correct it and move forward. Yet they are simply wanting to alter the laws which is an obvious backwards step for all Australians.

The complete irony is that Medical Doctors are so stubborn/ignorant that Orthopaedic Surgeons all stand all day and work in forward body postures where their spines actually end up deformed. And that there are branches of Chiropractors, Physiotherapists, along with Massage Therapists plus many more natural therapists who specialise in straightening out spines back to a more neutral position. Interesting?

Another way to question this is.

Why do you need a “hammer” when a “soft hand” approach is all that is required?

What I am trying to demonstrate with this scenario is that many Medical procedures, operations (fusing spines together injecting harsh chemicals into spinal columns) and medications that are so aggressive, harsh and proven deadly and are also commonly reported to be less effective. Why are the ‘Hammers’ trying to eliminate all the other health care providers? They are even ostracising their own colleagues, who they obviously place outside what appears to be their “square” of normal concerning medical attitudes and “Best Practices”? One would then consider that they have alternate agenda’s, because none of their critical thinking is logical nor practical?

When compared to all the Allied Health Fields, Natural therapists and Integrative doctors who offer the softer, safer and more effective approaches (who don’t regularly kill people) are also less expensive and where most of the cost if not all is on the individual, not on Medicare.

In actual fact, my taxes pay these medical doctors to criticise me.

Why would there be any reason to criticise the Natural Practitioners? It is so far off of reasonable any lawyer will see straight through this approach. Several lawyers we manage are surprised by this submission and others like it. Even one Professor of Law couldn’t find a reason to blatantly attack the safer option?

There are many areas of Medicine that now also support less aggressive approaches based on past data.

For example; haven’t the Orthopaedic Surgical Boards just sent out the acknowledgement over the last few years, that things like general knee and general back surgery are no longer supported by the outcomes? They analysed themselves and came up with these recommendations. Isn’t it better to send this group of patients to Allied Health professionals and other natural therapists? The far safer and more effective and cheaper option.

If this is true, then it should also follow that the Surgical Board Members should be actively referring their patients directly to the Chiropractors and other Natural Therapists?

I think if they wanted to discuss this reasonably, the Medical Board would have taken another approach. Since they have not and want to start a fight then they will soon be looking into a mirror, because the evidence for defeating this type of behaviour is on the table clearly for all to see. Medical Doctors have the poorest and most

dangerous methods and approaches to the areas of overlap in our current Australian Health Care System! If an Australian needs assistance for things that are not traumatic, (like broken bones and bleeding) they should go to anyone else immediately and not to a GP's.

If the Medical Board ever wanted to speak civilly with any group of Natural Therapists in Australia, I'm sure this could be arranged easily because we want co-operation and to help our Australian community safely. The obvious thing that is missing in all this type of debate/situation, is more communication, not less. More conversations are required, not hammers and not restrictions to the group that is safer and more effective. Doesn't this stand to reason?

Aren't Medical "Best Practices" changing so fast it's difficult to catch up. For example, over the last ~10 years when opioid medication was on the rise and now after killing so many Australians already (from simple opioid reactions, now some 700 per year! In America it is over 130 Americans /day. Please let's not follow America down this pathway!), the Medical Board has initiated a correct ruling and finally restricting Medical doctors from overuse of these deadly drugs? It was reported on TV recently that over 5000 Australian Medical doctors are on a new watch list to not over subscribe opiate medications? The daily news. How about that?

Doesn't the Medical Board have enough on their plate than to try and change more rules of the practioners who are not killing their patients?

How many Australian doctors do they represent anyway? One local GP in my area is quite open to discuss alternatives to aggressive medical approaches.

I imagine that a small group at the top of the medical Board are simply lashing out to see what's out there. Groups that are mischievous like the "Friends of science" who use pharmaceutical money to troll Natural therapists for little crumbs that they can get, to try and paint them in a bad light and I imagine all sorts of fake news. They must be a very unhappy bunch. One would think that "They" could be using their "superior" intelligence to clean up several of their own Medical messes which exist in Australian instead of deflecting some crap at the natural therapists?

If you want a fight, then do it properly in an open public debate or other conference with equal representation? If not, then let us get back to helping our fellow Australians through some hard times. This Medical Board are causing lots of people to waste their precious time concentrating on wasteful enterprises like filling in this type of survey (which they may not read, record or use anyway). They obviously do not understand older philosophies like Karma. Big mistake? There appears to be a lot of it going around.

There is a myriad of health issues out there that standard Medical practices are not finding solutions for. Therefore, Australians are seeking other ways to help themselves. This is why new Therapies are trying to help and fill this need. Australians will want to know why the new and safer therapists need to be eliminated, controlled and curtailed? When this ends up on Today Tonight or some other "Shock Jock" type program, which it will, how do you think the Medical Board is going to look with all this new evidence of safer and more effective methods? When the medical doctors are killing lots of Australians daily (especially when they are preventable!)? One would consider why they are not collaborating and inquiring with the Allied Health and newer therapists to see what it is that they are

doing differently which are better and safer?

Natural therapists know that some of methods look odd, taste funny-horrible, have homework to do at home and are new to them. Since are searching for something new they "give it a go", they try new therapies, and many find benefits and stay. They have gotten past the point of not knowing something.

So, if "you don't know what you don't know" and remain so then you will get a similar result. Therefore you need to try something new or different to get a different outcome. Basic science = experimentation.

Another way to state this theory of "if you don't know what you don't know". This blind ignorance makes it easier to be clouded and against another's point of view. This is called the "Denning-Kruger Effect", they deny, ignore and put down what appears to be the others point of view across the board, blindly. Or just straight up "Gaslighting".

The Medical Board gives the appearance of/as the opposition. Natural Therapists do not want to be the opposition. I think we should all be discussing the better approaches, not bickering. The Medical Board appears to be displaying that they are not being open minded and curious.

Aren't these the fundamental principles of science?

Science evolves. And you have to keep evolving to grasp the new parts or become outdated.

The world has moved on and these old fashion attitudes are just that; old. Even the technology has moved on, Medical people now have robots doing some of their work better and safer. This is a good thing = progress. Why then is there this request for submissions to eliminate entire fields included under AHPRA?

If there were obvious problems, then AHPRA WOULD BE ALL OVER IT. Where does a renegade group of Medical Board members get to ignore all the rules and make up an entirely new system for judging health Care in Australia?

When they will be the ultimate judges. How would this situation ever end up fair for the other side? They will just ignore this information and rule to eliminate the other side. Well I hope this essay may be read by others so that they may judge the situation for themselves and act to have things like this negative approach to a problem become a thing of the past and move forward with open mindedness and further research into safer and more effective procedures to further help our fellow Australians.

Another point being that if you appear to be ignorant of what the other therapists are doing, wouldn't it be logical and practical to go and find out just what they are doing? Especially if it so much better than what you were doing.

I suggest that if the Medical Board of Australia and its members have not ever been to some of these other therapies and do not have firsthand experience, maybe they should make it a priority to do so before they condemn entire fields of natural therapists that they know so little about. Even considering what they think is inferior and less educated. I think if we are to successfully help more Australians today it is time to set aside any differences, be happy and play together more.

What is there to lose? .... More lives?

What is there to gain? ...Save more Australians at little to no cost to Medicare (they have already changed several laws that allow fewer and fewer Australians to utilise any Medicare benefits for the Natural Therapies. And now they have reduced rebates on the therapies from their health Funds, so now they need to pay more from their own pockets. Not so clever a move. Australians like and pay for their natural health care out of their own pockets? Wow?). Some of my patients say "mind your own business" bossy Medical Board!

The Australian public that has not tried for example a chiropractor, may commonly imagine that traditional Chiropractic treatments may look odd, funny and even dangerous to an observer, (however, they are safe and effective). But Chiropractic patients love the natural care they receive and most actually really enjoy it as well. Remember, they pay out of their pockets to attend these offices. Many have given up on the free system called Medicare which didn't help them and even hurt them. I have had had 2 patients with failed spinal injections this year that I had to assist.

They were obviously not prepared for a medical procedure to make them worse and so quickly. They were confused and disappointed with their long term relationships and now had to find solutions for their initial issue and now their new problem and chemicals in their systems.

I have been to lots of the various Natural therapies over the last 5 decades and found each providing me different benefits. And also different benefits at different stages of my life. Interestingly some of Natural fields are new and just emerging and most Australians or the Medical Board wouldn't even know their names. Even the newer and very promising Medical fields for example, Stem Cell therapy. This could possibly reshape entire fields of orthopaedics by hopefully eliminating most of the grotesque and violent joint replacement surgeries currently in use (the Hammer approach). This will be welcomed by all Australians, (except possibly the surgeons doing the operations). Possibly they will need to adapt and become Stem Cell Surgeons (and have time to play more golf and visit their local Physiotherapist and Chiropractor to help fix their badly bent backs from years of bending over during all those long operations? The storm of change is coming no matter what anyone thinks. And if you want to control it, well, the horse has bolted.

Other factors to consider are the future considerations to lots of refreshed common practices like the national health campaigns of Mindfulness which quickly leads to meditation. Are you going to target and ban these from our society as well? They are recent psychologies/philosophies practised by many Australians. Where does the rampage of the Medical Board stop?

I think they have missed the mark and are attempting to restrict trade in fear of loosing market share. Therefore, is this really about money, power and greed?

Mindfulness and meditation. Who knew they could be so disruptive?

Where is the level playing field?

Let's remember that the Medical industry does not survive on its own, it has billions of pharmaceutical dollars supporting it and extensive funding for medical research, advertising and marketing. This brings up a large degree of bias in the work done by Medical doctors and the perceptions of the community. They have unlimited resources to lobby

governments as well.

Because, if you were to be following current health care trends, Australia is embracing change very quickly and are going back to basics and going more natural, organic and non-chemical. It appears that the Medical Board is trying hard to hold onto the past. Possibly this is not going to fly so well in the current Australian environment?

What I am observing also, is that the Medical Board appears that it is not reviewing research sent to it by various Allied Health professionals. That is that they are purposefully ignoring research. Especially in the case of Homeopathy where recent British study strongly supports its effectiveness as does the Southern Indian Provinces where over 22 million children now responded well. Otherwise they would be accountable and critical of it in a scientific way. There is never any discrediting research or any debate, simply blanket statements of wanting to limit them. There should be forums in which to discuss papers and theories. There is good research from top journals and good evidenced based science. Also, the senior practitioners are experienced and confident in their skills. And there is more evidence that can be sent if requested. This should be the beginning of a discussion not the cancellation of all communication.

I am noticing more and more the rogue old school Medical doctors behaviour of straight denial demonstrates their obvious and outdated plan.

There must be hidden agenda's in these decisions. Why are they trying to curtail their own medical folk and causing trouble with the established Allied Health Groups and allegedly trying to eliminate 17 Natural therapies from the refundable list utilised by ~80% of the Australian public, all at the same time. Things like yoga which has just been included in the Lancet article published in 2018 which received a large headline as a solid therapy use for acute and chronic low back pain. Also note that yoga has been practised around the world for 5000 years. Why would they like to argue with half of the world's population for an acceptable therapy?

There is enough reasonable data and good acceptance of it now for many of the traditional therapies. The ones that don't have enough good research need more research done, not elimination. All the sciences started somewhere and were developed. It is well known that only ~15% of all medical procedures are properly documented. How ironic. This blatant attempt to restrict the safe and well-established Natural Health care fields is possibly not the way forward when the medical doctors are killing so many Australians yearly, they even have invented a new classification for it decades ago, Iatrogenesis! I think the number changes a lot from different Australian government statistics sites (from the Bureau of Statistics Australia) however 25,000 deaths/year, is a common figure. Plus, there are 100,000's of adverse reactions yearly. Remember! All the natural therapies combined = zero deaths annually!

For example, a large chunk of these Iatrogenic deaths comes from one class of drug, the Opioids. Australian statistics has the number for the last several years at ~700/year! And the irresponsible thing is that a lot of these people went to their family medical doctor with symptoms of simple headaches or back pain. This group should have been sent off to Physiotherapists, Chiropractor's, Osteopaths, Acupuncturists, etc and all the other 17 natural therapies on the list they propose to remove, FIRST!

Basically, the most ironic situation ever!

Therefore, what are the small group of Medical Board members actually trying to do, as it states in the laws of this country?

“Under section 39 of the National Law, the National Boards may develop and approve codes and guidelines to provide guidance to registered health practitioners about matters relevant to the exercise of the National Board’s functions. An approved registration standard, code or guideline is admissible in proceedings under the National Law or the law of a co-regulatory jurisdiction regarding a medical practitioner as evidence of what constitutes appropriate professional conduct or practice of the profession. The Board is considering options for clearer regulation of medical practitioners who provide complementary or unconventional medicine or emerging treatments. Concerns have been raised by stakeholders about this area of practice suggesting that additional guidance for medical practitioners is needed to support safe practice and ensure safeguards for patients.”

However, this is not what you are saying you are going to do for this round of discussions. You state that you want to restrict all sorts of Health professionals from doing what they are currently doing safely and possibly restrict new therapies from being developed, like Stem Cell Therapy. (which has been squashed by the Americans for 2 decades and it is an absolutely beneficial new field of medicine, now exploding in its use around the world. It is so good that it has survived unsupported by mainstream medicine and government. More stated on this below).

You appear to be setting up two factions, your way and everyone else. Distinctions between the groups is ideology and treatment practices. Comparing both groups for this discussion, medical doctors are trained to relieve symptoms, no matter what, whereas the natural therapists are trained to alleviate symptoms as well, plus they focus on helping Australians find the root causes of situations and correct those as well, thus removing the situation out of the equation. They have different training so how is it that one profession should be the judge over the others? A wise thought would be to have representation from each of the groups/therapies so they can explain what they do in a way that others can understand. Confusion leads to reactions.

Other questions arise including but not limited to;

Do they have this right? For example; why is it that some Medical doctors and many of their methods regularly kill Australians? Even for simple things that should be treated elsewhere. Now the Medical Board wants even more regulation for the people who are the safest out there? Does this make sense? People are not dying because they have more vitamin “C” in their body, or a chiropractic adjustment, or a massage or learn how to do yoga or be taught some home exercise or be encouraged to keep fit and be happy.

Other issues exist, for example; as a chiropractor who is trained in taking x-rays and analysing them, when I review films reported by some Radiologists as having a reasonable neck curve when there is an obvious loss of lordosis or even a reversed cervical curve it has no meaning to them. However, the literature from many sources around the world especially from Dr Donald and Dr Deed Harrison (chiropractors) et al have set up standards of care models in the early 1990’s to explain these situations and found treatment methods to correct them. Why is it that Australian Medical Radiologists don’t know this information?

1. Why are some Medical doctors still recommending injecting

corticosteroids and cortisone into people's backs? When they are advised not to? Remember, I have had 2 adverse reactions in my centre this month of April from this procedure? Both people have also had a worsening of their situation and in one case, the patient was a PhD qualified neurologist the patient's wife is a medical doctor. The medical doctors performing the procedure freely admitted to hitting his sciatic nerve and did a follow-up MRI for free to check how bad the damage was.

The other case involved a 40 year -old lady who only had low back pain for 2 weeks and now as a result of her injection procedure, immediately experienced sciatica, (where she did not have it previously). She reported that she had trusted her local GP highly prior.

Interestingly it is a new problem for me to solve and I am having reasonable success in assisting these people.

Note that low back pain group want some relief. Well what if it has been falsely reported by all the forms of media that these situations are easy to fix, just take a pill. Why is it then that there are 40 or more pills in a box? This group does not heal well, and these situations often take a long time to heal well, and not just to relieve their pain, they need to get back to work they want to be active. Medical doctors don't appear to appreciate this. How would they know my methods if this they have never spoken to me their local chiropractor? How will they know the other options?

If an Australian choose a medical or pharmaceutical choice first they will commonly notice their timeline is longer because they are not healing properly and therefore there are commonly re-occurrences. Since the general public has been falsely trained by the bombardment of pharmaceutical advertising, reporting that if you take a few of their synthetic chemical type pills they will be jogging by tomorrow! They have this thought when they show up at my chiropractic office thinking this false theory, I now need to inform them that to retrain and help them repair a lot of their body's tissues will take some time. This does not always lead to successful management of Australians who think it should take less time to heal their deep ligamentous tissues and other deep tissues because they do not follow up.

If you studied some medical texts or went to medical school, they all state that deep tissue healing times of ligaments, discs and bones may take over 1 year. In practice it can be even longer to achieve good long-lasting results. Australians want to return to their previous occupations and activities of their choosing. Many of the newer studies compare medication to manual therapy and the manual therapies even in combination are ahead of standard medical methods commonly medications.

I am stating a lot of this as obvious to me, I am wondering why the Medical Board ever wanted to bring this up?

What is going to be the recommendations of Medical Board if the survey demonstrates that chiropractic for example is "Best Practice" for managing most low back pain?

Refer them out?

This will be interesting.

What about make all the medical doctors that just prescribe opioids and other strong medication only, to actually send all their headache and back pain patients to the Allied health practitioners and all the other 17 natural health providers, first.

How about; writing up all the medical doctors responsible for the ~7,000 opioid deaths over the last 10 years on their AHPRA records.

They have done this to the chiropractors and dentists who have been trolled and hassled relentlessly for simple advertising issues. These issues have now come into view because the rules have been changed and are now more serious yet still ambiguous which has just confused everyone. To be clear, fair and reasonable these rules need to be either removed or explained with specific examples and amendments.

There are lots of problems/issues in our current Australian health care system and limiting it from the perspective of the one group does not sound like a reasonable thing to do. This is not the way.

This type of behaviour has lost its common sense. To the average Australian, it is logical to only do what is basically minimal when dealing with their health issue. They want as simple an intervention for a good effect as possible. Therefore, consider one example, if at least all symptomatic back pain and headache patients were sent to the Allied Health and natural therapists first, it will not only save lives, and it will have obviously better results and it actually costs a lot less because Australians pay almost all of the costs, either through their health funds (which they pay for) or out of their own pockets. Why is this procedure not in place already? The current procedure is to avoid the natural therapists and simply try and deal with only their short-term symptoms. This is why it is proven to fail. The public needs to know that chasing symptoms has a low chance of success. If you look for a deeper issue, cause, subluxation, situation, situation etc. Then you aim to be more comprehensive and obviously achieve better results that last for a longer time. Health is always a work in progress. If you keep attending to it, you have better results. When your good health routines fade then you commonly get reminded by a sickness, injury etc. It is not rocket science.

The chiropractic research that I have read even so far this year is excellent and in favour of natural therapies as effective in the short, medium- and long-term, providing many health benefits. So long as Australians follow through with our management programs, there also appears to any risk factors. Chiropractic health care also supports assisting lots of mistakes by other health fields and ones that are not even considered approachable like the chronic conditions. The results happen because few of these groups has ever had hands on conservative care. Now the approach is slow and steady. This group needs to heal large sections of their body which will happen.

To summarise; if I have this correctly, the Medical Board of Australia wants to eliminate all of the Integrative Medical Doctors skills that are remotely non-chemical, Allied health professions and all of the natural therapies and have every Australian attend only medical doctors who have a very poor safety record and actually kill tens of thousands of Australians annually and keep them suffering from preventable conditions?

I hope this topic and ones like it to pop up again get soundly defeated as they are a clear disservice to Australians.

This wrecks of exactly what the "Friends of Science" rogue medical and scientist's group are attempting to do by eliminating the 17 Health fields from the health funds. This group is so closed minded that they have positioned themselves as "out dated" complainers. They allegedly use pharmaceutical money to maliciously troll natural therapists online. It's actually quite amusing how ignorant they are, when one reads their messages and comments.

Possibly the Medical Board should clean up their own mess before taking on the extra responsibilities of making up for all the natural therapies they are planning to kill off?  
Ironically, then they will really have no one else to blame.

Wouldn't this be asking for a huge crisis to occur?

Another entirely interesting example; is the use of anti-inflammatory both Steroidal and non-steroidal (NSAID's) which actually cause weaker replacement tissues that also have smaller fibres still being promoted as useful?

The science one has come full circle and Hauser, R A in 2013 summaries of this type of medications has been proven to be ineffective, dangerous and poor outcome based.

Therefore, someone who takes this type of medication will possibly have a re-occurrence of their same injury. (Hauser, R A; et al, The Open Rehabilitation Journal, 2013, 6, 1-20, Ligament injury and healing: a review of current clinical diagnostics and therapeutics.)  
When I was attending Anatomy classes at NSW University Medical department in 1987-1990, we studied that inflammation was the bodies normal process for healing.

Therefore, does it make sense to interfere with this process with a synthetic chemical called anti-inflammatory medication?

Therefore, remember all medically train people know this. Which means that around a million Australians currently alive also have this information. Therefore the tricks up everybody knows.

I have attached a recent review of this fact, therefore, at no point ever in our history was this group of medication useful to enter into our bodies!

Also, has the Board considered what will happen if many of the people in private health funds pull out because they are of no value; 1) how happy are they going to be then? and 2) if they have a health issue, they will now be flooding their already busy local doctors' offices with things that GP's don't treat well and also the hospital's emergency departments that are not trained in these fields adequately? Aren't they full already? Aren't Australians sick and tired of being sick and tired?

How about this theory; Australians already don't like you, now this will drive them further away and into my office, thanks guys! I'll try and take good care of them.

There is a myriad of health issues out there, (some emerging and very new,) and they were not finding resolve with the current therapies and therefore old and new natural therapies are trying to help and fill these needs. Why does the medical Board think they need to be eliminated, controlled and curtailed especially by professionals who know nothing about them or appear to want to be ignorant of them as well?

Another way to say this is that if Medical Sciences were only required then all the diseases would be solved and there would be no need for anything else.

Since this statement is not true, then there is a need for another point of view and the Allied Health Practitioners and all of the other Natural practitioners are trying to help our friends, families and all Australians.

Note also that the average age limits for both men and women in the USA has fallen for the 3rd year in a row. Therefore, following in their wake will be a disappointment and dangerous. Why? Because they have not paid attention to the fundamentals. Closer to natural is better. An observation of their society is that they are extremely over medicated and have lots of chemicals in their foods. Therefore, an easy observation is that this is possibly not the group to follow if one was to want to live longer and healthier.

Did you know? This is just one group of medications that can cause death. In 2016, more than 42,000 people died from an opioid overdose, or approximately 115 people per day. In the USA. Now it is up to 130/day in 2018.

Then they might not be so quick to blindly condemn the Natural Therapists.

There is obviously more to say in which to support an open-minded health care system in Australia, this is but one small effort to point out a few elements of the inequalities and failings in our current health care system and defeat the proposed submission in its entirety.

This ultimatum type of approach will never work to satisfy a reasonable outcome, because the Medical Board of Australia on top of demonstrating ignorance for the very system they feel they are right to judge, most likely have hidden agendas and will simply deny other's rights to a fair and open Australian Health Care System. This has all the trimmings of a "Kangaroo court".

If you were interested in forging a culture of wellness in Australia where all health professionals are dedicated to a happier, healthier country. Then there are different ways to go about it.

It doesn't have to be this way.

[REDACTED] (Chiropractor)

[REDACTED]

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:03:04 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated and complementary medicine for my children and myself. It has been successful. It has meant that no antibiotics for ear infections or tonsillitis were needed. I'm certain it has been the main reason why we have only needed the emergency department for injury treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 1:42:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly believe in the benefits that alternative medicine has provided me in my life. There has been a number of occasions where acupuncture and other forms of complimentary medicine has helped me and my family and I would urge you to give patients the choice as if this was taken away from me i would fear that the well being of me and my family would certainly suffer due to the cost and restrictions imposed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:27:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has offered me significant help on several occasions. I greatly appreciate the knowledge base of my GP's, and when they work with complementary medicine providers I receive more comprehensive care. I have, on occasions, found limitations in medicine's effectiveness. And I have found limitations in complementary medicine. Together, I receive more. I need my Dr to be open to discussions. I need my doctor to be aware and informed about other research and treatments. I will lose this if my Dr is silenced by the MBA proposals. Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:48:26 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped me greatly, where other medicine has failed completely. My own GP was an important part of navigating that area of medicine, and helping me find safe treatments that worked.

All that you achieve with restricting and dismissing complementary and integrative therapies, is putting patients at risk.

If you honestly care about patients, about their safety and health- you would not change the current guidelines. You are costing patients with this move.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:35:56 PM

---

To the Medical Board of Australia,

I support Option 1.

As a citizen of Australia, a democracy, I believe I should have the right to seek out, choose and utilise health services I wish to. As a taxpayer and private medical insurance payer, I should have the right to choose and utilise treatment that I wish to choose.

I have utilised a variety of complimentary and integrative healthcare throughout my lifetime when necessary, including during pregnancy and childbirth and for my children in infancy and childhood with safe and effective treatment and results.

The imposition of restrictions will not see complementary or integrative healthcare disappear, it will still be utilised by those who have used it before, or those who conventional medicine has failed to help.

Positive Regulation with those who are both trained and knowledgeably would be a positive forward thinking position to take.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:34:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Allowing patients to access complementary and integrative medicine is vital to the health of our nation and will save the governments a fortune in healthcare.

I personally use traditional GPS to manage health issues if they arise as they have the training and access to services BUT they don't have a wholistic knowledge of the body, energy systems and even nutrition. The latter are all incredibly important in proactively managing health and vitality. If we were in China that would be different, traditional doctors there prevent and cure health issues with what we we term 'alternative' with great success. I can't imagine why the government would pursue an approach the precludes wholistic medicine as it is the proven and less risky way to deal with general health issues. cynically I would say pharmaceutical companies are behind this as their enormous profits rely on trational doctors prescribing pharmaceutical treatments for issues that may have been avoided a wholsitic prevention treatment.

In a world where we are gaining increasing knowledge in all areas of medicine and health it seems shortsighted and just plain wrong to not let people access what they intuitively know will help them rather than pushing them into a system of doctors trained to diagnose rather than prevent.

Thanks and please make the right decision, I genuinely can't beleive this is even an issue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:06:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that we all have to right to choose the type of health care that we prefer. There is no one perfect way to heal the body and the mind and we all benefit from various approaches that we feel works well for us. If a Dr experiences benefit for their patients then they should be allowed to refer to complementary therapists. Thats why they are complementary.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patients access to integrative and complementary medicine because just relying on medicine to fix a problem with its side affects (which doctors or pharmacist for get to mentioned) is asking for trouble. Have you forgotten the thalidomide fiasco? Can you guarantee that medical and pharmaceutical professional will not give medicine without proper testing. It happen with thalidomide. The medication was givan to pregnant women and babies with disabilities were born. The medicine before proper testing was completed. Measures have been put into place to prevent this from happening but I have my doubts. There have been too many cover ups . Currenttly when we buy medicine, in the packages in small letters which people can only see with their glasses, the possible side effects are mentioned. In other words the patient does not read it, they trust their physician and just take the medication. By writing the side effect in the package, the doctor and pharmaceutical companies do take responsibility if anything goes wrong. Is this safer than taking complementary medicine? I do not think so.

I try not to take medication, only as a last resort because medicine created by the pharmaceutical companies fix one problem and in the process of fixing one problem can cause another problem. Taking complementary medicine under supervision of a professional prevents sides effects . I am not taking medication but am taking complementary medicine. It has help control my cough . I have been to the doctor , and they suggested I use a puffer. I am not an asthmatic and the puffer made me sick. So I stop using it.

What should be encourage in the medical profession instead of just fixing the problem but look at ways at preventing illness and designing healthy living programmes. A healthy society is better than a sick society . Doctors can still make money by being health consultants rather than just a person who gives you something to make better.

The Hippocrates oath (which supposedly is held sacred by most physicians) requires the physician to treat the ill to the best of one's ability, to preserve a patient's privacy, to teach the secrets of medicine to the next generation. Well complementary medicine existed when the Hippocrates was written. It is part of the secret of medicine . It seems to me that modern doctors do not want to pass down to the next generation this knowledge of complementary medicine. Modern medicine has its roots in complementary medicine. In that respect by not allowing practitioner to use complementary medicine the medical association is not following the Hippocrates Oath . Modern medicine is based on what was learnt in ancient times where complementary medicine was used. Complementary medicine had survive through the ages, now it is not good because pharmaceutical companies say so as they can not make money. If the medical association discourages complementary medicine, it means as a profession they do not care about the patients wellbeing . It is about making money . Both complementary medicine and pharmaceutical medicine can work together. It allows fora heather society and allows for patients to choose what suits them.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:11:50 AM

---

To the Medical Board of Australia,

I support Option 1.

Allopathic medicine is extremely inadequate in healing protocols using nutrition, herbal medicine, life- style medicine and other integrative approaches- body, mind and spirit to get to root cause of illness to help to re- establish wellness. Over- reliance on medication to mask or manage symptoms long term does not improve people's health and in fact the side effects from medication cause further problems down the line. Better holistic and integrative training of GP's is required. Preventative and integrative early intervention holistic medicine -before full blown disease and chronic conditions - saves lives and costs,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:43:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural remedies are unsupported by corporate interests without money  
these are still remedial methods towards health and should not be  
overlooked.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 2:10:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had health issues since 1991 and am very thankful for the successful treatment received by doctors who practiced integrative or complementary medicine, where normal medicine failed to make significant difference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 2:35:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Having access to medical advice outside the traditional GP model is imperative. I went to my GP three times with a medical condition only to be dismissed with a script that never worked. After seeing my integrated practitioner my life has changed dramatically - I dread to think what the path might have been if I hadn't been to my Integrated Dr.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support option1 - no change to the current guidelines because integrative & complementary medicine has had a huge positive impact on mine and my 2 children's lives. We struggled with health problems for a long time before discovering an alternative to what is offered by mainstream medicine.

I think it is people's right to chose the type of medical practice that suits their lifestyle. It would be a sad day for Australia if these rights were taken away.

I believe if restrictions are put in place it could result in those who currently rely on integrative medicine to end up not seeking medical help when it may be needed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 30 May 2019 5:16 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support Option 1 - to maintain the current guidelines

I value Integrative & complimentary medicine and support doctors' right to provide new and innovative approaches, including complementary medicine treatments. In the past my family and I have suffered through years of not receiving answers to our health issues via mainstream medical practices. Since discovering complimentary medicine we have been diagnosed and are now living much happier, healthier lifestyles. Integrative & complimentary medicine literally changed our lives for the better. It would be unethical to take this option away from all of the people who depend on it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:56:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine because it gives me the opportunity to access a medical practitioner who also understands natural health. I have used vitamins, herbs and diet to cure several ailments in my 67 years and thereby avoided surgery that was recommended by a medical practitioner. Most of my friends and family also use natural medicines to treat their ailments with success. If the MBA impose restrictions on Integrative practitioners, I will be bitterly disappointed and I have to ask - what is their motivation. Is it care of the patient? I say no because too many people I know use natural medicine. Go to a doctor and get antibiotics prescribed - where are we headed with all this antibiotic use ??????

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:59:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice is personal and a singular body should not get to decide what they consider Australians need or want, just to further their own agendas.

As a family, we have used complementary therapies (chiro, osteopathy, naturopathy, homeopathy, acupuncture) for many many years and believe we are healthier for it. We also have great respect for conventional medicine and believe that together they offer the best of both worlds and much could be gained by having more integrative practitioners.

Like many other Australians, I value a holistic approach to healthcare and without access to complementary practitioners, it will place an even greater burden on an already stressed healthcare system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:53:10 PM

---

To the Medical Board of Australia,

I support Option 1.

It is with deep sadness as my family & I observe the obvious efforts of the erosion of Natural Health, Integrative Medicine choices in Australia.

As adults we are quite capable of choosing & using the health practitioners of our choice....we are indeed aware of the constant push by Big Pharma to medicate all on their drugs.

As a democratic country, we are appalled at the removal of Natural Health Practitioners from Private Health Rebate covers.. now an obvious effort is being directed at Integrative doctors.

Shame Shame Shame on the people who instigated this & push this idea.

Yours In Health

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 11:15:24 AM

---

To the Medical Board of Australia,

I support Option 1.

There seems to be an assault happening in Australia upon Natural Therapies & now Integrative Medical Practitioners.  
This is appalling...as Australians we insist we be allowed to choose our health practitioners  
This endless attack by bug pharma who want the whole pie ...as in \$\$\$\$.....appalling!  
Natural Medicines ..especialky herbs work without side effects..Bug Pharma copy the main ingredient of a hetb make a drug out if it, patent it..make money & include a large 2 page lust of side effects...crazy.  
Leave Natural Health Alone!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 2:05:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I reserve the right to choose how I want to be treated. I have found many benefits from a variety of alternative therapies. My body, my choice. Not all Doctors and their drugs can help, some have terrible side effects, I prefer to choose herbs and other supplements, if I don't feel the benefits then I may choose to take prescription drugs, but that is my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:17:07 PM

---

To the Medical Board of Australia,

I support Option 1.

\* I highly value the services of integrative doctors to give choice for options other than drugs and surgery and to support these options if necessary as well.

\* My husband and I have both benefited from integrative medicine to deal with digestive issues, breathing issues, skeletal issues and skin problems i.e. eczema

\* If integrative doctors are not allowed to offer a wide range of options apart from drugs and surgery I think this is an invasion of my civil rights as an Australian citizen.

\* I think doctors should be able to practise autonomously within the Australian medical scene.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 1:28:20 PM

---

To the Medical Board of Australia,

I support Option 1.

As a 69 year old person who has conquered cancer several times using both conventional and complementary medicines and therapies, I request that integrative doctors be able to continue their practice with support and encouragement from the MBA.

I am convinced I would not be as healthy as I am today if not for integrative medicine. Use of nutrition, detoxification, and complementary medicines are essential. But it is also essential to be always monitored by a medically trained doctor.

I thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:39:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicines readily available through our GP's we will suffer as a community. Some people are very sensitive to medicines that are main stream and have to seek alternative therapies to support their health by taking this away you are in turn taking a persons right to access information which has a direct effect on their health, life and possibly ability to work or contribute to the community. Why would you remove options and avenues of help from our health system? Why are we taking away a patients choice of treatment? Where is our freedom that is so commonly spoken about, that our soldiers fought for?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support OPTION #1. Stop trying to control us. You will never win :-)

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:29 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been pivotal to the successful treatment and management of my autoimmune condition. Whilst I believe that Traditional (Western) medicine has its place in healthcare, I also strongly support the philosophy of Integrative healthcare in viewing the body as an integrated system (not as isolated parts that traditional medicine tends to treat). Patients should have freedom of choice to select their mode of treatment and not have their options limited through politics. I appreciate your support to withhold changes to guidelines for use of Integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 10:22:54 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom this may concern,

I am deeply saddened to hear that our right as citizens of a free nation has been threatened. I have so many positive experiences with complementary medicine and strongly wish to enjoy this liberty. I question what the medical industry is really afraid if they take away a persons right to choose how they wish to seek and receive treatment for body ailments. This position takes away the understanding that people are free and capable of making informed decisions, with both intellectual and cognitive abilities inherit to our design. Capable of searching information, outweighing the pros and cons and selecting the avenue of care and treatment we wish as outcome. All medicine has risks, reactions and can be trial and error.

There have been times in my life where I have needed mainstream medicine and treatment, and other times where this has failed and only the natural herbs, supplements and holistic approach has brought healing. I ask that you continue to keep our God given right for freedom of choice and decision making alive, as is our way in Australia. Going against this, goes against the very ethnos of our free and wonderful nation.

Position of thought: You do not know where life leads you. You may find yourself failed in the conventional system one day and in need of other alternatives. Complementary medicine should not be feared or banned but should be exactly that - to complement - or work in conjunction with western medicine. Please take us seriously as we will not go down easily if our voices are unheard or ignored. Do the right thing.

Regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:19:32 AM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine does not have all the answers. We need to have choices to allow for individual responses to illness. This concept is so important- don't take away our choices!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 8:34:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Back off, my body, my choice !!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 4:12:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Without complementary medicine I would not have gone through chemo for breast cancer painless

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 3:48:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I am completely in favour of Intergrative and complementary medicine and the Medical Board of Australia SHOULD NOT interfere with the operations of all qualified naturopaths

I say this because complementary medicine helped my wife as she was receiving chemotherapy for breast cancer

She did not suffer, have side effects and her recovery was quick the other women who were also taking the same chemotherapy were very sick with substantial side effects

If the MBA were successful then if my wife were to have chemotherapy again and her treatment was not available then I would hold the MBA accountable for her suffering

We know of many other people and friends who have been treated by integrated medicine and all swear by it

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 10:12:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine are used safely by approximately 2/3 of the population. We can not afford to lose a practise which is both safe and cost efficient. Complementary medicine has been proven safe and effective. It also takes the stress off our overloaded medical system. Saves the government countless amounts on the budget.

Empowers people to be involved with their health choices and shows us as a society that is moving forward rather than going back to the dark ages.

I and many others would be on numerous drugs, costing the government, if safe complementary medicine and services were not available with the guidance of my doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:47:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a series of autonomic, autoimmune diseases that are generally treated with medications used for alternate purposes. I suffer a range of symptoms which respond well to the off-label use of mainstream medications such as antidepressants, low dose naltrexone, propranolol, lyrica and lamitan.

Many of these diseases are new and emerging, the best treatment pathways are not yet known. We must leave treatment options open to medical practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:34 AM

---

To the Medical Board of Australia,

I support Option 1.

For those of us who have medical conditions currently unable to be treated with mainstream medicine, it is imperative that we be allowed access to this kind of assistance instead. I have found it incredibly important in giving me some improvement in my symptoms through seeing a medical professional who also has an understanding of both mainstream and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 3:32:34 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I have seen a Dr who was extremely proactive and treated me both conventionally & nutrients. It made such a profound impact on my health where various other medical interventions had not.

I respectfully request that this option in health care not be taken away, as it can often provide the answers when all else has failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:35:35 PM

---

To the Medical Board of Australia,

I support Option 1.

It's imperative for individuals to have access to integrative and complementary health care to fill in the gaps where conventional medicine is not able to support them.

There is extensive scientific validation regarding the safety, efficacy and validity of natural medicines which can be used safely alongside conventional treatments. It can often enhance the efficacy of conventional medicine treatments improving outcomes.

Please ensure that the Australian public retains the right to choose their healthcare from a range of options including conventional medicine, complementary and integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:39:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Health choices need to remain in the hands of the hands of the public consumers. Choice is a fundamental human right. If you take the choice away from the consumer on what type of health care they chose to engage with then you will force other choices on them. I for one will not stop seeing my choice of practitioner but will be forced outside of the system. Embracing rather than reducing change and choice is the only way forward. Do not force a further divide please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:28:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I am really concerned about proposed MBA restrictions on integrative practitioners.

Integrative and complementary medicine provides such fantastic preventative treatment for patients, and helps to keep people 'well' and out of public hospitals (which are already overcrowded).

The proposed bans on the use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing really takes away freedom and choice from both doctors and patients.

As well as restricting clinical autonomy, Integrative doctors who typically provide longer consultations to understand root causes of illness may be restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. This is not because their recommendations are unsafe, but just because they are not "conventional".

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 1:53:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I have found complementary medicine to be highly beneficial after investing a lot of time and money utilising traditional treatments that just did not work. If I don't have access to these forms of treatment I will suffer and cost the health system more. My life has changed greatly through the benefits of non invasive NIP chiropractics and Kinesiology. I have a grandson who suffers with a form of disability and it is like a switch being turned on regulating his body again and it's the same for me. I now lead an active pain free lifestyle that didn't seem possible before I accessed the above mentioned treatments.

I strongly recommend that you support these practitioners who are such a vital link in providing life changing treatments. It's time to open up to the opportunities that these advancements in health care can provide and enable people to reduce suffering and get on with an active, healthy lifestyle.

Yours sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:19 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Support the option of choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 12:43 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I value longer consultations and then individualised treatment plans. If the MBA imposes restrictions on integrative practitioners, I will choose other non-medical forms of healthcare for my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine has helped me in many ways. Please allow patient choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:40:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I will not vote for a government who takes away our free choices and that includes immunisations.

In England and other places we have homeopathic hospitals and Dr's, and the queen is also on Homeopathic medicines but are we soooo primitive that they are even taking homeopathic out of complementary medicines. If people think something will work they are often healthier and many of these things work without damaging the body as pharmaceutical drugs do.. natural medicines have been around and proven to work for centuries, but drugs have only been around for just a few decades, and using natural and not chemicals which generally can damage, could save government millions..

Governments pay for abortions, sex changes etc but not natural medicines and things that help keep people healthy, be it psychological or not, if it works then let it stay..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Many patients suffer from environmental illnesses where conventional methods do not work. I have experienced this myself and believe the reason I am slowly getting my health back is due to diet and supplements and herbs. I prefer to use natural products to avoid the many side effects from traditional medicines. Imposing restrictions on something that works does not make sense to me and from the point of view of integrative practitioners who are doing this because they have seen results and are passionate about helping patients and honoring the Hippocratic oath - seems to me they are doing what a doctor should be doing: bringing quality of life back to patients and providing healthcare successfully. Let us honor and respect different points of view, especially when it is shown to be successful.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 11:31:14 PM

---

To the Medical Board of Australia,

I support Option 1.

As a health consumer I should have the right to consult a doctor who is open minded, holistic approach to diagnosing, investigating and treating myself and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:54:08 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated medicine promotes further study and knowhow development.  
Knowledge of more than a narrow field of study is essential in  
medicine and should be encouraged not limited.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 8:43:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe there is room for all practitioners . Why would we return to 70 years ago, I thought we were a progressive country. Let's move forward and leave the choices to intelligent Australians. We can make our own decisions. It would be good to know the real motivations behind this. Please leave us the choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:38:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a fan of complementary therapies. They can work well with modern medicine. I have been able to Loose a large amount of weight, change diet, relax and find coping strategies for stress and Anxiety and Trauma healing with the aid of different trained professionals in the field. I am a trained health care professional who has also recently trained as an aromatherapist. Following a nasty ankle fracture fracture of my own, on discussion with orthopedic Dr's I used Aromatherapy to help aid my recovery which has been extremely beneficial. I have come across many people who go out and buy many of these treatments over the counter without any consultation with a trained holistic professional and seen some bad results with little knowledge of some of the dangers of aromatherapy oils when self diagnosing. Without the trained professionals to guide women with treatments we will see an increase in adverse outcomes, and more people with little or no training promoting unsafe practices and products released out into the market and advertised home videos on you tube.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 3:20:04 PM

---

To the Medical Board of Australia,

I support Option 1.

My health has been at risk because i am unable to use chemical compounds and after long term damage done by medication i was sent to alternative treatments by the hospital it changed my life we found out through DNA testing that many drugs are dangerous to me putting me in overdose situations and heart damage and crumbling bones. With my drs support he did blood test then i followed a herbal and vitamin routien and had more blood test. Results inflammation levels down blood pressure down. Energy levels up and no more overdosing. So dont push people into a mainstream that can only damage me more and dont punish drs who helped me find solutions that work. My dr said it was a relief to see me improving. The hospital ordered me off the routien in 2 months i was back in hospital and back to drs he had advised me to not change my routien but supervised me then had me return to it when health began to fail all over again. Alternatives saved my life drug therapy nearly killed me and sped the arthritus up

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:21:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support my right to choose my doctor and the medical treatment he/she offers me. I have been treated by a doctor who incorporates best practice natural interventions in managing insomnia, high cholesterol and high blood sugar. In all cases my health has significantly improved without pharmaceutical treatments, which are known to have side effects. My doctor has studied closely both the action of vitamins, minerals and other naturally occurring substances in the body, but is also familiar with the robust research supporting the treatments he/ she uses. This approach has given me a far superior outcome than anything previously offered to me by doctors relying solely on pharmaceutical interventions. Doctors are well positioned to decide the optimum range of treatments for each patient and should not be dictated to by the opinions of a few.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:36:11 AM

---

To the Medical Board of Australia,

I support Option 1.

I support a patient's right to choose the treatment they believe is in their best interests. There is excellent existing and emerging research supporting complementary medical interventions, which is why these are being embraced by GP's.

My own experience has led me to improve all aspects of my health through a combination of traditional and integrative medicine. I have had major success with mineral supplements where traditional medicine failed me. My quality of life has improved significantly as a result of integrative medical intervention. I embrace the advances made in traditional medicine but have found I am unable to tolerate some pharmaceuticals due to side effects. In these cases I have been helped by the use of supplements. Doctors need to be able to assist patients with all the resources available to them. Their knowledge and expertise makes their ability to use complementary medicine crucial for the best patient .

If restrictions are placed on doctors' use of complementary medicine, it will mean a major deterioration in my health and well being. I am 70 years old and not a burden on the health system thanks to the treatment I receive from an integrative medical approach. I should be able to choose what works best for me to keep me active and in good health into the future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:54:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a mother of a child with a disability. We have a range of health practitioners for my daughter, including an integrated gp and naturopath. Our whole medical and health care team is so important to us and to have these practitioners cut out of our health care rebates, or with what they can offer us will not only impact us, but many other parents of children with special needs who also use these services. We are often forgotten about when big decisions like this are being made. Our children respond very well to these therapies which you claim not to have 'enough evidence'. We will tell you otherwise. Please do not change anything to the current guidelines, there are many, many families who rely on these practitioners for so much support.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:47:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative and complementary medicine. The only doctors I would consider having appointments with, fall into this category.

I believe it is my right to access GPs who offer a holistic approach to healthcare. I believe my patient choice is at risk with the proposed option 2.

