

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:09 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative practice is vital to the health and well being of all Australians. Evidence based practice is the cornerstone of medical practice. Restricting the use of any treatments regardless of modality is unethical as it does not allow the patient proper consent, control and choice which are the basic tenets of people getting well and choosing what works best for them.

To restrict choice in this way is unethical and harmful. Do you want to be known as the people responsible for not allowing Australians access to care that will help them?

Complementary medicine has allowed a friend of mine to overcome barma forest virus. It has allowed another friend relief from many symptoms of diabetes.

Why would anyone not want this to occur?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:32:58 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine saved my life!!! I had tick born illness, migraines, hormonal issues which western medicine tried and failed and actually made me worse. Through an integrative approach it saved my life I know live a totally normal life and require no medicines

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 3:59:00 PM

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To the Medical Board of Australia,

I support Option 1.

I believe every individual should be allowed to various options of treatment. This extends the possibilities for healing and health. Integrative & complementary medicine have helped thousands of people in the world and it should be a choice of every person to be able to access it when needed at any time and in easiness. Integrative & complementary medicine has helped myself in my own healing with Hashimoto's disease keeping me out of medications and with a better quality of life and well-being. I use I&C Medicine for the great results it has and because my own positive personal experience.

Restrictions on I&C Medicine would be a very authoritarian act imposing limitations on people's choice and creating difficulty in the access of many times better and lasting quality of healing and health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 9:38:36 PM

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To the Medical Board of Australia,

I support Option 1.

I value my choice of complementary health therapy from my holistic GP to a high degree as I am living with a condition called 'Lipedema' since 44 years. It is a condition still not recognized by Medicare and my medical practitioner is treating me holistically using a wide range of options to ease my symptoms and I am grateful for the option.  
Thanks

I consent to publication of my submission.

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

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To the Medical Board of Australia,

I support Option 1.

I absolutely do not want changes to the current guidelines.

I was sick for 20 years and was treated with the recommended medication by GP's and Specialists for my condition. I became so bad I suffered with severe fatigue which prevented me from working. I then had a nervous breakdown and was suicidal.

It was 20 years of sheer living hell until I met my integrative GP. He completely changed my life. The series of tests and then medications (some natural and some not) that he prescribed had turned my life around. I became happy again and was able to return to work.

I first came across integrative GP's from a Facebook group I joined for my condition. I thank God every day that I found such a caring and forward thinking doctor who truly cared about his patient's wellbeing. He focused on the causes and not just prescribing a drug to manage the condition (which unfortunately mainstream pharmaceuticals rarely do anyway). In most cases pharmaceutical medications lead to side effects that just compound the original condition.

Please don't take this choice away from us. I know of many people like myself that would not be well without functional medicine.

I mean this when I say that if we don't have this choice many people would end their lives rather than live year after year in misery.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

All patients have a right to choose what healthcare works best for themselves and their families. Prevention is always better than a cure.

I believe natural medicines, diet and lifestyle need to be explored more for long-standing conditions and prevention.

General Practitioners seem to know very little about nutrition and tend to only recommend pharmaceutical drugs.

An integrative approach is the best approach. There is a time for both and a balanced approach is the best way forward.

I don't believe I would have fallen pregnant 9 years ago