My family has been using complementary medicine for many years with great success. My family and I do not want to go to a doctor who just wants to prescribe a pharmaceutical drug to suppress a symptom without first looking at alternative options that may help first.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the right to choose a doctor who also has an understanding of complementary medicine. I value the wholistic approach and feel freedom of choice is important. There is not a single way that will benefit every person so it's important to have the variety of remedies doctors can access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:08 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our right to choose what type of treatment we decide

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 11:21:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I am the parent of 2 Primary school age children. My family and I have had so much benefit from integrative and complementary medicine and I would be extremely upset if we were not able to access the same treatment options that I believe we should be entitled to. We have always tried GP's/conventional medicine as a first point of call, but if we haven't had great improvement/results then we have turned to our integrative and complementary medical practitioners. Sometimes they have been able to pick things up that conventional doctors have not. If we have experienced better health because of it then why try to tighten restrictions? My family are very sensitive to conventional pharmaceuticals and have had a lot of bad reactions to them, so complementary medicines have sometimes been our only avenue to turn to. For example, when I had low breastmilk supply and I was given maxalon by my GP which almost instantly gave me mastitis, the natural option of fenugreek capsules solved my problem. GP's were unable to do anything to help my daughter's regular nose bleeds but the chiropractor was able to stop them after a couple of very gentle treatments. Several GP's over a number of years missed my iron deficiency and when they finally picked it up, taking the conventional iron tablets I was prescribed resulted in no improvement to my iron levels, until I took a more natural bioavailable source of iron supplement. Gp's also missed picking up my joint hyper mobility syndrome after years of issues, but my Osteopath was able to work out my issue and help me with treatment and exercises. Physios have given me little benefit to my chronic back/hip/sciatica/neck issues but the chiropractor has changed my life and has made such a difference to my mobility and quality of life. Acupuncture has helped me too with the same issues and with some of my PCOS symptoms. A chiropractor was able to stop my then newborn son's projectile vomiting instantly after one treatment when he had severe reflux. An osteopath was able to fix my newborn daughter's neck Torticollis after a few sessions, she fixed her vomiting through her nose issue and her 10 day long constipation after one treatment. Conventional treatment and drugs such as clomid did nothing to help my PCOS and infertility issues but a combination of Chinese medicine, acupuncture, chiropractic care and taking wholefood probiotics did.

These therapies and more have been so invaluable to my families wellbeing I will be extremely upset if I am no longer able to access the same level of care.

Conventional medicine has helped my family too many times (eg. For asthma treatment, eczema etc) and we will always continue to see our GP for our injuries and ailments, but why can we not be entitled to the same level of treatment and care (if we so choose) from our alternative practitioners if we are finding them beneficial? Surely any improvement in health is a win for our family and for our society as a whole? I believe we deserve the right to continue to access these treatments (without restrictions) if we so choose.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:27 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Dear Sirs, please keep integrative and complementary medicine choices open for all Australians. We have a right to choose how to deal with ill-health. For me, holistic approaches have always worked better than strictly pharmacological ones. I would be devastated to lose this option. Thank you and best regards,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:38:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Please reconsider the actions.

Integrative and complementary medicine need to be included and available to all. Not just the generic answer of fix with medication.

People need options and safer natural options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I think this is the worst idea I have ever heard of. If I need to seek medical advice the only doctors I go to is an integrative clinic. By using other forms of healing and intervention other than pharmaceutical I have had much much better results and longer lasting results. The pharma industry is completely disgusting and completely money driven. I will not be seeing any regular GPs at all for my family and I if integrative options are taken out. If it's an emergency I'll just go to the hospital. The great doctors out there are the ones who have enough knowledge and experience to see what ACTUALLY works for and helps patients get relief, in natural ways which are actually GOOD for the body and addressing the problem. Not only administering pharma crap with a load of side effects that doesn't even really fix what's going on. Integrative health solutions have been usually the most and only effective solutions for me and all my family, there is no point using the medical system at all for me without them helping having access to some of these. You're trying to create more sickness therefore more buying of pharma through doing it. Completely disgusting if you ask me. Give the people a choice. Conventional medicines and appointments will not get you very far as to trying to regain or keep good health as a human. 10 min appointments and conventional medicine will keep everyone sick and coming back for more and not getting better, possibly making someone up there richer if that's what you're going for (obviously) I value a holistic approach IMMENSELY and have only ever seen and experienced better outcomes from them, ALWAYS.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicines are the difference between caring for our health and merely masking symptoms through intrusive ways. Please stop trying to penalise those of us who care deeply about our health. We all have the right to seek health through these means.

Thanks & respect are what is deserved by these practitioners. ...not restrictions. Without chiropractic I would be in daily chronic pain as would many others I know including (especially) children & babies.

Surely limiting doctors time frames for diagnoses and alternative treatment plans will result in less positive outcomes & increased pressure on the medical system.

Please NO changes to current guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 2:41:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative therapies have long been a part of helping bring relief & comfort to people for thousands of years.

If these therapies help people in their day to day lives & the people make informed choices - that's OUR right to choose.

Not your right to dictate what WE choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:31:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the years my body has responded well to natural therapies to overcome damage to my organs from constant prescription drug use. I have to see a GP and the complementary therapies such as acupuncture, osteopath, bowen, kinesiology, Genome therapies have all helped me to stay alive and able to function in life and in a work place.

If i do not have access to the natural therapies as complementary that is a huge burden on my and my families finances that we can not afford financially.

My teeth, organs and all my body need the healthy options as I have seen way to many suicide through lack of finances, support, healthy options, respect as valuable humans and individuals and i have at times been close to that edge through frustration of the antiquated systems and styles within the medical system and just when support and options seemed to be improving the options are being taken away. I hope that you can see that we are all valuable humans that need healthy options for us to function in this world.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:32:36 AM

---

To the Medical Board of Australia,

I support Option 1.

My family and I have been using complementary and integrative medicine for 30 years now and find that there are many cases where we have found herbal and mineral therapy to be more effective than anything else for our preventative and chronic health issues. I want my doctor and I to be able to make the best choices for my health at all times and have access to all types of medicinal substances not only pharmaceuticals, providing a holistic approach to health and well being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:33:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that doctor's and complementary health practitioners be allowed to continue to practice in the manner they feel best supports their patient's wellbeing. This means they have access to all available and new and emerging therapies as they arise. I have used complementary therapies for myself and my family throughout our lives together and have used herbal medicine throughout my adult life with often astounding results, herbal medicine has always been available and prescribed for chronic and acute conditions with the most effective support for ongoing good health by my regular doctor and also our local naturopath. I feel certain that the best health outcomes would not be possible if these types of medicine were no longer available. Please consider the peoples choice when reviewing the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have used integrative & complementary medicine for a few years now and have found that it has reduced my dependence on prescription medicine. It seems to me that your attack on integrative & complementary medicine and it's practitioners are based on your support of the drug companies that make huge profits at our healths expense. I believe that there is room for both and it would be to all our benefit if integrated & complementary medicine were studied when becoming a doctor for a more rounded knowledge

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:25:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to continue with my alternative health care as I have received much benefit therefrom. I believe we need freedom of choice. Many of my friends feel the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:23:42 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine has been the ONLY things to truly help me with my health problems and I really hope these options and alternatives are still used and recommended by health professionals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have used integrative doctors to get me through menopause and beyond. Conventional medicine was of no help. I also now have massage and chiropractic every fortnight. I was in a lot of pain due to arthritis and a cyst in my hip. This treatment has allowed me to keep working past retirement age (I'm 67) and be a useful part of my community. I can now walk pain free! Please don't make any more changes to our current system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:55:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine works as well if not better than mainstream medicine and with the added benefit of maintaining health rather than curing illness

Freedom of choice for the people not the pharmaceutical companies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I have sought and used trained Medical Practitioners who integrate 'alternative' or 'complimentary' practices into their treatment plans all my life. My parents did the same. My adult children have followed my lead. I currently use a GP who is also a qualified Naturopath and who has a special interest in nutrition.

Our family have benefited from diagnostic procedures that have identified (for example) the simple need for a course of mineral supplementation followed by a change in diet. This costs our community nothing. In the long term, it reduces the risk of life style choices developing into more serious and costly conditions.

I have also benefited from the use of acupuncture. For centuries western medicine scoffed at this ancient science. Now our Doctors can train to use it as an alternative to chemical pain killers and chemical anti-inflammatories as well as a host of other commonly prescribed pharmacy drugs.

My preference has always been to use a qualified General Practitioner who has investigated or qualified in fields such as Naturopathy, Acupuncture and Nutrition, resulting in a practice that is holistic and integrates the wisdom of many simple and proven fields into their clients treatment plans whilst drawing on their medical training and knowledge to advise, prescribe and refer where necessary.

If GP's are no longer permitted to practice in this way, I will seek advice and treatment from less qualified sources, as I'm sure many others in the community will do. I believe that in the long term, this will result in greater cost to our community through the heightened risks of misdiagnosis and misinformation by untrained or lesser trained practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 4:15:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient choice. A family member was diagnosed with non-Hodgkin's lymphoma 7 years ago, the haematologist said the cancer would be everywhere and told the patient to come back in 6 months and then start chemo when the disease became aggressive. The patient decided to start an alternative treatment & after the 6 months went back to the Dr. who wanted to know the treatment the patient was undergoing. After having a scan which revealed the cancer had gone, the haematologist told the patient to keep up what he was doing. After 7 years the patient has not had any drugs or chemo & is feeling well. There certainly is a need for new and innovative practices & no govt. should deprive the people of that freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 7:02:27 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative health practice are helping take the burden off, the current medical practices or medication and surgery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:04:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine as it stands at present and under the current guidelines. My personal experience is the main reason why. I have undergone acupuncture sessions in the past and they have benefited me. I have also taken naturopathic treatment and likewise, I have got benefit from that. I support integrative and complementary medicine, simply because from my own personal experience, it works. If the MBA imposes restrictions on integrative practitioners, that will be a huge step backwards. In fact, in my strong opinion, a step down the road toward a fascist society and the imposition of totalitarian restrictions on the Australian population.

As well as restricting clinical autonomy, Integrative doctors who typically provide longer consultations to understand root causes of illness may be restricted to providing the “conventional” 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. This is not because their recommendations are unsafe, but just because they are not “conventional”.

By framing them as ‘fringe’, the proposed MBA guidelines also place the regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) at risk.

It may also lead to medical and allied healthcare professionals being unfairly and unreasonably targeted by vexatious complaints to the Australian Health Practitioner Regulation Agency (AHPRA).

Thus I am strongly opposed to the proposed changes to the present guidelines. In my opinion no good will come if those changes are instituted, and in fact the quality of healthcare in Australia, generally speaking, will be set back significantly.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I don't want pharmaceutical products to be the first option offered to my family as treatment. Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:52:33 PM

---

To the Medical Board of Australia,

I support Option 1.

As well as supporting option 1, I believe that patients have the right to choose treatment regimes that suit their needs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:44:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is critical for doctors' to have the ability to offer patients complementary, innovative and emerging treatments, and also have the ability to educate, research, and advise their patients about these treatment options. I have a neurodegenerative condition that has no treatment in mainstream medicine, but I have been able to maintain my independence and general health through alternative treatment protocols. Without this I would have been significantly worse off.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:33:15 AM

---

To the Medical Board of Australia,

I support Option 1.

General medicine was not able to offer me and many others with help with chronic illness and autoimmune disorders. These illnesses have a severely debilitating affect on your life and alternative medicine is often the only means which offer some relief to these conditions. It would be a crime to take these choices away from people!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:03:04 PM

---

To the Medical Board of Australia,

I support Option 1.

My child is nearly 4 and had a host of issues since birth. He has been misdiagnosed by conventional doctors multiple times and as a result we missed years of treating him the way he should have been and he is now suffering global developmental delay. To this day, the doctors still can't give us answers as to what is wrong. For the first time in four years our integrative doctor is getting to the cause of the problem and finally we are getting somewhere. She is the first person to actually find out what's going on inside his body and cells rather than just treat his symptoms with medication. These doctors are our only chance on getting our little boy back on track and living the life he deserves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:47:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Our family has had a series of events caused by conventional medical service issues (negligence mainly) leading us to seek help from allied health practices and integrative doctors which turned out to be so much cheaper and more effective that we would definitely continue to use the network of integrative services to keep our and our kids health at its best.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 1:54:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I came down with glandular fever and severe ongoing post-viral fatigue (ME/CFS) in 2013. As little is known about the biomedical cause the condition is very poorly understood by many in the Australian medical community.

Beginning to see some improvement 7 months after the initial onset, I was advised by multiple practitioners to undertake graded exercise therapy, to push through the pain and ongoing fatigue if I wanted to regain my health. This caused me to relapse and I am still yet to fully recover. This direction was provided by multiple GPs, an Immunologist, Psychologist and Exercise Physiologist as I sought to find answers.

As such, I was in significant pain and suffering for 2 years. My concerns about my worsening condition were dismissed, until I found an Integrative Medical Practitioner in 2015 in another state who was able to investigate the genetic and environmental factors (toxic mould) through non standard diagnostic testing which were exacerbating my condition.

I have since improved significantly. I have been able to work full-time for the past 2 years and can now spend some time with friends and family with careful management. This would not have been possible without the expertise and support of integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 10:41:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Holistic/Natural medicine has been proven and has no or minimal side effects. We need to move towards a healthier approach when possible. Medicines are given and used unnecessarily and cause issues where more medicines need to be taken to counteract the side effects that were created by the first medicine. Our bodies are amazing and will heal if we give it the correct approach and support. I don't want to lose the opportunity to choose a healthier approach if I decide to go down that ally.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:33:26 PM

---

To the Medical Board of Australia,

I support Option 1.

To the medical Board.

As a patient presenting at my Dr. I have benefited in the past by having a Dr. who is able to offer a treatment which is complementary and has had a significant benefit to my health without having to seek treatment assistance else where.

I feel that as a trained professional my Doctor should be able to assist me in an integrated manner if it is required to benefit my treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 1 July 2019 12:00:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me and my family greatly. I am very highly sensitive to drug treatments of any kind and I turn to natural remedies for every ailment. I would be greatly disadvantaged if restrictions were placed on integrative practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:47 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Removing complimentary medicine removes the patient's right to choice. The right to choice and freedom of belief is something our country has fought hard to preserve. In the lead up to ANZAC day there is no better time than now to highlight the sacrifices made to preserve the rights of our countrymen to have freedom of choice. Complimentary medicine saved my husband's life when mainstream medicine had no options left. This right to choice cannot be taken away and the sacrifices made so that we can enjoy this freedom of choice cannot and should not be ignored!!!

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:43:47 AM

---

To the Medical Board of Australia,

I support Option 1.

My son would be dead without intergrative medicine due to being misdiagnosed by our local hospital 3 times in a 2 week period - he went septic and caught a superbug - he was monitored for 16 months suppose to be on drugs for life - intergrative medicine helped him within 6 weeks get off these drugs & improved his mental health immensely!

I also had ptsd & adrenal fatigue I healed naturally with intergrative medicine and I have since spread the word helping many friends who were suffering in some way had been for years doctors unable to assist any further all now living better quality lives - how on earth would you justify stopping that and why ??? To make more money off people staying sick ?????

So so wrong

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:36 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As someone with autoimmune and gut issues I have had great success with integrative care. This is after over 10 years of no success with conventional GPs and specialists. Please don't take these options away!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wish to have access and the choice of integrative and complementary medicine at all times by my health care practitioner. Anything less is irresponsible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:34:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that all types of medicines can compliment each other. I suffered from migraines for years and it wasn't until I had acupuncture that my migraines eventually went away. While the hospital supported me and gave me drugs to treat and relieve the symptoms it was the acupuncture that cured me

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:06:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe the MBA should not remove access to integrative medical practitioners.

My family has been helped greatly for ADHD, Autism, chronic health conditions & acute conditions by using a complementary approach of natural medicines & standard medical treatment.

Everyone deserves the right to choose their access to medical treatment and if that is with an interpretive GP who ate you to decide this is not acceptable. Those who don't wish to access this treatment have s choice not too, so those wishing to access it they should not be denied a choice!

It is also beneficial in preventative medicine which australia needs - our hospital system is already struggling!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:43 AM

---

To the Medical Board of Australia,

I support Option 1.

I would cease to visit Western medical practitioners if they stopped including an integrated approach. Let's not go backwards, you'll just alienate people and push people further into their own research and toward natural therapy practitioners who are not doctors. While I don't actually think that's a bad thing either, I'd imagine many doctors would lose out and start having less and less patients. Can we learn a little from our Eastern medical practitioners? Integrated approach or nothing is my vote.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 5:48:56 PM

---

To the Medical Board of Australia,

I support Option 1.

The ability for General Practitioners to integrate complementary medicines and treatments into their practice is essential. On several occasions over the last few years I have been advised to seek naturopathic medications for my osteoarthritis. The most ordinary GPs can offer is to take panadol or the like. Fish oil and glucosamine are beneficiary and are far better under the auspices of the medical profession than the local pharmacy assistant. Other treatments such as Omega 3 are recommended. Some GPs are now recognising that some Chinese medicines and treatments such as acupuncture are beneficial for joints and bursitis pain, rather than the medical way of cortisone injections. We should be able to choose, with the advice of our GPs, which treatment is going to be the right one for the individual. Taking this ability away from the GPs will just mean that patients will go elsewhere for their care. The bottom line for all of this is that doctors are there to give patients the best advice for the treatment of their ailments. If this includes all options - straight medical and holistic - then this can only be for the common good.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:58:51 AM

---

To the Medical Board of Australia,

I support Option 1.

Patients should have the right to choose treatments that they believe are effective provided they are given clear information for the pros and cons of each recommendation.

I have endometriosis. I have suffered with this condition for the past 12 years.

Without the support of my integrative medical practitioner and doctor, I would not be living the life I am today.

Current medical practice has NO hope and NO cure for endometriosis besides ineffective surgery and bandaid solutions that are questionable at best to skip periods and take birth control.

By using complementary therapies, vitamin, mineral and herbal support with manual manipulation I have minimised my trips to the emergency room and am able to live a relatively pain - free life.

This was impossible to do with birth control.

Give patients the right of choice. Stop restricting their choices and belittling an industry intent on helping where yours fails.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:56:40 PM

---

To the Medical Board of Australia,

I support Option 1.

My son who has ASD was recommended only speech therapy and was told to stay away from this type of treatment and we should not worry about his weight or food intake and to be realistic about the outcome and that autism is just what it is, speech therapy might help a little. Well after a year of speech an occupational therapy, he barely improved, we ended up taking him to the emergency due to being underweight and malnourished. We did not get help from GPs and paediatrician, we were told he has autism and we will always be fighting this. Going to a naturopath any integrative GP we found out our boy has a very concerning yeast issue in the gut. Slowly but surely he started eating and gaining weight, his bloods looking better than ever and his speech and interaction improved within weeks, more than with any 180 \$ worth therapy. Our son will be able to go to school.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 11:22:58 AM

---

To the Medical Board of Australia,

I support Option 1.

It's my choice to use Integrative and complementary medicine. I do not want my choices to be regulated by the AMA or the government.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:12:14 AM

---

To the Medical Board of Australia,

I support Option 1.

Why changing things that works for us ? What is happening with this country ? No freedom to choose ? Stop following the rules of USA. We dont care about America. We are our own people we want to keep our freedom of choice !!!!!

I fully support integrative and complimentary medicine !!!!

Is this a new world order ?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am a cancer patient and have been able to maintain a reasonably healthy lifestyle by undertaking a natural approach to my health. I find most GP are sadly lacking in knowledge of healthy options and all too willing to write a prescription for whatever ails you and all too often this leads to more pills. I would far rather skip pills and learn about what I can do to address the cause and would travel far to see someone who has studied this and can advise me, as the internet is my main source of information, and a friend's doctor who is being forced out of practice because they don't 'tow the line' I believe this is sad and an indication of the power big pharmaceutical companies have on our health options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:23 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I and my family use integrative medicine, and supplements to stay in a balanced and healthy state. It is not to say that mainstream health options are not also used. Mainstream health options are part of our lives, as well as integrative medicine. If it were not for regular visits to a chiropractor for ongoing neck problems, I would be in constant pain and living on pain killers. I want to be able to choose how I manage my health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:47:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly object to the proposed change in guidelines concerning integrative and complementary medicine. Natural and wholistic medicine has been an integral aspect of medicine from the very beginning of civilisation. There are thousand-year-old systems of natural medicine from all around the world with much untapped and underutilised knowledge and value – these need to be recognized and promoted to serve the greater good of the community in the form of 'integrative and complementary medicine'. The proposed changes are fundamentally against i) the principles of patient choice, ii) market competition, iii) wholistic lifestyles and living, iv) recent social trends toward mindfulness and wellness, v) academic freedom, vi) scientific evidence supporting the effectiveness of integrative and complementary medicine, vii) recognition in Australia of cultural diversity (including the contribution of indigenous knowledge to medicine), viii) trends in other Western countries like the US, Europe, UK and Canada, ix) the substantial economic benefits of disease prevention through integrative and complementary means, and also violate basic democratic freedoms in a liberal democratic society. The proposed changes promote an entrenched set of monopolistic interests to the exclusion of patient choice, are anticompetitive, express no interest in wholistic living and prevention of disease through lifestyle and food choices, do not recognise the evidence base supporting integrative and complementary medicine, are culturally insensitive, and are patronising to all Australians who want the freedom to choose how they manage their health in an integrated fashion.

Such an unwarranted intrusion on my freedoms as an individual living in a liberal democratic society cannot be justified in any reasonable fashion. The fact that integrative and complementary medicine continues to flourish is very strong evidence of the value and benefit it continues to give both to Australians and to people all around the world. Further, there is no evidence that the proposed changes will provide any reasonable benefit whatsoever to the Australian community. If these changes go ahead that will only reduce confidence in the medical industry. It will serve to only deepen the rift between Australians interested in wellness and the medical industry, and damage Australia's nascent wellness industry – to the economic advantage of growing wellness industries in other parts of the Western world.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:56:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly object to the proposed change in guidelines concerning integrative and complementary medicine. Natural and wholistic medicine has been an integral aspect of medicine from the very beginning of civilisation. There are thousand-year-old systems of natural medicine from all around the world with much untapped and underutilised knowledge and value – these need to be recognized and promoted to serve the greater good of the community in the form of 'integrative and complementary medicine'. The proposed changes are fundamentally against i) the principles of patient choice, ii) market competition, iii) wholistic lifestyles and living, iv) recent social trends toward mindfulness and wellness, v) academic freedom, vi) scientific evidence supporting the effectiveness of integrative and complementary medicine, vii) recognition in Australia of cultural diversity (including the contribution of indigenous knowledge to medicine), viii) trends in other Western countries like the US, Europe, UK and Canada, ix) the substantial economic benefits of disease prevention through integrative and complementary means, and also violate basic democratic freedoms in a liberal democratic society. The proposed changes promote an entrenched set of monopolistic interests to the exclusion of patient choice, are anticompetitive, express no interest in wholistic living and prevention of disease through lifestyle and food choices, do not recognise the evidence base supporting integrative and complementary medicine, are culturally insensitive, and are patronising to all Australians who want the freedom to choose how they manage their health in an integrated fashion.

Such an unwarranted intrusion on my freedoms as an individual living in a liberal democratic society cannot be justified in any reasonable fashion. The fact that integrative and complementary medicine continues to flourish is very strong evidence of the value and benefit it continues to give both to Australians and to people all around the world. Further, there is no evidence that the proposed changes will provide any reasonable benefit whatsoever to the Australian community. If these changes go ahead that will only reduce confidence in the medical industry. It will serve to only deepen the rift between Australians interested in wellness and the medical industry, and damage Australia's nascent wellness industry – to the economic advantage of growing wellness industries in other parts of the Western world.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:26:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I support and use complementary and integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:47:44 PM

---

To the Medical Board of Australia,

I support Option 1.

The best healthcare I have ever experienced is with my current doctor who incorporates other complimentary treatments as a possibility of your choice. I believe the proposed guideline changes will not only threaten my health choices which I hold sacrosanct but also the doctors' ability to offer patients complementary, innovative and emerging treatments, as well as their ability to educate, research, and advise patients about these treatment options. These changes would therefore impact doctors' clinical autonomy, as well as their ability to provide fully individualised patient care.

I believe that these changes are in fact an 'invasion of civil rights'.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 7:07:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is STILL medicine. Don't cut costs when these, as well as traditional treatments help unwell people get well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:53:19 AM

---

To the Medical Board of Australia,

I support Option 1.

Please support integrative medical practitioners by retaining current guidelines or improving these guidelines for the sake of patients and their health and well being

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:48:24 AM

---

To the Medical Board of Australia,

I support Option 1.

As a family we choose to have a mix of integrative and western medicine. However western medicine is a last resort for us. We believe as a family we are looking after our future health by choosing the above option. We live in Australia, a democratic country and we need to be able to choose our treatment without being penalised financially.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:58:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel it is important to allow access to all types of healthcare choices including integrative care. Often traditional medicine treats one aspect of a person's care. Integrative medicine looks at the person as a whole. Looking at the person from all aspects of health is very important for preventing chronic disease and therefore results in a decrease in the burden on the hospital and health care system. I feel that rather than move away from integrative medicine the shift should be towards all medical practitioners being encouraged to follow integrative approaches of whole of person care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:58:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi, How are you going to help people other than with drugs? Putting them on more drugs which have side effects?

The answer to our Sick Care is eating a super healthy diet, exercising, time for relaxing, and taking supplements where needed. Where Doctors have experienced the Wholistic style of living, they should be allowed to help their patients with Healthy Options that will upgrade the Sick Society we live in!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having a child with a complicated health history, we rely on a number of health professionals with different approaches to ensure he meets his full potential. This includes his GP, Neurologist, OT, Physio, Speech Therapist and a Functional Medicine Doctor. This approach has improved his capacity to learn and develop as close to normally as possible, often exceeding expectations. It has been a team effort and removing a pillar of healing would be devastating for us.

Patients need to be treated as sentient beings that have the capability to make their own choices in who they see to treat them and their families.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:30:49 AM

---

To the Medical Board of Australia,

I support Option 1.

I think the greater questions should be, "Why should I not have the freedom to choose how to maintain my own (and my family's) health and well-being?" and "What authority thinks it can strip me of my personal power, my autonomy, to limit my choices with regards my personal health and well-being?" "How can a distant governing body even believe it possible that it makes the decisions for me?" "Why make the division?" "Who stands to gain from determining that one mode of health care is more valuable than the other? I certainly won't be the one to gain when my choices are limited!"

In my 50 years of adult life I have consulted with medical doctors AND complementary practitioners to guide me in any health related issues. I consult with them, gather the information and experience I need, and then I make an informed choice as to how to proceed. My personal preference has been for the complementary medicine as I get a greater sense of autonomy, well-being and self-esteem from our interactions. When I consult with a doctor who is closed to the possibilities outside of his/her limited knowledge, I feel powerless and nervous to think that I have placed my health issues in the hands of only one perspective.

I have met with numerous complementary practitioners and experienced the good-will they bring into the community. Over time I've also seen medical doctors acknowledge the ways in which complementary medicines can benefit certain people., and I've been pleased to see that both sides are being valued."

If the MBA imposes restrictions, I will be forced to behave outside of their regulations.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:40:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel this is taking away the availability of choice to both doctor and patient, I strongly support option 1.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 11:09:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the continuation of the current guidelines for doctors using integrative health practices. While using traditional medical practitioners my family and I have also extensively used non-traditional treatments, with great success. We have been treated with acupuncture, vitamin and supplements therapy, dietary treatments, chiropractic, naturopathy, osteopathy and massage.

When an alternative treatment has occasionally been criticised in the media, or a complaint is made, the whole of the integrative health system is also criticised and found to be wanting. When complaints are made about traditional medicine the fault is usually found to be with a rogue doctor, not the entire practice of medicine.

My daughter has benefited greatly from acupuncture during chemotherapy - reduced fatigue and nausea especially. Acupuncture is an integral part of Chinese medicine and had been practised for centuries in China.

I feel strongly that integrative medicine can provide a more wholistic treatment for patients who wish to use it, and by medical practitioners who are trained and wanting to incorporate it into their practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:56:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to alternative medicine because, doctors do not have all the answers to health problems. The medicine they use, always has side effects of some sort, to us and the environment and we now have super bugs.

It is every persons right to have access to alternative medicines if they wish.

I am almost 65 years of age, bringing up my family, husband and two children, with hardly any doctors help.

We always use alternative medicine and we have had limited illnesses through life.

Why would the Medical Board, want to make it hard for people to access alternative medicines and practitioners, if you are really looking after the health of the people?

The Medical Board should be making it easier for people to access integrative and complementary medicine, if they wish.

It is very persons right of choice.

It is our health, our bodies, not the Medical Boards.

I support every persons right of choice, to have access to alternative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 9:47:17 AM

---

To the Medical Board of Australia,

I support Option 1.

Because often GP's have no idea how to help other than give another prescription medicine! or unable to help at all.

I crashed with an illness 5yrs ago & my GP had no idea how to help me, other than treat it as anxiety. After many months I went to an integrative gp, dr [REDACTED], & she spent a lot of time & effort going thru lots of history & symptoms.

I was diagnosed with chronic fatigue syndrome & other issues.

She prescribed vitamins, minerals & amino acids which were compounded into capsules.

She also recommended neurofeedback & kinesiology.

I improved so much!!!

My husband was so happy to see me improve. He also was disillusioned that my GP did not have the ability to assist me like Dr [REDACTED] did.

This assistance is very helpful for lots of patients with cancer, auto immune diseases & allergies where they have had no success through the standard gp process.

Let us all have access to getting healthy in the best way we can with the choice of integrated heal professionals & complementary therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been helped enormously with my autoimmune disease by an integrative doctor using only diet, vitamins minerals and supplements. I was so ill, so exhausted and increasingly allergic to everything I ate. I couldn't even sit in the sun for 2 minutes without being covered in hives from solar urticaria. I sought help from so many Drs before that were little to no help. Over a period of 18months those symptoms have now all but ceased.

I 100% support both a natural approach and my right to choose what is right and works for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:25 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have been on Thyroxine (prescribed by my GP) for nearly two decades. It took an integrative doctor to work out, with lab tests, why the medication was not being utilised by my body efficiently and the reason behind my continued exhaustion. I have hope for a better life now. Do not deny people, like myself, the option to seek out the healthcare providers of our choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I invite the medical board to consider the training, skill and care of each Medical practitioner ultimately there to support the health of the individual. Limiting medical care to not include nutritional advice, vitamins, supplemental advice and other integrative practices risks the public being sicker and sicker. Please let the medical practitioner use their best judgement rather than a guideline that doesn't understand the uniqueness of each person.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 12:15 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Mainstream medicine has its place, but so do vitamins etc. Not everyone responds to medicines. You go to a doctor for a guide in your healthcare, and for a doctor to be able to offer a few different solutions, is what a person needs. Otherwise, the MBA should make naturopaths etc covered by Medicare so that a patient chooses the way they want to be treated.

Most doctors go into practising medicine to help people and to help people they need to look at the whole body and treat holistically, using medicine when needed and natural when also needed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a mum I would be lost without complementary and integrative medicine. I do not support any changes being made to the current guidelines limiting mine or my families choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:05:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support the right of the individual to choose the healthcare that best suits their needs, whether it be conventional or holistic. For myself and my family, homeopathy and herbal remedies play a huge part in our ongoing health regime. Combined with organic, healthy eating and regular physical activity, we are thankful for our continued good health.

We are mostly unvaccinated, and have all contracted, without issue, the usual childhood illnesses. Wholesome foods and natural remedies have been used to support our immune systems. Our children have never needed antibiotics (despite having been prescribed them), they have never been seriously ill or required any type of pharmaceutical product. For us, natural remedies and treatments work, therefore they are our preferred first line of treatment.

It may well be that we require 'conventional' treatments in the future, however these must be of our choosing, without coercion or legal requirement. Private health cover should remain just that - private, with the right to choose the treatment that best suits individual needs.

Many complimentary and natural treatments are cheaper than the conventional ones, they cause no harm or lasting side effects, and yet they are not covered by private healthcare providers, despite proof that they are beneficial to the patient. This is not acceptable. Healthcare should be about care and support of the individual, not about coercion and dictatorship.

Families and individuals who take ownership of their own good health should be encouraged, not penalised. They require less medical intervention and expensive pharmaceutical medication. Surely that is what every government should be aiming for.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:55 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The health care system is already suffering. Now you want to STOP people from accessing integrative medical care. This is ludicrous and dangerous. The health care system will collapse and already sick people will get sicker. Integrative Medicine has kept me OUT of hospital and healthy because I take responsibility for my body and who I go to for help in staying that way. Talk about cutting your nose off to spite your face... integrative medicine does no harm; can't say the say for pharmaceuticals which don't cure anything and have numerous side effects. Or is this the plan make people sicker to support big pharma?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 3:24:21 PM

---

To the Medical Board of Australia,

I support Option 1.

Having suffered from chronic thyroid illness for well over a decade, it is only since seeing a doctor who is a functional and holistic GP that my health has started to improve. This is due to being put on a clean diet of food, vitamins, supplements, herbs and exercise along with medication. Prior to this, I was only taking medications and my health was in constant decline.

I understand that many people have different views on health, but I can honestly say from personal experience that a combination of therapies aids in successful treatment more than drugs alone. Taking this option away would be hurtful to many people like myself who need more than basic care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:12:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Please leave my choice to see an integrative practitioner as it is. I get effective and consistent results being treated in a holistic manner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural therapies are very effective form of medicine and it has definitely helped me live a better life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My choice is my choice. If it weren't for complimentary medicine I would still be a 25 year old with 3 perceived auto immune disease when actually it was a gene mutation largely ignored by the medical community. If you impose restrictions on my choice my health will deteriorate (again) quality of life will decline and I will be forced to be on multiple medications to support the side effects of others.  
Butt your nose out of my healthcare

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. My family has benefited from such treatments. I prefer to use them than pharmaceuticals. They are safer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:28:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support the ongoing inclusion of natural medicine modalities as options for individuals - no one medical modality is a solution for every person, we are all unique and our health and healthcare options should also be unique.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:02:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has played a vital role in my health recovery and I'm endlessly thankful for GPs that provide an integrative approach.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 1:09:49 PM

---

To the Medical Board of Australia,

I support Option 1.

The reason I support the continuation of integrative/complementary medicine is because this holistic approach to health has had major impacts on my personal health. I have been referred to a variety of practitioners of complementary medicine for issues that had failed to respond to conventional treatments using Osteopathy for improving mobility and dealing with muscular strain injuries, a gut health practitioner for managing a clinical diagnosis of gluten intolerance, reducing the symptoms and adjusting to a healthier diet to manage the problem for which allopathic medicine had failed to impact in any substantial way and in fact had only worsened the issue! After failing to impact a stomach ulcer problem with conventional (drug) treatments over a period of years I ended up used a herbalist to deal with the problem which was solved within of 2-3 months. I am currently managing my post heart attack with the help of my GP/integrative doctor using no drugs, through diet, exercise, meditation and supplements. My doctor allows for longer consultations to allow for a more thorough (holistic) assessment of my general health to determine both my physical and psychological well being. If the MBA imposes restrictions on complimentary medicinal practices and allows only allopathic diagnosis and medicines to be used, my health will most likely reverse the current state of my well being to my previous frustratingly recurring conditions and bad health that are now either under control or have disappeared completely.

Sincerely [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:23:15 PM

---

To the Medical Board of Australia,

I support Option 1.

If we are living in a democracy we must have the right to choose what type of medical care we want.

There must be no interference or restrictions placed on medical practitioners when recommending and discussing what therapies are available so that patients can be fully informed when making decisions about their health. Alternatively therapies including Naturopathy, Homiopathy Chiropractic, Herbs etc are a valuable components contributing to health and well-being that have been used for thousands of years

Why are our politicians and governing bodies bowing to the pressure of Big Pharma and the unholy \$\$\$\$ bribes at the expense of people's lives

Our Bodies Our Right to Choose !!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:29:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Access to complementary health and integrative health is such an important aspect of patient-centred care. Integrative medicine has helped me get to the bottom of my health issues and as a result I have pursued further studies in complementary health. There is a wealth of research out there supporting its benefits and restricting further education and access to research limits the attainable knowledge that practitioners can use and further impedes scientific and clinical progress, in addition to its validity.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If the MBA imposes restrictions on integrative practitioners this will effectively take away our free will and our right to choose what type of medical care we receive. I and many others want to live in a wellness paradigm, not an illness paradigm, and having access to integrative medical care is an integral part of this.

I use this type of medicine because it is so efficacious for chronic illness and lifestyle diseases. It has helped me personally recover from very poor digestive health due to long term overuse of antibiotics and other medications, and allowed me to gain my energy and quality of life back.

It is such a complimentary form of medicine, that goes so well alongside traditional allopathic medicine. They both have a place, and I long wholeheartedly for a day when integrative and naturopathic practitioners work alongside traditional medical doctors in order to provide beautifully well rounded care to the patient. It is afterall all about the patient, and restricted this in anyway is quite simply negligence. Especially when there is so much evidence to speak for the effectiveness of integrative health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:43:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned about limiting peoples accesses to integrative health care. I believe that it should be the individuals choice as to what health care they have access to and in my experience people often turn to alternative healthcare where our current system has failed them. I have seen integrative GPs, Acupuncturists, Naturopaths etc., who have helped me heal my body using natural measures where standard western practices have not been able to help. It would be a huge disservice to limit peoples access to healthcare which has been shown to be of great benefit clinically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 4:31:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I am in total support of NO change to the current guidelines. My reasons being: that what the MBA views as complementary / new emerging medicine has actually been around longer than current conventional medicine. There is room for both two exist in a cohesive and no fear/no greed relationship. My personal experience which saw me with a tick bite and lyme like symptoms and an expectation that conventional medicine would be there to support me was a complete shock to the system when not one conventional medical professional would even listen to me. Having never really been aware of all so called alternative ( but really natural and ancient therapies), these were the only forms of treatment that supported me, and helped me to recover my health. Prior to this I was NEVER sick and ran half marathons regularly. Western societies are now one of the sickest population in the world. What does that say about the dominance conventional medicine has had to date for the last 100 years. This medicine alone is not working. I am 50. I am going to be the first generation in a long time that will probably out live our children. Conventional medicine has its place certainly in emergencies, however it has taken away the ownership of our own health. So much research backs the idea that most of today's diseases are caused by diet and lifestyle. Integrative, alternative therapies help put the ownership back on the individual helping them to take responsibility for their own health. We all know that antibiotics have been overused, a classic example of conventional medicine failing. The media play an important part in creating perceptions. The fact that GPs now advertise on TV indicates to me that people are shifting, may be due to frustration of not getting anywhere with conventional medicine intervention. But likewise its very good at demonising any therapy that doesn't fit into the so called conventional medicine box showing cases where a treatment has not been successful. Yet we're not shown the number of cases where conventional medical advice has failed whether it be misdiagnosis, or not communicating the side effects of certain pharmaceutical drugs which has lead to serious illness or death. I hope MBA's submission is not based on fear and greed. The guidelines should be in the best interest of each individual. Freedom of choice, is what Australia used to be recognised for but recent changes whether it be this or compulsory vaccination programs are taking this freedom of thinking for ourselves away, only encouraging the continuation of a population that see their health as the responsibility of the govt and medical profession. If this is the case then I do wish they would step up and take ownership properly when they realise these policies and biased guidelines fail. If MBA's submission gets through then this does not create a fair playing field for those interested in getting to the root cause of a symptom instead of being prescribed synthetic medication that usually comes with side effects. If this gets through, Australia's medical system will be seen as backwards, not evolving, not a good reputation to have when it comes to attracting talent to our shores. The US are leaps and bounds ahead of us. Leave people the opportunity to make their own decision. Move forward in this field instead of sending Australia's health system back into archaic times

of the early 1900s.

Thank you for taking the time to read my submission.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:31 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am appalled to hear that my traditional doctor will be restricted to recommend a healthcare solution to me that can only be provided by a traditional medical provider. I would like to understand why they can't refer me to an integrated or complementary provider if they believe that could be the best solution for me. This is broadcasting a message that only traditional Medicine can provide a practical solution to all health problems all the time. It also sounds like something you would expect pre WW1 not 2019. I have always respected MD's that have the conviction to recommend a solution or practice an alternative medical treatment so long as the patient is the beneficiary. If this change is bought in I Be avoiding traditional medical doctors

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 2:50:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Definitely no change we need the holistic approach to stay.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:45 PM

---

To the Medical Board of Australia,

I support Option 1.

If it was not for finding my integrative medical doctor I would still be unemployed, in immense pain and zero quality of life. Do not change a thing- Well except all medical doctors should be well educated to as these wonderful doctors are.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:21:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped to improve and maintain my health and quality of life. Medications could not improve my health but nutrition and integrative medicine did. Nutrition, exercise and lifestyle are the foundations of health and healing.

Nutrition and lifestyle changes should be the prescribed first and medications only as a last resort.

Integrative medicine is evidence based medicine and is scientifically proven to be effective when prescribed responsibly by a qualified practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 6:47:45 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine is care of the whole person spiritually, mentally as they themselves see themselves fit and recovering. Integrative Doctors hold a very respected place in my opinion, keeping well enough people out of hospitals and overburdened GP rooms. Integrative Care clients deserve rebatable health care for being the people who are working their best to remain healthy wholistic people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 11 June 2019 6:07:35 PM

---

To the Medical Board of Australia,

I support Option 1.

Fringe therapies, as now labelled, have a valid place in society and have been of benefit to many who have not been able to be assisted by "conventional" therapies  
Please do not remove our individual right to choose how best to be treated

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 9:03:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine because I think it is important that people have freedom of choice. There are decades of experience and forms of treatment that come from non-Western medical cultures. Many of these are highly effective and beneficial for people who have had poor results from conventional medicine. I am in favour of more testing and trials of these alternatives. They should not be simply banned without scientific evidence.

With the integrative & complimentary practitioners I have experienced, I have found the thorough assessment, time taken to do careful diagnosis and individual tailoring of treatment of great benefit.

I have used complementary medicines and supplements to support my conventional cancer treatment. This approach has also been necessary with treating some on-going resultant issues, as the conventional approach was ineffective in dealing with major allergic reactions, digestive problems, anxiety and depression.

Conventional medicine seems to be only just learning about what a healthy gut contains and how important gut health is for mental health, as well as physical health. Integrative and complementary medicine has helped my family recover from illnesses and thrive, in cases where conventional medics had given up.

If the MBA imposes restrictions on integrative practitioners and treatments, my family will suffer poor health outcomes and ineffective treatments leading to greater costs financially and emotionally as well. Stress will increase with searches for doctors and treatments that work effectively in replacing what is banned.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:50:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I write in support of integrative and complementary healthcare. I have been using this healthcare for many years and especially since 2004 after being diagnosed with an autoimmune disorder. The help I have received and continue to receive is invaluable. My daughter also, as a cancer survivor, owes her health and wellbeing to this health care. Neither of us were helped by 'conventional' medicine alone. Ours is not an uncommon experience and is also supported by research. I would be appalled and quite distressed if access to this excellent and effective healthcare was unavailable or restricted.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 7:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We should be told by doctors about all of our options because it is Our Health and Our Choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 1:17:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to express my concern over the prospect that G.P's that use interpretive medicine is under threat.

I support the use of integrative medicine for myself and my family. I believe as much as scientific evidence and Orthodox treatment has its place in the health care system, I feel that there should also be availability to alternative treatment options that can and have shown beneficial outcomes to the patient in question.

Being Australian and living in Australia, I am proud that I have choices. A choice of freedom of speech and a choice in accessible healthcare. Please don't restrict this choice.

Yours Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:53:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely DISAGREE with the MBA placing restrictions on Practitioners offering complimentary or even alternative medicine.

Leave human's with the right to choose what they want to have as their care without coercion or limits.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:49:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir

I'm writing to you with the sincere expression of importance for maintaining integrative medical support for the benefits it maintains in patients such as myself and family with immunity and vitality. Modalities work together to bring the best possible health outcomes for a patient so they don't drain the health system with prolonged treatment.

My husband has been suffering from 50% blockage of the aorta, but with complementary therapies this has reduced significantly in a way that medicine could not have achieved alone. This has increased his quality of life tremendously.

I ask that you please maintain integrative and complementary treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:01:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should all have access to the healthcare of our choice. For me that means a doctor who will offer alternatives to antibiotics where reasonable, as I have a sensitivity to such treatments. Most other doctors I have seen are too quick to write a script rather than really investigating the cause. Without my integrative GP I would be at a loss.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:22:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it's important we have freedom of choice to treat ourselves and a combination of western medicine along with health advice and herbs are a wonderful addition to modern day practice..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:32 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support Integrative Doctors, Holistic Health Practitioners and the access to complementary and natural medicine because it is my right to have access to these treatments and options. Doctors should be able to offer any form of treatment that is beneficial to the patient. This is not limited to pharmaceutical and conventional medicine and treatments. Are you working for big pharma's or are you representing the people of Australia and their right to choose what they feel is best for them? Surely we've evolved as a society to see the benefits in what the western world deems as 'alternative or complementary' medicine and see that natural treatments have a place and it's up to the practitioner and patient to decide on the best course of action.

I'm disappointed that this is even being considered to be taken away and quite frankly don't have much faith in a better future for Australia if this is an indication of what may become of us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 11:30:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I have type I diabetes and use technology not yet commercially available in Australia, therefore, some HCP don't want me to use it but because of the industry, I work this is not an option. The gear I use provides way better control of my diabetes than any of the currently available option. If doctors refuse to allow people like myself use DIY looping we will just stop going to the doctors/hcp as we already univeriy studies and our own data collection showing that we are in a far safer place than using the methods currently recommended by HCPs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 8:54:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I raised my family using integrative medicine and we are all very healthy. "My health, my choice" needs to be taken seriously by those in positions to deny us this choice. Anything less is merely fascist dictatorship which we already have enough of in Australia. All you do in these situations is force people to form underground, secretive groups which is exactly what is happening with the "No jab, no pay/play". Those who still have a brain to think for themselves won't accept such rules.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 11:14:39 AM

---

To the Medical Board of Australia,

I support Option 1.

Having experienced and gained significant health improvements from consulting with integrative Drs I fully support option 1 - no change to the current guidelines

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:07:25 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sirs/Madams

I do NOT support changing the MBA;s current stance on people's rights to have access to 'complimentary' medicines.

Please go with option 1 to support patient access to Integrative and complementary medicine.

I personally do not want toxic chemicals in my body so use a far more holistic approach, using natural therapies wherever possible.

People have a right to be able to choose their mode of healthcare, and we shouldn't be dictated to that one way or the other is right. It is my body and my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:59:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Whats going on with MBA?. Why is it when we are constantly hearing about our hospitals getting congested that the MBA then bring in yet another imbecile move and take away something that could possibly help the sick or unwell? Why are you so threatened by the natural health industry? Why are choices being taken away from us? Why are we treated like idiots? Why are doctors who are highly intelligent and highly trained treated like idiots? Someone has to listen to what we the general public want!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 1:10:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I have multiple disabilities and always use medications provided by doctors as a first measure however after exhausting all options it was lucky that my doctor could tell me about other natural vitamins and minerals that I could use which keep my disorders at bay I would hate for that option not to be there for me and other people in the future

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:48 AM

---

To the Medical Board of Australia,

I support Option 1.

Natural therapies have greatly impacted my family and it would be a devastating loss if the guidelines were changed. Wake up Australia!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrated medicine must remain as part of a treatment plan as I have healed so many ailments thru natural medicine - osteopenia, thyroid issues and cholesterol. Are the big pharmas paying the mba to remove the competition? Do we the people have no freedom to choose how we heal, I was prescribed forsamax, thyroid and cholesterol pills which is crazy and I would still be on the poison if I hadn't found a dr that integrated natural options. I take no drugs now and have never felt better. I have watched as friends who sought help from drs die of cancer and others who treated cancer holistically survive. We need our doctors to be open to all forms of treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 3:57:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't change the current guidelines. We choose to use GPs who will recommend vitamins, minerals or herbal remedies to try before using something chemical as we try to live a clean life and believe the "a pill for every ill" mentality causes more disease than ever before. More times than not these complementary medicines have worked for us without side effects. Allow us to continue having a choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:06:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that there is a place for complementary medicine in our medical system. "A pill for every ill" attitude that has invaded today's society is a very dangerous one. Most drugs have side effects that cause other problems leading to another pill being needed to treat the side effect and so on. Complementary medicine can deal with the cause of some symptoms rather than mask them. Why you would want to restrict access to treatments that make patients feel better and improve quality of life is beyond me. The only explanation is \$\$\$\$\$. Leave the system alone and allow our doctors to offer us ALL the options, not just the pharmaceutical ones.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 1 July 2019 12:01:12 AM

---

To the Medical Board of Australia,

I support Option 1.

There is growing evidence that people need individualised health solutions as individuals respond differently to medications and treatments. Rather than limiting the integrative health options we should be embracing and exploring the possible solutions they can offer. More funding needs to be invested and researching these options to benefit all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:12:21 PM

---

To the Medical Board of Australia,

I support Option 1.

Don't change the guidelines. Prevention is very important

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to Integrative & complementary medicine. If health and wellbeing is a priority for the MBA, it would seem ludicrous to remove these options for patients.

Integrative & complementary medicine - vitamins and minerals in particular, have changed the physical and mental health of my son, my parents, my sister and myself, not to mention countless other people I have introduced to this safe and effective practice. It has helped ween off mood stabilising drugs and prevented behavioral misdiagnosis and subsequent wrongful medication of ritalin, amongst a myriad of other things.

To impose restrictions on integrative practitioners is to deny other families this same feeling of control over their own health.

If anything, there should be more done to educate ALL practitioners to include this in their practice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 9:52:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been incredibly concerned by these proposed changes. I have several health concerns and conventional medicine does not offer me, what I consider, sufficient help. It always treats symptoms rather than the cause. It rates test results over how I actually feel. It is scornful of any research I do myself. With the help of what they would disparagingly call 'complementary' treatment, I have actually managed to get to a place where antibodies are very low, and conditions are managed to a degree I consider to be acceptable. This would not have happened if I relied solely on what the medical profession decides is adequate. Strangely, I find conventional medicine is now catching up with what 'alternative practitioners' have known for ages (e.g. the importance of the microbiome) - perhaps they should be a little more open-minded and be prepared to share.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:16:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I do NOT support changes to the guidelines for doctors & integrative and complementary medicine. Without the option of consulting a doctor who supports integrative and complementary medicine my health would have continued to decline. Other members of my family have also been helped by these doctors where conventional doctors and medicine was unable.

I believe it is the right of every Australian to have easy access to integrative and complementary medicine without prejudice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:46:32 PM

---

To the Medical Board of Australia,

I support Option 1.

i use integrative and functional medicine to complement and assist in my preventative approach to healthcare

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:05:22 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA Board,

Please continue to allow doctors to have clinical independence in their practice of caring for patients. I place great value on a holistic approach to health care and well being. It is far more effective to use a range of strategies to provide excellent health care. In my experience a strictly medical model provides limited assistance. There is a large body of evidence to show that health and well-being is enhanced and optimised by caring for the mind, body and spirit. Our health is impacted by a wide range of factors including nutrition, environmental factors, stress, history of trauma, poverty, genetics and social connectivity to name a few.

We are far better serviced by a broad based approach. Please continue to allow practitioners to work using an informed broad approach and trust in their education, training and clinical experience to provide the best outcomes for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 6:37:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Over reliance on reactive treatments driven by pharmaceutical companies eliminates preventative health management options. Hiding behind claims of scientific proof for pharmaceutical treatments are misleading given the vast majority of drugs have NEVER been tested on women, children, during pregnancy. The experimental subject for the vast majority of pharmaceuticals are white middle class Anglo males attending university or colleges in the USA. Extrapolating results from this limited population sample is NOT scientific - why is there a double standard? Natural and integrative therapies have just as much claim to effective treatment as does the use of anti nausea drugs for pregnant women. It has even stronger research support than the use of infant formula for babies - a totally unsubstantiated experimental administration of artificial food that continues today. Hands off health choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 8:21:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine and been used in my family and I have witnessed first hand how it has helped.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:17:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Every Patient is different and every doctor has a different approach to assisting the patient to better health.

Doctors who have undergone training for an alternative, natural and holistic therapies should be permitted to practice. The patient can decide to accept either a conventional or integrative approach to their own care.

Surely it is better for trained doctors to be offering optional holistic therapies to patients, than untrained practitioners with possibly no medical training or knowledge.

There is a place for both types of therapies and the patient should have a right to choose.

Personally, I don't have any type of medical insurance cover as the types of therapies I use are not covered by the insurers.

Preventing doctors from integrating complementary medicine into their practices would be a step in a backward direction.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 5:18:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I have personal beneficial and therapeutic experience of the health benefits of integrated healthcare. Please do not take action that limits or worse still removes choice and benefits from Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 9:17:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support integrative healthcare practices and feel that informed decision of medical treatment is a fundamental human right. There is overwhelming evidence that "non-conventional" medicine is just as, and in many case more effective than "conventional". For example the placebo effect has proven through detailed peer-reviewed studies to be just as effective as many pharmaceutical treatments. Allowing the patient to access treatment they believe in, whether effective or not, should be the patients right to do.

It is clear that these "guidelines" attempting to be implemented by the MBA are conducive to further monopolization of the healthcare industry by pharmaceutical corporations with the guidelines being driven by corporate pressure and financial factors which reflects that the MBA does not have the health and well-being of Australian citizens and residents as its primary concern.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:49:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a keen health enthusiast and regularly cycle to work but as my work is in an office the cycling and sitting at a desk cause thoracic kyphosis and I use complementary treatments to support my lifestyle. Also my spouse works in a physically demanding job and uses complementary services to support her career. I am also a qualified fitness professional and lead by example choosing holistic health care from a range of services rather than prescriptions or surgery. I would rather have the choice to take control of my body through having all services available to me and my family and would rather doctors were allowed to educate their patients about all services available rather than having the choice restricted. I can imagine what political or financial agenda is at play that takes priority over patient care, choice and education.

Please leave the decision up to the patients and not the politicians.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:51:26 PM

---

To the Medical Board of Australia,

I support Option 1.

surely how we treat our bodies is our choice, why would you penalise our choice ?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 6:45:51 AM

---

To the Medical Board of Australia,

I support Option 1.

It makes me angry when an organisation thinks they can say what I can't access in regards to my health. Hands off natural therapies, for us that choose this path. It's our right, not yours

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:03:46 AM

---

To the Medical Board of Australia,

I support Option 1.

How dare they tell me that I can't choose alternative therapies. Alternative therapy has succeeded in my health care where modern science failed me. There is place for both in our society. My G.P and naturopath worked together to help me overcome graves disease. My GP is aware that if I can avoid pharmaceutical drugs I will as they don't fix everything. More often than not they cause side effects far worse than the initial problem. Using natural medicine helped me to remission. I also suffer severe anxiety and depression and have been better able to manage it with complimentary medicine and alternative therapies such as Reiki and naturopathic medicine. If you take that away from us, you'll be creating a great deal of turmoil, disease, and despair for so many people. I should have the choice and whether it's allowed or not, I will continue to take care of my health my way. Stop trying to control us. Enough is enough. Don't push complimentary medicine underground. Because that will be the result of your outrageous stupidity. This will mean 1000's and 1000's of jobs lost and a whole heap of dodgy complimentary practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:12:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Your proposed guidelines are unacceptable and I support Option 1. They will target medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. If adopted, Integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine.

This may include bans on use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing, with broader impacts on the complementary medicine and natural therapies sector.

As well as restricting clinical autonomy, Integrative doctors who typically provide longer consultations to understand root causes of illness may be restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. This is not because their recommendations are unsafe, but just because they are not "conventional".

By framing them as 'fringe', the guidelines also place the regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) at risk.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 5:15:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I will only visit a GP who is informed about options other than (but including) medication & surgery. It is vital that doctors have a broad knowledge about 'alternative' treatments as no two patients are ever identical. In my experience as a mother & grandmother, a sufferer of severe arthritis & osteoporosis, surgery & pill-pushing are becoming too common in the healthcare system. I would prefer to see compulsory training in alternative treatments rather than going backwards and closing the door on many popular and successful treatments. People have a right to holistic advice or referral on to an appropriate therapist if the GP cannot help.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:20 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please do not change the guidelines as this reduces options for patients to find a doctor who practices medicine in a holistic way in line with their health preferences.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 1:11:20 PM

---

To the Medical Board of Australia,

I support Option 1.

natural therapies, holistic medicine and mindful healing have been a part of my life since I was very young, I am 66. I was brought up in the 1950's mainly by my grandmother as we lived in her home, and Nana taught me to go barefoot to be close to the earth, to play with the dirt and enjoy the outdoors, eat healthy and use as much natural things to wash myself and my clothes. Once I had my own children I passed onto them the importance of natural things as opposed to lots of over processed foods or chemical additives to products. I have always used medical doctors for the important vaccinations, or medical interventions where needed. But I have always stuck to a doctor who is open to complimentary or intergrative healing options. The numbers of people now who have become knowledgeable about their bodies and how it all works is increasing momentously, our choices as to how we heal or treat our own bodies should never be removed as an option. The choice also of medical practioners to offer or suggest natural medicines or treatments should remain an option also. The very beginnings of all medicines began as plants and herbs now they are made in a lab, which is very sad, but to keep the options open of naturally grown of these plants and herbs should never be taken away either. I now have four grandchildren and another on the way, there has been lifesaving medical interventions involved in their short lives definately, but there has been and still is the use of natures goodness options, and we all still will choose a natural healer as our first preference, but will also choose a medical doctor who is open to suggesting complimentary healing. Please re consider the changes to the current guidelines, and allow freedom of choice for all, so dont become a totalitarian state. thankyou for your time

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 7:56:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. Many of these therapies are traditional and have been around longer than Western medicine. It is a sorry state of affairs when Western conventional medicine refuses to acknowledge and respect the proven natural medical therapies of other nations. Listen to the public - they are wanting a better system that focuses on preventative and holistic care. Doctors need to embrace the changing nature of the world and not attempt to force an archaic system on the public. There will always be a need for conventional medicine - however it can sit perfectly alongside preventative and holistic care. Conventional medicine is just one part of the health pie - it is not the only part.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 11:58:19 AM

---

To the Medical Board of Australia,

I support Option 1.

I have Hashimotos as does my daughter. My GP told me for years that I had anxiety and needed antidepressants. I have found a intergrated doctor who diagnosed my condition and is treating me holistically, I haven't felt this good in 20 years. I don't want my daughter to have to suffer until her thyroid is ruined before a doctor will treat her

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 12:42:52 PM

---

To the Medical Board of Australia,

I support Option 1.

My Body My Choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:00 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because our family have had many instances where traditional medicine has been unable to help us and integrative and complementary medicine have made a world of difference in healing in our family for a number of chronic and acute illnesses. It will mean we will become a health burden on the economy if we can't improve our health with the support of integrative and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:53:02 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe we have the right to choose a doctor that suits our individual health needs. For me this has been a doctor who believes in the use of integrative medicine. Rather than a cure in the future she trying to help me stay as healthy as possible with both supplements and lifestyle choices. This should remain my choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:16:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Reading this news is disturbing. We are going backwards. Freedom of Choice will be gone for those of us who choose to have alternative treatments , or choose to integrate alternative and mainstream. It's shocking enough to know that Health Funds have excluded alternative treatments. Acupuncture , Chiropractic and other treatments have always worked well for me and Friends and Family. Above all, it's undemocratic .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to Integrative & complementary medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 30 June 2019 3:37 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am writing to you as a long-time consumer of integrative health care, as a health worker whose clients seek out IM practitioners and who regularly benefit from their care after regular medical practitioners have failed to help, and finally, I write as someone who has recently been negatively impacted by a direct attack on my own IM medical practitioner, [REDACTED].

Me as consumer: a case study:

First of all, some background about myself. I am 59 years old. I am single, live alone and work for myself as a in the health field in private practice.

My whole adult life, I have had long standing issues with severe chronic insomnia; it has persisted despite many efforts to break the cycle. In addition, over the last ten years, I began to experience subjective cognitive impairment - memory loss, foggy thinking, difficulty focusing, irritability.

As with previous health challenges in my life (which have included Chronic Fatigue Syndrome in my thirties), I sought out IM doctors when I found that the more regularly trained doctors had no answers for me other than suggesting I might be stressed or depressed, and offering me sleeping pills, and SSRIs, and recommending that I consult one of my own colleagues. While I tried some of their suggestions, I found no relief, and decided to seek farther afield.

I first sought help with an IM doctor for my severe sleep issue from Dr [REDACTED], in 1997. Prior to that, I had sought help for my regular GP to no avail - I had strong negative reactions to sleeping pills, and was frustrated by what felt like a minimizing response to my concerns and distress. Dr [REDACTED] treated me in consultation with Dr Bill Walsh with the Walsh protocol. Under this regime of care, my sleep pattern went from an average of 1.5hours a night to sometimes 5hours. Under their care, my issues with sleep were seen as related to methylation, and issues with my Zinc to Copper ratio. While my sleep improved for a time under their care with a regimen of supplements (largely vitamins), my poor sleep issues returned when life stressors piled up (parental illness and death, personal issues, and a physical health trauma).

My insomnia, which has continued unabated all the way through my life since childhood, returned in full force in 2011.

From mid-2015, the high demands of my life and accompanying stresses eased, and I resumed trying to work out what to do about my poor sleep (back to 1.5hours), and my increasing cognitive decline. My regular GP and I both thought that peri-menopause might be adding to the issues I was having with my sleep.

In 2017, the sleep specialist at the [REDACTED] whom I consulted confidently predicted my issues with so-called non-restorative sleep were due to restless-leg syndrome, and was happy to prescribe a drug designed for Parkinsons sufferers. I was not prepared to be dismissed so lightly.

As I entered and eventually finished with peri menopause, my insomnia continued, but my ability to push through the tiredness through the day did not keep pace. I found it increasingly hard to concentrate and my memory was not as good as it once was, particularly my short term memory. As a person living alone and self-employed, working with patients who have many complex problems, I was concerned about my ability to continue to function if the problems continued much longer.

It was only when I read Dale Bredesen's book "The end of Alzheimer's" in 2017 that I started to think that perhaps my concern with memory loss and other concerns might be related to cognitive impairment. I also noted the research linking insomnia and dementia risk. My mother had vascular dementia, so the idea of that being in my future appalled me. Reading that book sent me on a new search for a

Bredesen-accredited integrative medicine person, and I contacted Dr [REDACTED], in [REDACTED]. I commenced work with him in September 2017.

Dr [REDACTED] and I agreed to begin to address my issues in stages, partly for financial reasons, and partly to avoid me dropping out of treatment from overwhelm.

Testing revealed that I have high levels of heavy metals (mercury, silver and aluminium). I was found not to produce ANY melatonin.

This was the FIRST time any medical practitioner has thought to test me for melatonin production. Recent assessment of where I live and work reveal that I also live in a high EMF field, which is known to interfere with melatonin production as well. As my sleep deprivation dates back to early childhood, however, the EMF could not be the only factor in the puzzle, nor could menopause, though they may well be contributing factors. We agreed to treat my insomnia with supplemental melatonin and I am seeing some significant improvement, though not as much as I would like. I now sleep between 3.5 and 6.5 hours a night.

Dr [REDACTED] had me tested for heavy metal loading, and we found that I have high levels of mercury, silver, and aluminum. My history of exposure to aluminium, as well as my multiple dental fillings with amalgam were thought to be a potential cause. I told Dr [REDACTED] that I grind my teeth at night and have managed to break through multiple fillings, and even a bridge recently. Previous (non IM) doctors have advised me to take relaxation classes and get a dental splint (which I use) - but that had not stopped the grinding.

Dr [REDACTED] suggested I have a cone dental CT scan on my jaw in order to see whether I might have some undetected abscesses under root canal therapy treated teeth that might be leaking infection through the blood/ brain barrier. He hypothesized that the irritation from the untreated infection might be part of the reason for my grinding, and the chronic infection might be a part of the reason for my cognitive issues. As I had read research to this effect, I agreed and had the scan.

The scan returned with a positive finding of three symptomatic abscesses in my lower and top jaws, each under previous root canal-treated teeth. After consulting with a new dentist and a dental surgeon, I decided to have three teeth removed in 2018. While I felt no different after the first two extractions, I felt a significant shift when the third tooth was removed. After a period of pain and three courses of antibiotics to deal with the abscess which had broken through bone to the lining of the sinus, I gradually experienced a major shift in my thinking. My memory became much sharper and clearer, and my ability to focus sharpened. I regret that I did not ask Dr [REDACTED] to re-test my cognitive ability at this time. In addition, the CT scan also led to my having all of my amalgam fillings taken out and replaced. I am still receiving extensive dental treatment.

Tests of my hormone levels revealed nil to almost undetectable levels of progesterone, oestrogen, and testosterone, and DHA. Dr [REDACTED] and I discussed the links between low hormone levels and various other symptoms I complained about, in addition to poor sleep, memory loss, and foggy thinking. We discussed the difference between off-the-shelf HRT and bio-identical HRT, and after weighing up the risks and potential benefits, I chose to commence HRT on bio-identical hormones in February 2018. I think they have made a huge difference. After a few months, Dr [REDACTED] tested my hormone levels to adjust the HRT and recommended that we lower my dose in October. Between October 2018 and January 2019, I became concerned that my mental sharpness was not as good as it had been right after the last tooth extraction, though I found it to be still better than what it was when we commenced treatment. My sleep, which had been improving significantly, fell back into a disordered pattern once more as well.

I returned to see Dr [REDACTED] in January 2019 and requested another cognitive test. Cognitive testing in Sept 2017 found I was in the 27th percentile, confirming my sense of subjective cognitive impairment. When I was tested again in January 2019, I was found to be in the 55th percentile. There is no doubt: what we are doing is working!

In the face of my experience of a return of symptoms of cognitive impairment, Dr [REDACTED] adjusted my HRT prescription again, and I resumed treatment with this and other supplements he has recommended. I have found my mental clarity and memory have both gradually returned to about the level they were at in October 2018.

[REDACTED]

[REDACTED]

I find it cavalier and arrogant in the extreme of the Board to

Well , that's unconscionable and wrong!

So where does that leave us all, the patients, I ask you?

My experience with IM practitioners

The current trend of witch-hunt targeting IM medicine practitioners is unfounded and unfair. Just because regular medical practitioners do not know or bother to learn about new developments in the field of integrative approaches to health doesn't mean that those developments and advances are not valid or real evidence. This current wave of punitive measures against IM medical practitioners seems to me to resemble the climate change denialists who claim the evidence is not clear on climate change. Well, it is.

Many consumers , among them me, my friends and my clients, have sought the assistance of IM practitioners, both medical and non-medical (such as acupuncturists, TCM practitioners, osteopaths, and chiropractors).

We do so precisely because regular garden variety medicine, with its 10 to 15 minute consultation limit, and its sense of only addressing what's immediately presenting and obvious, are often neither sufficient nor effective to resolve the issues that trouble them.

Patients like me are people who are willing to take responsibility for our health care. We read, we search the internet, and we haven't bought into the atomistic view of the human body/ mind that Western medicine subscribes to. We seek practitioners who are willing to be similarly curious about how the human body/ mind operates as a whole, and not as little unrelated separate parts and systems. We want to be seen as people who are prepared to work and take responsibility for our health care and treated with the respect this should command. We want practitioners who not only share our philosophy that the human body/ mind is inter-related and therefore indivisible, but we also seek practitioners who will work collaboratively with us - sharing their knowledge, and guiding us through the decision-making process of our best health care decisions.

I'm sorry to say that, in my and other people's experience, despite many medical practitioners being well intentioned and kind, this is a far cry from the traditional stance of off-the-shelf medicine, where the doctor is god, knows it all, and where their answers are final, where patients are seen as being compliant (ie good) or difficult (when they ask questions, object, or are seen to take up too much time).

In my dealings with doctors over the past 59 years, I have met many good, kind and respectful doctors who are what I would say off-the-shelf. But i have also chafed in the face of their atomistic approach to my care, and their approach that seemed to suggest that, if they don't see a problem or don't see what to do about it, then that's just how it is. Next!

Working with IM practitioners, medical and non-medical, I have found them to demonstrate the kind of characteristics I would want to have in any practitioner I sought help from -

- a) humility to say when they don't know, openness to the fact that someone else might, and the willingness to help me find who else might be able to help me;
- b) respect to ask me what my observations are and what my own hypotheses are about what might be going on, and taking my own thoughts and observations seriously;
- c) extensive learning about the various human body systems and learning how these interact, how they are impacted by various things, and learning about complementary medicines and emerging treatments. I expect my IM practitioner to be better-schooled than the off-thee-shelf medical doctor down the street so that I can trust that what I present will be seen through a wide lens, and not simply at the micro level;
- d) collaboration- as we work together to develop a treatment plan over time, monitor it and adjust it as we go , depending on what results come in;
- e) monitoring of outcomes - such things as checking whether my body makes melatonin seems to be an entry level consideration (!). Our outcomes in clinic are practice based evidence. They matter. My results cannot be dismissed as fantasy or expensive trivialities - my quality of life matters to me, as it does to every person I know who has sought the help of an IM practitioner when off-the-shelf medicine no longer works.
- h) given that we know that one of the things we human beings are is walking biochemical systems, I expect my IM practitioner to ask me about my eating patterns, to investigate if I have food intolerance and allergies, to inquire about exposure to toxins and mould, and to keep on looking for how all the various bio-chemical systems in my body/ mind might be contributing to present in the constellation of symptoms I discuss. My regular off-the-shelf doctors do not ask

me what I eat, or drink - but it's the first question my vet asks me about my dog. I expect at least as well informed an approach to my biochemistry from my doctor as my dog gets from my vet. I don't think that's unreasonable.

g) take the time it takes to hear me out, to consider how my overall body/ mind presents, and to make the necessary links that might reveal where things are going awry, to think about my results and my case in between sessions in preparation for the next visit. And no, this can't be done in 10 minutes! I expect to pay for such a quality service, and it's my right to do so, as it is their right to charge me appropriately for their time and their skill.

The kind of treatment I have outlined above is the kind of treatment I received from Dr [REDACTED] and from Dr [REDACTED] before [REDACTED]. It's what I have come to see distinguishes an IM medical practitioner from an off-the-shelf doctor.

In my view, IM medical practitioners are at the forefront of change in medicine. They represent what medicine in the future could look like, and that's a welcome change from the paternalistic, short-sighted, outdated atomistic approach that is the regrettable standard doled out by off-the-shelf medical practitioners.

I want my IM practitioner to be able to integrate 'complementary medicines and emerging treatments' into their practice, regardless of whether these are deemed to be part of the 'conventional' armament of off-the-self medicine. We know that there is a fifteen year gap between research being disseminated and its implementation in regular clinical practice - I don't want to wait that long. And I don't think IM practitioners should be punished for taking the trouble and having the conscience to go and seek extensive training designed to help them understand more fully the sophisticated workings of the human body/ mind so they can make such recommendations.

I hope I have made myself clear: I value a holistic approach to healthcare, and I support doctors' rights to provide new and innovative practices, including complementary medicines when they have appropriate training (Option 1). I support them as professionals to do so, and I support my right as a consumer to opt for that level of care if it is my choice to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 6:49:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had several occasions when western medicine has been integrated with complimentary medicine with great results. In the end AMA the health of the nation is the most important thing, right??? Therefore the knowledge and use of complimentary medicine should be researched and highly regarded, not over-monitored as we move forward in our healthcare systems. Otherwise the works of the AMA will be seen by many thousands of people as a money-making venture, devoid of care for the health and well-being of the nation. Move forward and remember where the major components of your 'miracle drugs' come from...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 6:59:17 AM

---

To the Medical Board of Australia,

I support Option 1.

Intergrative Drs. Helped me and my daughters with mental imbalances.  
They are doing a very important work. Let them help in this natural  
way to. Balance out. Bodies. My Bipolar is gone!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:59:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I am using integrative health care because it is a very thorough approach, and gets to the core of the issue with the integrated doctors expanded knowledge and time spent together. The vitamins, minerals and herbs suggested allow my body to heal and recover. I would be lost without it. it is a very important part of my life. i suffer pyrolle disorder among other ailments that i am being helped with as well,and was drugged for years with an anti psychotic ,These drugs have terrible side effects,I have reduced the drug because of the inclusion of certain vitamins and minerals that help me to balance my health, I have been able to do this through consultation with an integrative doctor, and feel so much better for doing this. My mother and sister and friends also see integrative doctors and have had similar positive results with their health. For me and my family and friends it is so important that this approach to healing and health is available. I believe I would not be able to cope without the support and recommendations of my integrative doctor if the MBA imposed restrictions on integrative doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:59 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare has played a huge role in my recovery from some huge mental and physical changes I have faced. Without Integrative healthcare and complimentary medicine I would not be where I am today. Everybody deserve the right to choose between conventional medicine and natural alternatives as no two people are the same and we an all benefit from both. If the MBA imposes restrictions on integrative practitioners this will be a huge step backwards for this country and for my own personal recovery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:22:46 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine plays an extremely important role in the health of all Australians. To take this away would be ludicrous. We all have the right to choose how we want to care for our health, whether it be through conventional medicine or complementary. I can't believe this choice is even under threat!!! My family uses both complementary and conventional treatment and we will not stop because of this. I personally have a chronic illness that I need to use both types of treatment to control. Medicine alone does not help me. I don't know where I'd be today without complementary treatment. I'm sure most Australians would agree. Please leave it alone and don't make any changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Please keep the current guidelines. I have hashimotos. I see an integrative GP. It has helped so much. I now have a normal life again.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:36 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Your decision to strip the rights of doctors to provide combined natural and conventional therapies to improve and heal people is nonsensical and unnecessary. Not all conventional therapies work for all people in fact there are many cases in which it has made them worse. My family has benefited immensely from alternative therapies where conventional cures had failed us time and time again. It was then we stayed looking elsewhere and found our cure and regained our health and life back again. Your decision is not in the interest of people and health if it was, I wouldn't even be writing this letter. Why and how do people get a choice in how they are healed if you take away all options? That is unethical, unfair and serves only to serve you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:33:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1.

Your decision to strip the rights of doctors to provide combined natural and conventional therapies to improve and heal people is nonsensical and unnecessary. Not all conventional therapies work for all people in fact there are many many cases in which it has made them worse. My family has benefited immensely from alternative therapies where conventional cures had failed us time and time again. It was then we stayed looking elsewhere and found our cure and regained our health and life back again. Your decision is not in the interest of people and health if it was, I wouldn't even be writing this letter. Why and how do people get a choice in how they are healed if you take away all options? That is unethical, unfair and serves only to serve you.

I consent to publication of my submission without my name.

Sincerely,  
[REDACTED]

I consent to publication of my submission without my name.

Sincerely,  
[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 3:47:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely support the rights of patients to access integrative and complementary medicine. Everyone should have the right to be able to access holistic as well as conventional medicines with the doctors of their choice. Many of my family members have been successfully treated using a holistic approach to medical problems by doctors who use both treatments. Providing them with longer consultations necessary to get to the root cause of their issues. Many doctors I have been to who just use conventional medicines, hardly listen to your problems before providing a conventional medicine that is not a beneficial treatment to treat the underlying cure.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:21 AM

---

To the Medical Board of Australia,

I support Option 1.

As a retired GP and sufferer of a chronic medical condition which has been well managed by complimentary and integrative therapies, I absolutely believe these therapies should be available to everyone who needs them. They are at least as cost effective and as beneficial as pharmaceutical treatments in many cases.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:42:57 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

In 2018 my son was experiencing hallucinations and I took him to our local GP and he suggested anti-anxiety medication. I was nervous about this; I didn't understand the sudden change in his mental health and was serious about the side effects of the medication, particularly the increased risk of suicide so we made a decision to take him to a psychologist and an integrative GP in Melbourne. The GP ran a series of tests which identified a bacterial infection. She treated the infection pharmacologically and with herbs and his hallucinations disappeared. It took a little longer but the cause was found. I hate to think what would have happened if he'd followed the standard path. We paid a lot of money for the integrative approach but it was worth every cent. I've seen an integrative GP since then too and even their cursory review of my blood work showed iron deficiency - something my previous GP failed to notice in my results. For goodness sake, don't take away the chance for these fine people to do their work in our community. I feel sad that integrative practitioners are targeted so unfairly when we need them so badly.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 1:23:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary and integrative medicines are based on up to thousands of years worth of knowledge developed by people to help heal the causes rather than the symptoms of a myriad of health issues. Through these we have been able to heal my son of his anaphylactic nut allergy. The mainstream medical route told us there was no way of getting rid of it and that he would have it for life. I have friends that have been on a downward spiral of health for years that have turned their lives around using natural therapies and going back to the basics of what the human body needs to function at its optimum. Modern day medicine is great for certain crisis care but we need the alternative health care to create a healthy population of people who are being proactive rather than reactive about their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:37 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Health care is not just about treatment. As a medical board you should know better than anyone else that keeping Australians healthy requires a whole body approach to preventative healthcare which includes giving all people the right to choose how that is administered. Important to me are natural therapies and I cannot imagine living in a Country where I am not encouraged to choose the best for myself and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 3:59:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I urge you to continue to support patient access to Integrative and complementary medicine. I have always chosen to see an expert complementary or integrative medicine practitioner because I know it gives me (and the doctor) the freedom to choose the best and safest method of treatment available. I put my vibrant good health (as a senior citizen) down to this, and more and more people I know are also searching out integrative practitioners for the same reason. I personally think Australia (and seniors in particular) would benefit from more, rather than less of these medicos. Thank you very much.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 3:49:05 PM

---

To the Medical Board of Australia,

I support Option 1.

My friends and relatives are increasingly choosing to be treated by doctors who include integrative and complementary medicine in their practice.

We believe we get better health outcomes because of more accurate diagnoses, (longer appointments with increased focus on causes of our very individual ailments) While there is, of course, a place for quick consultations with prescribed pharmaceuticals, we believe that is not always the best and safest option for a lot of our ailments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:54 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I strongly request the MBA to make no changes to the current guidelines. For myself i have used natural therapies at my own expense to see me through irritable bowel syndrome, migraines and bulging disc problems. Without the support of these therapies and the the support of my GP to access them i would have been a much greater cost to the health system and i suspect not in such good health as i am now.

I believe there is a place for noth forms of therapy and I find it overly authoritative of the MBA to try and control my personal choices about my health.

It is bad enough that your's and others' pressure has persuaded the government not to allow my health fund to insure me for some of the therapies I have made use of... what happened to "let the market decide"? But to tell me my GP cannot work with me to achieve my best health outcomes using whichever therapy is most effective is outrageous.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:01:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Should not the doctors have the last say as to what constitutes good practice? What the MBA is proposing is threatening the doctors rights to meaningful and helpful procedures to correctly diagnose patients problems and symptoms. What if the doctor correctly identifies something as problematic for their patient but the MBA has tied their hands so they can't offer the help their patient even if it was as simple as giving them vitamins. I know my doctor a couple of years ago told me to take iron tablets. I am a Coeliac, and if I eat the wrong stuff I lose weight and my iron and B12 go down. It probably took me 3 to 6 months to implement his suggestion, when he probably wanted me to do it straightaway.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is an extremely important part of our health care I want the right to be able to see a doctor who practices integrated medicine and can prescribe me herbs and nutritional medicine. I get a significantly better level of care seeing this type of practitioner and my health has improved dramatically, as opposed to seeing other GPs and constantly being given medications to bandaid symptoms. My integrated GP got to the root cause and addressed it using herbs and nutritional medicines and really took the time to listen to my. Since then my health has been so much better.

I have referred many friends and family to see integrated doctors and they all have had fantastic experiences and feel like the actual cause of their condition is being addressed and they are being heard for the first time.

If the MBA impose restrictions on how integrated GPs can practice then I will be very angry but mostly sad and frustrated that my choice to see an integrated doctor will now be restricted and therefore my health and wellness will be compromised.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 6:48:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not support the changing of the guidelines. I believe that Doctors should be able to treat their patients with a holistic approach, using any and all of the natural resources, along with prescribed medication, that they feel are a benefit to a patient's recovery and wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:01 PM

---

To the Medical Board of Australia,

I support Option 1.

As a veterinarian, I was trained in nutrition and preventative medicine - 2 fundamentals for whole herd health. These are the mainstays of complementary and integrative medicine and to ignore and discard them goes against basic science. Optimal health is impossible to achieve without adequate nutrition and the correction of vitamin and mineral deficiencies. How the AMA proposes to deliver health without practitioners being allowed to incorporate these recommendations is beyond me. Pharmaceuticals only provide a small part of the answer to health - ignoring the fundamentals dooms us to a very unhealthy fate. My children rarely get colds or require Medical intervention as I utilise these therapies. This means reduced health care costs which will only escalate if people are denied what should be basic and fundamental options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:51 PM

---

To the Medical Board of Australia,

I support Option 1.

Please keep things the way they are. If i get a recommendation from my gp i would still like to be able to choose that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:11:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly believe that doctors MUST continue to have the choice to offer complementary medical alternatives. We now no longer have the option of using Private Health funds to visit a naturopath, and anyway, who better to check the function of natural health treatments than qualified doctors? I refuse to take drugs unless absolutely necessary. I use natural medicine to keep myself healthy but I value the guidance of a GP versed in natural remedies to make sure I'm doing the right thing. In fact a friend of mine had her life saved by a GP using natural remedies after cancer surgery.

I urge you to reconsider this step, and leave doctors to make their own choice about using complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:06:39 AM

---

To the Medical Board of Australia,

I support Option 1.

My friend's life was saved by an integrative medicine doctor who helped her through natural nutritional remedies after cancer surgery, without which she would have starved to death.

I have also been helped by an integrative medicine doctor to overcome excessive weight loss that several other doctors couldn't diagnose.

I believe that everyone has the right to choose the medical help they want and need. I also believe that doctors have the right to offer the medical services they believe in, as has been shown with the Victorian Euthanasia laws.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:11:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Medical Board of Australia,

I strongly support Option 1, no change to the current guidelines.

Integrative medicine involving nutritional supplementation has improved my symptoms to a 90% recovery, measured by the number of Mezevant tablets I take today compared to what I had to take at the height of the disease.

Since 1999, I suffered from Ulcerative Colitis and Sclerosing Cholangitis. Between 1999 and 2005, I saw 3 conventional medical doctors, 2 of which misdiagnosed me. The third made the diagnosis at which time i was put on Salofalk. I was determined to find a better solution and I searched the world seeing many different types of practitioners. Finally in 2014 I found a doctor who conducted testing and provided micro-nutrient supplementation, which helped me recover from the condition. I then followed a path of genomic testing and further supplementation. My symptoms have improved dramatically as a direct result of integrative medicine.

In my opinion, conventional medicine is a not as effective as integrative medicine. Furthermore, research is flawed because researchers, evaluators and practitioners in the allopathic medical paradigm categorise by symptoms only without consideration of genetically defined cohorts. They primarily test large cohorts in the general population, which favours pharmacology. The human body functions as a result of metabolic and nutritional elements. To focus only on symptoms and ignore genomic, nutritional and metabolic function in treatment is flawed.

It is the MBA's responsibility to ensure human rights to freedom of choice in accessing treatments that work. The MBA should properly research and evaluate nutritional treatments based on genetically specific cohorts.

If the MBA does not support option 1, it will be categorically negligent by restricting treatment methods that work and by favouring treatment methods that don't work.

Regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 9:22:18 AM

---

To the Medical Board of Australia,

I support Option 1.

Please understand the detriment of damage you'll be applying to the whole of Australia by removing and or restricting these services. It's pretty obvious that you're in this with pharmaceutical companies. You're going the wrong way. More and more people are waking up.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:45:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Whilst I support modern medicine and have been grateful for its purpose not only in my own life, but that of my greater family, I am also a very strong supporter of integrative options.

My own health came to a point where my GP was unable to assist me. I was diagnosed with IBS and basically left to my own devices. By exploring my options with naturopathy and homeopathy (which included food intolerance testing and restoring gut health), I now have a fabulous quality of life. My symptoms previously stopped me from attending work and enjoying a social life. Thanks to alternative therapies, I no longer mask the symptoms, but treat the cause. Holistic healthcare is a major part of my life now; I use essential oils daily to support good health for my family, I see a naturopath and osteopath when needed, and thanks to PROACTIVE healthcare, my family and I are the healthiest we've ever been and use the government healthcare system so much less, opening up space for those that actually need it. Please allow the Australian public to have a say in how they like to be cared for and support GP's in recommending alternative options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:35:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Without the care given to my two daughters through practitioners of Integrative Healthcare and acupuncture, I am sure they would not be here today. This was after traditional medical practitioners had turned their back on both of them, inferring it was "all in their head". Please do not deny genuine patients the choice of Integrative Healthcare and doctors the right to provide care for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 5:28:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I saw 16 Drs including 7 specialists 2 Neurologists, attended 2 Brain & Thyroid scans, 5 visits to Ed to be told you have been experiencing these symptoms for a while now, I was advised to learn to live with my neurological symptoms & see a psychologist. Six months later a diligent integrative Dr 5 hrs from home diagnosed me in 2 visits; Mthfr causing a severe vitamin B12 deficiency, low cortisol levels, liver & gut inflammation. The serum b12 low range is flawed ours were 290 pmol/l & 191 6yrs ago now its decreased to 135 pmol/l or 300 at some laboratories. We have both permanent spinal nerve damage thanks to that test. Neurological Symptoms like I experienced severe tinnitus, falls, tremors, incontinence, numb feet & hands, hearing loss, are not even considered so there is an epidemic occurring worldwide because of this inaccurate test. We need more integrative Drs so the causes of illnesses can be defined. Another example 17yr old girl ill vomiting, losing weight no energy, numbness in legs, cyanosed hands & feet. She saw her local Gp several times, gastroenterologist medicated her with motilium which was useless. She was Diagnosed with Mthfr by their support group then she visits my Dr out of desperation with thyroid antibodies of 3000 which the other Drs had conveniently overlooked. Now she is treated for hypothyroidism & well. So how many other folks are suffering long term, dying due to sheer misdiagnosis & negligence. I would like to see an awareness programme commenced in universities on nutrition & recognising symptoms of vitamin deficiencies & medical conditions instead of medications prescribed freely for every symptom that deplete vitamins, minerals & destroy nerves eg Lyrica. I will continue to visit my integrative Dr as I trust his advice, he saved my life & my hobbies 6 yrs ago I am only taking superior vitamin supplements to keep me well. The death rate & chronic illness will increase rapidly in all ages if complementary health practices are restricted. For further facts & cases of misdiagnosis View the videos on [b12awareness.org](#) to see the devastation a life threatening vitamin b12 deficiency can cause.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wish to have the right to use complimentary and natural medicines and therapies always. I dont trust big pharma with their drug pushing agendas. I believe they are making people suck so that they can push more and more of their drugs onto those sick people and gain huge monetary rewards. If something natural works for me then that is what I use. I always opt for natural or holistic before pharmaceutical.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 12:15:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I object to any change in the current regulations based on my personal experience. For me to continue to have a quality of life I need to access integrative health practitioners and medications as I am very reactive to other medications and even lots of foods. I very strongly object to my choice and rights as an individual to make my own health decisions being taken away by the government.

I also object to the effect these changes would have on practitioners and how they treat their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:33:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you to provide my feedback on proposed new guidelines targeting medical doctors who integrate complimentary medicine and emerging treatments into their practice.

I strongly support option 1 - No change to the current guidelines. When I know a medical doctor embraces complimentary medicine, at least to some extent, my faith and respect in that doctor is much higher than it would otherwise be. I have been fortunate to have been seen by such a doctor in my town who is not easy to get into as she is incredibly popular which indicates I'm not alone in my views. She has helped me immensely in addressing fatigue and digestive issues with vitamins, minerals and herbs. Even if she had been unsuccessful in treating my issues I still would have been grateful to have given her suggestions a try.

I strongly believe that if the proposed changes to the current guidelines that would place restrictions on integrative doctors are to go ahead it would be a big step backwards.

If this were to happen and I were not able to find an integrative doctor to see I would be far less likely to see medical doctors, opting instead to first see an alternative/complimentary health practitioner to address my health issues.

Please do not reduce our choices. Please allow us freedom to choose what we want for our own health by allowing complimentary medicines to be readily available and accessible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 2:27:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary has a large body of evidence-based literature to demonstrate it is successful in the management or co-management of many disease processes. It is unfathomable that the medical body has chosen to ignore this large and growing body of evidence in a time when there is increasing realisation of the need for a holistic and integrated approach to patient health and medical care. The purpose of a literature review is look at all the available evidence and the current literature review clearly has been cherry picked to fit the narrative the medical association has chosen to push rather than basing their opinions on the whole spectrum of peer-reviewed publications in even very high ranking medical and scientific journals that demonstrates the adjunct use of complementary medicine improved patient welfare and outcomes. These methodologies should not be stripped out of the current structure as they have been proven to have medical benefits such as yoga, mindfulness, acupuncture and massage therapy. I am happy to provide additional references at your request. Please note I have previously supplied a list of references in high ranking journals in the past to the committee and am able to do so again.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:31:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Intergrative medicine is vital in providing real support of people's health. No body is truly the same, we need medical advice that is individually tailored. Why would we stop something that supports our health and does no harm? This makes no sense! The only answer is the greed of the industry. We have to put people first.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 7:08:39 PM

---

To the Medical Board of Australia,

I support Option 1.

It is extremely important for patients to be given a range of remedies that include natural ones. Certain symptoms and illnesses can be treated with natural therapies and people need to be made aware of them. They can then choose the best option for themselves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:44 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

When I was 19, I went on the medical roundabout of having 9 Doctors, Specialists and a Physician try to diagnose my health issues- which reflected symptoms of arthritis, chronic fatigue, PCOS, unexplained fainting and illness, thyroid issues and panic attacks. An Integrative Doctor, who worked with a Naturopath was my last option and I credit these people with saving my life. Being able to see my symptoms holistically, being open to nutritional changes and having an understanding of how food and inflammation were connected was a unique approach throughout my roundabout experiences. I was feeling better in

3 weeks after 1 year of severe symptoms and continued to improve to no symptoms experienced since.

I was drawn to an Integrative Doctor knowing another had helped my Grandma survive Cancer and after a feeling of hopelessness at the expense and worry my symptoms were causing. I was told by one GP that I 'must be making it up!' So I wish all people the opportunity to access Drs with specific knowledge of nutrition and complementary knowledges and wish this was indeed the normal treatment.

Science is always evolving and we should be open to questions. Why has Science become a rigid doctrine one must submit to? Science is about challenging ourselves to do better and to delve into what we don't know. The current politics around attacking good Drs looking for solutions reflects how Science is being compromised for corporate or political reasons.

I want access to Integrative Doctors for my family and I want our government to invest in prevention of chronic disease through diversifying and encouraging citizens to find and maintain health and well-being through many pathways.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As someone with a autoimmune disease that is barely recognised by local and ordinary gp's, I have utilised integrated gp to help me successfully manage, treat my illness. It has increased my quality of life and believe everyone shld have access to such practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 4:54:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a Registered Division 1 Nurse with 25 years of experience. I have worked within the conservative medical model and it has limitations.

I have observed the tremendous benefit of integrative medicine for my patients over the years.

My family has been treated by an integrative GP for many years , and my mother before me. We see a chiropractor as well. This has provided balanced effective health care for all of us.

Many countries all over the world practice integrative medicine ie Europe and Eastern cultures. Let's not be so conservative that we narrow the clients options. The present law must stay as it is.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:39 AM

---

To the Medical Board of Australia,

I support Option 1.

After 9 miscarriages I saw a go turned herbalist and have successfully had 2 beautiful children. I didn't have ivf or any other invasive intervention.

I'm very grateful for my herbal approach

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:12:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I am an advocate and user of complimentary medicines and natural therapies. "Conventional" medicine has let me down several times in my life and my children's lives and complimentary medicine and natural therapies have proven far more helpful and effective. The recent changes to health insurance has made the use of natural therapies more costly by removing these from our health insurance and the proposed changes by the MBA will further remove access and "choice". Patients have the right to choose what we want in our health care and the changes are eroding that right. I have found a doctor that will take the time to listen and take into account my health care preferences and choices and these changes will make that harder. It has taken me a while to find a doctor I am comfortable with and have confidence in as I have found modern doctors lacking in knowledge and they do not take a whole body approach they just look at the symptom/s as a singular thing not what is really causing the symptom/s. These changes will make it harder for those doctors that do take the time and look at the whole picture and the patient's concerns/preferences to continue to be able to provide that service and level of care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:42 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want free choice to look after my health and body

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 8:03 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have used various modalities over 25 yrs and wish to continue my choice of chiropractic acupuncture herbs vitamins. My whole family 3 children and partners and 8 grandchildren all benefit from this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:03:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I support every person to make their decisions for how they seek treatment. Integrative medicine encompasses all aspects of a persons well being and not just the specific problem. It feels as though this decision is being made from a Money making point of view as more and more people are choosing to treat illnesses or injuries and not just mask them with drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 12:56:03 PM

---

To the Medical Board of Australia,

I support Option 1.

to maintain the current guidelines as well as why you value  
Integrative medicine and support doctors' right to provide new and  
innovative approaches, including complementary medicine treatments.

This week help reduce the burden on the current health system and help  
save and improve people's lives

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 3:15:25 PM

---

To the Medical Board of Australia,

I support Option 1.

Conventional Medical practice is based on scientific evidence which involves reducing the problem to the smallest level possible so changes can be measured. Human beings are complex systems, and although in acute medical situations conventional medical practice is ideal to keep the individual alive, this method does not work with complex chronic conditions. Integrative medicine treating the individual as a whole complex system which also includes environmental and emotional factors, is the only methodology to use in chronic conditions. My daughter at 9 months old had stopped growing and for the next eleven years no medical practitioner - GP or Specialist, would take me seriously that something was wrong. Complementary medicine kept her healthy enough so that finally when medical evidence caught up with us eleven years later she was diagnosed with Coeliac disease. If I had not had the choice of complementary medicine practice my daughters health and development would have been greatly challenged. Medical science has its limits and this needs to be recognized. Complementary medicine also has its limits and that is why working together broadens the health care available. Individuals should have the right to choose the therapies that work for them - after all we are all different. Not all conventional medicine works for 100% of the population, as outlined by science. Scientific evidence is always only based on assisting a significant proportion, never everyone. Remember also that complementary practices are complementary, not alternate. Working together and considering all that is available is far more effective than basing ideas only a small amount of knowledge.

One of the greatest challenges for people with disabilities and chronic health issues, is access. This includes access to information, access to finances to gain access to services, availability of clinicians without long waiting lists, and therefore access to choices of clinicians. By changing the guidelines you are once again reducing peoples access to assistance either due to longer waiting lists, lack of services available, financial limitations so that some services are only available to rich people and reducing choice. Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:25:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to inform you of my support of option 1 to maintain integrative doctors and make no change to the guidelines.

I have personally benefited from seeing an integrative GP for the past 3 years. Her wealth of knowledge of conventional medicine and natural medicine allowed her to treat me in a holistic manner. I had previously seen a number of GPs prior that had never looked for an underlying cause for the way I was feeling, instead they had treated the symptom with medication for which never got to the root cause as to why.

I appreciate that integrative doctors have the option to treat patients on a variety of levels depending on what is required. That we as consumers have a choice of what treatment methods we want to use.

I can honestly say that my mental health and physical well-being would not be the same without my integrative doctor. Not only do they treat the cause; they also look at prevention. A model not taught in conventional medicine.

If this choice is taken away from myself and my family then I would have no faith in conventional medicine by itself. Science can only tell us so much. Natural medicine has been around for thousands of years and together with science we can help educate the world on building a healthier society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:14:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Last year I followed conventional medicine to treat my thyroid and mental health conditions. If I had continued following conventional medicine I would be on medication for the rest of my life and incapable of working. This year I decided to try alternative health services. I have been able to reduce my medications and my endocrinologist expects that soon I will not have to take any medication anymore. The alternative health treatments for my mental health I have experienced have been more supportive, effective, quicker and long lasting than conventional therapies. It's already difficult to access alternative therapies with no Medicare coverage but the results I have experienced have been well worth the investment. Please support the continued choice for Australians to have the option to choose alternative health therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:46:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the right for people to have access to integrative healthcare. For me it gives me the option of finding a dr that will work with me for best health and it being monitored. If restrictions are in place people will be taking their healthcare into their own hands without monitoring. It's better that they are going to someone with higher knowledge.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 7:36:15 AM

---

To the Medical Board of Australia,

I support Option 1.

As a private citizen respecting choice and a health practitioner it is unacceptable to attempt to kill off complimentary medicine. Integrative medicine is an important adjunct to allopathy because of the practitioner's knowledge of drug-drug, and drug- nutrition interactions on top of their basic medical training. They are able to review medication and replace unnecessary drugs with nutrition or supplements thereby decreasing the load on the patients liver and kidneys.

Prior to my becoming a health practitioner, a close relative of mine was helped immensely by an integrative medical doctor. She was bedridden and taking a selection of at least 20 different medications a day. The doctor was able to review her medication, prescribe some alternatives and suggest nutritional changes which saw her health improve, and essentially returned her to an active and productive life for another 15-20 years. The doctor was horrified that the sheer chemical load of all the conflicting medication was in fact poisoning her.

Obviously the skill levels of any profession will vary but all registered health professionals are required to maintain continuing education.

Research into natural health it's limited by money, unlike the pharmaceutical industry which has unlimited funds for R&D and to pay donations to political parties of all persuasions, the herbal/complimentary medicine industry is crying out for funding for research.

Sadly there is more evidence coming to light about corruption within the pharmaceutical industry and the research they have published with respect to some medications, opioids for example.

Allopathy works very well in the emergency, end of life aspect of medicine. It does not perform well in the health and well-being spectrum. Drugs do not equate with health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:47:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I write to express that I am very disappointed at the proposal to change the health guidelines to restrict 'non-traditional' medicines. My family and I have relied on these for many years and have obtained results we could not obtain from conventional medicine.

Personally, I had psoriasis which the medical profession, despite the number of creams tried, did not improve. I consulted two naturopaths and various other modalities and now am psoriasis free due to dietary changes, herbal supplements and other non-traditional solutions.

I feel affronted that my personal choice to choose what works for me is being restricted and taken away by this proposal.

My body is extremely sensitive and does not tolerate medical drugs, toxins or creams very well. These solutions for me create a myriad of other problems.

Why can I not have the right to choose what works for me?

I know in many countries such as China and India (the largest populations in the world) that complementary medicine works alongside conventional (Western) medicine.

Why is Australia taking a backward step?

Many of the complementary medicines have their basis in thousands of years of tradition. How come man survived for thousands of years prior to the introduction of the current system of conventional medicine?

I believe that I as a citizen of a democratic country have the right to choose what type of health care I need, suits me and is the best fit for my particular body and sensitivities.

I think it is very short-sighted for the Medical Board of Australia to adopt such a restrictive policy. I think it would further clog an already clogged system.

I have a right to a choice of the health care which suits me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 12:38:11 PM

---

To the Medical Board of Australia,

I support Option 1.

People have a right to choose their own healthcare. We are humans on a planet doing life by ways we wish. Complementary medicine gives those a choice other than drugs and surgery. It is natural and beneficial to many and a lot safer than risks associated with drugs or surgery. I have seen it help many people and my myself have had great benefit knowing I can support myself and family naturally and effectively. Taking away that right of people to access complementary healthcare creates a community under a dictatorship. Doing the same thing over and over again is the definition of insanity I am not sure why you would want to strengthen that insanity and except something different unless you actually want to leave people no option for a natural healthy alternative and just supply dangerous drugs with risks and side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 12:02:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a medical professional myself and I use integrative and complimentary medicine myself as well as osteopathic treatment and I see these as extremely important as GPS cannot and do not know everything about everything.

The pts together with Drs should be able to make informed choices about their health and their treatment.

No two people are the same and this particularly applies to their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:28 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I prefer you keep guidelines as is. GP should be able to have integrative choices at their practice make it easier for patients. I see Traditional Chinese Medicine Practitioner and Naturopath as well as my GP means don't need to take as many or really strong prescription for pain relief. I am older person and I don't require any other prescription drugs because of choosing complimentary medicine alongside Traditional medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:29:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Since the 1980s when prescribed anti depressants for post-natal depression, I decided it wasn't for me, & went down the path of alternative medicine for most of my family & self treatment, right up to this day. I am a very well & reasonably fit person for my age & do not have to take any meds at all. All the alternative & traditional doctors should remain for our use without restrictions, in this Democratic Country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 21 May 2019 7:12:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines."

All individuals have a right to make an informed decision on their treatment, supported by a medical practitioner. If a doctor is broad minded enough to consider complementary medicines & treatments for their patients they should be encouraged. They should not be penalised for taking a new perspective & approach.

Western medicine does not have all the answers, & the MBA should not be encroaching on people's personal liberties by indirectly controlling how we manage our health & threatening doctors that are prepared to look outside the normal treatment regimes.

It is our right to accept all risks & benefits. No organisation should be dictating what people do with their bodies. Of course, there must be controls & accountability, but genuine practitioners spend many years obtaining their qualifications. They are regulated by their governing organisations just the same as medical doctors.

If the MBA imposes restrictions on integrative practitioners people will start looking for alternatives outside the regulated environment. It is no different to making abortions illegal & then expecting women not to resort to dangerous treatments through any means they can. There will be no need to regulate alternative therapies because the medical profession will not be involved, allowing dodgy practitioners to set up business & put peoples' lives & health at risk.

Our family has utilised alternative treatments for 40 years, in conjunction with Western medicine. After hospital treatment for serious injuries in a car accident there was no follow-up support, treatment or medication provided, once we were out of the system. However, we found great relief & improvement with a variety of treatments over the years, including Naturopathy, Chinese Medicine & Acupuncture.

A close friend of ours may lose her kidney because over two years her GP ignored/missed the symptoms of a kidney stone that is so large it has destroyed the kidney. Nothing like the quick, 10 minute consult, to cover all symptoms thoroughly! Interestingly, she experienced pain & symptoms at not only the kidney site, but also in the corresponding pressure points treated by acupuncture & reflexology. What good has Western medicine done her?

Someone once said to me that if a patient responds well to treatment & feels better; does it really matter if they use western medicine, alternative medicine or a combination? Surely, the concern of all medical practitioners is the health & well-being of their patient, not proving they are right about whether or not a treatment works.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:31:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I want my doctor to have the option of recommending any and alternative therapies and medicines. Not all conventional medicines help patients, I personally have found that some alternative therapies have worked for me where conventional medicines have not.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:47:54 PM

---

To the Medical Board of Australia,

I support Option 1.

It's criminal to restrict integrative practitioners ! Don't go trying to push ya back to the dark ages!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 7:29:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Do not make the changes and further jeopardise the health of Australians!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:47:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I am appalled to learn that you are considering restricting integrative healthcare choices. After being prescribed medication after medication by 'conventional' GPs, my immune system shut down to the point I had little to no immune system left. If it wasn't for 'complementary medicines' I would still be a very sick person. Complementary medicine has been around for hundreds of years and it works, so why restrict it? I hope you reconsider your proposal as there are many people like me who need 'complementary medicines', and more importantly, it needs to be affordable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not understand why you feel you need to do this. People have a right to have access to what you consider to be unconventional treatments. In a world where there is so much toxicity don't you think it is important for people to have access to a holistic approach to their healthcare? Please listen to the people!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine should stay in the hands of trained professionals. People will always reach for complementary approaches, as they tend to have less risks and side effects, and many have been used safely for a very long time. Rather than pandering to pharmaceutical companies that are bound to make a lot of money out of such a change, we need to keep the health and well-being of the public as the highest priority. Complementary medicine is evidence based medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 11:43 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have used many modalities of integrative and complimentary medicine and had benefits from them all for my health. They compliment western medicine and should not be seen as something to replace western medicine but as an alternative. Eg acupuncture and kinesiology can get to the root of the problem and find the cause or imbalance in the body so it can be addressed and fixed rather than bandaiding it.

It is my choice to support and maintain my health with these modalities, to take them away is unfair. Western medicine and eastern medicine and alternative and integrative medicines do not all have the answers for everything, we need them all and to be able to choose as some are more effective for some things and others for others.

I need to be able to make these choices myself and be able to claim them also.

The world is not black and white, there is a lot of good in these alternatives, we need to look at health holistically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am so disappointed to hear that you are looking to make changes that will single out integrative practitioners and limit patient choice.

Research shows that around 30% of Australian doctors utilise some aspect of complementary medicine within their practice and it can easily be argued that this is current conventional medicine.

Clearly this move will deter practitioners and limit patient choice.

We as a family use complementary medicine for wellness! To maintain a healthy lifestyle and as a preventative measure so that we will not become a burden on the public medical system.

Just two weeks ago I lost the right to use my health insurance to pay for my yoga classes. I think it's fairly well known that yoga reduces stress and that stress is a major factor in many of today's chronic disease epidemics.

Now I am reading that soon my naturopath will not be able to prescribe me magnesium if I have cramps or vitamin C if I have a cold!?

I just cannot understand the shortsightedness of the MBA and I very much hope that you listen to what the general public are telling you about how we want to have choice and control in how we manage our health.

Why don't you focus your attentions on one of the largest causes of deaths in Australia... medical error. I believe the last count was in

1995 where it was announced that 18,000 deaths were stated from medical error in our hospitals - peer reviewed and published in the Medical Journal of Australia.

That doesn't even include injuries. Just deaths.

Please turn your attentions to where it will do the most good instead of continuing what seems to be a biased agenda going after natural and complementary therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please allow us to have easy access to holistic healthcare that put our health first.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 9:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having spent most of my life with complex trauma and PTSD one of the most significant areas of my healing has been diet, keeping myself healthy physically has been of huge benefit for managing anxiety and depression

I also just don't understand how there can be 2 doctors? One that treats the whole organism by utilizing food supplements etc

And one that uses drugs masking the symptoms and causing side effects

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:08 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Not everyone is the same. Dr are too limited now in helping patients, why make things worse. The Dr doesn't have to choose the opposition but at least if one doesn't work then they can try another. I know many people who HAVE or are considering moving to another country to get medical help as Australia is to restrictive. It doesn't hurt to have choses. If anything the MBA should widen their thoughts an allow more types of treatments as the human body is complex. One answer doesn't solve a problem. What works for me, may not work for you.

What is the goal of restricting treatment? Save money? Lose more people? Smaller population so the MBA has less to control. Does the MBA think the Australian population is to dump to make a decision to help themselves and need an over ruling dictator to restrict their options? Does the MBA prefer people to live in pain? To not live life to the fullest?

What is MBAs main goal?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:31 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that a patient has the right to CHOICE. If a patient wants to see an integrative medical practitioner then they should be able to do this ... and should be able to choose natural remedies rather than mainstream medicine if they CHOOSE.

If there is no research or evidence that the vitamin/natural option will address or cure the health issue then the practitioner can explain the possible benefits of natural and mainstream medical options BUT ultimately it should be the patients decision.

I have benefited from reiki and massage to help me to reduce stress and relax, and I use a whole food supplement rather than a vitamin and I believe this is my decision and mine alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 2:58:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Please leave it as is. The most success that I have had with my health has been through an integrative doctor. Please don't take this away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:25:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly urge the Government to support my right for integrative healthcare choices. I use a combination of traditional and complementary medicines and strongly believe they both have a place in the healing of illness. I personally have put my rheumatoid arthritis into remission and manage it very well without the damaging medication i was on that eventually put me in hospital. Thanks totally to my use of complementary medicine I am a new person!! No longer dependent on harsh medication that destroyed my gut, but enjoy a quality of life at the age of 62 that I did not think possible. Thank God for complementary medicine /herbs /essential oils /natureopathy /massage /chiropractor... etc etc. I no longer need to just rely on taking yet another pill to throw down and hope it solves the issue - integrative healthcare choices must be allowed for every individual!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 9:26:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Alternative medicine and Doctors providing health and healing options with most use of medication is an important part of maintaining the health of our society. If it was made more difficult for doctors to provide advice on these alternatives, I believe there would be an decrease of people, that follow and believe in safer, healthier options for their bodies, not going to mainstream doctors. This could also result result in a less medically supported society.

Alternative medicine has also been a major part of caring for people's health. Indigenous and Eastern cultures have supported the body's health with alternative, less invasive and medication driven approaches forever.

I believe it is our right to choose alternative approaches and to have doctors that have knowledge on all aspects of healing and are able to provide the best options for the patient.

I hope this choice remains!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

After an original diagnosis of Hypothyroidism ( which is really only a symptom in itself) I was "treated" with varying doses of thyroxine with always yo yoed with little relief of the classic symptoms and went on to develop, depression, gallstones, hypertension, morbid obesity, recurrent renal caculi and infamatory "ostearthritis" resulting in bilateral shoulder replacements and left TKR most recently. On several occasions I was so exhausted, confused, dispirited and fed up that I contemplated suicide.

Eventually in the course of my personal research I came across Hashimotos Autoimmune Disease which seemed to explain all my various mysterious symptoms. I insisted my GP test for this and was absolutely gobsmacked when he commented that they had always suspected this was the case. After further research on my part and several suggestions that fell on deaf ears from several different GPs in my area, it was not until I found an Integrative Practitioner, commenced a lifestyle and GAPS diet regime along with guidance alternative therapies that I have found any relief and gained a small degree of hope for the future.

I therefore ask that you make no changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:56:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly feel that the availability of integrative healthcare is paramount in today's society.

As someone who suffers a range of complex and sometimes so called 'silent' medical conditions I strongly value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. On many occasions conventional medicine has failed me or in some situations made me worse. Without access to more holistic practitioners who have looked at me as a whole person and not just looked at the illness (as conventional medicine has) I would not be able to function in today's society. I would be unable to continue working and would not be able to look after myself or contribute to society.

Everyone should have the right to decide how they are treated. Medicine is a practice that is continuing to evolve. If we limit access to holistic and integrative medicine and focus primarily on conventional medicine not only will I be disadvantaged but everyone will as our healthcare system will start to fail more and more people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 6:36:41 PM

---

To the Medical Board of Australia,

I support Option 1.

We need Complementary Health benefits

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:04:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine as without it I would never have been able to go back to my GP with the correct information about my multiple conditions in order to be diagnosed correctly... the GP kept sending me away and dismissing my concerns and it wasn't until I had access to these alternative solutions that I was given the correct tools to allow my doctor to treat me properly now they are all working together to get my health under control. Furthermore I would never have been given the suggestions and supplements which have completely changed my life and health if these practitioners weren't allowed to prescribe them and my GP would have never cared enough to spend the time with me and really work out what I needed. Now my GP is blown away with success I have had and can't believe they didn't pick up on the cause of the issues I was having. My sister, mother, boyfriend and many many friends have had extremely similar experiences and you will be harming thousands of people's health if you implement these new guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:03 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

When a person lose the right to choose there own health care or the right to be informed of options by your medical professional Then we are heading towards a communist country.  
I demand option one with freedom of choice! It is my will!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:29 AM

---

To the Medical Board of Australia,

I support Option 1.

It's disgusting how our freedom of life is trying to be taken away from us. I use both when necessary and have been helped many times with natural medicines where prescribed haven't

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used an integrative pediatrician For my daughter in the past and it help with her health issue tremendously, while other similar doctors couldn't!in genera An integrative doctor has so much more to often..... they should be able to practice without any restrictions!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:45 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I prefer to keep integrated medical practices that can include extra information or practices such as osteopathy, chiropractic, acupuncture, vitamin therapy etc. I find many of these have benefited my ongoing health and can't see why they shouldn't be used.

In terms of using integrated medicine in consultations, I don't see this as a waste of time, but rather a genuine look at what the symptoms are to determine the cause of the issue. The cause of the sickness is then addressed, rather than just providing drugs to cover symptoms which conventional medicine is efficient at doing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 11:13:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I ask that you please keep the same guidelines for Integrative and complementary medicine.

I personally have (and still do) received huge benefit from using complementary medicine for a variety of medical problems. Since I was young, I have run the gamut of traditional medicine to find the source and treat personal medical problems. This included testing, procedures and medication. Because my body reacted severely to side effects from traditional medicines and procedures, I have had to resort to complementary procedures. Ailments I have include hormone imbalance, anxiety and depression, incontinence, thyroid, bronchiastasis, sleep apnoea, breast lumps and other minor ailments. After many years of trial and error, I have found (through professional well-trained practitioners using complementary methods and medicines, relief from the symptoms ... so that I can live a normal life. The benefit of this to the government is that I do not need to continue with experimenting drugs and testing. I have used a variety of Integrative and complementary medicines including acupuncture, compounded medicines and herbs and homeopathics and vitamins and minerals, nutritionists, naturopaths, reiki, pranic healing, new types of breast scanning and others. These are used or recommended by my traditional medical practitioners, to be of great benefit to me and help alleviate the need for further medical intervention.

I personally know many people who benefit from Integrative and complementary medicine, whose lives would also be negatively impacted if these were not as available and supported.

Please consider the many of us who benefit from Integrative and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that complementary medicine play's an important role to ones health. As a cancer patient I couldn't get through my treatment without the help of vitamins, Bowen Therapy, and the help of a naturopath, these complimented my treatment and lessened the side effects of chemo. Always under the guidance of my Drs. I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:29 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please allow for freedom of choice in our health sector. Let all health modalities work together to achieve the best outcome for everyone.

Sincerely [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I do not except or consent to your offer to limit what my health care professionals can and cannot prescribe to me. Any harm done to me or my family created by your actions will put me into a position where I will have no other option but to hold the individuals and corporations involved accountable, liable and responsible.

Integrative medicine is integral in the management of my autoimmune disease, I would not be able to function without it. My children and family are also treated with integrative medicine.

In a world that made so many steps forward in the prevention and management of illness Australia is now failing and going backwards with trying to deny us natural therapies and integrative medicine WHICH 100% WORK AND ARE VITAL TO THE HEALTH OF OUR NATION, OUR FUTURE.  
No one wants pharmaceutical health care, EVERYONE wants and needs integrative medicine!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 5:30:00 AM

---

To the Medical Board of Australia,

I support Option 1.

I support continuing to allow GP's to act in their patients best interest, and to make decisions on treatment and investigation based on their individual assessment of the patient. There is a huge body of evidence for many complementary approaches to healthcare and I believe Doctors should have every right to integrate them in to their patients care if they feel they are warranted.

With all their training, Doctors have been taught to look at research, to interpret that research accordingly and to take from that what applies to patient care. If we trust them in assessing chronically unwell patients, in making a disease diagnosis, in prescribing complex prescription drugs, often in combination with others and to check for interactions surely we can be confident in their ability to interpret and integrate elements of integrative and complementary care if they deem it suitable.

There are many instances where conventional treatment alone does not fully resolved a persons health. If there are other therapies available to offer support then it should be a doctors right to be able to offer them. Nutrition has been well underestimated for many years and with the huge body of evidence for various nutrients in certain health conditions we are depriving people of adequate health care if we ignore or ban a whole system of support.

I specifically choose the GP I visit for myself and my family because she has an open, proactive approach. I have never felt more supported by any GP than I do now, because of her wider scope she considers when assessing our health and any options for treatment.

I feel a lot of the public want more open, integrative GPs, not tighter controls. Many distrust conventional medicine already and I worry that banning a GP's right to integrate nutritional, holistic and complementary approaches when appropriate will alienate more patients.

Please leave it as it is- we should have the right to choose our healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:20:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express how important it is for all Australians to be able to access complementary medicine as part of their healthcare. I believe this type of medicine is so important for the current world we live in. Stress and anxiety have never been higher and allowing people access to practices that help elevate this is detrimental to our health. Bowen therapy has helped me in the past and if I know longer have access to this through my health care this will put a massive strain on my health. I use Bowen therapy to help me with muscle tension from sitting at my desk for long periods. It works. it's amazing and it needs to stay.

If restrictions are imposed I believe less people will access any kind of health care. There is no alternative for me to use instead.

Please review these choices and think about the great these practices are doing for many people who currently have the chance to try and use them.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option one because doctors should be able to recommend complementary therapy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:07:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine has been vital to my recovery from severe heart failure and Bi Polar disorder. While the conventional medicine kept me alive I was not supposed to live more than 2 years. With the support of complimentary medicine and a range of practitioners my heart has improved from being on the border of category 3 & 4 to now being on the border of categories 1 & 2 and is still continuing to improve. Through several complimentary medical practitioners, their nutritional support and other healing methods, I no longer experience the symptoms of Bi Polar. It is essential that we have a health care system where complimentary and mainstream medicine can compliment each other for the benefit of society at large. The science is in and supports all the complimentary therapies that I have used. I can direct you to the journal articles in mainstream scientific journals, studies and meta analyses that support my experience. There is ample GOOD science supporting all of this. Having a system that supports Complimentary and Mainstream medicine is a holistic approach to healing and benefits not only the whole of society but also the economy as people are not draining the public system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned to any changes being made to the way doctors can help their patients in regard to complementary and integrative medicine.

I have suffered from a chronic health condition for thirty seven years that has little understanding and support in the medical community. I have been very appreciative to have found a small selection of doctors who can understand and are willing to try alternative ideas and treatments. This has given me hope, help and solace on a difficult and frustrating journey. It has not only helped me survive but helped me thrive. I am very sensitive to medications and chemicals, but I can tolerate small amounts of supplements and other treatments that may not fit into the normal box. At times I have had to access tests that are not considered mainstream.

If I hadn't been able to access this sort of help and advice from medical practitioners, I would solely be in the hands of other practitioners and my own initiative to find things that help.

Please consider that not all illnesses are fully understood or covered by traditional medical systems. It may be a good system but it is not perfect. I implore you to keep an open mind and help those of us on the fringe of understanding access good medical help.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 8:19:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't want to just get pharmaceutical support! I want to know what else might be available to support my decisions about my health. I have had far greater success using alternative therapies and practitioners than just taking a pill. Don't take away my options and the right for the practitioners to be able to advise options!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:50:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I support holistic, complementary and integrative medicine as a matter of choice for my own health and from the experiences I have personally had. Please do not change the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:26:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm a cancer survivor of twenty years, will be seventy five on 16th of this month and I owe the best health of my entire life to integrating conventional/ natural remedies, organic food , no alcohol/smoking etc etc I take multi vitamins and a natural hormone that requires a script which my GP writes. I take no other medications, except the annual flu vaccine ,Bowen therapy every three months , walk daily and Thai Chi/relaxation most days. I've taken a weekly Art/craft class at an aged care facility for the past seventeen years, sang in a capella choir for the last ten years and have seven grandchildren aged eight to fourteen from my daughter and son. The only downside to the last years has been the loss of my husband/ best friend who had terminal cancer for eight weeks ,aged sixty eight and no conventional medicine could help the pain. Bowen therapy helped. Please allow patient choice, which saves lives and also strain on hospitals etc

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:41:46 PM

---

To the Medical Board of Australia,

I support Option 1.

As a cancer survivor of over twenty years, I only use complimentary medicines and Bowen Therapy every three months and am healthier/fitter in my mid seventies than I was in my fifties. I need to be as I was widowed 9 years ago. my husband had terminal cancer for 8 weeks and morphine was useless for the pain. Bowen was the only pain relief for him.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 9:37:45 AM

---

To the Medical Board of Australia,

I support Option 1.

Why should the option of going to an integrative doctor be taken away?  
If the doctor is trained in natural therapies they should be allowed  
to be offered to the patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have never had satisfactory medical help until i found an integrated medical practitioner.  
At a crucial time when the negative affects of antibiotics are becoming more apparent, from resistance to the damaging affects on gut flora, why on earth would you be considering limiting access to traditional medicines.  
Myself and my family only ever visit naturopaths and integrated doctors now and have had fantastic results without pharmaceuticals.

My boss was able to swap her anti inflammatory meds for tumeric to treat her lupis, and also improved her arthritis.  
My sister changed her diet to treat symptoms of thyroid disease. All with the help of an integrated doctor

I get the impression that you are not a Medical board, but a pharmaceutical board! As your proposed changes make no medical sence to the community.

I will continue to use natual medicines as they are safer and more effective in the long run.

I have had no end of disgraceful medical advice from the flood of foreign doctors that now occupy many if our medical centres.

I have been prescribed thyroid meds even though i don't thyroid disease. I have rarely walked out of a doctors clinic without an antibiotic prescription, which i always throw in the bin and i was once told that my 2 year old son's extremely bloated belly was normal for his age until an intelligent dietitian discovered he had parasites!

It's bad enough that you can no longer claim your visit to a naturopath on private health, now you are trying to silence reasonable synthetic free medical advice.  
SHAME ON YOU!

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:48:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been able to help my family and I where conventional medicine couldn't.

Please allow us the choice over our own bodies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 4:42:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is important to humanity.  
We live in a mindset of "band-aid" medicine where symptoms are being treated with pharmaceuticals.  
Keeping other options open will give us more opportunities to actually heal people and not just keep them alive for a while.  
Reducing the availability of integrative and complementary medicine will reduce our lifespans and health-spans

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 2:59:39 PM

---

To the Medical Board of Australia,

I support Option 1.

For 40 years I have experienced benefits and resolution of health diagnosis and treatment that are 'unconventional' as you might put it. But I also have benefited from conventional diagnosis and treatment. The two together have been of utmost importance for my health history. And my autonomy in the choices for my health path has been of primary importance.

It is difficult to understand how you define 'conventional' practices out of all diagnostic and treatment practices. Homeopathy, osteopathy, chiropractic, herbal medicine, acupuncture have all been empirically and materially proven. If you choose not to understand the science behind each of these, that is not a reasonable basis upon which to reject these practices. If people have chosen these treatment practices it is because they have been found to 'work' effectively, whereas often 'conventional' medicine has caused severe side effects or complications. There are innumerable cases of this in the very recent history of 'conventional' medicine, surgery and pharmaceutical medication.

People's choice for any of these practices should be based upon full and frank and balanced information. Information on 'conventional' medical practices is often withheld or suppressed. How can you reasonably and scientifically legislate one set of practices over another?

I am ultimately responsible for my health, based on full and frank information from health care professionals. I am not a puppet of your organisation and I assert my right to informed choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:20:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support integrative and complementary medicine. In my experience, GPs with these skills have much more to offer patients with chronic health illness.

In 2017 I suffered a nervous breakdown, including severe insomnia, very high levels of anxiety and crippling depression. The symptoms were so severe that I was barely coping on a day to day basis. I had to stop working for two months and only started again for two hours a day because my work wanted to keep me engaged in the workplace. My wife also went on paid carer's leave to care for me (and was on leave for 1.5 years).

I visited my GPs several times during the first month or so and she prescribed vallium, antidepressants and sleep medication, all of which made feel awful (lethargic, heat in the head, fuzzy) and did not alleviate the original symptoms. The sleep medication actually increased my anxiety.

I stopped the medication as it was only making me feel worse and started to explore other forms of treatment. I tried naturopathy and with time figured out a regime of supplements which helped my sleep and mood enormously. I found out from an osteopath about EMDR and asked my GP to refer me to a psychologist. The EMDR which was hugely helpful in processing past traumas which were at the root of my issues. I also found another GP who does acupuncture, which further improved my mood and sleep and helped my digestive issues which had arisen as a result of the huge stress I had experienced.

I do not know where I would be today if it wasn't for the help of practitioners (including GPs) who practice/support complementary therapies. I remember one day I felt so bad, my wife took me to ED and there was nothing anybody there could do to help me. They just sent me home and I felt so desperate.

Please do not take this option away from people. It can really help. Today I am back at work nearly full time (7 hours a day), caring for my wife and kids and feeling normal most days. That's thank to complementary health therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:28:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Please implement option 1 -no change to current guidelines. I wish to object to the proposed restrictions on the right for patients to choose Integrative and Complementary Healthcare. The evidence for a whole person approach to healthcare, plus the evidence for herbal medicine and nutritional medicine efficacy is quite clear and robust if critically assessed. So far a biased assessment model has been offered by vested interests and misrepresents what is a significant opportunity to offer a broader and more meaningful healthcare which is patient centred. Restricting our right to make a choice is not only harmful but also shows the medical profession is not in touch with their patients and are probably driven by fear, \$ and superiority. This does not belong in 2019 and beyond. Start asking the right questions and keep the patient at the core of your decision making.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:22:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to be able to choose my what I want to do for my body. I use integrative medicine when I need it. I believe natural is best. And do not what my right to choose to be taken away. Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:55:29 AM

---

To the Medical Board of Australia,

I support Option 1.

We as humans deserve to have access to Integrative & complementary products and medications just the same as we do pharmaceutical

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 7:49:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine are imperative in this age. Further restrictions imposed upon those practising integrative medicine would result in removal of patient choice, and much more self diagnosis and purchasing of supplements and medicines from unregulated sources. My family look for health, not to mask symptoms, therefore we need the current system to remain the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 8:24:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. Patients in consultation with their doctor should be absolutely free to choose the mode of medicine that will best treat their ailments. The Medical Board of Australia 's planned changes to guidelines targets medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. If the proposed guidelines are adopted, integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine. By framing them as 'fringe', the guidelines also place the regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) at risk. It may also lead to medical and allied healthcare professionals being unfairly and unreasonably targeted by vexatious complaints to the Australian Health Practitioner Regulation Agency (AHPRA). I vote resoundingly for no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 5:21:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I have IPf since 2014 and am having treatment, conventional, integrative and complementary. I have found that a combination of these give me greater relief from my symptoms and have given me a better quality of life. The thought of disallowing my choices makes me feel very anxious and fearful for my future wellbeing. I get very depressed at the very idea that these restrictions could happen.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 8:27:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I regularly use complementary and integrative medicine for a range of ailments as does my entire family, young and old. The treatments I am receiving are much more effective than any conventional treatments. I would be profoundly adversely impacted if my doctor was in any way limited in his ability to offer this mode of medicine. I vote resoundingly in favour of keeping the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 3:09:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because human bodies are complex organisms and a 'one-size-fits-all' approach is always going to fall short. Consumer choice is also important. I cannot support moves that limit this for me.

I have benefited hugely from complementary medicine. I wanted to be kind to my body and give it what it needs to do its job. It needed herbs to get my liver going again after menopause came early for me. It needed liquid herbs to enable it to absorb those minerals and vitamins as my intestines were in bad shape after years of abuse, eating all the wrong foods. I regained energy and reduced weight and other menopause symptoms. Hot flashes were an issue and these basically disappeared after a few months of regularly taking these herbs.

When the consequences of car accidents I had had earlier in my life caught up with me, I had trouble walking more than fifty metres without suddenly losing the power to stand up straight. After a few visits to the Chiropractor I was back to normal and could walk any distance I chose without that back trouble recurring. I had an operation to remove my gall bladder in my mid-twenties and for years I have had pain and spasms in my abdomen around that area. This limited my ability to be active in the garden. I mentioned it to my masseur and Chiropractor and they said it was scar tissue stopping my organs from moving around in their proper way. They did some special massages over a couple of visits and I did some myself at home and I now have very little, if any, discomfort.

I could go on. I have used integrative and complementary medicine throughout my life alongside mainstream medical approaches. I have found that each modality has its place in the repertoire of approaches available to me to enable me to live in the healthiest way possible. In this way, I am less of a burden to the health system, can contribute to my community in a sustained way and have a higher level of well-being. I really do need these options and choices and appreciate having all of them available to support my health care goals.

When I visit any health practitioner I expect them to be able to offer a range of options and help me to find something that works for me. This will not be possible to achieve if certain options are banned from inclusion. I would rather obtain treatment with 'non-conventional' medicinal substances from a well-qualified practitioner who can help me when other approaches have failed. I fear that the medical practitioners will become less able to help their clients and their profession will become rigid and stuck in the past. A vital dialogue between all the different health practitioners can make for a lively and effective healthcare system, while putting up barriers in order to exclude 'undesirables' or those not in the club will only lead to worse health outcomes and drag down Australian

people's health overall.

If the MBA imposes restrictions on integrative practitioners I will lose trust in the medical profession and be even more sceptical about its ability to meet my health-care needs, let alone the scientific basis for its treatments. This move seems to be taking away the ability of a practitioner to work in my best interests so why would I seek their help?

Doctors' practise is already adequately regulated by the current "Good Medical Practice: A Code of Conduct for Doctors in Australia", which also protects patient safety; there is no evidence for the need for a 2 tiered divisive approach.

The current guidelines (Option 1) have operated successfully without any tangible evidence provided that they need changing. I support option 1 therefore.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Several years ago, I woke up sick and for many, many months the doctors, hospitals and professors were baffled, running multiple tests while I wilted away to a tiny 40 odd kilos, from 70kgs.

It wasn't until I saw a functional medicine practitioner did I start to see results. Modern medicine couldn't find the answer, but after a short period, we had answers from the US, multiple parasites and due to repeated antibiotic treatment, it made it worse and my digestive system wasn't working. My treatment was a combination of scripts, supplements & vitamins.

It took almost 5 years to get better and I am now better than I was before.

Please don't limit our choice, modern medicine isn't the answer for everything and people should have choices.

I wouldn't be here if I continued the modern medicine path, so please don't stop others from seeing the recovery I did.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:23:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that doctors should have a choice to recommend and prescribe what they feel is the best for their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 3:50:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I cannot believe the hubris of your Association in even CONSIDERING penalising those doctors who are open-minded enough to consider so-called alternative therapies, and/or supplements, as part of the treatment of their patients.

This is absolutely outrageous!

Surely this should be a matter between the doctor & their patient?

Above all it should be the choice of the patient themselves as to their preference (it being THEIR well-being after all).

Are we reverting to the bad old days of Communist Russia, "It is our way, or no way"?!

Perhaps your organisation should also be reminded that even the Royal family are strong adherents of the alternative practice of Homeopathy.

Are you planning to tell the Queen, her family, & HER doctors what they can & can't do, if they feel poorly, when they come down under?!

What ever happened to freedom of choice in our country?

It seems to me your Association attitude is that of that of centuries past when "conventional" doctors killed as many patients as they cured because of their stubbornness in considering any differing viewpoints than the prevailing "wisdom". A good blood-letting anyone??!

Do not do this, it is deeply insulting to many open-minded and hard-working doctors and, above all, will limit choices for patients (who SHOULD always be allowed to have a say in their treatment options).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:06:09 PM

---

To the Medical Board of Australia,

I support Option 1.

The right to choose is a human right. To remove the right to choose is removing an individuals right practice to self responsibility. We become an ever greater Nanny State. I have been using alternative therapies and medicines for decades, and continue to CHOOSE to use them. I also follow the more traditional medical models for some things. Together they work for me. I don't choose to put chemicals into my body as a first choice. I don't choose to line the pockets of pharmaceutical companies looking to make a buck, including companies selling natural products in a way that states profit before care. My health and the continued care of my health needs is exercising my choice in the ways that have and do work for me, and I have never regretted those choices. I believe that I have thoroughly researched the many options available over many years of trial and error and know through proven results, what my preferred therapies are. For example: chiropractic does NOT give me the same benefits as Osteopathy. Physio does NOT give me the same benefits as Yoga, or Acupuncture, or TCM. Naturopathy has supported my health needs for many, many years and remains my first go-to of choice. Consulting a qualified natural therapies practitioner has given me more answers and a healthier body, than going to a 10 minute doctors appointment and a medical script at the end. I'm not an idiot, I don't blindly follow the pack. I have spent years refining my choices through results based research. I have an excellent medical doctor who puts my need as a high priority and I have had no cause for complaint over the decades that I have been seeing the same medical doctor. I have the right to choose how I stay healthy. So, quite frankly, why should I hand over my right to choose, to a body of people who think they know more about my needs than I do? So, in conclusion, I comprehensively support medical doctors who integrate complimentary medicine as part of a health care plan, and I believe very strongly that as a healthy, independent, free thinking adult, I have the right to CHOOSE this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:58:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the use of integrative and complimentary medicine as it helped me to cope with my journey through breast cancer treatment. I hope you won't take away the right to have this help during difficult health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. Without access to it, I wouldn't be enjoying the good health I currently do, because conventional medicine alone could not help me with a condition I had.

I have suffered with a "low grade" urinary track infection for well over 25 years and conventional medicine did nothing to help this painful reoccurring condition. It was suggested that I use a complementary natural product, and within weeks I had relief from the ongoing symptoms, I am now free of the constant pain and discomfort. If the MBA imposes restrictions on Integrative practitioners and complementary medicine, I will be back to a sub standard of general health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:07:38 AM

---

To the Medical Board of Australia,

I support Option 1.

In my experience, both integrative medicine and complementary medicine have been the modalities that have helped my health issues when conventional medicine failed.

The two former are preventative medicine and teach people how to live healthier lives, thus preventing illness in the future.

It is absurd that the possibility of utilizing integrative Medicine practitioners is looking to be removed from patient choice.

Please allow integrative medicine to continue in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 1:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have an autoimmune disease called CREST. When standard medical care could only offer me prescription drugs that had no improvement to my symptoms and made me feel worse I turned to Integrative health care. I have made a dramatic improvement in my health and well-being through the use of herbal therapy and switching my diet to mainly wholefoods.

Putting restrictions on Integrative medicine will prevent people similar to me achieving optimal health. As a former registered nurse I see a failing healthcare system that cannot keep up with the large number of chronic disease that we are presented with in today's society. We need to have another choice for better health so I urge you to not change the current guidelines for Integrative healthcare choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 6:21:13 AM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I am concerned about proposed changes, such changes for my family would be detrimental as access to services such as chiropractic and acupuncture assist in my pain management.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 10:28:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine should always be an option. People do not have to use it, but it's not the boards job to remove options for patients especially when the benefits of this type of medicine are experienced by many. To remove this option is limiting our freedom and our RIGHT to seek treatment as we see fit for our own situation and bodies. Personally, I spent a long time sick. Each time I ate it would cost me hours of agony and days off work. GPS's treated symptoms, tried to give me drugs and never looked at my symptoms together to find a root cause. I went to an integrated practitioner who requested bloods, breath tests etc and found I had a digestive issue relating to my small intestine. Through a change in diet I was able to overcome my sickness. Without this service I would have permanently damaged my digestive system. Thanks to people who listen, take a wholistic approach and blend conventional medicine with practices that don't always give big pharma money- people are healed.

To make the changes proposed, livelihood of the practitioners will be ruined. Their entire ability to help people will be removed, at the detriment for the public who are entitled and have the right to seek their own forms of help and the right for those to practice and provide this service to people.

I strongly object to the changes, I hope that the MBA does not proceed and allows the public to choose how they wish to be treated, by people who can provide these services.

Let's be honest, the experience of people today with "conventional" medicine is poor. It is about prescribing as much medication as possible for profit to pharma and through turn style medical practice. Integrated practitioners provide the service we all deserve and have the right of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:29 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There is no one medical treatment that is suited to everyone. Natural medicine absolutely has its place in our society and we should be allowed the choice of which medical treatment we choose for our own bodies! I have had more success with natural therapies than I EVER have with conventional medicine. MY BODY MY CHOICE!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:36:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Please maintain the current guidelines so doctors are able to suggest traditional, natural, new and innovative treatments as part of their practice.

Many of us strongly prefer doctors who practice in this way and denying us this freedom of choice narrows the practice of medicine towards a dogmatic orthodoxy which is neither scientific nor healthy. If I were denied this ability to choose 'the best of both worlds' then I - and many like me - would choose to go to a natural therapist without the benefit of conventional medical training and experience. I cannot see how this would improve public health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 12:17:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I support complementary medicine as it has helped me get through life as a disabled person. Without the therapies I use, I would have been on a support payment for the last 35 years through to Disability payment now. Instead I have been a tax paying worker. It is very short sighted of the MBA as complementary therapies keep people healthy & in the work force rather than being at the tax payer expense.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 17 May 2019 6:09:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I as an individual have the natural born right to choose what medical treatment I use, that is not the job of the state. This is a very slippery slope.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:48:00 AM

---

To the Medical Board of Australia,

I support Option 1.

I am in favour of FREEDOM OF CHOICE upon which Australia was founded.  
It is of vital importance that we , the people, are free to make our  
own choices. This is NOT a police state.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 9:20:46 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not tighten the legislation in regard to complementary medicine.  
For many people who suffer the freedom of choice for treatment should  
be theirs - not the govts nor MBA's.

I personally use an Osteopath, and would love to be bulked billed for  
this service as I am on a pension. With my type of pain no GP nor  
Physiotherapist can help me.

Please listen to the people who actually use these services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:47:22 PM

---

To the Medical Board of Australia,

I support Option 1.

complementary medicine has helped both myself & my mother, my mother suffers a chronic form of arthritis & even tonight has an acupuncture appointment to relieve the pain she suffers. This chronic pain at 70, has been so severe she was almost wheel chair bound.

She has both hips replaced & seizes up.

It's absurd to think you might stop her from gaining any relief from this kind of brutal pain.

Stop wasting our time on infuriating little things when you could be a constructive force building a better Australia. One that includes individuals choices rather than taking all our choices away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 25 May 2019 5:17:32 AM

---

To the Medical Board of Australia,

I support Option 1.

Seriously. It is scientifically proven that many “alternative” therapies work (EDMR, EFT etc) research by the likes of Dr Joe Dispenza, Dr David Hamilton and Dr Bruce Lipton and the multitude of Epigenetic studies. Australia don't take yourself back into the dark ages! Please!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 4:32:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Both myself and my family have benefitted from integrated health care.

I have utilised herbal remedies like olive leaf extract to avoid debilitating sinus infections and have used acupuncture for this same condition to avoid having to take antibiotics which is useful in this current era of antibiotic resistance.

I utilise vitamins and minerals such as Vit D and magnesium at the recommendation of my GP as my Vit D levels are low due to my Graves disease putting me at increased risk of osteoporosis and the Mg reduces the incidence and severity of muscle cramps associated with my thyroid condition.

I also see a chiropractor regularly for my back and she provides great relief.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:18 AM

---

To the Medical Board of Australia,

I support Option 1.

It's taken years to get integrative practitioners and this would be a draconian step. We deserve the freedom of options.

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:27:46 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to use natural drug free options whenever and wherever I can.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:10:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I support complimentary medicine. Myself and extended family have used it for years. I have GPs who are supportive of these choices. One of these is Acupuncture which has been keeping my family well and balanced for years. I would not be extremely unhappy to have these options taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative health care is important to a whole health approach to healing. There's no one size fits all. Health and healing are unique to the individual.

To remove or restrict integrative practioners is to remove options for a better quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:13 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I suffer from a multiple range of auto immune diseases combined and complicated by other medical problems, I am a very complex patient.

Without the help of my amazing GP who is very supportive of natural therapies, integrative, complimentary and who is also qualified in acupuncture I don't know how I would be able to cope or manage my diverse range of complicated conditions.

Natural therapies and supplements, acupuncture and modern medicine all play an important role in managing my conditions. If the rights for doctors to prescribe and support these foundations of medicine it would impact my quality of life in an extremely negative way and would make managing my conditions unbearable and impossible.

I also believe the patient has a right to choose the types of treatment methods and that would be impacted in a very negative and possibly devastating way if your doctor is unable to inform you of all the choices, including natural and alternative therapies.

I think we need to remember where the origin of medicine began, not to mention that other countries use and rely or offer natural and alternative medicine with great success.

Please don't take this integral part of patient treatment away from the doctors to offer as another treatment option, which is usually very effective with little to no ill side effects.

Thankyou for your time I hope and pray you make the fair and compassionate choice for the doctors and millions of people that rely on these treatment options for quality of life on a daily basis just to survive.

God bless and kind regards.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have many chronic illnesses, hypothyroidism, SLE Lupus and without integrative doctors I would still be bedridden. I'm only 42 and really need the help I get from my integrative doctor

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:53:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I am disturbed by the recent review of Guidelines regarding access to Integrative and Complementary Medicine. As a big supporter of "Preventative" Medicine, and the use of natural alternatives to stay healthy and treat diseases, it is concerning that the Australian Citizen's right to choose is being questioned.

There is a plethora of evidence that vitamins, minerals and herbs offer a "SAFE" alternative to "Conventional" Medicine, which relies on pharmacological drugs as remedies. It also makes me question the bias of such a restriction and where the pressure to make these changes it is coming from.

Science itself is based on innovative approaches and ideas - and research is now the cornerstone of what is considered "Alternative" Medicine. Saying that there is no evidence is unfounded, and I urge you to make no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:36:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors who have increased their expertise to include integrative and preventative health advice have every right to provide these services to their patients and we as patients have the right to seek out their expertise! Stop selling our health to pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 4:32:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I find it disturbing that the changes proposed to integrative medicine will have such negative effect on the health care of my family as we use this type of practitioner regularly for our health care.

As patients we should be able to choose our type of health care that works for us and not be dictated to by others that don't have an understanding of our needs.

My question to you is who will be responsible for putting our health at risk if you take away our choice ?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:36 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Big pharma drugs cant fix everything! It's a band-aid approach to help keep us sick. We should be prescribing dietary changes and physical exercise more than what currently is. I am living with an autoimmune disease / chronic illness and I would not have the quality of life that I do without these 2 prescriptions. The only thing that needs to be changed is better and affordable access to medications that have been used well before big pharmaceutical products came alongs ie.

Natural Dessicated Thyroid extract.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:32:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I am not sure why it is believed that conventional medicine is the only way to treat people.

Natural medicine can be better and not throwing tablets that can be very dangerous is not always the best way to go.

I think both forms of medicine can help people and people should have

CHOICE to choose.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:03:52 AM

---

To the Medical Board of Australia,

I support Option 1.

We should have a choice on our health.

Our health choices shouldn't be restricted

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 11 June 2019 9:55:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I am submitting to you my request for no changes to Integrative healthcare and complimentary medicine as this is my only avenue for my future well being. I am unable to use conventional treatments due to many allergic conditions and have found natural remedies and treatments to be of great benefit to me. Suffering from a long term illness and having had many disappointments with conventional medicine I feel very fortunate to have alternate treatments that are helping me and hopefully with these treatments I will be able to fully recover. If restrictions were imposed on Integrative and complementary treatments I don't know how I would cope and the impact on my family would be devastating.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:36:14 PM

---

To the Medical Board of Australia,

I support Option 1.

It is my choice how I think to manage my health. If I didn't use natural practices I wouldn't still playing active competitive sport at my age. They are a great asset to me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:17:35 AM

---

To the Medical Board of Australia,

I support Option 1.

Everyone has the right to choose what type or types of healing they wish to use or investigate the possibility of a natural therapy to use instead of conventional therapy.

Conventional therapy does not have all the answers to healing and neither does natural therapy however working together they can be a powerful team .

Do not take our freedom to choose away!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:20:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to provide my wholehearted support to Integrated and complimentary medicine. After previously taking thyroxine for my autoimmune condition hashimotos underactive thyrioid condition. After 10 years it was no longer effective. I got my life back when introduced to an Integrated GP. My condition is well in hand, gut health condition healed and many other side effects and inflammation in hand. It has been life changing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 1:12:29 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

I do not support any recommendations that do not fully support my rights to be able to choose my own health care. Its my body, my health, my rights.

Conventional medicine has failed me and my family time and time again and i will always turn to a natural alternatives first, before turning to pharmaceuticals if necessary. They have helped where conventional medicine didn't and I certainly don't wish to have the MBA control my rights to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 10:21:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Please stop trying to restrict our basic rights and freedom of choice to choose what medicines (natural, herbal, pharmaceutical) that we can take. Foreign students and tourists will think twice about coming to a country where if they get sick, don't have medical choices that they can otherwise choose in their own countries too. I just cannot believe that in this day and age you want to take choices away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 7:01:52 AM

---

To the Medical Board of Australia,

I support Option 1.

As a parent with a disabled child and having already lost a child to a genetic disorder, I am appalled that the MBA is 'deciding' what's best for myself and my family.

17 years ago my husband and I lost our 3 year old daughter and soon after this soul crushing episode in our lives, we discovered our 1st born daughter also suffered from the same disorder. Through years of research here in Australia and overseas, major advancements have been made. My daughter now has a multitude of vitamins and minerals - a vitamin cocktail - that has made an enormous difference for the better in her day to day life. This is not something she can go without. Smart, forward thinking doctors utilising intergrative measures have quite simply saved my daughters life.

How dare the MBA take this from all who need it. Perhaps one day members of the MBA will be unlucky enough to be on the receiving end of a devastating diagnosis and may need intergrative measures to save your life or that of a family member.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:35 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have used an integrative medical practitioner for many years. I have benefitted greatly from the advice given by this doctor ...I would be most upset if I couldn't access this help as I have an autoimmune disease and his ongoing support is essential to my wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:35:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Choice of therapeutic mediums are vital for early intervention, crisis care and post-vention treatments and care. All alternative and remedial options are more likely to support long term lifestyle changes which are required for greater or optimum wellness at all ages. There should be an increase for complimentary services. Is this absurd notion coming from 'big pharma'

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:00:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to Integrative and complementary medicine. I have benefitted personally from a range of practices which supported my recovery from cancer treatments across 2011 and 2012. The treatments included chemotherapy, radiotherapy and three surgeries. I feel certain that my speedy and full recovery was significantly due to regular access to Integrative and complementary medicines and practices. My family and friends, some of whom were previously very conventionally minded, witnessed my progress and recovery and were suitably impressed. One of the things I especially valued at the time was that Integrative practitioners would typically provide long consultations to get to the root of the problem and to treat the symptoms holistically, meaning that their treatment did not aim to simply fix the problem at a particular site in my body, but to strengthen and support the entire body and its immune system. My body responded well and in so doing these practices supported my choice to use allopathic treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:35:13 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED] these practitioners are finding evidenced based solutions where traditional medicine has no answers. Do not stop this practice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I take an integrative and complementary medicine as it helps with my arthritic pain

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:29:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. Complementary and integrative medicine has helped many people I know, had helped my family and myself for years and we'd be all sicker if it weren't for it. We have the right to health freedom and that means the choice to have what kind of medicine a person chooses. Mainstream medicine is not the only way that works for all people. The MBA shouldn't impose restrictions and if it does we will not support MBA nor comply. STOP WORKING FOR BIG PHARMAS INTERESTS FIRST AND WORK FOR THE PEOPLE LIKE YOU'RE SUPPOSED TO.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 10:58:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I sincerely implore that integrative medicine remain as an option for practitioners and patients. Redefining or redesignating or reframing Chiropractors Chinese medicine practitioners etc and making them less available as an option for GPs to refer patients too is a terrible step backwards in patient care and options.

Surely the Western trained medical board can look wider than their own areas of expertise and see there are others who are better suited and skilled to help than they. The choices need to be kept and options explored for preventative health care as well as treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 9:11:55 AM

---

To the Medical Board of Australia,

I support Option 1.

My body reacts badly to most medicine but I want my GP to advise me on other treatments I can try, my body , my right!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:23 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a Canadian now living in Australia, I'm constantly surprised at how Australian medical systems are moving backwards not forwards. If Integrative medicine isn't for some people, that's fine. But for those of us who want to actively work to stay healthy, we should have a choice in who we see regarding our health. My health. My choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 1:30:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I advocate bringing back the traditional medicines of our forefathers that actually promoted whole health and preventative health.

The government need to be on the side of the individual who only seeks to enjoy good health instead of siding against them with those who wish to do harm by hiding the truth with the aim of control and greed.

Doctors take the oath to do no harm. Increasingly this oath has been twisted to DO HARM....and the government (who are becoming a joke rather than being a power for the people) are the instigators.

Come on and do the right thing, or at least do your job.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:34:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is our choice to support freedom of information and our decision to who we use and seek advice from. Choosing an integrative doctor who advocates healthy lifestyle n certain supplements in no way belittles the doctor who doesn't. Its our tertiary education that is slow to adapt to the evidence amounting to practices that are behind the times and controlled by greed. By all means we need doctors and nurses to assist in times of trauma but we also need health coaches, Naturopaths n intergrative doctors to assist in times of a food allergy or intolerances caused by the chemical rubbish found within our food chain that was delivered from a polluted greed driven enterprise/corporation. Intergrative doctors may be one small step towards a person waking up and taking action to climate change by changing their health to whole organic foods n medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 7:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Everyone has a right to a choice in what road of the Integrative,complementary medicine or medical route they choose. In the past we have used the integrative medicine which allowed a family member to live a further fifteen years which was not possible under the medical route.There is a place for all types medicine to help and allow the people to make that choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 9:46:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to advise that it will be an injustice to make changes to the system. What you need to consider is that some people are allergic to medications and have such sensitivities that going holistic is the only way to to have good health. What right does the medical profession have to say who I see to receive optimum health. It is my choice and I certainly dont need someone telling me how to live my life. Leave it alone - let us live in peace.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:33:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I am currently using both forms of treatment as both can work in some situations. Acupuncture and dry needling provide substantial pain relief. Naturopathy has had more positive results for my health than a doctor prescribing medicines repeatedly which eventually have lesser effect. If any at all. We need choice and the equal right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 12:13:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Myself and many of my friends and family regularly use alternative or natural therapies, as they are better for you especially if you need to use them for an ongoing issue. They don't have negative side effects, unlike a lot of normal medication etc. It would be a travesty to remove these types of therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:28:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Where do I begin??

I am a 53yo retired Critical Care Nurse who has suffered numerous health issues (including hypothyroidism and early menopause) mainly due to treatment for Hodgkin's Lymphoma in my thirties. My experience with allopathic medical practitioners has been less than satisfactory, and after extensive and thorough research on my part, I sought the help of an integrative practitioner who was finally able to offer me relief from the crippling symptoms I was experiencing. This included, among other things, prescribing Natural Desiccated Thyroid as I felt disgustingly unwell on thyroxine. I cannot imagine my life without NDT now, and would be horrified should my integrative GP suffer any repercussions for prescribing this therapy. I also, see an osteopath (after wasting time and money on a useless physiotherapist) for hip pain from a hip cam impingement on my right hip. Through a structured exercise program, and NO pharmaceuticals, he has been able to relieve me of ALL my hip pain, as well as numerous positive added side effects from the exercise. He also monitors the rest of my body in association with my personal trainer for my strength training program for general wellbeing.

I can assure you that my osteopath and integrative GP have done more for my overall health and wellbeing than any of the numerous GP's from whom I sought help previously. I have also found general GP's to be extremely behind the times in terms of current best practice (I understand that they are often too busy to keep up to date), and have found that my own research has lead me towards the integrative practitioners, even though it involves a much greater investment in time and money than seeing a regular GP.

I consider myself to be very well informed and well read on all my personal health conditions and I would be horrified to have these superior treatment options made unavailable in the future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:18:49 PM

---

To the Medical Board of Australia,

I support Option 1.

It is important that the AMA support patient centred care. People have the right to make well informed decisions about their own healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 10:49:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I support and refer to Drs who have studied complementary and integrative medicine as a Naturopath and a patient.

It is clear that there is a witch hunt being sent the way of these Drs by vested interest and unless an independent enquiry board is set up, this will be another PHI debacle costing tax payers millions - removing options for patients having access to Integrative Medicine will be detrimental to the National Health Budget, costing more in sickness than prevention and will also lose millions of dollars in preventive medicine research.

It's time to rethink the evidence and stop this bullying of the public's choice of health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 11:09 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have always used integrative and complimentary medicine.i believe it is my right to choose whatever I have found in the past tone of significant help in maintaining my own health and wellbeing.  
I take full 100% for my health and my well being and how i execute that fully..without dictation from other sources.I am Insulted that this an issue to be put forward

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 9:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please don't ignore the positive impacts that integrative and complementary medicine can have on our health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We need a balanced health care system that provides choice of natural treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 26 June 2019 2:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I oppose the Medical Board changes that will limit my choice to access to Integrative & complementary medicine from qualified medical doctors. In my view, this will just make the struggling Australian public health system sicker.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 10:36:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. To restrict doctors methods does not encourage change or advance new treatment innovation, medical treatment could stand still. Young people might find other career paths that offer wider and more innovative opportunity. Australia could eventually be labelled a third rate medical treatment country set in old ways, tempting our talented young people travel overseas for the best education and practice.

In the past a doctor helped me cope the loss of my husband. I needed the help immediately and a double appointment was needed; the doctor was skilled in this field. A Psychologists help was recommended for future treatment.

Are the proposed changes all for the sake of cost savings?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:41:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to have the freedom to choose integrative practitioners as I believe holistic treatment can work alongside chemically produced medication treatments

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:59:58 AM

---

To the Medical Board of Australia,

I support Option 1.

Intergrative medicine was the one thing that helped my wife when she was in a dark place with depression. The regular GP's continued to recommend anti-depressants but this DID NOT WORK and made everything A LOT WORSE.

After seeing a holistic doctor who actually asked questions and cared my wife was put on certain supplements (which our body requires to function) and she was a completely different person within 2 weeks. I had my wife back.

People can't survive on synthetic drugs. There is a time and place for those services and drugs but everyone deserves their right to choose.

I support option 1.

Please don't make changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:20:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I felt tired and unwell for over 20 years. I knew something wasn't right but medical doctors kept saying there was 'nothing wrong' with me. A few years ago I found out about pyrroles and MTHFR and my life changed. I have more energy, am more balanced emotionally and healthier and happier than I have ever been. If integrative medicine changes my health and access to this would suffer. As a chiropractor I also work with numerous patients whose health has also benefited from this type of intervention. A patient should have the right to choice of healthcare - be that integrative medicine or conventional medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:43 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It's not the MBA's right to place restrictions on how people choose to access healthcare that includes complementary medicine as well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am submitting this as I would like to see no change to the current guide lines. I have a 3 year old daughter who suffers from a vaccine injury and integrative medicine's have been one of the only ways to help heal her.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would actually be dead if it wasn't for integrative health Drs and complementary therapies. When G.P's thought I was crazy...my integrative practitioners listened to me and were able to help me recover from what Drs couldn't.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:28:26 PM

---

To the Medical Board of Australia,

I support Option 1.

18 months ago I experienced migrating arthritis. The swelling and pain moved to different locations in my body. Sometimes I was fine and other times I was in extreme pain simply pulling my pants up; other times I could hardly walk.

Conventional medicine was unable to help me other than pain medication and anti inflammatories which didn't do a lot. I saw a rheumatologist as well as a GP.

It was only through a change in diet and vitamins that I was able overcome it. My naturopath discovered that I was vitamin D deficient (via blood tests) and organised a microbiome test. I cut out inflammation causing sugar and dairy and started vitamin D and magnesium supplements. All swelling and almost all pain was gone within 6 weeks after having suffered every day for about 4 months.

Conventional science is proving why diet and vitamins work with the study of the microbiome. It is great to see GP's coming on board and embracing this 'new' discovery and integrating the benefits of herbal medicine that has been proven over thousands of years. There is no reason why we should not have the best of both worlds. They can be complementary medicines, not alternative.

GP's who are open minded and willing to study the benefits of natural medicines should be applauded and supported, not have their hands tied behind their backs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I'd be dead if it were not for integrative health care. Conventional medicine could not fix what was wrong with me, and often made me worse. I have many allergies and sensitivities and many medications traditionally used to manage my condition made me sicker. Without the assistance of supplements, diet and lifestyle changes, I would be continuing to get more sick. Please reconsider these changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:53:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Please stop mucking about with holistic health care. If people are to be cured of their ailments, doctors have to get to treat the the whole person, not just the symptoms; in some cases, treating only the symptoms does not bring relief. We know about referred pain; illness can also be "referred" and you know it! We also know that conventional (a) was once unconventional and (b) frequently doesn't work; one size does NOT fit all! Plus, what does it matter if a doctor prescribes both conventional and "other" treatment? I have the right as a patient to visit any health practitioner i choose; why doesn't a doctor have the right to prescribe the treatment he or she thinks is appropriate? The doctor knows the patient you don't. The doctor is paid by the patient; what the hell does it have to do with the MBA?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:15:11 PM

---

To the Medical Board of Australia,

I support Option 1.

It is critical that Integrative Healthcare Practices be maintained because modern drugs do not always provide the answers or results desired. Doctors and their patients must be allowed to choose the best method of treatment with mutual consultation and consent between them. This is their right. The only "people" to benefit from withdrawing these options are big pharma which already holds too much power (like the big chemical companies eg Monsanto). I believe they are scared of Integrative Health Practices as it potentially affects their bottom line. If these approaches didn't work, they wouldn't be worried about them, and they wouldn't be pushing for them to be removed from the options. So often, the Integrative approach works well. My family has been a direct beneficiary of this approach where drug treatment alone was not working. Doctors and their patients must be allowed choice. The MBA should not become the puppet of big pharma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complementary medicine and natropaths have kept me out of hospitals so I do not have to be a burden on the Medicare system in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:54:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

As a parent of a very disabled child who is totally dependent on us for all care I am deeply against restricting the use of emerging or complementary or integrative medicine.

For our daughter traditional medicine can only offer cutting tendons, major hip surgery, heavy duty drugs, etc and basically nothing more. Alternative medicine offers therapy that avoids these heavy duty very invasive traditional treatments that really belong back in the dark ages. We have found that some alternative treatments work for some people some of the time. For example our daughter has participated in the following:- conductive education, anat baniel method, nutritional programs, therapy at home, low level laser treatment, neurofeedback, and others. If we went traditional she would have now had major hip surgery, back operations, cut tendons, botoxed, drugged off her mind to make her easy to manage ( vegi), etc. Some dr's and paediatricians have helped massively with nutrition and supplements.

In this day and age you should be opening up your mind to embrace alternative and emerging therapies that have and are helping dramatically many families. Why take this option away??

I am sorry this is just a very quick submission as I have little time but do feel very strongly about it.

Thank you.

Kind regards,  
[REDACTED]

I consent to publication of my submission without my name.

Sincerely,  
[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Australians deserve all healthcare options to be presented to them by their guiding physician, to improve their physical and mental health.

If this right of practice is taken away from practitioners, Australians' healthcare will be negatively impacted.

When diagnosed with Major Depressive Disorder last year, my GP suggested a range of treatments to support me in feeling better.

Anti-depressant medication, short acting sedative medication, iron infusion, Vitamin D and Vitamin B12 supplements, psychiatry and psychology appointments. If the current guidelines are changed, not all of these options would have been available, and I needed everything in my arsenal to improve my mental health, which was at an all time scarily-low low.

This is just one example. For many with Chronic Illnesses, complementary medicines are just as important as prescription medications, and having Medical Doctors recommend and support natural remedies can be life-changing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:59:28 AM

---

To the Medical Board of Australia,

I support Option 1.

We CHOSE our doctor specifically because of their holistic approach to healthcare. This has helped in our overall health outcomes such that we remain healthy and not a burden on the medical system  
We wish it to remain our choice.  
Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:09:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I support continued patient access to integrated and complementary medicine. I feel it imperative that the freedom to choose how one cares for their body be preserved. As science progresses, there are an increasing number of outstanding, safe supplements, vitamins and protocols that are available, but which do not meet pharmaceutical status. When a medical doctor is included in the process, patient care is improved.

For example, I know of alternative therapies where people have chosen to withdraw from conventional medical treatments because they are not needed. To continue on both a pharmaceutical drug and a complementary therapy, can actually prove harmful to a person eg if their sugar levels change, blood pressure improves, hormones become balanced.

I do not have access to a doctor who could supervise me, therefore I make my own choice and inform my doctor and ask for the doctor to approve blood tests. I would find it very comforting to have a doctor work along side me, with the knowledge of the alternative therapies. For those people who are lucky enough to have access to an integrative practitioner, I say "Fantastic news for you; you will have amazing care!"

My father had dementia, which took his life. I had access to an alternative rebox therapy which may have prolonged his life or even improved it, however as he was in a government care facility, I assumed he would not be allowed access to a non-pharmaceutical supplement; later I heard about integrative medicine.

In my mind, there should be an increase of these practitioners, not a decrease. To only have one form of treatment available is ludicrous and robs patients of the freedom to choose over their own body.

I ask that there be no change to the existing guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I support GP's practicing integrative medicine! Medicare bloody near killed my GP for doing so and being a proactive healer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:12:48 AM

---

To the Medical Board of Australia,

I support Option 1.

Please respect and uphold the variety of options for treatment available within Australia currently, as both mainstream and alternative medicines work very well together.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Please allow doctors to continue practising integrative medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:35:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing due to my concerns that you are looking to limit doctors from using complementary and emerging treatments in their practices. As someone whose life fell apart from being chemically poisoned in an accident, I literally owe my life to doctors who were willing to look at alternative routes to help me rebuild my health. Thanks to that accident I now have Multiple Chemical Sensitivities, which governs my entire life. I cannot take conventional medicine, due to the damage done to my nervous system. My case is not at all unique, more and more people are developing MCS, as well as other environmental illnesses brought on by our chemically loaded society, and that includes sufferers of asthma as well. To take away complimentary medicine such as vitamins and minerals, is to discriminate against a whole sector of the community who cannot survive on chemically derived drugs and medications. Choice is very important, and to take that away is going to cause harm to many people. We should always have the right to choose how we treat our bodies and who we want to treat them. As it stands patients have a choice whether to pursue a traditional doctor or not, and that is exactly how it should be, alternative treatment is not being forced on anyone, and as such has no need to be removed. I am also concerned that you are looking to limit how long a doctor can spend with a patient, this is utterly ridiculous, I have a very long and complicated medical history that cannot be accessed in ten minutes. I would never have discovered many of my diagnoses, if I had not had a doctor who was willing to spend up to an hour with me at a time, a privilege I chose to pay for, and something that is no one's right to take away from me or any other patient. Doctors are under enough pressure as it is, to limit the time frame they can spend with a patient, is to limit their ability to work properly, which is both stupid and potentially dangerous.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:24:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe a move such as this will result in even more stress on an already failing health system, and it seems unbelievable that you would make a move to reduce the ability of DRs to treat in multiple ways. Let this not be about money hungry pharmaceutical companies that actually want people to be sick and ultimately end up dependent on the drugs that they produce. There are moral and ethical questions that surround the current relationships of pharmaceutical companies and medical practitioners which have been highlighted on more than one occasion by the over prescription of pharmaceutical medication.

There is no denying that many of the successful treatments in today's society have originally come from a more natural source such salicylic acid (aspirin) from the white willow bark, digoxin (digitalis) from foxglove to treat heart conditions, opium poppy (morphine/codeine), penicillin from mould just to name a few. It is absurd to deny the thousands of years of anecdotal evidence of such therapies. Hippocrates, the father of medicine, used many of these remedies and treatment options that are still effective today. The Hippocratic Oath that practitioners must still abide by today is to 'first do no harm' and many of the natural treatments available fit this philosophy

There is a time and a place for all types of medicine and we should have the right to choose which treatment options we would like to use and who better than a medical practitioner to guide such treatments. I strongly believe that there is a place for both types of medicine (allopathic and complementary) and that they can be both used effectively together.

Natural medicine has indeed helped myself and my family over many years in areas where allopathic medicine has not been able to. As a result of this, we have maintained a good level of health and are not a burden to the health system. I absolutely advocate for a holistic view to a persons health care, it is impossible to treat only one symptom in a single being without there being an effect in another part.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:30:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative & complementary medicine often & any change to this will endanger my health whilst prolonging healing

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:56:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the past 30 or so years, the scientific and medical communities have tried to convince the Australian public that they have all the answer, while at the same time rates of cancer and chronic diseases have skyrocketed.

Yet in recent years, the emergence of alternative sources of information has provided Australians with the information and tools to access treatments, practitioners and resources that have been sidelined or ignored for too long. Many of us are experiencing a resurgence in health and wellbeing as a consequence.

It's not surprising that the MBA is panicking as more and more people realise they are empowered and as the MBA loses its grip on the narrative.

With this initiative, the MBA has scored the ultimate own-goal by trying to ram this change in regulation through, ensuring that alternative practitioners are driven from practice or forcing them underground. This is a modern day witch hunt. Except that the public is waking up to these games and is refusing to accept these stand-over tactics.

This is my statement of My Will on this matter - I do not permit you to place any restrictions whatsoever about what I do with my body or which practitioner I may seek treatment from. I do not cede sovereignty of my body or my decision-making over to another party such as the MBA. I reject your assertion that you may make any decisions about licensing or constraint of business on myself or any practitioner I may seek to engage through private contract. Any constraint on their ability to conduct business or my ability to engage them in private contract shall be considered as a direct infringement on their ability to trade and you, the MBA, hereby accept full liability for any loss in income for the practitioner, additional cost that may be incurred by myself seeking alternative arrangements, legal expenses, inconveniences, loss of earnings, compensation for loss of amenity, medical expenses or any other costs I may incur due to health impacts to myself or my family which may be caused partly or in whole by the lack of access to my preferred modes of treatment or therapy.

It is My Will that all constraints on "alternative or complementary practitioners" be removed with immediate effect.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 10:08:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the past 30 or so years, the scientific and medical communities have tried to convince the Australian public that they have all the answer, while at the same time rates of cancer and chronic diseases have skyrocketed.

Yet in recent years, the emergence of alternative sources of information has provided Australians with the information and tools to access treatments, practitioners and resources that have been sidelined or ignored for too long. Many of us are experiencing a resurgence in health and wellbeing as a consequence.

It's not surprising that the MBA is panicking as more and more people realise they are empowered and as the MBA loses its grip on the narrative.

With this initiative, the MBA has scored the ultimate own-goal by trying to ram this change in regulation through, ensuring that alternative practitioners are driven from practice or forcing them underground. This is a modern day witch hunt. Except that the public is waking up to these games and is refusing to accept these stand-over tactics.

When the full body of science is being obscured from your own practitioners and the education of MBA-certified practitioners has been fully outsourced to commercial interests you are no longer a 'noble profession'. How can you stand beside your Hypocratic Oath of 'Do No Harm' by taking off the table the availability of the full spectrum of potential treatment options. Allopathic treatments should just be one option available from a wide range of treatments.

The MBA should be ashamed to even have proposed such a preposterous idea. I headby demand the entire board of the MBA resign. You do not speak for me.

This is my statement of My Will on this matter - I do not permit you to place any restrictions whatsoever about what I do with my body or which practitioner I may seek treatment from. I do not cede sovereignty of my body or my decision-making over to another party such as the MBA. I reject your assertion that you may make any decisions about licensing or constraint of business on myself or any practitioner I may seek to engage through private contract. Any constraint on their ability to conduct business or my ability to engage them in private contract shall be considered as a direct infringement on their ability to trade and you, the MBA, hereby accept full liability for any loss in income for the practitioner, additional cost that may be incurred by myself seeking alternative arrangements, legal expenses, inconveniences, loss of earnings, compensation for loss of amenity, medical expenses or any other costs I may incur due to health impacts to myself or my family which may be caused partly or in whole by the lack of access to my preferred modes of treatment or therapy.

It is My Will that all constraints on "alternative or complementary

practitioners" be removed with immediate effect.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:47:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I support any doctor giving me information on complementary medicine or any other innovative practice.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 9:29:20 PM

---

To the Medical Board of Australia,

I support Option 1.

My Eye specialist has in the past been free to recommend that I purchase and take certain vitamins which he has found to slow the degeneration of my eye macular. I really appreciate this valuable advise, which has made a difference to my life and ability to continue driving. should this option to medical Drs be withdrawn, many patients in my circumstance could be disadvantaged by not becoming aware of the great assistance this complimentary medicine can give. Please do not take this option from doctors and other medical personnel.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:56:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you to ask you to support Integrative medicine rather than to tighten regulations.

My current GP whom I see for mental health challenges has helped me exponentially with managing my condition by using integrative as well as traditional western medicine. Prescriptions/traditional medicine alone have not gotten me the positive results I now have. I am now able to function and work like a 'normal' healthy adult.

I also have another GP who I see for hormonal issues. Having balanced hormones also contributes to the minimisation of mental health issues for me. The hormones used to assist me are bio-identical hormones and I can say first hand that I am feeling so much better since taking these. I am assuming that such medicines will be under the spotlight with your proposed tightening of restrictions.

As you can see, both of these practitioners are GP's and many other GP's are seeing the benefits of integrative medicine. By tightening regulations, this is in my opinion, is a huge step backwards for what the Medical Board believe in - "The care of your patient is your primary concern" in that working within the limitations of traditional/western medicine will inhibit more people becoming well. Practising traditional medicine combined with integrative medicine is a huge must so more people, like myself, can become well and be participatory in everyday life rather than being a burden on our welfare system.

I sincerely hope that as a board you will all make the best decision taking in to account the letters of myself and others. I can't speak highly enough of the 2 medical doctors that I see and the extra studies they are undertaking to provide a holistic service to their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 6:06:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I support no changes to the current MBA guidelines concerning integrative medicine. I value access to a range of health care providers and a holistic approach to my health which includes 3 approaches 1) preventative approaches to disease (i.e. risk reduction), 2) health promotion (i.e. moving me to a state of health and health resilience rather than just avoiding disease) and 3) curative medicine. If restrictions are placed on integrative practitioners it seems a sign that the MBA is moving to just focussing on aspect number 3, though valuable it is not enough to sustain the health of myself and my family.

I've received great benefit from integrated practitioners across all 3 aspects, my experience with conventional doctors in Australia is a focus on curative medicine and a limited understanding of my life circumstances which might have contributed to disease in the first place. Through integrated and complementary medicine (this includes but is not limited to TCM which is a system that has been used, applied and studied for thousands of years), I've managed to stay relatively healthy and when I'm sick received great benefit from integrated practitioners. I've also valued the time they've given me in consultations to understand me and the complex factors which are applicable to my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

All patients have a right to treat any illnesses with alternative/integrated medicine. Holistic medicine has enabled me to have children as well as treat numerous ailments I have had over the years. The idea that patients may lose the right to use whatever methods they may to improve their health and wellness is not the right of the medical board but the individual.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 1:18:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I have experienced positive results consulting with Integrative doctors in situations where conventional specialists were not able to assist. To date, my chronic health issue has been less of a burden both to myself and the public health system than it previously was.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:49:51 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine enhances conventional medicine and provides additional relief eg pain through remedial massage, Bowen therapy, acupuncture, etc. Many people rely on these additional services and therefor should continue to be provided.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 9:36:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has allowed myself and my family to prevent illness and disease. There were many times where conventional medicine was not helping and no other options besides natural alternatives were available - and these worked. I believe we have been sick less often and have used less of medicare because we are in good health, instead of treating illness and disease because we didn't take preventative steps. We live in a free country, let our choices be free, but in addition to this use common sense - it has worked for thousands of years, so lets keep it that way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 1:19:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped me and my family members in recovering from head colds, influenza and sinus problems. We should have the right to receive recommendations from GPs to all treatments that will be beneficial.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:09:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Intergrative health has been most helpful to myself and family members re ridding ourselves of ongoing health issues. We have found that Naturopaths and Intergrated doctors considerably more helpful with most health issues we have incurred.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:58:30 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not restrict our choice to explore/use a range of different treatment options.

All people should be able to have freedom of choice with regards to their healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 8:30:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe full patient treatment is looking after the person as a whole. Drs that only prescribe drugs that could of been better served with something more natural, i believe are doing people a dis service. A good dr will see a need for both holistic n western medicine. Most drs have no idea of side effects etc of drugs n fail to believe it because they wernt taught it. There is a massive gap in our drs. Open minded drs are like gold, very hard to find. A revamp is definetly needed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 22 April 2019 12:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please retain the right of doctors to suggest holistic treatments for their patients. That is what I want and I think many others too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 19 May 2019 9:19:32 AM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has personally benefited from a very positive, healthy, long term relationship with an integrative doctor, I am against this proposed change to the current regulations.

More independent research is needed to determine the risks or benefits of complementary medicines not a blanket ban.

It concerns me the power that pharmaceutical companies already have and ensuring they are removed from decision making on important policies is vital.

I'm encouraged this issue has been put on the agenda as I believe it has so much potential to make us healthier, happier and less dependent on substances that mask rather than treat symptoms. We need to know more about these types of complementary medicines to support our currently overwhelmed health system.

I trust the policy makers will take on board the public outcry against this proposed change.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 5:44:51 PM

---

To the Medical Board of Australia,

I support Option 1.

As a parent with two boys with kidney disease I use conventional medicine but integrative options has meant that a two pronged approach to my boys Heath has enabled us to have a decent quality of life.

Unfortunately there is no one size fits all with medicine and lack of integrative medicine would mean many would fall through the cracks.

It's all about having a choice of how you manage and control your health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 11:12:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I am in full support of my Dr. Who provides an Integrative approach to serving my medical needs. I have experienced the benefit of thoughtful, professional advice especially concerning the treatment of my osteoarthritis. The treatment has been a blend of traditional and new herbal and mineral supplements.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:30:48 AM

---

To the Medical Board of Australia,

I support Option 1.

Evidence based integrative/holistic medicine should be allowed to be incorporated into the practice of GPs. In my opinion, and through my personal experience I have witnessed this, GPs who are open to integrating holistic health practices into their practice are usually very learning focused and excellent doctors. I always feel better about seeing a GP who is open to holistic health and I'm wary of GPs who scoff at non- western medicine without demonstrating they have bothered to learn anything about it including being ignorant about evidence based research.

In the past when I have sought holistic medical advice on a number of chronic health issues I have always been presented with balanced advice from a holistic doctor where they ensure to point out the efficacy and risks associated with any 'alternative' treatment or testing being put to me. I have always felt respected as a patient in this kind of approach.

I believe it would be a significantly backward step if GPs were to end restricted through these proposed measures.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:53:41 AM

---

To the Medical Board of Australia,

I support Option 1.

A lot of my health concerns came from bad MVA's, polypharmacy and genetics. Attending both conventional and integrative GP's has provided me with a medical and health focussed service that has seen my health improve enabling parenting and marital responsibilities to be performed instead of being a care burden. It wasn't until my nutritional deficits were specifically targeted and measured then treated that health returned. Also targeting subclinical symptoms stopped the advancement of various health issues. Integrative doctors provide real life solutions to real life problems which are holistic not just medically focussed which has seen high technology but a sicker population regardless of yrs added. Collate morbidity stats truly and you will be shocked. These stats are hidden. Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 27 May 2019 6:25:18 PM

---

To the Medical Board of Australia,

I support Option 1.

If a complimentary medicine can be of benefit to me i want to know of it and have access to it

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

100% support patient access to Integrative & complementary medicine.  
Integrative & complementary medicine has helped you, your family & friends for numerous reasons and it's the first thing to try if not in need of medications.

If the MBA imposes restrictions on Integrative practitioners it means they are controlling and unsupportive of medical physicians and their decisions of what would best suit each particular individual.  
People are not numbers...we are people and everyone needs something different. Not just a standard service and if that's the case what's the point in using them just to get tablets shoved at us.

People need to also be educated in natural therapy as well as the medicinal world. Let drs be doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have improved my health, energy, my family's and my parent's health as a result of holistic/integrative/complimentary approach. It has saved our lives! Well improving our quality of life.

I also know many who have been saved by non-traditional medicine. Therefore not relying on, not being a burden to the government in regards to healthcare cost and inability to contribute to the community.

The restriction means removing the right for patients to choose how to proceed with their own health and vitality.

The restriction would also mean close mindedness. It would mean a monopoly by the conventional medical industry.

Without competitions, there'd be no improvements, there'd be no new learning nor knowledge, no new discoveries.

We are a democratic country. It is our right to be respected and to have a voice and to exercise our choices. Especially for our own lives.

As it is now, the medical industry benefits. People are happy as they have the freedom of choice, as should be. The medical industry can also harmoniously work alongside and/or incorporate the non-conventional treatments. This brings back the health of the people and maintain their happiness. Isn't that the goal?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:35:58 AM

---

To the Medical Board of Australia,

I support Option 1.

I support access to integrative and complementary medicine. I am 35 and have had chronic gastrointestinal issues since birth, the cause of which has still not been determined with certainty. I have been to dozens of doctors who could not diagnose my symptoms. At age 22, I proposed dietary changes to one of my doctors, who only then considered that my issues may be diet related. Dietary changes because of food intolerances removed 99% of my symptoms, but not once was I referred to a dietician by a GP, and I was only tested for issues like coeliac disease upon my own prompting. I am concerned that restricting access to integrative medicine may mean that chronic ailments like mine will be insufficiently treated and patients will continue to suffer their symptoms without appropriate referral to other (not necessarily medical) practitioners. I believe it is crucial that doctors take a holistic approach to diagnosis and consider identifying the cause of the symptoms, and considering alternatives like changes to diet and other complementary treatments that may improve patients' wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 3:15 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Access to integrative & complimentary medicine should be a birth right of every citizen (in Australia and Worldwide).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:41:04 PM

---

To the Medical Board of Australia,

I support Option 1.

To Whom It May Concern,

please do not restrict integrative medicine doctors. They have helped me with my auto immune issues so much that I am able to enjoy a lot of things now. When I was going to a regular doctor in my 20s, I was lethargic and always unwell due to my auto immune diseases as well as the side effects from the drugs that they prescribed. My quality of life has improved SO much because of my integrative medicine doctor.

Please do not lower my quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:37 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Natural medicines in conjunction with conventional medicines helped to clear up my daughters severe eczema.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 9:47:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been seeing an integrative Doctor for two years, before that I was not in a good way I was very depressed, angry, no motivation to do anything. I was lucky to be told about the integrative Doctor I am now seeing, with a few supplements and vitamins I am a completely different person, he spent time with me and I don't want to think what would have happened to me if I hadn't seen him as nothing was helping me and no one was listening to me, he took the time to go through everything including diet. I don't want to think about what would happen if there was restrictions on people seeing integrative Doctors or other complementary practitioners

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:04:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I use alternative health practitioners to help with my health and I deserve the right to choose if I use alternative or conventional therapies. Thanks [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:06:03 AM

---

To the Medical Board of Australia,

I support Option 1.

In my work as a remedial massage therapist I often work with people who are very real victims of the so called "evidence based medical system", yes they are victims living in pain with unresolved anger and confusion quite often not fully understanding the treatment let alone the side effects of treatment.

I have found that finding options to improve the quality of life can usually be achieved with some simple interventions from a selection of practitioners and therapies that I have developed access to over years of practice can make enormous difference to quality of life.

In my own case I demand the freedom to choose how I manage my health, recovering from cancer I have chosen not to use radiation, chemotherapy, ct-scans all of which have been proven to be carcinogenic. This has come at a substantial financial cost to me but only a pittance of what the standard treatments cost the tax payer through medicare.

Is your "duty of care" really health and welfare of your patients or are you the great pretenders.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:17:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is important to protect the rights of Integrative doctors who want to give a holistic approach to health care. They should not be targeted to disallow the use of complimentary medicines and treatments which will enhance recover of patients.

We do not need more regulations for doctors who choose to offer advice on complimentary medicine and treatments along side their conventional treatments.

I want the right to choose a doctor who understands my use of complimentary treatments, otherwise I would stop using doctors at all.

I want the choice to use either conventional treatment or complimentary and having this in one place makes my choices better and clearer, I can compare what will work best for me personally.

Please do not allow more regulations on complimentary treatments, we should have the right to make our own choices and not have these decision made by Government.

Thank you for caring about our democratic choices and please protect our rights to make our own choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:39:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I value my choices in health care, without them I would be very sick. In the past I have attended many doctors who have offered complementary medicines which have helped me enormously. More recently with a diagnoses of IBS I was able to regain my health after incorporating natural therapies. I want the choice of attending a doctor who will support my choices in healing. I believe it is important to retain these choices and having a qualified medical doctor who understands complimentary medicines help thousands of people, we need to protect this right and not undermine it.

Thank you for caring

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:03 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Good morning,

It would seem that you wish to support the unhealthy instead of supporting the healthy and trying to support positive health.

I personally have many intolerances to pharmaceuticals and after two decades have realised how to manage illnesses with natural therapies.

It costs me so much more to be healthy because you do not support rebates for therapies which work for me.

To further restrict these therapies, which are much more conventional, is very concerning and will harm peoples health.

I have huge concerns over this whole process, why are you stopping support of health producing therapies?

I hope for an over turning of these restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 11:22:11 AM

---

To the Medical Board of Australia,

I support Option 1.

Do not restrict our right to these types of life changing and saving medicines and treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:07 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We need more choice in how we take care of our own health. If these changes get through it will mean the integrative and complimentary medicine that helped me cope with my chemo treatment side effects will not longer be available to others.

I use these forms of medicine where appropriate as I find it works and I have less side effects. My Doctors are happy to discuss alternative options with me and are open to complimentary Medicine please don't take this away. It will only make it more difficult to find good advice and help and this may actually endanger people's lives if they have to guess or google.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 11:32:28 AM

---

To the Medical Board of Australia,

I support Option 1.

It should be our right to choose what health care works best for each part of our health care plan of action.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 10:39:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors these days have a limited knowledge about anything other than pills. Many are pill pushers. They don't understand about chiropractic care or other kinds of what might be called natural care, so they rubbish it. I think it is imperative that we as patients have the right to choose whatever kind of care we want. I use chiropractors often and some have wonderful diagnostic skills. If I am not happy with one chiropractor I will go to another. It is my money, and I am prepared to pay for it.

Generally 'natural' health care is more focused on me as the patient and treated in a holistic fashion. I like this.

Somehow our lives are becoming more and more regulated, our personal choices are being eroded quietly but successfully. This is one choice we must still retain.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 10:00:50 AM

---

To the Medical Board of Australia,

I support Option 1.

My GPs and specialist surgeons put me through 12 operations over 2 years but omitted to tell me that a simple CSIRO-approved high fat low carb diet would eliminate a reoccurrence over the last 5 years. I then found the ONLY keto GP in [REDACTED] and have been cancer-free for 5 years. THAT was ignorance, not help. Dont prevent this alternative cancer treatment advice (awarded a Nobel Prize in 1938!) by changing the rules on ANY alternatives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 9:56:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I only go to medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. What gives any organisations the right to adopt 'force' such a drastic change that effects Australian Community and Integrative doctors livelihood.

Banning use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing will have a huge impact on the Health Care of Australia... not to mentioned dictating and discriminating against Patients Choices of health care.

It is evident that more and more people are looking to alternative health practices because quiet frankly "conventional" is making people sicker not better.

I value a holistic approach to healthcare and support doctors' right to provide NEW and INNOVATIVE practices, including complementary medicines.

I have an autoimmune condition and it has been complementary modalities and medicines that have allowed my body to repair and heal 'naturally' without side effects that "conventional" treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 10:29:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered from myalgic encephalomyelitis/chronic fatigue syndrome for 20yrs. Conventional medical practitioners are very limited in their understanding of this disease for many reasons and therefore of helpful management strategies. A holistic approach to managing this condition is required and without access to an integrative medical practitioner who understands emerging and innovative practices, including complementary medicines my quality of life would be drastically reduced and I would be a huge burden. National therapies and complementary medicine help me to keep from becoming totally disabled and reliant upon my children and social service support and therefore the public purse. As there is no cure for this disease and little funding allocated to it the pathway for me without an integrated medical practitioner would be multiple chronic diseases, significant loss of functional ability, cognitive decline, burden on society and premature death. If I did not have this level of independence and meaning in my life due to integrative medical practice I am sure I would lose the will to live. I know of others with this condition who have not had access to integrative doctors who understand and have committed suicide. Conventional doctors do not have the time nor often the desire to keep up to date with emerging research in this area and often disregard patients' lived experience and knowledge. Integrative doctors do listen and treat patients with respect and dignity and personalise care management with patients. Conventional doctors who are limited with their time often take a problem approach and do not consider a holistic approach with the patient. I would appeal the Medical Board to not take away my choice for my health and my health practitioners and my ability to live the best life that I can.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 5:18:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary healthcare because without it, my health wouldn't be what it is now. I have accessed complementary healthcare both through my GP and independently for 25 years, and work with both a Naturopath, my GP, medical specialists and complementary health practitioners to give myself a wholistic approach to my health.

When I visit my GP, I will mostly opt for a longer consult, knowing that it will cost me more so that we can discuss what is going on and options for treatment, and prevention of the symptoms. It is unrealistic to restrict every consult a Doctor does to just 10 mins. In some cases, it would take a patient more than 10 mins to explain to the Doctor what is happening for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:39:47 PM

---

To the Medical Board of Australia,

I support Option 1.

My body my choice!!!!!! Don't tamper with my choices to allow my doctor to intergrate all types of medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:47:02 AM

---

To the Medical Board of Australia,

I support Option 1.

As a free citizen it is my right to choose whatever medical treatment  
I wish, what right do you have to remove that freedom.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 10:25:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to express my support for the continuation of patient access to integrative and complementary medicine. I suffered for many years with exhaustion and constant illness. I spent a lot of money seeing GPs and even endocrinologists who would only perform the most basic tests and tell me that my results were normal (although just barely) and therefore there was nothing wrong with me. I felt ridiculed and belittled, having been told that perhaps my problems were more psychological. I became so ill that I was almost suicidal.

It wasn't until I went to see an Integrative Health GP (along with a naturopath), who took an incredibly detailed history, spoke with me at great length about all of my seemingly unrelated health issues and tested more than just the basics that I discovered that I have quite rare and hard to find health problems. I am now properly diagnosed and treated and my health, although still a challenge, is so much better and my quality of life has greatly improved.

Because of issues in my pituitary gland, I do not produce all the necessary hormones for normal functioning - this affects my adrenals, my thyroid and my sex hormones and this has a huge impact on my day to day life. I also do not absorb nutrients well and so rely on compounded supplements for many essential vitamins and minerals. This is closely monitored by my Integrative GP, however, I am unable to get this kind of support from a regular GP.

I dread to imagine a future where I do not have access to this kind of health care. I believe that it is every patient's right to access quality health care - of the kind that is best for them, not that which a governing body decides.

I hope that you will consider continuing to allow patients control over their health choices and ensure that there are no changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:25 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complimentary medicine as traditional approaches do not always work for some - medicine and treatment is not a one size fits all approach. I've had so many texts for chronic pain and fatigue using traditional medicine and there have been no answers. I've been supported by my doctor to look into complimentary therapies under her guidance to support me to manage my pain. I have been helped a great deal by taking a holistic approach to my health under the watchful eye of my GP.

I know many cancer sufferers who are out of options and are being made sick from the harsh cancer medications. Options to alternatives or complimentary medicines should be our fundamental right. More traditional doctors should work with complimentary therapists. It's not a competition about who is better - work together to better support your patients - not against each other. I know many complimentary therapists who wish to work together with doctors but doctors are set in their ways and won't look into alternatives, even when what they're prescribing isn't working.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My husband, children and myself have utilised integrative Medicine which has helped us above and beyond what conventional medicine has. Having a general practitioner who has a knowledge of herbs and supplements and nutritional medicine as well as conventional medicine is vital to my family. If this option wasn't available to us we'd prefer to see a Naturopath over a conventional GP. Please don't make changes to the current guidelines which allow GP's to practice this way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:04:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines. We should be happy that people are seeking the advice of a healthcare professional and using complimentary medicine. Complimentary medicine is a wonderful preventative health measure that is so often overlooked by you in favour of big pharma.

Right now Australia isn't even meeting its obligation to the World Health Organisation who state that each of their delegates (in which Australia is one) must comply to provide equal, fair and affordable access to traditional and complimentary medicine. I cannot believe a country as advanced as Australia is so behind the times in this matter. Please give people the right to choose what is best for them. And give doctors the right to provide them with educated advice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi

Leave the integratives alone. Provide better training to non integrative doctors...

5hanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have watched over the years as my family has suffered at the hands of so called medical professionals. If my mother had not pursued alternate treatments and nutrition, she would no longer be here. My sister was prescribed medications that has completely ruined her body and is now in a fight for her life. She should not have had to go through this torture. These are just 2 examples. Through watching the damaging effects on family, I am always looking at other ways to treat and restore my own health. I don't believe the human body is ever designed to take on so many chemical drugs. I do believe that there are exceptions at times but there needs to be balance and options for patients to make the choice for themselves on how they want to be treated and not have the choices restricted or taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 10:45:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a RN of 47yrs and have always advocated for patients and Drs to have the choice and autonomy to make decisions regarding health. Personally I find massage is more beneficial than physio for some things, hypnosis can help with ceasing smoking and meditation is brilliant for anxiety just to mention a few alternative complementary medicines that help with holistic medicine. GP's are in the frontline everyday and often have to look for solutions that dont always fit neatly into the maintream medical. Research , experience, communication and an open mind weighing up what is best always gives the best outcomes.

If restrictions are placed on practioners then we as a society are being forced to not have our choice of treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Holistic medical practitioners have helped me to identify and now manage some complicated and debilitating food intolerances that were incorrectly diagnosed as ibs by specialists and gps who had nothing to prescribe for it and no knowledge of natural therapies. Complementary medicine has also helped me to survive and turn around two decades of glandular fever originating chronic fatigue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:17 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We need to be to choose how to treat our bodies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:03 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

After seeing 9 Doctors for my illness, Integrated Practitioners have only helped me get better.

I have the right to decide who I would like to receive help from.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I can not put into words just how much integrative medicine is needed and wanted by so many. Mainstream medicine is so generalised and so many generic prescriptions are tossed at patients to cover symptoms they may be experiencing without looking for the actual cause that may be causing these patients to feel, quite honestly, horrendous. We are not all "one fits all" people. We need to be listened to and made to feel like our health matters, that it's not "in our head" and "here have another pill". Integrative medicine gives us these listening ears, much needed investigations into our health to find ACTUAL CAUSES of our symptoms and gives us guidance on prescriptive and natural remedies to our ailments. Freedom of speech..... isn't integrative medicine just that ? The doctors freedom, and also ours as their patient, to be free to speak beliefs. Not everybody has to agree but freedom of choice should not be taken away by those who don't. Please, for all of us out there that would be so very ill without these integrative doctors, i ask that no changes be made. Thankyou

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:25:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to Integrative & complementary medicine because for 40 yrs myself and my family and friends have been using complementary medicine along side orthodox medicine with great success. I have had a number of acute and chronic illnesses. having been able to use both medicines have returned my health to very good form and I would not have had the same result with only one of them. I would be horrified if this goes through and it would be very upsetting that such a negative attitude has been forced on the public.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:40 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support option 1- no changes to the current regulations.

Choice is very important to me, along with my health. I feel that exploring less conventional healthcare options is a fundamental right and freedom and making changes infringes on this. I would like to continue to access 'alternative' options outside what is considered conventional.

Longer appointments and a desire to get to the root of an issue rather than treat a symptom should not be a rarity or restricted because it's different.

I have benefitted greatly from chiropractic care and complimentary medicine as I have from conventional treatments.

I am strongly against further stringent restrictions on the already regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) .

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicine - again my health should allow me my choices in treatment options.

There is no one size fits all approach- each person is different and can respond differently to different treatments- not allowing access to healthcare because of a government bias against what is considered "fringe" is not allowing me the freedom to govern my own health choices which are wholly outside the purview of the government.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Allow Drs to prescribe alternative medicines, YES

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:12:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I write to strongly object to any change to patient access to integrative and complementary medicine. I have used complementary medicine since a teenager, I am now 64. Many times complementary medicine has been able to resolve issues that drugs could not and in fact made worse. I and my family happily integrate traditional medicine and "conventional" medicine. If restrictions are imposed it will change my life for the worse. Let me choose the type of treatment I prefer and that works for me. I find this a very disappointing and alarming proposal and I believe this proposal is being driven by the pharmaceutical industry. I should be allowed to choose my treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:23:50 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have used complementary medicine on my family for 36 years with no issues. I believe that I should have the right to choose what is right for me. I think if health moves away from this we forced in to a situation where we are forced into using poisonous prescriptions that do not assist the human body (my opinion - my choice).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 12:53:42 PM

---

To the Medical Board of Australia,

I support Option 1.

Access to alternative treatments and choice are the basic right of citizens. Understand of human body and mind is still evolving, and there is ample evidence of different treatments being effective where conventional treatments have failed. I have personal experience as a patient, where this has helped me. Please dont change access to these treatments for all Australians. We should be at the forefront of this research and create successful enterprises from these advancements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I have always derived enormous benefit from having the skill and expertise of both doctors that have some understanding of natural therapies, and specialists in natural therapies.

Integrative and complementary medicine has a definite integral role in the future of medicine in Australia. Australia has a rich history of using complementary medicine and we have often been at the forefront of integrative medicine. To restrict this now would surely set us back behind the countries of the world who are making advances in these areas such as Russia, India and many European countries. If we really care about the future health of Australians and the Australian culture of integrative health care, then let's stick to option one. NO change to the current guidelines.

Thank you for your kind consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 4:39:49 PM

---

To the Medical Board of Australia,

I support Option 1.

It is entirely unfair to restrict the use and recommendation of services that provide effective treatment and relief to patients. I have often heard the argument that there is no evidence to support alternative treatments but the reason there is no evidence is that money hasn't been invested in the research, not that there is evidence against its effectiveness. Or as in the case of cannabis oil, a complete disregard for evidence. I agree that certain services should be regulated, such as naturopathy. These practitioners should be bachelor qualified and required to register with AHPRA as do other health professionals. Companies such as [REDACTED] should be reigned in to stop party planners with no medical experience from recommending ingestion of essential oils which can be very dangerous. But overall its about informed choice, respect for opinions and treatments other than those dictated by the medical association. GP's should be able to spend longer than 10 mins with patients. To restrict this time is ridiculous. That would allow only time to treat symptoms and not identify the cause or underlying problem. As with diagnostics. What benefit is there to anyone by restricting these services. It all seems like a slippery slope to increased healthcare costs and hospital admissions. This move to restrict lacks any insight and is simply fearmongering.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:57:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 75 yo, have 4 children and 7 grandchildren and have used integrative and complementary medicine for 55 years. I believe advice on exercise, diet and good relationships have kept me in amazing good health without the need for medication or surgery. I believe preventative therapy has helped not only me and my family but the health budget overall.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 5:59:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to add my name to the thousands of other Australians who regularly use integrative medicine as their first choice. As a person with many chemical sensitivities, I have spent many years searching for health treatments that work for my body without unwanted side effects. I would like to continue to use what works for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 3:39:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not support the banning of natural therapies by anyone. I have gotten wonderful relief from herbs vitamins minerals and homeopathy. It is very shortsighted to stop the use of alternative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 2:51:33 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine should not be considered as "fringe". It is fundamental to good and thorough medical practices in my opinion. In my friends and family's medical history, there are no further medical treatments that they can be offered through the conventional medical system. Integrative treatments, including nutritional support and optional complementary therapies is what is assisting these people to stay in a reasonable state of health. Without the support of a good medical doctor who is open minded and able to assist in looking at other options than straight prescription medication, this will not be possible for them to have any state of health.

Options for patients in doctors being able to provide innovative approaches, complementary medicines, nutritional support advice is fundamental to good practice and doctors who have this ability and real interest in their patients should be able to have the right to provide that care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:19 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am strongly behind supporting option 1, as it provides choice, with safe and effective treatments, many of which are superior to the drug-based therapies. This is also consistent with a full and open democratic society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:38:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I support doctors right to use whatever treatment or medicine they see fit to chose for their patients.  
Freedom of choice for patients is imperative.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There is great value in medical practitioners having the ability to integrate natural therapies into what they do - this choice should not be removed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:57:14 PM

---

To the Medical Board of Australia,

I support Option 1.

To the Medical Board of Australia integrative and complimentary medicine has helped my family and I stay out of the traditional health care system. It is our freedom and right as human beings to choose our health care practices not policies made by politicians. It is always important to understand the root cause of any disease rather than to treat the symptoms and alternative therapies help with this cause.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:43:20 AM

---

To the Medical Board of Australia,

I support Option 1.

My body my choice ! Please don't go down this oppressive road to deny us the right to choose integrative and complementary medicine  
I have followed this path for over 30 years - using natural alternatives have given me a much better quality of life as opposed to traditional pharmacology alternatives.

If you restrict this choice of imposing restrictions on integrative practitioners you will force patients to either self medicate which has its own consequences or you could create an underground practice which too creates its own set of issues

Patients are intelligent human beings please give us credit to have done our research - Drs are seeing the benefits and those with forward thinking minds have also done their research and can clearly see the benefits on integrative and complementary medicine - these can work harmoniously with traditional medicine - what are you afraid of ?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 10:37:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I use complimentary medicine all the time & I also go to conventional doctors.

Ancient remedies are easy to follow, empowered me to help my family countless times, is easily accessed & has little to no side effects.

Conventional doctors can help with emergencies & diagnostics.

There is a place for everyone & a time for both conventional & ancient medicine.

We are lucky to live in a time where we can choose what suits us, our families, our illness & our budget. Please don't take this choice away. This would propel Australia back rather than forward.

We need to be teaching people how to be healthy and reduce the load on the tax payers & the government. I don't think the government wants more sick people using Medicare vs. going to an integrated GP and using their own money.

Taking away people's right to choose is unconstitutional - do the right thing by your citizens - let them choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:55:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Dr's should be able to offer all options, not just antibiotics and drugs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:34:22 PM

---

To the Medical Board of Australia,

I support Option 1.

So called 'alternative' therapies have greatly improved my health over the years, homeopathic drops have kept my hyperthyroidism under control for 5 years without any side effects, acupuncture has eased my back pain, healed broken bones in half the usual time, again no side effects, and naturopaths have showed me what vitamins and minerals I am missing and corrected the problem. Please don't take this away from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:59:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Some of the oldest medical systems in the world operate using complementary medicines alongside the western allopathic model. There are multitudes of studies all over the world reported in respected journals detailing the benefits of alternative and complementary treatments, from Chiropractic, to diet, exercise and nutritional supplementation. Sometimes the best results cannot be achieved without utilising these other treatments and therapies.

I know of so many people whose health has been recovered or been achieved so much more quickly with the addition of natural and complementary therapies including nutrition but my mother-in-law's case is the most powerful example of this that I know of personally. Many years ago she was diagnosed with cancer of the liver. Her doctors told her it was far too advanced to do anything, there was no point in any treatment, she should go home, get her affairs in order and prepare to die. She was not willing to give up so easily. She found alternative therapies that included changes to her diet and high doses of vitamins and minerals. It was a hard slog but within a relatively short amount of time scans showed that her cancer was consistently shrinking until it eventually vanished. She lived another 16 years, saw all three of her children married and eight grandchildren born. When she died eight years ago it was from complications after contracting pneumonia. If she had been discouraged from seeking assistance about alternative and complementary therapies and if her doctor had been unable to consult with her about those treatments and results she would never have lived to see my three children born. More recently my brother contracted Bell's Palsy after getting contracting shingles in his ear. It was only complementary therapies and treatments that were able to alleviate and eventually completely stop his excruciating pain, and it is using those therapies that he is beginning to regain some control of the muscles in the paralysed side of his face. If he had been unable to seek advice from both his GP and his other healthcare practitioners and if his GP was restricted from being able to advise him in conjunction with his other treatments he would have been unable to progress to the stage he has.

Speaking for myself I found the advice of my GP who was an obstetrician, invaluable alongside the advice of my private Midwives through all three of my children's births. Had she been restricted in her advice to me of complementary and alternative choices my second two children would quite possibly been forceps deliveries like their older brother instead of the natural births that they were.

I use alternative and complementary therapies because I know them to work! They support my immune system in a way that antibiotics and other prescription medicines can't. If I couldn't consult with my GP about the possibilities of using pharmaceuticals alongside other therapies I wouldn't know what could help or complement them and I could potentially end up prolonging my family's illnesses or having unforeseen complications arise.

The Western model of healthcare is Excellent and diagnoses and providing treatment for acute symptoms. In my experience complementary therapies are often a quicker and less risky way of bringing my body

to healing. If I can't talk to my GP about the other therapies I'm receiving then I won't know whether what I'm doing will complement, or undo, the work of pharmaceuticals and cause harm in the long run. Please, don't make any changes to the current guidelines. Complementary therapies are a necessary, useful and beneficial tool for advancing and recovering the health of the people of Australia.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:45:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Really, first our rights are taken away with what we can clam with public health and now you dont even want the Doctors to be able to assist when mainstream options fail.. What country are we in again ? What rights do you want to take out? its OUR choice to see the Doctors who do additional training, testing that traditional mainstream may not do. If you restrict people seeing the Doctors who are integrated then they will just see less regulated modalities who you have even less control over..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe everyone should have freedom of choice especially when it comes to one's health. I have been on synthetic medications for Hypothyroidism in the past and it did not help me in any way shape or form. To allow human beings to keep suffering taking this synthetic rubbish when natural medication works and is very affective is evil and cruel. I am so much better and feel more alive on NDT .please lisen to the people that have to live the your decisions .Allow medical practitioners to treat people with natural medication.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 5:11:53 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
We need to have freedom of choice on which medical care we would like whether conventional or non conventional. Our bodies,our choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

In a climate where the health budget is being blown out of proportion and hospitals are over flowing it is absolutely astonishing that, a change in practise of medical practioners not being allowed to recommend complimentary therapies that have been scientifically proven to improve health out comes and prevent decline. Without compmimnetary therapies the only person that wins is bug pharma as patients have more positions pushed into their bodies and are never taught the benefits of a healthy life style.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:10:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I would to express my non-support of MBA's proposed changes to the current guidelines for integrative and complementary medicines.

I support patient access to Integrative & complementary medicine so that the public are able to have a broader choice for their health plan/s needs, using techniques and supplements that can help reduce chronic disease.

Integrative & complementary medicine has helped myself, family & friends on numerous occasions where allopathic medicine was not able to. Without the help of integrative & complementary medicines we would still be suffering or taking medicine/s on an ongoing basis.

The restrictions on Integrative practitioners will mean that patients will not be able to receive all the options available to assist them with their health and potentially hinder their recovery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:55:52 PM

---

To the Medical Board of Australia,

I support Option 1.

In every discipline, there is conflict over research findings. It takes years and sometimes decades before advances in science translate into guidelines for practitioners.

I have received considerable benefit from acupuncture in recovery from a severe elbow injury (treated surgically very well but restoring mobility and reducing pain is different). Several family members have also benefitted from osteopathy and homeopathy. It would be a retrograde step if the medical profession acted as if it was gifted with scientific certainty. Caution if you will but implicit bans infringe on your patient's rights to select treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:26:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I urge you not to deprive patients in Australia of freedom to seek treatment from health professionals qualified in both traditional science and alternative health care. Science does not prove that these are harmful when practised correctly and since science is always evolving, it may well one day arrive at an explanation for why some patients and practitioners find them helpful. They are well accepted in many advanced countries such as Germany and France and the British Royal Family has long provided a Patron for the British Homeopathic Society. The role of the Australian Medical Board should be to focus on its own areas of training and practice and not to seek to expand those such that the democratic freedom of ordinary citizens is breached. Threatening and banning those of your members who do no harm by modest use of treatments to complement more conventional medical treatments amounts to invasion of patient privacy as well as harrassment of your members. Non nocere should be your keyword.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 8:58:01 AM

---

To the Medical Board of Australia,

I support Option 1.

In August, the British medical journal The Lancet published a study that showed, "Women who developed type 1 diabetes before the age of ten years die an average of nearly 18 years earlier than women who do not have diabetes. Men in the corresponding situation lose almost 14 years of life. The lives of patients diagnosed at age 26-30 years are shortened by an average of ten years."

Look at those statistics. Those aren't the numbers of success. Something is broken in the way the MBA recommends to treat diabetes and instead of fixing it, your covering it with insulin. "There are over 100 complications of diabetes and they are all caused by hyperglycemia," says RD Dikeman. And current MBA recommendations leave me in a higher than normal state.

Are you claiming that the MBA knows everything already? I have lost faith in doctors and specialists over the years. I have been charged a fortune for them to do nothing or at times their advice has harmed me.

No one has all the answers. None of you truly know the causes and how to prevent many diseases.

I do not have time to sit around for cumulative complications and more auto immune diseases.

With the current treatments for type 1 diabetes I die slowly. I need my MBA member to support me to find better ways to manage my diabetes now. Not make me wait until you have approved of a procedure.

I have followed all the protocols for type 1 diabetes and have found them inadequate. The recommendation for a high carbohydrate diets for Type 1 diabetes resulted in my BGL levels soaring after a meal and then dropping out quickly it resulted in weight gain, The honeymoon period finished quickly. These high swinging BGLs are uncomfortable and damaging to my body. Long term complications have set in as a result.

People with type 1 have died from hypos and complications following conventional treatments under doctors specialist care.

I was recommended to eat the equivalent of 3-4 slices of bread for breakfast lunch and dinner.

Plus 1-2 slices of bread for morning tea afternoon tea and a snack.

All carbohydrates were considered equal lollies versus porridge were counted.

Crazy who would eat that much carbohydrate naturally ! But that was the current recommended treatment for people with Type 1 diabetes at the time.

Over the 22 years I've had Type 1 recommendations have changed - eat high fibre and low GI and only recently eating lower carbohydrate diets is an acceptable practice, proteins and fats are only now being bolused for by some dieticians following recent studies.

I experience loads of joint pain after a car accident. I became addicted to Lyrica and Physio treatment but nothing worked long term. Lyrica had so many side affects. I couldn't afford ongoing weekly

Physio treatments. Isometric exercises help but not enough.  
Taking Arnica, turmeric and herbal teas helped calm my nerves.  
Reducing joint pain.  
Doing yoga has built my strength and helped with joint aches.  
Kombucha and oats has helped smooth my BGL swings. All alternative medicines with low to no side effects that have helped me manage my BGLs better.

If you can change your mind about carbohydrate fat and protein requirements what treatments can you be sure of?  
I'm the patient who has to live with the consequences of any action or inaction from you. If you prescribe me to much insulin I hypo.,if you prescribe me to little insulin a stay high and my vascular systems are damaged.  
Without insulin I would die.

Medical intervention has its place but so does alternative treatments.  
As a person I need the autonomy and support to choose what's best for myself and not blindly hand my life into a specialists hands just because they are a member of the MBA. There are many treatments you don't know work yet. That you will endorse in the future once medicine has caught up.

Do not be so greedy and power hungry as to change my current rights to use both forms of treatments. You will find the MBA fast becoming irrelevant.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Holistic healthcare is amazing and an important part of anyone's ongoing health. My dermatitis was not healed from 3 different cortisone creams. Instead it was a cream with Manuka honey and eucalyptus oil. I don't care what any government tells me. Big pharmaceutical just wants the big dollars and they don't want us well as they need us to be ill.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 10:31:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not further restrict people's health care choices with unnecessary changes to the current guidelines. Many people benefit from the services they provide and the proposed restrictions will stifle innovation in health care and give more control to the pharmaceutical industry.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 7:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

This is so important that we have this choice I use Integrative & complementary as well as standard medical and they both have a lot to offer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 3:28:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I have always used 'integrative' and complementary medicine as it supports me and my family to take responsibility for our own health. Practitioners look at the human being as an interconnected whole, not separated into parts and this is essential to general health and well being. While I know and respect that allopathic medicine is needed in specific cases, it is often depended on too easily, thus allowing people to relinquish responsibility for their health. There must be freedom of choice for all individuals to decide how to manage their general health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 11:55:53 AM

---

To the Medical Board of Australia,

I support Option 1.

So much is being implemented without consent to affect quality of health. 5G will be an enormous burden and massive public health disaster, we've already had to fight for natural therapies rebates, and now this. Patient choice shouldn't be compromised because of corporate greed and political bargaining.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:38:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I suffer from nerve damage, disc compression, fibromyalgia and I am also a cervical cancer survivor via hysterectomy I am 39 yrs old in full menopause plus have to deal with chronic pain daily along with prescription pain medication I regularly see a chiropractor, massage therapist and a Bowen therapist, these were suggest by my doctor and I'm so glad she did suggest them defying all odds I am still walking on my own and able to be a mother and wife, currently I am studying at uni, I would not be able to do any of these things if I did not have support for alternative medicines, I have also gone with a natural alternative to HRT for my menopause, again suggested by my doctor. Please leave doctors to their job and allow them to treat their patients how they feel best for the individual.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 4:06:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not want changes , I have a right to choose what alternative therapies I take

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:44 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative doctors. As we live in a democracy, we as Australians have the right to choose which type of practitioner to visit.

The only reason I could imagine that these services are under threat is perhaps that they are eating into the pharmaceutical industries profits!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:11:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I use both doctor pharmaceutical medication and traditional medicine (ie. herbal, massage, homeopathy etc.) and need them both to enable my health to improve. I am appalled that the medical board is thinking of restricting so-called 'alternative' medicines and practices. I would want my doctor to support my choice of using alternative therapies, in fact, I would want them to suggest them. Too many pharmaceutical drugs have side-effects, many more than alternative therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:33:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I call for an urgent investigation into the practice of pharmaceutical based conventional medicine. It has done and continues to do enormous damage to peoples' health. Iatrogenic disease and injury is the third leading cause of death in the USA and likely isn't far behind in this country.

To add insult to injury, conventional medicine is a massive and ever-increasing burden on government budgets.

Nothing of the sort can be said about 'alternative' medicine.

Politicians and bureaucrats should try educating themselves about these issues, instead of deferring to the usual industry promoted 'experts' who are often not only uneducated and unqualified in the areas of practice about which they purport to pass judgement but are heavily conflicted and compromised by their professional and financial ties to the pharmaceutical industry..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:48:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned about the inquiry into Integrative GP's. IGP's helped me when traditional GP's couldn't. We are all individuals and need thorough consultation time which IGP provide and they also think outside the square and have a better understanding of the role nutrition and whole foods have on our health. Without the help of an IGP helping me understand a condition called pyroluria, I would still potentially be unable to work and pushed to go on medication. This simple diagnosis and treatment got me back on track and better than before.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 1:17:20 PM

---

To the Medical Board of Australia,

I support Option 1.

These proposed changes are a breach of my democratic rights and I object to the changes

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:48:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I have low levels of vitamins in my body that required supplements. I suffer from poly cystic ovaries and the need for alternative help has been the only thing to work. Let's try finding safe options and encouraging back to basics and natural alternatives

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 5:25:21 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine can work well for people who can't take regular medication.

Surely keeping these disciplines under the eye of GP's helps regulate them and assures that responsible advice is disseminated.

People are entitled to a choice too. Ruling out these disciplines is short sighted and demonstrates a sad lack of prioritising patient care.

Complementary medicine has an important role and should not be cut out.

They represent no threat to medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 8:20:15 AM

---

To the Medical Board of Australia,

I support Option 1.

My health is my choice, I take control of my own health. I do not believe we should be told how bad with whom we seek for treatment. All integrative practitioners have our health as their best interest and understand the body and how our systems work. It's not just a pill to fix all. A GP will give you much less time and with a very general consultation. For approximately 20 years now our family has sought particular practitioners for particular ailments. After suffering severe headaches for about 10 years six having GP's tell me they were just stress headaches and I should try to relax more I found a Gonstead Chiropractor. After thorough and honest consultation and a few treatments we found the problem causing my headaches. I have found seeing intergratative medical Dr's a much more helpful process in learning more about my own body and taking control of my own health. Thorough consultation and further blood test that show more information than those that a GP perform have proved priceless in helping my health.

We Are responsible for taking care of our own health and should have the right to seek treatment from whom ever we wish. Instead of being told they don't work we should be heard and understood that we know our own bodies, using the correctly prescribed vitamins etc are much more beneficial than a pill m. Seeking help from different practitioners takes the load from the public health system which should be congratulated.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:06:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Absolutely ridiculous that in this day and age that the general public can not choose where they feel they get their best health treatment. I personally, choose practices where I feel I get the best treatment for my ailment and feel the result of better health.

Choosing practices outside the mainstream, takes the load off the mainstream who are already overburden and unfortunately do not have the time to assist everyone who requires their help.

I have found that GP's generally like to prescribe a cure rather than find the cause of a reoccurring ailment. If I can change my health via natural solutions rather than via a prescribed man made medicine, I will do that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:48:55 PM

---

To the Medical Board of Australia,

I support Option 1.

At 71, I have for decades remained in excellent health due to a natural approach, (diagnosis addressing the causes rather than bludgeoning the body with drugs), avoiding detriments, balancing nutrients and working more with the body than against it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:22 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary therapies for myself and my family due to our diverse genetic abnormality which is not recognised by allopathic medicine. Without the choice to use integrative and complementary therapies our health will definitely suffer as we will not have access to vital health services that ensure that we have the best outcomes for our health and that will not only impact on our quality of life but also cost Medicare more money dealing with the fallout of our declining health. Integrative and complementary therapies have helped us to understand and improve our health outcomes resulting in better health. Taking this option away from us will condemn us to a single option that actually ensures that our health will decline. At the end of the day all someone truly has is their health and the right to choose the right treatments that are aligned with a quality of life that will be denied to us should these options be removed. Allopathic medicine is great if you need something cut out or sewn back on, in the event of an emergency but will not sustain our health as it is not effective for us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 11:04:16 AM

---

To the Medical Board of Australia,

I support Option 1.

We live in a democratic society, meaning we should be able to make choices about how we wish to look after our health. If a doctor offers an alternative approach, other than drugs, to help treat us, we should be able to consider that approach without question. It's our body, not the medical board's or the pharmaceutical companies. It's blatantly obvious that "money and profit" is the main concern of anyone objecting, not the health and rights of individuals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:03 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I value my choice as patient to discuss complementary medicines with my doctor which is experienced in both complementary medicines and conventional drugs. I value the existing integrative approach which has provided me great health outcomes. I feel empowered and I am strongly opposed to any changes to the MBA policies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 3:15:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 41 year old mother to 4 children and although we very rarely have a need to see a Dr, when we do, we always go to our Integrative Dr.

I find Integrative Practitioners (IP) are more thorough in their approach to ailments and issues, it's not just 'walk in, what's your problem?, here's a script for those symptoms, see ya later' scenario as you so often find with conventional doctors. IP's offer a much broader option of treatments and genuinely care about their patients. I honestly feel that in this day and age times are changing and we need to start to cherish these IP's who think outside the square and are willing to be open to trying out new and innovative practices. Unfortunately conventional doctor's are so often given incentives by the Pharmaceutical companies to prescribe the drugs that they manufacturer... There is not incentive for these conventional Dr's to widen their focus on treatment options. It's time to step away from the money and start to really focus on the health and well being of the human population of Australia.

It should be my choice if I want to go and see my Integrative Dr for an hour long consult to get the bottom of my issues if I wish to do so. 10 minute 'conventional' appointments DO NOT give ANY practitioner or ourselves enough time to to really investigate the issues we present with unless we are simply getting a repeat script or blood work request form!!!

Again, this all comes back to "MY BODY, MY CHOICE".

I sincerely hope you really consider what any new changes would mean for those who currently make the choice to use an Integrative Practitioner here in Australia.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Hippocrates said: "I will follow that system of regimen which, according to my ability and judgment, I consider for the benefit of my patients, and abstain from whatever is deleterious and mischievous."

I am registered with AHPRA as a nurse. I am very concerned about the possibility of new guidelines.

I open a patient's drug drawer to administer medications as part of my job, and ALWAYS see some kind of supplement/vitamin in there. I firmly believe that without the guidance of a medical practitioner, many of the public will wrongfully self diagnose, and administer vitamins, minerals, and herbal supplements which could be harmful if taken with prescription drugs. On medical emergencies, professionals won't know what a person is taking outside prescription medication, unless their medical doctor is aware of same.

Secondly, I have seen medical cases where allied health care has been more effective than primary health care - with the full knowledge of the primary health care provider of course. An example is Pilates as a treatment for sciatic pain. The conventional treatment is painkillers, and these are effective for some people. Sadly, I have seen many poor outcomes from this condition; including adult patients crying, and bedridden, even when taking prescription medication. Ethically, and under Hippocrates oath as written above, the MO must be allowed to suggest considered options for the person with chronic health conditions.

As a nurse I see many patients each workday. I would find it hard to label any one person as "conventional." Each person has a family background, situation, and history entirely different from anyone else. It would be prodigiously unkind to treat all people with a cookie cutter approach. The current regulations have been working well. For the sake of ethical practice, transparency and kindness in patient care, and current well-researched effective alternatives, please don't change them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped me, my family & friends.

Please don't take those options away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that people should have a choice in regards to their health care- and most definitely should have access to integrative & complimentary healthcare.

Myself, friends & family members have had so many great results with integrative health care- especially where 'conventional' health care has failed me.

We would be absolutely devastated if these options were suddenly restricted or not available to me!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had myalgic encephalomyelitis for twelve years, which keeps me bed-ridden for up to 20 hours per day. Because this disease has for decades been largely dismissed by the medical establishment as psychosomatic (recently disproved) there are no treatments available other than supplements such as specific B vitamins and large doses of magnesium, which have reliably doubled the amount of time I can spend out of bed each day. Without those prescriptions, provided by my integrative GP, my life would be much more restrictive than it already is.

Please don't take this only form of treatment and hope away from me and thousands of my fellow patients. "Conventional" medicine doesn't always have the answers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:22 PM

---

To the Medical Board of Australia,

I support Option 1.

My doctor is a bio medical GP who has supported our family through autism spectrum disorders. Her treatment has been based on nutrient therapy and supplements via compounding scripts due to our needs for specific compounds that are missing or not retained in their bodies. This has made a massive difference to mood variations and ability to maintain school studies and struggles with anxiety. Not only has this contributed positively to our wellbeing as a family and individuals, it has also supported the government and society in not becoming on pharmaceutical medication and minimising other supports over a long term.

I strongly support the use of integrative and complementary medicines and would see it as disservice to the Australian people to make this less available than other medical services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:14:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine, because I have a medical history of having "severe anaphylactic reactions" to several different types of drugs and foods. I have in the past visited GP's with little success or understanding regarding this. I now attend a different and private local GP who's practice includes holistic medicine, and as a result, the outcomes of my visits are far more successful. Please note: I am an ex-nurse, and a defence force (army) invalid pensioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 3:35:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I will try and expect my health practitioners to aim for a natural solution before opting for drugs or surgery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:36:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I support access to integrated and complimentary medicine.

This type of medicine has assisted me over the past 20 years to maintain a balanced and healthy life.

My body, My Health, My Choice to use who and what I want. This is a basic human right to have access to complimentary and integrated medicines.

I choose this type of healthcare as it works the best for me and my

issues. My health is likely to decline if I do not have this choice.

I do NOT wish to find myself in a position where I need to take several types of prescribed medication to maintain my level of health.

I highly value a holistic approach to medicine and MY healthcare. I support the rights of Doctor's to provide these practices.

I wish to continue to take a proactive approach to complimentary medicine. It is cost effective and saves money from the public purse.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:38:30 PM

---

To the Medical Board of Australia,

I support Option 1.

The restriction on complimentary medicine is irresponsible. Integrated doctors offer nutrition advise that normal doctors don't have training or understanding and they just prescribed drugs with side effects and alter the gut flora causing other issues. So many diseases can be prevented and cured with correct nutrition so you are putting lives st risk and taking away options from the people. Chinese medicine has been around for centuries and has proven very effective and in fact most new medicines have been copied from Chinese medicine but instead of being natural have been altered by big corporations for profit but it may not be for the best outcome of the patient. i believe medical doctors and complementary medicine can work side by side complimenting each other, It should be up to the patient to chose what is in their best interest. Osteopath, Chiro and acupuncture are great for non drug pain relief and many patients have great results so why would you want to take that away? I use both traditional and complimentary and both have been beneficial to me and would be very disappointed to here that Australian govt is taking away my right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative support and advice is critical to improving health care in Australia. If your so afraid of it, that means its time to try it - because your Drs are and they're changing lives - the lives that you can't change.

I personally experienced exceptional GP care but it wasn't until I took control of my health and wellness, using alternative options which also included organic food and exercise - that's when things started to change. My GP couldn't find the answers and after 19 years of tonsillitis and 10 years of urinary tract infections - I now have them handled and I don't have to be a 'burden' on the health care system.

You can continue to say 'no' but its time to say 'yes' and check out why xo

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:35:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I use alternative medicine, it has helped me and continues to assist in my pain management. I was on a lot of prescribed medication that left me feeling foggy and unwell. After researching myself I choose to try alternative means and have not had any issues since.

I think your decision is short sighted and will cause hard ship for many people.

This is a terrible decision when in some areas their is a shortage of medical practitioners.

In my town we wait three weeks to see the dr.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 2:45:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I appreciate my GP V

Verifying my need for supplementation. Accurate reading of my blood tests is helpful as it indicates the full benefit of my supplements. Both Dr and I are satisfied since I do not require drugs. I am now 72. Cost the government nil.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:20 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have had much success treating different ailments with integrative methods. I believe that it is our right to choose the type of treatment we desire, and fully support the need for these treatments to be available as freely as allopathic medicine and work along side of it. I also believe that these practices take some of the pressure off mainstream medicine, are less invasive, have fewer side effects and add tremendously to the overall well being of our community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:02 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative health looks at the whole person's system. It allows trained doctors to look at the whole picture including the mind and the impact of stress on the body. Through bloodwork, practitioners can locate deficiencies that are out of balance. Practitioners take the time to consider all aspects. This time is not normally available to GPs. It takes pressure off the system. It works to rectify imbalances in the body through various measures such as addressing sleep and lifestyle choices. It is a proactive and preventative approach to healthcare which empowers the individual to take control of their health. Surely taking a preventative approach to health will take pressure of the general medical system. As someone who is passionate about alternative measures to their health, I put money into these services and supplements and take advantage of the extras component of my health insurance. If I didn't take this approach, I would not have private health insurance and I'd probably languish with my mental and physical health and ultimately require public health services thereby putting more pressure on the system. Through integrative medicine, I've found vitamins and supplements that really support and improve my system and gut microbiota which has had a huge effect on my mental health and the vitality of my physical body. I'm less prone to depression, anxiety and physical symptoms which in the past have led me to live a sedentary lifestyle in bed from a lack of energy. Practitioners guide me to take control of my health. They make suggestions from their experience and wealth of knowledge but ultimately it is up to me to action this and research the benefits further. Without practitioners offering this alternative perspective, I'd be in the dark and may have resorted to guessing and diagnosing via google. Alternative medicine has benefits for some and I think it's important to acknowledge the anecdotal evidence. To deny the validity of traditional medicine passed down through various cultures is taking a colonialist lens and is frankly racist. I think as long as practitioners advise patients that an alternative medicine offered though not always scientifically proven to work in 100% of cases, there is anecdotal evidence that it may be beneficial for some, it is transparent and allows the individual to be armed with knowledge that it's an option but not necessarily the answer or cure to all their health ailments. Let's not deny that the placebo effect is potentially just as strong as traditional medicine. If the individual believes these therapies are helping them and it does have a positive impact on their health, then who are we to deny them of this? In all medicine, there is inherent risk and side effects. Pharmaceutical medications can injure or kill people too (though low, there's always a chance). Why don't we shift the focus to empower individuals to take control of their health and know that not everything works for everyone (both pharmaceutical interventions and alternative approaches alike). It shouldn't be an "us vs them" situation. The two approaches can work side by side and indeed strengthen each other. Please shift your focus on helping people have access to more interventions and approaches and giving them the knowledge to empower them to take control of their health. It's time to get to the root cause of things rather than

inciting fear!

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 4:41:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural Therapy has helped me, my friends my family and so many of my clients, I believe that natural therapy shouldn't be underestimated and it has its place in Australia.

More and more people are seeking organic and natural supplements. If natural therapy and doctors could work together I believe that our medical system will cost less and all Australian can get great health. All medicine has its place and we should all work together for the best of our future! Health is power!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 2:40:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I and my extended family support doctors' right to provide new and innovative practices, including complementary medicines - vitamins, minerals, herbal supplements and natural therapies.

We value a holistic approach to healthcare and support doctors' right to provide new and innovative approaches, including complementary medicine treatments, many of which have been around and efficacious for a very long time.

We use and value (and pay for) so-called 'fringe' practitioners of regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) etc. as well as naturopathy, thereby reducing the call on Medicare funds of course. We're talking 10 people at least here!

If we can't depend on access to doctors who practise an integrative approach, our allegiance will be solely with Natural Therapists, surely not the aim of the government with these new restrictions ('guidelines').

Please allow us to choose how we take care of ourselves holistically with the help of integrative medical practitioners when required. Please leave things as they are in this regard.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Stop taking people's rights to choose away from them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:46 PM

---

To the Medical Board of Australia,

I support Option 1.

My body, my health, my choice. I am proactive with my health and choose to actively use natural therapies to prevent illness. This is my choice, and a responsible one. Taking this away from me and my family is irresponsible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has worked well for me and is complementary to mainstream medicine. There will be more strain on the health system without it if restrictions are imposed. I should have the right to choose what's best for me and doctors should have the right to prescribe what they feel is in the best interests of their patients. The idea that they should be restricted and is preposterous.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:20 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support the use of herbal medicines and vitamins and minerals being used by integrative GP's to create individualised, evidence based treatment options causing minimum harm to patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:18:57 PM

---

To the Medical Board of Australia,

I support Option 1.

As a Registered nurse, I 100% support integrative GPs and recognise the importance of integrative GPs in preventative medicine and subsequently taking the pressure off our hospitals by preventing and holistically treating many chronic illnesses.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 17 May 2019 1:09:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I would be dead without an integrated doctor and I'm a firm believer that vitamins do play an important role in health issues as a lot of minerals can't be absorbed by diet alone. I also believe that I'm entitled to choose with whom which medical path I want to be treated by. The big Pharmaceutical companies are poisoning us and making a lot of money from it. I would like to continue being monitored by an integrated doctor on my health, well being and vitamin levels. It's my life my choice not the medical boards decision and I've experienced this first hand many years ago where the "normal" medical profession at a hospital got it so wrong with my very young daughter that had I not stood up to them my daughter would as an adult now be dependent on chemicals and quite possibly in a mental health institution induced by the so called normal doctors and for the record it was a chiropractor that saved her from this. I'm for integrated doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:04:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I want myself and my family to have the right and ability to seek healthcare from integrative doctor. I don't want the current conditions to change.

We value a holistic approach to our healthcare where the health and wellness of patient is taken into account and not just the conditions that are present at that time. I believe the two can work side by side, ie we use doctors and integrative holistic healthcare. To have this right removed or altered would threaten and impact on our ability to make our own choices and utilise complimentary health options such as osteopath, acupuncture etc. Today more than ever in a world where there is much pollution, damage to the environment, issues with chemicals or genetically modified food, ipads and the like in constant use, I want to maintain the status quo to be able to seek complimentary healthcare and medicine for myself and my family. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:23:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my family immensely. Rather than treating symptoms - they actually get to the root cause of problems, which for me was completely getting rid of my chronic eczema and my husbands chronic allergies.

Please keep the guidelines as they currently stand so families like mine can still access integrative medicine and so those practitioners can stay in the work they love.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 3:37:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I am extremely perturbed at the move to restrict the practice of integrative medicine. I have four daughters and five grandchildren and only integrative medical practitioners have been able to successfully treat a number of them with health issues and food intolerances. Most mainstream medical practitioners have no expertise in diagnosing or treating food intolerances, allergies or issues such as pyrroles disorder. Highly skilled and professionally qualified integrative health practitioners have significantly improved the health and life of my family.

I believe the real danger is this concerning attempt to restrict their practice. If there are charlatans in any field of practice, by all means place safeguards to restrict the practice of people known to cause serious harm. But certainly do not restrict highly skilled, highly qualified practitioners from giving good health and a quality of life back to many Australians for whom mainstream medicine has no answers. This would be an extremely dangerous misuse of power and influence to the detriment of fundamental freedoms in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:49:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Trust your well trained colleagues to use integrative medicine ethically. Allow for choice. We cannot gain the evidence of efficacy by banning use. Support further studies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:26:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Patients need to have the choice when it comes to their health. Integrative medicine has shown amazing results. Nobody could treat a serious health issue I had but my integrative doctors and alternative doctors where a gp and rheumatologist specialist failed!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 5:29:27 AM

---

To the Medical Board of Australia,

I support Option 1.

We have used chiropractic, acupuncture, osteopathic and other complementary medicines to great positive effect.  
Please dont pander to those parties who provide political donations....and instead choose what the people want...and that choice when it comes to their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:55:21 PM

---

To the Medical Board of Australia,

I support Option 1.

Why you support patient access to Integrative & complementary medicine:

I have a great deal of allergies to many of the so called conventional medicine. Alternative medicine is and has been a great keeping me healthy with out all the horrible side effects I experience from "so called conventional medicine!"

How Integrative & complementary medicine has helped you, your family & friends:

I am off my anti depression tablet after 30 year and it was done in consultation with my Gen Practitioner and my Alternative Dr in Chinese medicine. I manage my excema with both Drs and have been able to reduce my reliance on steroid cream that I have used since I was 3yrs old because that is all the so called conventional Dr could give and as a result I now have very thin skin which is a common side effect to the over use of steroids!

Reasons why you use Integrative & complementary medicine:

Because they are complementary to each other and they work! And have for years.

I do not want to be with out either as I am in the best health I have ever been and I am 59yrs old not reliant on the current health system!

What it will mean to you if the MBA imposes restrictions on Integrative practitioners:

You are taking away my choice!! And my Drs choice and it is not yours to take! It is my choice to look at alternative ways to help me with my body, my allergies, my health my life and they work for me. And it is all done under a professional care not some back yard Dr or off the internet. It is my call not yours. Because if we go down this track I will have no alternative to source my product from off shore and that is even more risky and be assured I will not give up on alternatives that work for me because a bunch of short sighted closed minded people tell me to! So be smart stop trying to change something that you neither understand or want to understand because it doesn't have the 30 studies done on the subject to prove to you if you go this way no one will get hurt...get real please. Did that help you with thalidomide or Stilnox or the mesh inserted into so many women that are now infertile??

I want the choice to use what Dr's I want offering what therapies that I want with out the government's intervention. So much of my life is controlled by well meaning "do gooders" Do not take my health and life style choices away from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine and its practice gives control to patients in their treatment and or course of action. We should never remove a patient's control of their own health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 3:59:21 PM

---

To the Medical Board of Australia,

I support Option 1.

CAM is absolutely necessary to the Australian public should they choose to access it which they should continue to have the choice to do if they wish. It is a necessary and perfect adjunct to conventional medicine and has helped me when conventional medicine failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:12:14 AM

---

To the Medical Board of Australia,

I support Option 1.

General practitioners utilising integrative therapies or referring to complementary health practitioners are a valuable gateway for real health solutions. This is particularly significant in many presenting cases when "conventional" medicine has no treatment to offer.

At a time when complementary therapies are accessed so extensively in Australia it is a long out-dated concept that many of these natural therapies are "fringe" therapies. It is time for integration to be supported between the modalities of allopathic medicine and traditional medicines or natural therapies. The risk in widening the gap between the modalities is that many people will not access GP consultations when indicated, as they are concerned they will not be offered appropriate choices for treatment. This would place the public at increased health risk.

I see integrative GPs when I access allopathic medicine and would be inclined to seek diagnoses with complementary therapists rather than conventional GPs if integrative medicine was suppressed. Most people I know would do the same. I urge you to assess the current health data and statistics to consider how many people are using natural therapies in Australia. To further divide the modalities would be a backwards step and create public health risks. It is time for the therapies to be more integrated.

Please consider this issue deeply and objectively.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 3:46:10 AM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for the choice I probably would not be here now

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 4:04:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Please discontinue your actions to impose restrictions on integrative medical practitioners. Our family has experienced a condition where we fall "outside the box" and alternative therapies have proven very useful in ensuring our optimal health. We all want to be our very best - imposing restrictions will take this away from us. It's unnecessary and an inconsiderate use of funds to even consider it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Doctors are meant to care and give the best advice for a persons health. Restricting them to only prescribe drugs from big pharma. It is disgusting. So called alternative medicine is not new it's old style which has worked and still works. Allowing the body to heal itself with herbs, reflexology, acupuncture, massage and many other natural methods benefits individuals. These work along side modern medicine very effectively why would you take that choice away. What does it hurt? My big question is why take these away? Why not look at adding rather than taking away. I am a healthy 50 yo person who regularly has many natural therapies helping my body keep itself healthy. I would think this is a benefit to the medical system as I am not constantly visiting the doctors and requiring Medicare funded treatments. We all deserve choice and so do our doctors, why are they unable to recommend something alternative to prescription medicines???

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:51:55 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

My son has was diagnosed with Autism at aged 2. Regular medical professionals have suggested Antipsychotic & behavior medication since he was 4

We have chosen to assist him with diet & intergrative medicine instead. He is so sensitive to Additives & Metals that he goes Nuts for 20 hours after eating table salt because of the aluminium in the salt.

The improvements in him after treating parasites, Pyrrole disorder cream & Melatonin from compounding Pharmacy has been incredible.

he went from a non verbal violent screaming mess to a child that functions.

It completely disgusts me that the government wants to send him back & take away my right to choose my health treatments.

We also find Chiropractic very very helpful to calm & sleep. It seems outrageous what's going on in this country with control.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 3:52:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not support changes to Integrative and complementary medicine.

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:00 AM

---

To the Medical Board of Australia,

I support Option 1.

INTEGRATED AND COMPLEMENTARY HEALTH CARE IS AN IMPORTANT AND NECESSARY COMPONENT TO A HEALTHY SOCIETY. IT STOPS CHOICE AND COULD MARGINALIZE THOSE WHO FAVOUR ALTERNATIVE METHODS INTO NOT SEEING THEIR GP AT ALL. I HAVE USED INTEGRATED & COMPLEMENTARY MEDICINE MY WHOLE LIFE - I AM NOW 69. EVEN IN THE US THEY HAVE COME TO REALISE THE IMPORTANCE OF INTEGRATED HEALTH CARE IS THE ONLY WAY TO CREATE A WHOLESOME SYSTEM FOR COMPLETE HEALTH. I WILL CHOOSE INTEGRATED HEALTHCARE FOR ME EVERYTIME.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 5:03:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.  
Integrative & complementary medicine has helped me, my family & friends.  
We use Integrative & complementary medicine for primal health - don't  
take our choices away!  
If the MBA imposes restrictions on Integrative practitioners -  
we loose freedom of choice when it comes to how we manage and maintain  
health!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 1:48:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I have great concern that the Medical Board of Australia are changing the guidelines for Integrative Doctors and complimentary medicine! The reasons are that we need more choices than what we are provided by the standard medical general practitioner for severe health conditions that often require other treatments and more extensive testing to help find the underlying causes. For myself I have had great support from integrative and complementary service that otherwise I would have had no where else to turn to. Many of my family also use integrative services because we are wanting better treatment and to get well. We should have the right to choose what treatments we want and who treats us. That is why I love Australia, it is the freedom to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 8:57:17 AM

---

To the Medical Board of Australia,

I support Option 1.

To the MBA,

I support patient access to the choices offered by Integrative practitioners as sometimes conventional medicine is not able to provide effective treatments.

I have benefitted from treatments with a massage therapist which pulled me out of severe anxiety which was impacting my life very badly. My GP actually referred me to the therapist and I am thankful every day that she did. It would be a great loss to patients if this ability was taken away.

Now, as I suffer with a chronic disease, Hashimotos hypothyroidism, I have found the standard treatment to be ineffective and rely on alternatives to give me the best health I can get. Please consider the many thousands of lives that are all for the better because of their access to alternative therapies, better health for people like me means less strain on the health system and, most importantly, a better quality of life .

I can contribute to my community because I feel well.

It is my body, my life. I don't think the MBA should deny me the chance to live my best life possible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Health Care is a crucial factor in the overall wellbeing of our society.

It concerns me greatly that an integrative medical practitioner could be limited in their choice provide Australians with effective holistic options.

My family depends on a wide variety of complementary medicine to support their health and has always had outstanding results this way.

We use a wide circle of health practitioners including a knowledgeable GP who will suggest herbal supplements, fluid intake and bed rest when appropriate.

As a result we don't have a resistance to antibiotics, so can use them if needed. This provides us with peace of mind.

Please don't take that away.

Health care should be a choice. Health care should be integrative.

Both traditional medicine and natural health therapies can be used together with brilliant results for all Australians.

Western medicine alone cannot provide the exceptional results that an integrative approach can.

All Australians deserve this choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please retain or improve the ability of medical doctors to offer alternate/complementary care.  
Surely you can see that the mainstream medical system is struggling to provide adequate care for all patients that need it.

Mainstream and alternate treatments could work so well side by side.

Please allow people to have a choice in the type of health care they wish to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to state that as an individual member of the public, I support the current guidelines relating to integrative medicine. I oppose the suggested changes currently under review. I have been diagnosed with MTHFR. More GP's need to be able and willing to offer more holistic options, as opposed to solely relying on the pharmaceutical industry, which exists less to resolve health issues, than to perpetuate them.

As an individual, I implore you to make no amendments to current guidelines. We are the public. There are holistic options currently available, and we deserve to keep having access to those options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 7:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Three of our four daughters suffer from endometriosis. It is a debilitating and painful illness. Two of them are currently using IVF in the hope of having a baby. Whilst prescription drugs and surgery are major parts of the specialist plans for my girls, they also turn to integrated therapies to deal with pain and other symptoms of their horrible condition. Without these services, my girls would not be able to cope, leaving them subject to pain, isolation from society and unemployment due to illness. Please let my girls continue their multifaceted treatment. Do not take away options that are suggested by specialists... and are working!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Patients should have the choice to all available medicines

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 9:59:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I often use alternative medications to help with quick recovery from colds and flu for the family. This is genuinely better than taking conventional medication. And for menopausal issues the use of natural therapies has been invaluable, rather than taking HRT. Doctors need to be able to give a patient alternative solutions and healthcare options, as the final say is its the patient if the wish to take conventional medications or natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:01 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

30 years ago, I became very ill with ME/CFS. An integrative doctor supported me until alternative therapy from a chinese medicine practitioner finally helped me through the worst of the illness. Without this valuable support, I firmly believe that I would not be alive, as my symptoms were worsening and my body deteriorating. I cannot believe that the Medical Board of Australia would want to deny me right to choose the supportive help I might need in the future.  
Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 6:41:45 PM

---

To the Medical Board of Australia,

I support Option 1.

My health= my choice.

Do not take away the option for doctors to provide integrated healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 12:00:11 PM

---

To the Medical Board of Australia,

I support Option 1.

I make the choice to use complimentary medication and health options for MY health. My health is MY choice and I want my DR to remain a patient advocate for the type of healthcare I believe in which is my basic human right.

Do not waste time and money changing so etching that is not broken, this effort could be utilised elsewhere to make a difference to live for the better not for worse!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative complementary medicine, I was diagnosed with an autoimmune crohns, after seeing a specilist Melbourne Dr [REDACTED] changed my diet and offered supplements, I went into remission. Please don't take that choice away from me.

The alternative was to take drugs to suppress my immune system for the rest of my life.

Not solving the issue just masking symptoms.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Holistic health approaches should be number one in the treatment of any illness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:37 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have Hashimotos and have found that just taking oroxine is not enough. I am unable to function without supplementary products.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:25 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a nurse in the public system I have lost my trust in the medical system.

I have experienced in my mother's biography the positive effect of a number of alternative methods in cancer treatment.

I know that others have not had the same effect (as this happens in medicine everywhere), but ertr allowed to take the consequences of their decision.

Restricting alternative methods is not a good move. It is a move against humanity and freedom.

It does not solve the financial problem - rather the opposite. It makes us dependent on one philosophy (which hasn't even a consistent and convincing philosophy).

I don't trust medical technicians (although they might be excellent on their field) as they miss the human component of the profession.

Physicians who have studied alternatives and can move between the lines - and dare to treat patients in different ways are the only hope I have (for all of us).

If this possibility is taken away, medicine will be a sterile, inhumane, technical job.

By the way, those 'outside the box' have inspired research possibly more than those following the norms.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:36 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Can't understand for the life of me unless there is an aterteritve motive why anyone or government would take away anyones rights / choices to decide what works best fir them as I have & do use all types of therapy which works without a doubt ,, criminal to take away freedom of choice.. sad day for Australia if this goes ahead.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 6:52:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a heart condition and chronic pain from O.A. in my back. At 53 this is difficult to navigate and leads to many other health issues. Without my health being supported by acupuncture, massage, naturopathy & chinese medicine at times I do not believe I would be here today. Prescription medications through mainstream medicine have had detrimental impact on my overall health over the years, and so I have learnt and advocate alternative ways to maintain my mobility, destress and manage my pain.

Integrative and Complimentary (I do not like the word complimentary regarding health therapies. It implies that so called traditional medicine is the only form of healing...which it is not) should be used everyday by the medical profession to provide a holistic approach to treating their patients. I will not see a doctor that does not support that.

There are many people who seek numerous ways to maintain homeostasis, not just one way. Limiting medicine is extremely narrow minded and very limiting to the public of Australia.

Please stop dictating to us how we should manage our own health. These are our bodies and lives...not yours!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 2:40:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sirs

I have a an impaired immune system which was further compromised by a severe vaccine injury/reaction 3 years ago. I strongly believe my only option is through the care and knowledge of an integrative GP.

Please make your decisions with a clear conscience.

Your sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 9:14:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patients having access to recommendation by their medical practitioners to natural and alternative medicine. Where I come from in Europe, over medicalisation is creating an overuse of medicine and poor tuning and understanding of one's body. Medicine has its place, natural medicine as well (BTW I am not an anti-vax person). I had a doctor for 15 years who combined medical treatment with advice on wellbeing and natural treatment, it was great, made a lot of sense, taught me plenty and was never done at the expense of risk. I do not support preventing alternative advice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 7:31:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been a Doctor since 2006 having trained entirely in London (both under- and Postgraduate). I have worked extensively in hospitals and in General Practice across 2 countries servicing vastly different demographics and age groups. I have come across Integrative Medicine as a field in Australia over the past 4 years and have found it to be deeply helpful for specifically those sets of patients who have complex histories who have been through the "mill" of conventional specialists not having been given a clear answer ~ often having been over medicalised, over investigated and even worse given invasive treatments which we would not have considered in the patient's best interest first in the UK (e.g. arthroscopic examinations of knees , lapaoroscooic examinations for abdominal pain to rule out endometriosis, angiograms without a clear clinical indication, etc). This group of patients will already have spent hundreds if not thousands of dollars already under conventional medical care, and yet they still will have no clearer answer or control over their symptoms and frequently are already suffering psycho~ socially from this where their functioning is effected. For this set of patients Integrative medicine offers a parallel pathway and framework of care, which is evidence based, with largely fewer side effects to medicine and on the whole far far greater outcomes to patient quality of life. In my experience ~ even though the majority of times these patients do not get an "answer" as to the WHY of their symptoms ~ the simple fact that they have been listened to, their real concerns addressed and an improvement made towards restoring functioning back to baseline (in conjunction with already provided standard western medication) is enough to make the patient feel "better" and live a more "productive" life. This is an ADJUNCT to conventional medicine and by far the majority of authorised practitioners come from a medical background so SHOULD not be placing the patient at any clinical risk by giving misleading advice. If restrictions are placed on access to integrative medicine, a large group of patients will continue to go having there needs unmet. The current system of conventional medicine is well set up to service the working class, health informed, already healthy population who have private insurance who very infreqlyuently seek medical attention. However for those large majority of complex patients as listed above ~ who have been through multiple investigations , tests and procedures searching for answers to their symptoms who have simply been told each time "your teats are normal, the scans / procedures haven't shown anything") - for those living with a significant psycho~social burden from these symptoms (frequently these same stressors are the root of their symptoms also) , Integrative Medicine offers a separate safe path to improved functioning , symptom control and quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used integrative and complementary medicine for more than 40 years and work as a mental health practitioner. I've experienced and witnessed the incredible healing potential in combining natural and complementary medicines. I have minimised the impact of auto immune disease without drugs and their side effects. I do not understand why this is even being considered unless there is some kind of financial gain for pharmaceutical companies. What has happened to medicine which is meant to support healing not add to people's suffering.

If the MBA imposes these restrictions it takes away my choice to attend to my health in the way I always have and which I have found successful. What has happened to our democratic rights? Why restrict our choices?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:08:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not support change to the current MBA guidelines as I value a holistic approach to healthcare and support doctors right to provide complimentary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 12:59:05 AM

---

To the Medical Board of Australia,

I support Option 1.

My husband's medical conditions have only been addressed effectively by doctors who use integrative and complimentary medicine.

He was disabled with no more medical options and is now a full time working father contributing to our community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Goodness, we live in a free society. If I choose to use vitamin supplements with or without approval from my doctor it is my prerogative to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:30:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access for integrative and complementary medicine as it has helped my family, child and myself in a multitude of ways. Aches and pains are often alleviated by massage, acupuncture and chiropractic care and in a much more efficient way than any medicine without the side effects. Our family relies heavily on homeopathy for colds, flus and other ailments without the need for pharmaceutical medicines or hospitalisation. My child had a puncture with a tiny fragment of glass which was easily expelled with the use of homeopathy, which prevented the need for X-ray, antibiotics and surgery. With the use of homeopathy we rarely get sick or if we do it is always mild, which makes us more effective and efficient citizens. I believe that there is enough evidence to support that these therapies are effective and so many people would not use them if they were not found to be personally helpful. Other countries such as the UAE support natural therapies and in particular homeopathy as their mainstream medicine. Australia will be going backwards if we take away the right of the people to choose and have access to therapies they find to improve their health and thus quality of life. Mainstream medicine has its place, but so does complementary medicine and in some ways it is a more superior form of medicine that respects natural laws and has less/ reduced side effects; which is important as long term chronic illnesses are on the rise. Natural therapies support good health and prevent illness and can help reduce side effects from pharmaceuticals and surgery. Mainstream medicine is better placed for emergency care and very sick individuals. There is a place for both types of care and without natural/ integrative therapies patient care and outcomes will be greatly reduced. I know personally our health and quality of life will suffer which I feel is an injustice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:42:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had multiple symptoms over the years for hypothyroidism, these symptoms were debilitating and effected all areas of my life due to feeling so unwell. "Normal " GPs basically ignored the multitude of symptoms and left me suffering. My Intergrative therapist listened to my symptoms and treated me accordingly with compounded medications and diet.

The improvement on my mental and physical health has been astounding.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 12:12:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I currently see a general practitioner that specialises in women's health and without her help I would have been divorced and quite unwell with my symptoms of menopause. She has also been able to get my iron levels back up to normal after giving blood and plasma brought them down to dangerously low levels by prescribing iron tablets that were unable to be gotten over the counter. Also I go to a Bowen Therapist and without his help I would have had to have an operation which would have cost a lot more than the \$33 I was reimbursed through my health insurance for the 3 visits that I had to have to fix the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:44:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very much in favour of option 1. I prefer a more holistic approach to health care, as I have found drugs prescribed by doctors can often have detrimental side effects. I therefore would prefer to see a practitioner with knowledge of complimentary medicines as well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 2:49:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Everyone should have the right to choose what health care plan they need and feel is necessary for themselves and their families

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:15:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I struggle with my visits to a GP when i have to go. I feel like I am constantly disappointed with the care i receive because its never wholistic. I want Doctors to be more educated & willing to offer alternative treatments in my appointments. I really wish I could access a GP who would do this. More intregrative practicing GPs not less!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 12:03:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a Chronic disease and have found that traditional medicine has not been sufficient to manage my disease, even though very important. I have benefited greatly from having integrative approach by using supplements and managing my diet. If I was only relying on traditional medicine then I would not be working full time. I also believe that we should have the right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is understandable to be concerned of a health care system when there is lack of need or desire to learn more about it. Complimentary and integrative health care systems are health focused thereby aiming to restore health as opposed to crisis management of disease states.

It recognises that one treatment protocol does not fit the one disease picture, but every body requires individualised treatment. There is a deep understanding from integrative practitioners about the need for support and education on dietary, lifestyle, nutritional, herbal, mental and emotional factors which contribute to the decline of health. Many patients using this form of health care use it as a "last resort" as conventional and pharmaceutical practices have reached their capacity in terms of symptomatic support however the patient's health states have continued to decline in the process. Until relying on integrative medicine practices, many patients do not understand the benefits but once they have experienced a positive shift in health care they learn the long term benefits of integrating conventional medicine with "alternative therapies". It is there to complement and integrate with conventional practices, not over-ride it. The principles and medicinal uses are are vastly different to that of pharmaceutical treatments. Patients should be able to make an informed decision regarding their own choice of health care, rather than being forced into making decisions and categorised into a treatment protocol without second thought for their individualised needs. After all, we live in a democratic society, don't we?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:56:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Hello

I can't believe the MBA are considering reducing access to complementary medicines. If they listened to people and joined Facebook groups, they would discover that thousands of people are using these complimentary medicines and emerging treatments as conventional medicine fails them.

My story revolves around thyroid problems. I have Graves' disease and Hashimotos. These are long standing chronic illnesses that have been treated poorly by GPs and endocrinologist's. After becoming sicker on conventional T4 treatment, I sought to be an advocate for my own health. At this stage I had developed chronic fatigue and fibromyalgia and leaky gut. Even though my blood tests showed low iron, vitamin D, selenium etc etc and I took copious amounts of vitamins, my levels never improved. I decided to use alternative practices, namely a homeopath and an integrative doctor and a naturopath. These 3 people, were amazing and the level of their expertise in treating my conditions was second to none. They listened to me (and took notice of my symptoms) and treated me accordingly. I was put onto compounded thyroid extract and subsequently Tertroxin. These were the meds I needed for well being. Thyroxine (T4) treatment only does not work for many, many thyroid patients and we have to beg doctors to give us a trial on the T3 we need. Because we are kept 'sick' it costs more for Medicare to keep up with the many tests we are subjected to. Thyroid disease is a big problem in Australia and unfortunately does not get treated fairly. Alternative therapies and long term vitamin therapy (after fixing leaky gut) are virtually the only thing that patients can use to better their health.

TSH testing is useless (as it's a pituitary hormone) and T3 and T4 need to be done. This has been a battle too. I could go on and on, but you get the gist. Either retrain the doctors and endocrinologists on treating thyroid disease effectively, or let us use the alternative therapies where we can get the help we need. As you can tell I have had a very frustrating journey with my health, despite working in the health industry myself (37 years at [REDACTED] as a nurse and neurophysiology technologist)

Please don't make it harder for people who are already facing huge health challenges.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:45 AM

---

To the Medical Board of Australia,

I support Option 1.

My health has dramatically improved since I began seeing my Integrative Medical Doctor.

I would be very distressed if I was restricted in my choices of who to see regarding my ongoing health advice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:08 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine and complementary medicine. In general, I would describe myself as a sceptic and am not prone to following hype or hysteria. I am educated and work as a scientist.

I have had some major health issues including numerous emergency room and hospital attendances, some surgeries, and have been in the emergency psychiatric system. I have been attended to by many conventional general practitioners, and conventional specialists including gastroenterologists, ENTs, and psychiatrists, rheumatologists and infectious disease specialists.

It was only in 2018 that I sought out an integrative doctor to get recommendations. I did that as a sceptic, mostly out of desperation.

While the cost was much higher than any other doctor I have seen, it was the first time I have had a doctor sit down with me and make the time to hear my story. I felt listened to, I felt heard, and I felt comfortable that I was under the care of a doctor who was not making assumptions based on a 10 minute conversation.

I believe I have seen more dangerous recommendations made by doctors practicing in the conventional sphere. Things that I have experienced from conventional doctors: a week in hospital in extreme pain on morphine with the same doctor asking me every single day whether I was pregnant and whether I had chlamydia, despite repeated negative test results, with no scans being run; a miscarriage in which three GPs at the same practice told me different things - that I was miscarrying, that I was not and the pregnancy would be fine, and slightly more radically that it could be a tumour and not a baby at all; I have had an appendix removal and upon waking up was told that my appendix was fine but it was removed for prevention, and I was discharged from emergency with no relief from pain, physically unrecognisable by my own parents and unable to walk but had to seek help from a GP (antibiotics fixed the issue); and many other times I have been failed by medical practitioners.

Conversely, when I decided to seek out integrative medicine, I have only seen changes for the better. Since September 2018 I was under the care of a medical practitioner who used both conventional medicine and complementary medicine. I am 32 years old. For the majority of my life I have been able to defecate approximately once every 5-7 days, involving pain and blood. With the help of my integrative doctor, I am now going to the bathroom every single day, sometimes twice a day. No other doctor has successfully helped me. I am sleeping. I was previously diagnosed with a severe case of Bipolar 1, and only had manic or depressive states, no in between. With the help of my integrative doctor, I am off all psychiatric medications and my moods have returned to normal. My tinnitus is better. My hands no longer shake uncontrollably. I have lost over 15kg that I was unable to lose previously through diet or exercise recommended by other doctors.

Yes, my integrative doctor has recommended me things that I previously would not have considered. Yes, they are things that other doctors would not have recommended. And yes, they have helped me tremendously. Like all doctors, integrative doctors give advice and it is up to each person to decide whether they will adhere to that advice or not. If you take away access to integrative doctors and complementary medicine, you take away choice. Every person should be able to choose how they want to treat their own body.

If you take away access to integrative medicine, people will turn more towards alternative medicines they see advertised on social media and various websites of poor journalistic integrity. An integrative doctor or complementary medicine professional gives people an avenue to discuss these treatments with. My integrative doctor has NOT recommended me goji berries, weeks of celery juice cleansing, or consumption of essential oils. But I do know many people using such "remedies" without any medical guidance or supervision to treat their families ailments because they have lost faith in the medical system.

If the community cannot get access to complementary medical professionals, I fear more people I know will be trying to cure cancer with celery juice or cure autism with essential oils.

Please let the people have a choice to see someone outside the sphere of conventional medicine who is educated and can provide better advice than social media.

Integrative medicine has really helped me in ways I could not imagine.  
Please do not take away my choice to use complementary medicine in addition to conventional pharmaceuticals.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:06 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

You teach the biopsychosocial spiritual model to nursing students. By denying practitioners to recommend complementary therapies you are telling people that their cultures (i.e Chinese herbal medicine) and beliefs are not relevant. How do you expect patient well being to continue if you tell them their cultures and beliefs dont matter by unregistering complementary therapies?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:59:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away patient access to integrative and complementary medicine. Conventional medicine on its own does not help patients achieve true health and wellbeing. It needs to be combined with natural and holistic therapies (i.e. integrative medicine) to do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 4:26:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Shame on you MBA your a disgrace this says it all really... "new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. If adopted, Integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine.

This may include bans on use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing, with broader impacts on the complementary medicine and natural therapies sector".

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:08:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I know many friends and family including myself that have used integrative medicine and complementary medicine for their healthcare practice. It has been an integral part of our family's health as well as friends when doctors can not find a way to assist in health care including autism, tourette syndrome and severe back pain.

Integrative and holistic medicine needs to be allowed as an option due to the fact that without this, prescriptions of dangerous medication that has little chance of working will increase, causing damage. It is our choice whether to use this option, don't take it away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:17:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Access to integrative and complementary medicine should be a given right for all in a society which strives to be civilised. Some of these practices have stood the test of time, providing healthcare for hundreds of years. The allopathic medical system is responsible for thousands of iatrogenic deaths annually, but is continually supported as the norm. This is certainly not the case with integrative and complementary medicine. However, if just one complication is reported out of an integrative or complementary medicine modality, it seems the whole field is vilified. There is something inherently troubling about a system which tries to diminish self-determination through minimising choice.

Furthermore, I know many people including myself who have benefited from non-mainstream treatments, including chiropractic, osteopathy, Chinese medicine and acupuncture. I have also healed my body successfully through Pilates, Yoga and Qigong.

We need to move forwards as a society towards embracing practices which are holistic in nature, not hold them up to undue scrutiny and criticism simply because they don't fit the allopathic business model. There are many ways to approach the human mind-body complex in order to assist healing. What is known as 'conventional' medicine is largely reductionist, so is just the tip of the iceberg. How can that be the only way of healing when the body systems are so complex and interconnected?

It sickens and saddens me to see the government pushing support of a largely pharmaceutically driven model of healthcare when I KNOW that alternative modalities have so much to offer.

I urge you to support Option 1, and uphold doctors' rights to provide and refer to new and innovative practices, including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am one of those people who standard treatment has failed me. I was at deaths door before my doctor put me on natural therapies by a compounding pharmacy . If I'm not allowed these treatments I will surely die early

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 5 June 2019 9:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

i believe that it is everyone's right to be able to access integrative and complementary medicine. for me I have been on the standard medication for a chronic illness I have. i became a shell of myself and I thought I was dying. Finally a doctor saw this and began treating me with complementary medication. i gradually become more me and I have been able to travel. if I have to go back onto that standard pill i just can't think of what I will become. DEAD. There are a lot of us hundreds of thousands who rely on Intergrative doctors and complimentary medication. By stopping this you are putting death sentence on these people. Its our right to be able to choose who we see and what we take to make our lives bearable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:49:53 PM

---

To the Medical Board of Australia,

I support Option 1.

By taking away choice you are limiting preventative medicine. These doctors have trained to gain the knowledge about diet and nutrition. This is an area that need more educated professionals to help provide clarity to people from the hype created by some without the knowledge to steer people in the right direction. Don't take away my choice in practitioners. And degrade their extra training.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 8:53:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had the benefits of complimentary therapies throughout my 70years of life and wish to continue using the combined health care of Doctors and health professionals for continued good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:41:15 PM

---

To the Medical Board of Australia,

I support Option 1.

It is a disgrace that health and healing is controlled by the AMA and pharma big business. It is obvious they have both failed. The only option is a holistic approach to healing where the AMA is not the controlling factor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 2:47:05 PM

---

To the Medical Board of Australia,

I support Option 1.

As it's referred to as alternative medicine, when it is actually traditional medicine, is because that's where all medications used to be derived from. There's absolutely nothing harmful about using natural therapies to treat oneself or others. More so conventional medicine is usually laced with chemicals and toxins that not only just relieve the symptom and don't provide a cure, but also can cause many side effects.

The option should be there for people to have the choice of therapies they want to use, without it being dictated or governed.

Freedom of personal choice is my main reason for signing this.

Natural therapies have helped me heal my thyroid, fibromyalgia and chronic fatigue.. whereas conventional medicine couldn't.

I'm actually disgraced that this is even being considered in this day and age.

There has been nothing but positive results from traditional medicine.. can't say the same for conventional medicine.

Nobody should have the power to dictate how one chooses to heal oneself.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 10:21:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I use complimentary medicine to stay healthy. Please don't take this away from me and the people of Australia. Surely it makes sense to keep people healthy in order not to burden our medical system. In my view our medical system supports those who are sick but does not support people to stay healthy. People should have the right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 5:52:37 AM

---

To the Medical Board of Australia,

I support Option 1.

People should be given the choices.. Also I reversed my 3 autoimmune conditions using complimentary medicine alone, while conventional doctors and specialistss told me I would live with these conditions for the rest of my life!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:58 AM

---

To the Medical Board of Australia,

I support Option 1.

Natural therapies have helped me fall pregnant both times, alongside medical treatment, but when medical treatment wasn't working, natural therapies did. Natural therapies look at my body holistically, not something the medical world was doing. We are complex human beings with multifaceted and individual needs and should be able to choose how we manage our own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:50:48 PM

---

To the Medical Board of Australia,

I support Option 1.

People have a right to choose what treatment they want and should be presented with all the information for own decision making.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 4:23:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Hello,

I would like to strongly make the case for keeping the same guidelines for integrative doctors, using complementary therapies.

In my own case, I was diagnosed with osteoporosis which has been transmuted to osteopenia, by skilful treatment over 12 years by my integrative doctor. A recent ultrasound plus previous one-or-two-yearly checks show that over the last 12 years, I have gained 6% in bone density by age 74, using only complementary medicines. This contrasts with my two sisters who have osteoporosis and now are struggling with the side effects of having taken pharmaceutical drugs for years to combat a similar condition.

In other ways the same doctor has helped me: a recent check showed no calcium in my arteries despite a strong family history of atherosclerosis: I had been taking vitamin K2 for some years on my doctor's advice. My blood pressure and cholesterol are very good without the need for drugs, as I have been taking natural supplements under his supervision for years.

My husband also benefited greatly from this doctor's advice and treatment, which brought his pre-diabetic condition back to normal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:27 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

To begin with I would like to state that I am happy to speak with, or before any person or group, who would like to better understand my experience with Integrative medicine.

Overall my personal experience and opinion is that Integrative medicine is much more focused on attaining optimal health and does so with a holistic approach rather than conventional medicine which is more focussed on diagnosis and labelling of symptoms and symptomatic relief. Integrative medicine seeks to understand the why and fundamentally change it back to functional good health. My story has been one of overwhelming success.

After 12 months of terrible health problems my then GP diagnosed me with Chronic Fatigue Syndrome. Initially I was cared for by a conventional GP. I did not accept my diagnosis, I was devastated and did everything I could to work out how I was going to return to good health. Through my relentless investigation and lots of money spent on many different health practitioners, I finally met an Integrative Gynaecologist who prioritises Nutritional and Environmental medicine in her treatment plan. Using pathology & genetic testing she prescribed relevant nutrient and mineral supplements to address deficiencies and imbalances. An iron infusion was also conducted because her opinion of low iron level differed dramatically from the conventional normal level (in fact the normal level today is dramatically lower than it was 10 years ago - why? because the normal range is measured and defined according to blood samples taken from the sick ppl who have their blood tested it is not based on blood samples from ppl who are optimally healthy!! Which is in itself RIDICULOUS!

In addition to supplements and infusions, my Integrative doctor referred me to a nutritionist who developed a nutritional plan for me.

I would like to note that initially some conventional medicine was also prescribed to manage low serotonin but only for a period of time whilst natural levels were returned and balanced.

My integrative doctor focused on achieving optimal health and wellness levels for me not just symptomatic relief.

My Integrative doctor also educated me about the importance of movement. With careful guidance and heart rate monitoring, I began to slowly move again. A lifestyle movement program was developed that included daily taichi, yoga and walking. Initially minimal was possible but slowly building up day by day and improving constantly.

This holistic approach to my healthcare was a million miles from the approach of my conventional GP who basically gave me the diagnosis of Chronic Fatigue and then gave me pain killers, sleeping tablets, anti depressants for symptoms and a pat on the back "good luck"

Conventional Medicine has its place but doctors like my Integrative doctor are helping people with regaining health rather than just treating symptoms! The studies and results regarding Integrative Medicine are real! They exist! Why and how have they been ignored?! I am not the only success story.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 1:34:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to express my disappointment with the MBA imposing restrictions on Integrative practitioners.

Over the years, they have provided adjustments and reset my muscular and skeletal giving me with pain relief and measures to alleviate pain without need for surgery.

I will always continue to use their services as it keeps my body in good working condition.

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 11:07:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current access we have to choosing the right healthcare for individuals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:47:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I have struggled with my health ever since prolonged international travel to India, 15 years ago.

I was grateful for the medical services available in Australia for blood tests and parasite checking but once I reached the limit of what the medical system could provide natural and complimentary therapies have given me great relief: acupuncture, massage and naturopathy plus functional medicine have helped me immensely. Our medical system is wonderful for diagnostic purposes but falls short when it comes to treatment, particularly if one desires another approach than pharmaceuticals. Complimentary therapies are just that, designed to compliment the medical system and support holistic healthcare and wellbeing. The public deserves the right to this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:58:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Having a integrative doctor support me through my health concerns has been basically life changing. the knowledge and support has benefited me from having less sick days from work and the feeling there is light at the end of a autoimmune disease. the consult from GP to integrative is money well spent with listening and actioning of each concern as not feeling rushed and forgetting things that require going over to investigate the cause not only the symptoms.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:30:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to my healthcare, prevention is better than cure.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 25 May 2019 11:57:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned that the proposed restrictions on medical practitioners providing emerging and complimentary treatments would be a significantly retrograde step. Additionally it is potentially the 'thin edge of the wedge' when it comes to the provision of such widely used health treatments as TCM, Chiropractic, Osteopathy etc.

Delivering holistic healthcare to patients by utilising integrative and complimentary protocols in addition to conventional Cartesian practices enhances the medical profession's ability to effectively tailor individual health outcomes without causing any harm.

In my personal and indeed my family's experience the option of integrative medical treatment has strengthened our mental and physical resilience in dealing with both minor illness and serious disease. To be treated as a person not just a symptom is invaluable in supporting a return to full health.

Removing the option of this holistic approach weakens the armoury of capabilities available to practitioners and would foster a climate that stems innovation and invention. The Medical profession has come a long way from the Barber's Shop and should continue to encourage the advancement of new ideas rather than simply retain a staid, unimaginative and uninspired status quo that only serves vested interests and political hubris.

Advanced and extremely competent and capable health systems such as those found in Germany and Switzerland strongly embrace integrative and complimentary protocols. Why shouldn't Australia?

The advances in medical treatments have indeed come far - don't stop now, we need you!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have received integrative and complimentary medicine which has certainly helped turn my health around. There should be no restrictions placed on anyone who chooses to seek integrative and/or complementary medicine. There is a place for GPs and a place for integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:47 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am a registered nurse midwife, I have used alternative medicines for myself and my family for over 30 yes. I would not like to have my options reduced. Alternative health practitioners and Doctors using alternative health methods and supplements are safe, and a necessary part of the health system. Prescription drugs are dangerous and have caused many deaths and accidents, far more than alternative therapies.  
Do not limit Doctors from using intergrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:21:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1 as being considered by the MBA as it offers choice to the people of Australia, and ensures those that take up holistic approaches to healthcare are not cast aside.

We live in times when our health is increasingly becoming something we can not take for granted, with people living longer, technologies introduced that enable women to have babies later in life. All of these impact on our society and health costs. Everyone is entitled to make choices about their health and continuing to support holistic healthcare is an option all Australians need to be able to make on an individual basis, and not have this area regulated to such a degree that those practitioners in holistic areas are marginalised and removed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:46:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Studies have recently shown the connection between gut health and mental health, the importance of exercise, a healthy diet and our mental health. We all know that mental health affects everyone on a daily bases. The choice of being able to have complementary services along with medical practice helps to work on all areas at the same time providing a more balanced approach to physical, mental and emotional health. We have the right to choose how we want to approach our health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:34:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support using integrative and complimentary medicines. I had ovarian cancer twenty four years ago, late stage .i chose not to do chemo and went totally on raw food and natural therapies as the medical doctor told me unless I had chemo I won't last twelve months. I had a supportive private medical doctor under threat of the AMA in conjunction with a naturopath helped me choose an appropriate healing regime. We have a right to choose, medical control of treatment is simply about profits for big pharma and not about healing first. So many people die of main stream medical pharmaceuticals and treatment not the illness. ,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:54 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am in favour of Patient Free Choice when it comes to any and all medical interventions.  
Doctors and/or health professionals are in practice to help us choose which (if any) paths we may prefer to help heal our own health and problems with our own bodies that may arise.  
It is not up to government agendas to dictate which health care paths the public should be following.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:41:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I object to the MBA trying to interfere with my freedom of choice when it comes to what form of healthcare I choose to use. I have been using complementary medicine along with conventional medicine for many years & I intend to keep using them. I don't get any subsidy from anyone & bear the full cost myself. It's not for the MBA to tell me which form of medicine I can use & it's not for the MBA to tell me which doctor I choose to attend. Unfortunately it seems that the MBA wants to take this country down the path of the American health system & I object to that most strongly. If a doctor uses complementary medicine & patients choose to go to them then they should be allowed to continue to do so. This is nothing more than an exercise in power & control by the MBA & I would like them to get out of my decisions on which method of healthcare I choose to use.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:06:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Member, As a Director of Nursing I wish to put my thoughts to you.

- 1) We have an issue with obesity in Australia. Many people see their GP regularly but would not seek out another health professional.
- 2) I believe Medical Practitioners are the most easily accessible to all members of society.
- 3) A referral needs to be gained from the GP in order to see a specialist. GP's are already trained in this area.
- 4) The Medical Practitioner is aware of other health issues that the patient may have which may impact on diet.
- 5) Patients should have the choice to see whomever they feel comfortable with for advice.
- 6) In Tasmania there is a long waiting time to see specialists.
- 7) There would be an added expense that many people can not afford.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:30:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine to support long term natural healthcare, to faster root causes or chronic disease. Integrative medicine has provided me more energy for daily health and compliments conventional healthcare that focuses on symptoms and not causes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:43:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support choice in health care. There are many safe and useful natural therapies. Prescription drugs and surgery ought not be our only choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 11:43:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1. My GP. Uses acupuncture as well as conventional medicine. This is a valuable service to our community. He must be allowed to continue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 2:06:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like the option of a Dr who is open to complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 12:39:33 PM

---

To the Medical Board of Australia,

I support Option 1.

Many natural therapies are scientifically proven to improve a wide variety of health issues. The people of Australia deserve the right to pursue both conventional and alternative health therapies in their pursuit of better health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:25:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Why would you do that?

Really?

No, No, No, Do not take my right to choose Alternative Care because that's Wrong!

I am a healthy 46 year old because of vitamins and minerals and I am active, and physically fit because of my chiropractor care. I do not agree with your agenda.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 6:08:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't take away my rights to seek the medical treatment I prefer. My body, my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:36:44 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used intergrative health medications and therapies personally. They complemented conventional treatment and cured or reduced ailments. I am a health practitioner and value the benefit of conventional and natural therapies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 10:02:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Members of the Medical Board,

In 2010 my family endured extreme stressors and as a direct result we were plunged into an extremely traumatic grief and loss situation. After several months of little to no support and being unable to find appropriate self care options my health failed. I started attending GP after GP and every single one of the GP's I saw said I was depressed and needed antidepressant medication. In total I saw sixteen different GP's in a two year period and not one offered me anything more than antidepressants because my bloodwork was 'normal'. I knew I wasn't depressed and was deeply saddened that a medical Dr couldn't understand the basic difference between grief and depression but there was no way I was taking antidepressants due to a family history of extremely bad side effects. Many of my symptoms were physical, but that was just interpreted as psychosomatic response to my depression. Finally I gave up on the medical world, as there was literally no help for me there, so I started seeing alternative practitioners because the medical system had completely failed me. Again I sought out many different treatments and practitioners while continuing to not get better. Eventually my health had failed to the point of being unable to function much at all. At this point a kinesiologist I knew, referred me to an integrative GP. I saw this GP for an initial appointment and she was able to immediately diagnose me and started treatment with vitamin therapy. As soon as I started taking the supplements she had recommended I saw an instant change in my health, which further improved once my multivitamins were compounded specifically for me. Although my full recovery took months I have never had a relapse and my mental health has improved so dramatically that I am no longer showing any of the symptoms I was before. I went from flashbacks and agoraphobia to being able to live a normal life again without any anxiety. I am forever grateful that I found this Dr because I had basically given up hope of ever feeling better again, and with each new Dr that I saw that failed to address my issues, was without a doubt slowly killing me. If I had died because of failure to identify my health issues I would have left behind two very young children and a grieving husband who had already had to endure more than most people do in their entire lives.

Whether my story is impacting enough to convince you that integrative Dr's and vitamin therapy are important treatment options for those who Dr's just have no idea how to treat them, is a matter for you to decide, but I know without a doubt in my, or my Dr's, mind, that if I did not find this Dr I would have been dead within 12-18 months of my last failed GP appointment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 5:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

From the age of 19, I had struggled with a variety of medical issues.

I have lost count of the number of doctors who told me that my ailments were in my head.

My thyroid disease was never "in my head". Neither was it diagnosed until after the birth of my two children. The autism that impacts on every day of our lives can, in all probability, be attributed to the mismanagement of my thyroid disease during pregnancy.

After my diagnosis, I was prescribed the traditional medications, but the majority of the symptoms of Hashimoto's disease remained. Doctor after doctor, including endocrinologist, told me that I was lazy, needed to exercise and yes- that it was in my head.

Out of desperation, I consulted with an integrative GP. Really at this point, I felt as though I was dying. I was in constant pain, exercise only made this significantly worse, I gained weight easily, lived in a fog and was losing my hair. Within 10 minutes of my consultation with Dr [REDACTED], I finally felt heard. The bottom line was that I really was dying. My body could not convert the T4 of traditional thyroid medication to T3, the active form. My muscles created lactic acid by just breathing and I was severely hypothyroid. In addition to this, my reverse T3 levels were chronically high, my iron non-existent and my iodine and calcium levels were dangerously low. Dr [REDACTED] saved my life.

If I was relying on the medical advice I received prior to consulting him, I would not be working and most probably be dead- if not from disease, then suicide. No-one should have to live like I was.

Please, instead of removing these services, make them easier to access. Not every ailment can be cured by pills and not every patient is the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I suspect I (and another family member) would not have survived without the brilliance of our Integrative practitioners. Their appreciation and knowledge of our bodies, from a total and holistic perspective, is life-saving. Their prescriptions are biased to heal, not to bandaid. There is not only a place for both naturopathic and allopathic modalities, it is absolutely vital to have access to both.

Thank you,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:11 PM

---

To the Medical Board of Australia,

I support Option 1.

I am in full support of integrative, naturopathic and complementary physicians and have personally benefited from them over the last five years. Australians should continue to have access to these doctors.

Standard GPs completely missed the major issues and imbalances I was facing and only offered pharmaceutical 'solutions' to problems they couldn't actually pinpoint or even diagnose. Their testing protocols are not thorough enough. Frankly, this is NOT good enough. And I know of many family members and friends who have had similar situations. I had several GPs give me a blank look and say, "You're within normal ranges so there's nothing wrong" meanwhile I was not experiencing life as normal. It was only when I visited a naturopath that things started to look up after being thoroughly examined, questioned and tested and supplements administered. I lost 2 years of my life feeling awful before this point.

Natural medicine should be freely available to each and every Australian. Our society would be a lot healthier without its dependency on various pharmaceutical drugs and their impact on people. If they knew there was a better way, a natural way I believe that most people would take that route. There is a place for pharmaceutical intervention but it should only ever be a last resort. Nature has every solution to every problem. We should be spending money on teaching people about nutrition, supplements and comprehensive diagnostic testing.

Should restrictions be imposed, it will be a serious endangerment of the population as many of us will flat out refuse to see standard GPs because they are not trained in the ways of natural medicine. Merely to prescribe pharmaceutical drugs that do not treat root causes of conditions but act as a subscription service to make money (and ultimately cause damage to the person in another system in their body). People will travel overseas for treatment if needed. It will be a sorry day for Australia indeed.

Please, keep things as they are. I beseech you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wish all doctors were trained in and were open to alternative therapies. Please do not take our choices away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 24 June 2019 8:43 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I don't understand why our freedom of choice in health matters is being eroded little by little. Surely a natural approach should be the initial reaction to any/all health issues rather than resorting to expensive, invasive artificial chemicals. Some natural products have been successfully used for many thousands of years by indigenous populations yet now they are being banned! I would like to know why?  
Do not take our choice of natural treatment options from us...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support NO change to the current guidelines for Integrative Healthcare. I believe that doctors should be allowed to approach the treatment of a patient holistically and to suggest to their patients any treatment which may help their recovery. My personal story in a nutshell is that I suffered from impaired neurological functioning all of my life until my wonderful doctor discovered that I have a metabolic disorder which could be (and has been!) drastically improved with therapeutic doses of vitamins and minerals. My life has changed so much because my doctor was able to look outside conventional medicine and guide me with a holistic treatment which was based on me as an individual, with my own unique biochemistry. I strongly believe Integrative medicine is the way of the future and I do not support the tightening of the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 4:34:28 PM

---

To the Medical Board of Australia,

I support Option 1.

is this a joke.... our freedom of choice is being taken away... I have used alternative medicine for many years now... I believe and trust my therapist. Not so much doctors that prescribe pharmaceutical medication for "just in case" my mother had a bag full of those pills

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:09:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

After seeing at least 10 different regular general practitioners, i had almost given up hope of becoming well and became increasingly scared of the fact that i could die from the chronic insomnia and other debilitating symptoms. With the professional help of a naturopath and 2 integrative practitioners, i couldn't believe how they managed to change my life - they saved my life!!! This may seem as a joke to you, but ask your children if they would like to be left without one of their parents at a young age. The answer would be a resounding no! Quite simply - and i mean no offense, but regular practitioners do not have the training necessary to bring people's health to OPTIMAL standards like integrative doctors. Regular gps don't appear to have training in nutritional deficiencies which can reek havoc on people's lives - yet doctors educated in nutritional deficiencies manage to save lives or at least give quality of life back to those who suffer as i did. Such doctors are not afraid to continue educating themselves on issues such as mold illness - that was one of my problems. In one month, my integrative practitioner gave me hope that someone had knowledge of how to cure me. They gave me hope that i wasn't going to die. They gave me hope that i could be a better parent. That came after years not weeks or months but years of going to regular gps. Instead of dismissing my symptoms as nothing but stress or being a single mum - or being offensive - through an integrative doctor, i was assessed - prescribed treatment and nutritional supplements which turned my life around. Such treatment is vital to our community and so to dismiss the efficacy of integrative doctors would be nothing short of a crime to humanity. When my son was younger, we went to a doctor who looked at nutritional deficiencies and through his treatment - neither of us saw the flu for a very very long time and if we did - or even do now - it has a minimal effect on us as we know how to supplement to fight it without the use of pharmaceutical drugs - and without their gut disrupting consequences. Such treatment should be supported, researched, financed and administered to all in a progressive and educated society - not hindered. The only reason one would have to do as such, would be out of fear - jealousy and financial interests and a severe lack of education. While the rest of the world advances in such treatment it would be a primitive move to not support integrative practitioners - and complementary medicine. It would make us the laughing stock of the world. We need integrative practitioners, we NEED complementary medicine. We are not in a military state - therefore - you have NO RIGHT to take away our RIGHT TO HEALTH!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:44:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative or complementary medicine and have done for years, because it works! I will choose it every time, over synthetic drugs. Obviously certain drugs have their place in surgery and when you simply cannot do without an antibiotic (although I'm always keen to try all other measures first) but most importantly, I use it for prevention. Staying healthy in the first place, is the key. I use homeopathy, naturopathy, traditional Chinese medicine (acupuncture and Chinese herbs), kinesiology, neuro-training, remedial massage, western herbalists, chiropractors, osteopaths and dry needling. It all works for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 8:26:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has turned my life around. Without it, I would not have been able to conceive naturally or have a healthy pregnancy. My medical doctors told me I couldn't conceive without IVF. With a combined effort from a wonderful GP and naturopath, I was able to turn my health around and conceive naturally in the first attempt. I did also need the help of my GP and obstetrician to perform surgery but without the whole approach, I would not be where I am. My naturopath looked at the whole picture and discovered things and asked questions my GP and obstetrician never would have (or did) and went on to discover issues that hugely impacted my road to success and recovery.

Prior to wanting a child, I also had a lot of health issues which my medical doctors and specialists could not figure out. They were not interested in the cause, just getting rid of the symptoms, so on went the spiral of ill health. This went on for over a decade before I enlisted the help of a few natural therapies. Without the help of both natural therapies and medical science working together, I would not have been able to get my health back on track prior to attempting to conceive. Both are needed for many people to achieve a healthy, fulfilling life that can contribute to society. Why is the government so scared of integrative medicine?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:28:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Please keep choice on the table. First line pharmacology doesn't work for everyone & in a blinkered Australian medical philosophy we miss out on valuable health choices that do make a difference. I find the integrative approach much more thorough & successful.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:55:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Without the out of the box thinking provided by a board registered GP my daughter would never have been diagnosed with Lyme like disease. As she is unable to undergo the mainstream route we had no choice but to utilise complimentary medicine to bring her illness under control. Cuts like this will only serve to push patients underground and to the black market. With the introduction of the internet also came the ability for patients to research their illnesses and look for appropriate treatments that best suit their needs. Patients have the right to choose which treatments they wish to undertake. Patients already pay expensive fees to undertake to see practitioners and undertake treatment, this will only make it harder for people who are too sick to work. It is ignorant and arrogant to assume that science knows everything their is to know about our bodies and how they are affected and every day we discover new pathogens that cause harm to humans, there is not a one size fits all solution for patients. Patients who seek out these practitioners usually do so after many years of failed treatments, they have spent thousands of dollars often having to remortgage homes as they are too ill to work. When doctors stop treating patients like everything they don't understand must be psychological then you can remove treatment options. But when it takes up to 10 years to get a diagnosis for some illnesses you have no right to be cutting services. Train your doctors better, the oath states "first do no harm" doing nothing is not doing no harm and making patients worse.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I agree that the current rules and laws associated with intergrative and alternative medicine should stay the same .it is my body so my choice..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 4:32:06 PM

---

To the Medical Board of Australia,

I support Option 1.

My family has chosen integrative health care for the past 40 years. We regularly choose Chinese medicine. We choose a GP who, along with drug prescriptions and medical scanning, includes vitamin therapy, homeopathy, anthroposophic baths and remedies, osteopathy and meditation, as indicated, for our health needs. This doctor has extensive training in these integrative practices and undertakes further education in them. We greatly value his knowledge and perspective and find the integrative health strategies effective. He is our trusted GP, he knows our family well, works collaboratively with each family member, according to their individual needs and values and gives us time to discuss our concerns. This is an important relationship of trust and confidence built up over many years. We are deeply concerned about the proposed introduction of greater regulation of integrative medical practitioners. They provide a level of care and range of health practices that are sought after. We view the prospect of tighter regulation of integrative medical practitioners as insulting to their professional training and expertise and undermining of our confidence in and respect for Australia's health care system. We also wish to point out to the MBA that "conventional" medicine is based upon a narrow perspective of human health and wellbeing and the complex mechanisms that enhance these. We find these complexities accessible via an integrative approach to health, and respectful of the capacity of individuals as agents in promoting and caring for their personal health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:58:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose to take care of my health proactively with a range of natural and complementary products and services. And this helps me to lighten the strain on the entire medical system by preventative healthcare and doing all I can to look after my physical, mental and emotional well-being. I have a number of family and friends in the same boat.

When I do visit a doctor, it's vital to me that I have the choice to see someone who is on the same wavelength and informed about options for natural self-care and can freely discuss those with me, make recommendations and offer treatments if they are qualified - for example, a doctor who practices both eastern and western medicine who can send me to have blood tests then give me an acupuncture treatment and Chinese herbs when that could well take care of my needs better than prescription medicines. This has happened for me countless times over the years and if I'd not had that option when visiting the doctor, I could well have ended up on medication that was unnecessary.

As it is, we're penalised when we take care of our health ourselves with natural supplements and complementary medicines because there are no GST breaks on these products.

Please allow doctors who also understand and practice complementary medicine to continue to include these options for people like me and others who are being proactive in looking after ourselves naturally. I urge you to please keep the current guidelines in place and allow us freedom of choice in caring for our health. Not only is it important for the sake of our personal freedoms of choice, but ultimately, I believe, it will help lighten the strain on the health system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:32 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People have the right to participant in their own healthcare treatment. This is the foundation of our university degrees - patient autonomy.

I support all medicine including complementary medicine. My family & I regularly access chiropractic as well homeopathic treatment, which is very effective.

The MBA does not have the right to place restrictions on what people can and can't do when it comes to their own healthcare.

Complementary medicine is not going away - why don't you start thinking of ways to work together with these practitioners instead of being unnecessary bullies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:34:50 AM

---

To the Medical Board of Australia,

I support Option 1.

Therapies including chiropractic are vital to mine and my families health and have worked in conjunction with conventional therapies. After surgery to remove wisdom teeth, the swelling didn't subside and the surgeon simply prescribed more antibiotics. Upon going to the chiropractor the swelling subsided within 30minutes, indicating the swelling wasn't an infection, but rather a blockage in my lymph channels. Antibiotics would not have fixed this. Also, there is substantial research saying that natural therapies can work in conjunction with conventional medicine. Please do not remove people's choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:17:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

Please don't change the guidelines for integrative & complementary medicine. These are an important aspect of many Australian's healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine and choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:37 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is with grave sadness that I once again hear of further one-size-fits-all medicalisation of our health and a journey away from patient/practitioner choice and individualised alternatives to medical model healthcare. Although difficult to explain the diverse and life changing paths I have taken over the past 20 years to arrive at my current state of health (many, many times self founded and funded due to the inability or refusal of medical model practitioners to consider alternatives), I feel it is an absolute necessity to have at least some voice during consideration of any proposed changes to Integrative Medicine and what is apparently 'alternative' medicine ( much of which was once the norm). Had these 'alternatives' not been available to me over these past 15-20 years, I would not have fallen pregnant and now be enjoying my beautiful child, I would have commenced the downward spiral of lifelong antidepressant use (which was the resounding fix for everything I complained of all those years ago by dozens of medical practitioners), overuse of antibiotics, a mental health burden, a workforce burden, a healthcare burden, and a very lonely, depressed and unhealthy individual. Grassroots healthcare is the way forward if we are to save our system from overload and effective grassroots health is holistic centred and not fixed by medications. Prevention and individualised services ensure optimum health and decreased use of chemical pharmaceuticals, many of which we still don't know the long term effects of. So many of the restricted alternative services are centuries old and proven methods and removing and restricting these poses a serious breach of not only an ethical and moral duty of care, but of rights and responsibilities to offer appropriate, effective holistic care - above all, do no harm. I can only implore you to consider the effectiveness of these adjuncts to medicine and show those of us that rely heavily on them for day to day health that you are genuinely concerned about fixing an increasingly sick society and that you are open to providing these services to those that use and benefit from them daily. Please, please allow us to continue to improve our quality of life via any pathways necessary to us as individuals, not as robots in an assembly line, attempting to fit a health and wellness mold. The consequences of the proposed restrictive pathway to health will be devastating, not only for myself and my family, but the broader community as users of our struggling, increasingly disappointing 'healthcare' system. Further segregation and push back will eventuate and more and more of our children are going to be living lives of sub-standard health. Let's look to wellness, not sickness. Appreciate what our bodies love and thrive on and avoid what they don't, whether it be cheap, processed food and pharmaceuticals or lack of access to appropriate psychosocial nurturing. These integrative practitioners are passionate, intelligent and well researched and educated individuals. The movement deserves a better opportunity to continue their incredible positive impact on the health of our society as a whole.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:09:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I have personally benefited greatly from integrative medical advice  
and value my choice to do so.

I'm not taking 'weird' stuff just vitamins and minerals

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. I need both types of medication to manage my thyroid condition - thyroxine for T4 as well as a T3 supplement. I also have Ross river virus - this isn't even treatable using conventional medicine - apart from anti inflammatories and pain killers, however with diet and complementary medicine I have resumed activity and exercise without using either pain killers or anti inflammatories. If restrictions are imposed on integrative practitioners my health will suffer. And I know this because it was not great until I started to use integrative practises and saw an improvement.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 12:58:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I want my doctor to be able to use natural medicine as well as prescribed without fear of losing their job. Natural does have benefits. Do not remove that option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:42:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I like to visit my GP who offers both conventional and intergrative medicine. The vitamins prescribed have helped me immensely. I would not go to any other Gp. She listens and works out a wholistic approach. I am preventing myself becoming a burden on the health system by taking care of my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:27:41 AM

---

To the Medical Board of Australia,

I support Option 1.

When I go to a doctor with a health concern It is important to me that we take the time to really consider the causes behind the symptoms and work together holistically to properly address those causes as I know from years of experience that changes in diet, lifestyle, exercise, mental outlook, nutritional deficiencies, stresses etc. can all play a part in my health.

I do not want a system wherein only my presenting symptoms are considered and then a pharmaceutical prescribed after a very brief consultation.

I am very health conscious and knowledgeable about my own health and I want the freedom to make my own informed choices as to how best to approach and support my ongoing good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:27:03 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have suffered migraines my entire life and it's the complementary practices that can give me the most relief. Walk a mile in my shoes and see if you could live without them!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:41:31 PM

---

To the Medical Board of Australia,

I support Option 1.

People need to be given the choice of therapies for their healing journey. It should be complimentary to any medications prescribed by doctors. Especially since medications don't always work for everyone. Please let us keep this option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 7:06:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to urge your organisation to retain guidelines that allow Australians to freely & safely access those integrative & complementary therapies currently under threat of restriction, such as integrative medicine practiced by medical doctors, naturopathy, TCM, chiropractic, osteopathy, and nutrition to name a few. As a trained & qualified Naturopath myself, who has also accessed many other complementary therapies throughout the years to assist recovery from various health complaints, I know these modalities to be not just helpful, but crucial to achieving full recovery & good health. Complementary & integrative therapies can target the root cause of health complaints in ways that practitioners such as GPs don't have the time nor specific training to be able to accomplish during their consults, and therefore make up a crucial aspect of any individual's healthcare team. I myself have used a combination of Naturopathy, chiropractic & conventional medicine to return myself to good health after being diagnosed with iron deficiency and recurrent back & shoulder injuries - and I believe that without the complementary care provided by the Naturopath & chiropractor I would not have been able to recover as I did. Not only was recovery important, but since accessing complementary healthcare services my quality of life has improved immensely - I have been equipped with the skills to recognise & address early signs of illness (and seek appropriate care from a variety of conventional & allied practitioners), but more importantly I have been taught how to care for my body & mind so that I can prevent future illness, and this has been very apparent in my overall improvement of wellbeing & reduction in illness since beginning to access these allied services. If your organisation restricts future access of these integrative & complementary healthcare services, not only will it lead to an increased burden on the public health system due to a reduced focus on preventative healthcare, it will also therefore lead to increased economic burden & poorer public health outcomes on the whole. On a personal level, these proposed restrictions would not only limit my ability to work & provide good healthcare to those who require it, but it would reduce my ability to seek those complementary healthcare services for my own health & wellbeing. The current Australian healthcare system is in crisis - a crisis that can only be improved by encouraging Australian citizens to seek preventative & complementary healthcare to stop their illness from getting to the stage where it burdens the public healthcare system. Please therefore reconsider your proposal to increase restrictions on integrative & complementary healthcare practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If legitimate studies have shown that treatments other than drugs from the large pharmaceutical companies are effective for certain conditions, doctors should be allowed to recommend them without fear for their practitioners licence.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:01:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine does not work for me! I only get relief from natural sources.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:12:16 AM

---

To the Medical Board of Australia,

I support Option 1.

As an Australian subject who has supported law and taxes in my country  
I am deeply worried and offended that our freedom of choice in health  
care has been removed

Our sons and fathers fought for freedom and democracy do don't let  
their lives be in vain

Sincerely [REDACTED]

Mother , grandmother, and great grandmother

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:33 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped countless people get better or feel better for years. Taking patients rights to choose their medical treatment is equivalent to health robbery, as is a violation of human rights and freedom of choice. This MUST remain an option for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Having suffered from along term illness, integrative medical personnel helped me immensely. In fact it was a complimentary medicine arranged by a forward thinking specialist which took me from incapacitated to driving, returning to work and now a fully functional member of society and a mother. Please don't restrict doctors from offering alternatives when standard treatment doesn't work. Thankyou.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:31:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I have benefited greatly from the inclusion of natural therapies alongside conventional medicine. By allowing GP's who wish to do so, referrals reduce the amount of prescription drugs needed, and have given me relief of symptoms of incurable chronic disease without side effects where conventional medicine has not been an option due to side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:28:08 PM

---

To the Medical Board of Australia,

I support Option 1.

It came as a shock to me to read the MBA is considering new guidelines for Integrative & Complementary medicines and the way my & all doctors are able to recommend or suggest the simplest of strategies for my continued wellbeing.

This should be my choice and my Doctor should not be prevented from trying to help me or my family & our individual requirements.

My Doctor is there to treat us and if they require additional supportive services to do so, should not be prevented from allowing patients to choose how to look after our health in whatever way s/he sees fit for our individual concerns.

I feel that no matter where I have friends around Australia, a common factor in discussions is how overloaded our Hospitals & Doctors clinics are. The "one size fits all" kind of consultations are outrageous as we all have individual & unique health needs. Our doctors should be able to "Consult" with us for as long as it takes to get to the root of our problem, without facing a backlash or reprimand from the MBA. We all have lives to live after all.

Personally, I cannot afford to have any time off work but found myself facing an operation on both of my wrists to ease my pain. 6 weeks (minimum) I was advised, due to the nature of my work, I would be off for. I am given 4 weeks at Christmas and no other time during the year so I was fearful for my long-term job security.

It was my Doctors suggestion to try Acupuncture as I broke down in the clinic at the thought of not being able to put food on the table or pay our bills and extra educational expenses for my children when I became un-employed (I approached my employer who said my position needed to be filled immediately and I may not have the same (good paying) job if I returned).

I had weekly sessions with the Acupuncturist and my Doctor to gage any changes and 8 weeks later and with no extra time off work like before, I was pain-free for the first time in 2 years and off all of the pain medication (as is now required after the changes last year).

My child was seeing a Podiatrist as referred to by his GP, to correct some poor characteristics in his feet and I was told he would be measured up for Orthotics with a 4 figure price tag (we cannot afford private health insurance) and ongoing visits until adulthood with more Orthotics to come. I love my child and don't have that kind of money upfront so sought a second opinion from his GP and asked if there was any other technique we could investigate. As there was no pain involved in this condition, the GP suggested Reflexology and we attended weekly visits where the problem at hand was not only reversed in 12 weeks, but other associated health problems slowly vanished, much to my child's delight.

I will go as far as saying that with all the wonderful Medical advancements discovered both here in Australia and around the world, it would appear as a backwards step to implement any restriction on Doctors, Professionals in their field of training & Integrative & Complimentary Therapists. Some of these therapies have been around for

millennia and if they work, that's fantastic for everyone and it frees up positions for those that DO need the Specialists and Medically trained Professionals.

Please, do not make changes to the current guidelines and allow all Doctors the freedom to recommend whatever treatment options they see fit, be it new or old practices, without fear of reprimand.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:35:51 PM

---

To the Medical Board of Australia,

I support Option 1.

We should have the right to have all options available

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:32:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Pilates and chiropractics helped me to avoid back surgery for at least 40yrs. I firmly believe the strength I gained from my physiology based pilates enabled me to come through my surgery with "flying" colours and look forward to returning to my sessions as of next week. Chiropractics and accupuncture saved me from extended periods of pain.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Thank you for taking the time to read my email.

I am terribly alarmed that the MBA would want to remove the option or impose restrictions on Doctors who would seek a holistic approach to treating their patients.

A one size fits all does not work and to remove options such as supplementation and natural therapies seems backwards. Very backwards as many of these therapies and methods have been time proven as being successful for thousands of years!

I believe medicine as we now know it has to co-exist with natural therapies and compliment each other to avoid devastating effects on patients, health care providers, the general public and even governments financially.

I have experienced health issues where the use of both the medical world and natural therapies combined have provided a safe and speedy recovery.

I do not support the MBA imposing restrictions on integrative practitioners at all.

Please reconsider for GOODNESS sake!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:34:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to make a case for continued access to integrative and complementary medicine. As a mother of 3, and someone who values access to a variety of treatments for myself and my family, I believe strongly in choices in this area.

Over the years I have turned to complementary medicine to support everything from pregnancy, birth and post-birth, through to well-being for my family. As a young woman I also found huge relief for very bad eczema, asthma and back pain by receiving integrative health support.

It makes sense to me that we each be as independent and empowered in our health choices as we can. Government supported access to a variety of integrative health practitioners will support patients' autonomy, thereby giving them options to explore outside of 'conventional' medicine.

I would be horrified to think that this choice would be taken away in this country.

Thank you for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:44 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have Endometriosis, PTSD and access to a great practitioner and complementary medicine has saved my life. I fear for my future if access to it is taken away. For years I was sick, depressed and suicidal. I didn't need to be on many prescription medication I was put on that only had severe side effects and coming off these was very difficult but I have got my quality of life back now.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 1:13:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is important to those of us with chronic illnesses. Traditional medicine has a limited range of what they can offer chronic illness- yes, it can save my life in an acute episode but Integrative medicine helps improve my quality of life. It is so expensive to live with a chronic illness, I can't work full time because of my illness so please do not make quality of life harder to achieve.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicines should be a  
Available at G P surgeries

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:54:33 AM

---

To the Medical Board of Australia,

I support Option 1.

There has always been more than one way to solve a problem and in some instances the current medical solution to prescribe medication is not the answer for everyone. As we evolve as a society shouldn't our methods evolve as well? Blood letting is no longer a typical practice as it was years ago because we found things that worked better and we should keep an open mind to alternatives always!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:38:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Our right to access integrative medicine practitioners must be preserved. These doctors have studied extensively to be able to offer advice and solutions that can help manage and reverse conditions in ways that avoid or minimise the unwanted harmful side effects of drugs and surgery. Nutritional, dietary, movement, lifestyle and many other holistic interventions can be vastly superior to or perfectly complementary to drug and surgical intervention. Progressive medicine must include all approaches to reclamation of health and there must be choice for the patient who is the main stakeholder in their own health decisions. I have had wonderful help from functional medicine practitioners and enjoy better health and am drug free as a result.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:43:33 AM

---

To the Medical Board of Australia,

I support Option 1.

Our right to access integrative medicine practitioners must be preserved. These doctors have studied extensively to be able to offer advice and solutions that can help manage and reverse conditions in ways that avoid or minimise the unwanted harmful side effects of drugs and surgery. Nutritional, dietary, movement, lifestyle and many other holistic interventions can be vastly superior to or perfectly complementary to drug and surgical intervention. Progressive medicine must include all approaches to reclamation of health and there must be choice for the patient who is the main stakeholder in their own health decisions. I have had wonderful help from integrative doctors who have a different, progressive, inclusive and extremely valuable perspective on human health. If medical doctors aren't allowed to embrace positive change and integrate all of the discoveries in health and wellness happening rapidly worldwide, we will see the continued collapse of health in our communities, our children continuing to be the sickest generation ever, schools unable to cope with the kids' difficulties, hospitals overloaded and dysfunctional and the ultimate rise of "non-medical" practitioners as the authorities on health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:34:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Our right to access integrative medicine practitioners and functional medicine must be valued and preserved. These doctors have studied extensively to be able to offer advice and solutions that can help manage and reverse conditions in ways that avoid or minimise the unwanted harmful side effects of drugs and surgery and allow every individual to play the most important role in their own health. Nutritional, dietary, movement, lifestyle and many other holistic interventions including mind body solutions that bring balance to microflora and control stresses of all kinds, can be vastly superior to or perfectly complementary to drug and surgical intervention. Progressive medicine must include all approaches to reclamation of health and there must be choice for the patient who is the main stakeholder in their own health decisions. I have had wonderful help from functional medicine practitioners and enjoy better health and am drug free as a result.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 7:39:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I am strongly against the plan to tighten guidelines about doctors using integrative medicine. I spent 5 years with chronic eczema, seeing many GP's and a specialist, with all giving me the traditional treatment of cortisone creams, moisturise and even wet bandage. Yet none of these did anything and I was still covered in eczema. I eventually saw a doctor that treated my eczema as a symptom of inflammation in my body and I have had no eczema for years. Doctors should be reading latest research and be able to adopt practices that are proven to work. It is very suspicious to me that I was put on a medicine I would need to purchase for life (that did nothing but possibly damage my skin) when a fix was easily available. Please support the patients, the people that PAY to see doctors and actually help them, whether big pharmaceutical companies profit from this or not. It is the right thing to do. These stricter guidelines will just make people go elsewhere to find the answers to their ailments. Please allow doctors to use a whole body approach to find the cause of illnesses, not just the quick fix for the symptoms.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:41:36 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

I am concerned by the MBA's review of the guidelines that may restrict doctor's autonomy in providing integrative medicine. While I can see that there may be concerns around the evidence base for some of these treatments, I do not believe that this requires legislation that restricts consumer choice.

The need for a more integrated healthcare system that puts the patient at the centre of care and promotes wellness is the key to combating the surge in chronic disease. We should be focussing on educating the health workforce about how to better read the evidence and how to use behaviour change models to ensure better outcomes for chronic disease, rather than putting in legislation that will restrict innovation in practice.

Another concern is that by taking away the rights of doctors to practice integrative medicine, you promote the rise of dangerous practice. The general public will choose healthcare practitioners who suit their world view. If you take away the right of highly trained medical practitioners to use an integrative approach to healthcare, you risk pushing these approaches 'underground' where they can be practised by people with very little training and without the ethical guidelines of the medical community.

Don't assume that legislation is the answer to every problem. Instead, keep searching and asking 'what is the real problem'. It may be that an investment in educating more doctors on how to critically read research to make evidence informed choices might be a wiser approach. Or perhaps investment into longer appointment times for GPs with chronic patients may be the answer.

The general population are approaching integrative doctors because they see a lack in the general medical community. The medical community is already facing a growing lack of faith by some sectors of the community. Don't increase this growth by restricting their care options through knee-jerk legislative changes that favour a biomedical model to care.

Instead, seek to answer the real problems. I doubt you will find that it's a few doctors prescribing vitamins. There are some huge issues in the healthcare system. Finding out what these real problems are and seeking to solve them should be the focus, not changing legislation in order to suppress any worldview that differs from the traditional biomedical model.

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 9:28:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that the medical profession should develop continuously, and should allow my doctors and myself to decide what is best for me, and treat accordingly, based on complimentary treatment and emerging treatments. If my doctor is not allowed, I will treat myself which will be risky given me not being a medical professional. Ultimately I am my own carer and should be allowed to apply treatment as I prefer. I, as all, am unique, with unique treatment requirements. Please do not tie my doctor down!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:37:48 PM

---

To the Medical Board of Australia,

I support Option 1.

My family has personally been SAVED by integrative medicine when Western medicine practitioners couldn't offer any further treatment. Various family members also have allergies/sensitivities to certain types of pharmaceuticals and alternative treatments are sometimes our only choice of treatment. Furthermore, people should have a choice. Whether YOU agree with them or not, they should have the right to choose. Alternative medicine takes a huge burden off an already taxed medical system, and doesn't cost the government anything. Why should we have the right to choose who we want to marry, but not what medicines we want to take???

Trust people to make their own decisions - the human race have survived millennia making their own decisions, and will continue to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is essential in creating a progressive health care option in Australia. Without IM health care will seriously deteriorate in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 7:40:36 AM

---

To the Medical Board of Australia,

I support Option 1.

We have always used complimentary medicine to treat medical conditions. We wish to retain the right to making treatment decisions independently and if necessary obtain diagnosis from alternative sources

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:49:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to lodge my objection to the proposed changes to integrative and complementary medicine available to doctors. As a patient I would like all medical and alternative medical options open, for me to choose for my unique requirements. I have used and continue to use supplementary medicines to aid with my ongoing health as well as acupuncture, chiropractic services. They have helped me managed back pain where conventional physiotherapy has not. Also I have used these modalities alternative medicine to manage depression. The model being proposed is a one size fits all approach to medical practice which does not work for every single human. Each human being is different, they have different beliefs and attitudes towards health and their bodies. If this is a way to cut expenditure and increase control for Govt and the medical profession it is short sighted and mean to deny people a choice to different modalities of healthcare, especially for low income earners. We as a community should be encouraged to take more responsibility for care of our own bodies and access to alternative medicine. Doctors need to have access to these different modalities and have the education to understand them and to refer patients on if needed. I say NO to the proposed changes. Thank you for taking my submission into account.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:48:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine for numerous reasons. I worked in a hospital for seven years and without the holistic approach provided by the doctors, nurses and allied health teams, positive patient outcomes would have been minimal and patients would likely have stayed in hospital longer, costing the taxpayer or the individual an exorbitant amount.

Secondly, as a patient with multiple chronic conditions varying from endometriosis to spina bifida to dermatitis, I have significantly and positively benefited from seeing a GP open to complementary medicines and treatments. As there is currently very little to be done medically about endo (a whole other problem there with the lack of medical research and understanding), without regular laparoscopic procedures to cauterize it, I have had no choice but to look at ways to manage hormonal shifts and control pain. This would not be possible without my GP being open to complementary medicines. Additionally, due to a Dr's diagnosis of my spina bifida claiming it was of 'no clinical significance', little was done by my GP at the time to manage its impacts. This resulted in significant issues for me later in life, including sever hip misalignment, twisting of my spine and a herniation. The GP I was seeing simply referred me to a musculoskeletal surgeon...I did not need surgery. Instead of surgery, what I needed was someone to appropriately diagnose the problem and treat its cause, not slap a band aid on it through major and high-risk surgery. Ultimately, I have spent nearly seven years recovering from and building strength. All through the support of my GP and Osteo.

To restrict or deny GPs the ability to create holistic treatment plans for their patients, you are limiting a patient's ability to recover and manage their illnesses and injuries. Furthermore, GPs do not know everything, like any other MD, they specialise, in this case, in general practice. They would not attempt a heart transplant or a total knee reconstruction, they would instead refer their patient to a specialist surgeon. Why, for example, in the case of nutritional advice or muscular injuries, should they not rely on and work with others who have spent years becoming experts in their respective fields?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 8:53:58 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my concern that patient choice for evidence based safe complementary and integrative medicine options will become unavailable. I have used complementary and integrative medicine for myself and my family for the last 30 years, and know that our overall health is much better for it. I fully support no change to current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 8:31:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I use Integrative & complementary medicine more than conventional Medicine as it works for mine and my family's health and well-being. I have struggled to get any diagnosis from my conventional doctor for over a year. Finally when I pursued integrative practitioners I have a diagnosis and treatments that are working. They have helped educate me on natural treatments and I am managing my mental health concerns better now than before when only using conventional practitioners. Each type of medicine has its place and purpose. I believe in letting everybody make their own decision about what works best for them and their own family's.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:01 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We need to have our options kept open, not everyone will want to use synthetic medicine to assist in their health care. Keeping natural medicine as an option will keep our country healthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 8:06:55 AM

---

To the Medical Board of Australia,

I support Option 1.

It's our choice what we put into our bodies and to have the advice and support from a GP about the natural things we are taking or looking at taking invaluable.

To feel supported about our choices is so important when we try to regain or maintain physical and mental health. The advice of an integrative doctor bring long term results that often leads to no longer needing drugs. Isn't that wonderful. This is what we call the wellness industry.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 11:30:28 PM

---

To the Medical Board of Australia,

I support Option 1.

There is no "one size fits all" approach when it comes to health and healing. Conventional medicine does not work for everyone. Complementary medicines do not work for everyone. Some people need a combination of both. Just as we are all unique, so too are the ways in which our bodies respond to certain treatments. By removing and / or restricting people's options on the paths they choose to good health, you are essentially adding to Australia's already rapidly declining healthcare system.

Our family has a proactive approach to healing by regularly seeing a selection of natural healthcare providers as required (mainly chiropractor, kinesiologist, naturopath and holistic dentist) and due to this, we rarely have the need to see a General Practitioner. On the rare occasion where we do, we see an Integrative Doctor as we know that they will take a holistic approach (looking at all the elements that could be affecting our health) and not just write out another prescription and send us on our way. A good practitioner teaches their patient how to come back to a perfect state of health and rarely needs to see their patient if they have done a good job. From our experience, an Integrative Doctor does this. These highly skilled doctors who have done additional training, have an in depth knowledge of nutrition and integrate a range of safe and effective evidence-based interventions are being discriminated against. If you are tightening up guidelines on those who have additional training and are open to a holistic approach to healing, why on earth are you not tightening guidelines on conventional doctors who are over-prescribing and over-medicating our general public? How is that fair and what justification do you have for this? Some flawed and biased evidence based research funded by who exactly? These are just some of the points I would ask for you to consider within your review.

In short, restrict patient and doctor's choices when it comes to healthcare and you are doing Australia's health and wellbeing a complete disservice. Not only will this be costly financially but we are heading into a total dictatorship where our basic human rights to choose how we live are taken away. This is outright tyranny and I for one will not stand for it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 4:07:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I have an autoimmune disease, Hashimoto's Thyroiditis, where my body makes antibodies against my thyroid. Two years ago, this was giving me all kinds of symptoms including fatigue, mood swings, anxiety and depression, forgetfulness, and so on.

Until I accessed integrative and complementary medicine, it was looking like my health was going to deteriorate to the point where I could not work anymore. Which is a problem as I'm a professional and the breadwinner for my family.

Instead, I have regained my health and am thriving. (I also do martial arts and managed to grade for the first time in 4 years due to my health as well as participate in tournaments, winning medals). I have taken no medication, only changed the way I eat and taken nutritional supplements.

The very first change I made was very simple, with advice from a Integrative G.P. She told me it was a no-brainer to go gluten-free. And she was right, my antibodies dropped significantly a few months later.

My 'normal' G.P. was only allowed to prescribe me antidepressants (which I didn't take) and hasn't actually been able to treat me as my condition is not yet recognised by conventional medicine as my TSH is in the normal range.

I am concerned that hundreds or thousands of people looking for additional help, when their 'normal' G.P. can't help them, will not be able to find it, because it has been taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:44 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because I know the value of natural therapies. Complementary medicine has helped me for decades and is the only way for me. Why do I use Integrative & complementary medicine? I use it because it works. I have done extensive research into many health issues and the common denominator is that drugs are a band aid solution which lead to further problems down the track. If the MBA imposes restrictions on integrative practitioners there will be increasing demands on the current medical system as people will get sicker under pharmaceutical "health care"

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 9:27:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Drugs are not always the answer for health.

I use a chiropractor on a regular basis, because without, I would not be able to get out of bed, let alone work.

I have also restored my health with nutrition and quality supplements, and if my GP and other health practitioners have taken the time to educate themselves to help their patients, then why shouldn't they be able to help us be healthier.

It's our bodies, and we have a choice to ask the Doctors and practitioners to assist us without them fearing reprisals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:51:11 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter's both use holistic and natural therapies in their fight against cancer. My youngest daughter has a very rare ovarian cancer which does not respond to conventional treatment.

Without natural therapies being available she would be unable to fight back at all. We had the Greek blood test done which outlines what natural medicine is specifically effective on her cancer.

My eldest daughter has brain cancer. The use of conventional treatment has very mixed results. Most commonly it is seen to aggravate the tumour cells and show aggressive proliferation.

She is doing well with a grade 3 tumour using only natural therapies. Almost unheard of.

Leave it alone please. We need to have the choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 3:18:03 PM

---

To the Medical Board of Australia,

I support Option 1.

It's ridiculous that you don't trust your own doctors to prescribe what is BEST for the patient!! You swear an oath to do what's best for the patient not what's best for big Pharma! If your board members do not have the patients' health as your highest priority then it is on your conscious when a patient's suffering and possible death is because of you selling your souls! You well drive people totally away from Doctors rather than integrating best practices for health care! Ignorance, greed and fear do NOT support best health practices! So be it in your soul!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:17 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a user of complimentary medicine I am saddened and extremely disappointed to hear of these potential changes. I worked as an RN for 15 years and chose to leave because I saw so many people being treated within a system that had blinkers on. So many people, my family included, can and do benefit from being treated in a wholistic way, with a truly multi-disciplinary approach.

With the ongoing and increasing pressures on our health system, it defies belief that measures would be taken to minimise peoples opportunity to improve their overall health - before they reach the stage where they are adding to the Medicare load.

We have the opportunity to step forward - this would be an unfortunate step back.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:26:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used complimentary therapies and Holistic therapies for over 40 years, without these my health would have deteriorated drastically. With them I have been able to live my quality of life. Medical treatments have not always helped me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:00 PM

---

To the Medical Board of Australia,

I support Option 1.

For 10yrs, I dragged myself and my son to endless appointments, tests, counseling sessions trying to find answers to our ill health. It was only once I met a bio balance doctor (and accredited GP) that my son and I were suitably diagnosed with a genetic condition and a treatment plan implemented. Our quality of life has improved immeasurably and our health is the best ever for my son and the best in decades for myself. I have returned to work and for the first time in a long time feel that I am a 'normal' functioning 40-something with a full life ahead.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:03 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
Integrative and complementary medicine has helped treat my chronic illness as much, if not more than traditional Western medicine. This has allowed me to again be a productive member of society, which I had not been for many years when only receiving traditional Western medical assistance.

Please don't change the current guidelines. Just because integrative and complementary medicine does not have the same levels of published studies supporting them does not mean they are not effective. How are they supposed to get expensive studies done without the backing of powerful pharmaceutical companies?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 9:14:14 PM

---

To the Medical Board of Australia,

I support Option 1.

It has been my experience that my daughter suffered terribly with gut problems from a young age. All the doctors that we saw had no answers. Said she had IBS and sent her to a psychologist and said it was 'all in her head'. She finally got a diagnosis of coeliac disease from an integrative doctor. We then pursued treatment with numerous paediatric gastroenterologists when her symptoms did not improve with a completely gluten free diet after her coeliac diagnosis. They just said she was constipated and should take laxatives to treat it. This went on for a long time and she got worse and worse. Finally we found an integrative dr who tested and found she had SIBO - small intestinal bacterial overgrowth as well as the fact that she had a huge overgrowth of streptococcus in her gut and very few good bacteria. We were able to get that treated with herbs, supplements and dietary changes. Soon enough her gut issues were behind her. She has also suffered with chronic fatigue and has had other symptoms that other doctors have dismissed such as frequent urination which our integrative practitioners have connected to a mould exposure. I have found that general doctors simply don't have the knowledge to treat chronic illnesses. Everything they suggest is just to treat symptoms e.g. contraceptive pill for painful periods, laxatives for constipation etc rather than the way integrative practitioners work is finding the root cause for a problem and treating that so that you find an actual cure. Rather than being 'dangerous' as the suggestion seems to be here - they advocate a healthy lifestyle that benefits you overall in more ways than just the symptom you went in for. I have also had success myself with integrative doctors in treating mild anxiety/depression successfully without the need for medications as well as digestive issues. I have also worked in a wellness centre alongside chiropractors, kinesiologists and naturopaths and seen how they have helped many patients with their treatments. I also run a support group for parents of children with ADHD and speak with many parents who find success in helping their children with symptoms with integrative paediatricians, naturopaths, chiropractors and other 'natural health' practitioners. I don't know where my family would be without the integrative practitioners in our lives. This should be the way that all doctors practice and I ask that you do not restrict their practices and stop them from really helping people. Thanks you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:57:08 PM

---

To the Medical Board of Australia,

I support Option 1.

To introduce the changes that are being proposed would be a devolution of the choice and freedom Australians currently have.

The mechanistic model of the medical establishment does NOT adequately address the needs of chronic illness sufferers. Removing options and silencing the voices of those who rely on integrative medicine and allied health choices such as acupuncture and remedial massage is a corrupted way to protect the interests of the big pharma.

My body. My health. My money. MY choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Some years ago doctors recommended smoking to patients. We now know smoking kills. We do not know everything yet about mainstream medicine.

We do not know everything yet about holistic medicine either but we know a lot more. I prefer to keep my health care as natural as possible for as long as possible simply because I value my health. It is my right to have my choice in my health care. My GP and my naturopath work together for me. I get the best of both worlds. And I would very much like to keep it that way.

Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:55:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you on behalf of myself and my family's right to have informed choices, and the right to choose what happens to our bodies.

I do not believe that the MBA should have the right to deny or restrict options of care or therapies that may be of some benefit.

Every person is different in how they respond to many types of medicine or therapies.

In our experience with 3 children we have discovered how little our medical system know about many issues that arise - many guesses, and an obvious lack of knowledge or ability to explain how or why, or to even know how to treat certain medical issues. On many occasions we have been told "there is nothing more we can do for you", after trying all the traditional medical methods, therefore until the MBA have all the answers, I do not believe they have the right to dictate how people seek help.

We have all benefited greatly from chiropractic care, naturopathic advice and other therapies, and will continue to utilise this in conjunction with traditional medicine when required, to achieve the goal of optimal health. You cannot have one without the other and this should not be restricted.

More should be taught to our medical practitioners about wholistic approach to health - at the moment it is far from satisfactory to write a prescription for something that masks symptoms but fails to find or treat the cause...this is sadly an all too common occurrence! Complementary practices often have a rich history in being able to help people and should remain an option available, should we wish to access this when "all else in medicine has failed".

I think the MBA would be failing in their duty of care to restrict or deny information about alternative care to patients- that does not lead to true informed consent, and certainly does not uphold many of Australia's National Standards for Health Care, nor consumer Health Care Rights.

Our bodies - our right to choose!!

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 2:51 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support no changes to integrative medicine. Dr's have years of training and by limiting the advice they can give we run a slippery slope into issues being missed.

Vitamins and minerals are crucial as is food to a patients health. If a Dr fears ramifications from AHPRA more over and above the patients health I would start to lose confidence in the medical care.

Please do not make any changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:58:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not tighten regulations of doctors providing integrative treatments. I personally seek the advice of doctors who have been trained in other modalities rather than only pharmaceutical medicine.

I developed the auto-immune condition, Hashimotos, after my first child was born 8 years ago. I felt very frustrated by the lack of understanding and assistance from mainstream GPs and endocrinologists. My immune system had failed and then I started to develop other issues like allergies and eczema that I had never suffered before, but the advice I was given was always just treat the symptoms, not the CAUSE!!

I spent years doing my own research. Finally, I sought the help of a holistic dentist who was also studied in Clinical Nutrition, Electro-acupuncture and Homeopathy. I had my amalgam fillings removed, detoxed, changed my diet etc and my thyroid antibodies came down from the 2000s (mainstream doctors said they would never move) to 700 then to 600 within months of my treatment. I was also then able to conceive my second child which I was not able to do for 12 months prior because my iron and protein levels were so low (masked by underlying infection that no GP worked this out). The GPs I have seen are so poorly trained in nutrition and reading patterns in blood chemistries, I am quite horrified.

I have another friend who reversed her Graves disease within months of seeing a Naturopath. Her GP was surprised by this but also hesitant to know what she had done to reverse her condition. Why is that? Why is there such a drive to just keep bandaiding patients with medication? These medications are not treating the root cause of illness.

I would actually like to see more money spent on allowing the incorporation of other modalities of medicine to work alongside and integrate with the pharmaceutical funded system of healthcare and having these other modalities covered by Medicare.

Thank you for taking the time to read my submission.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]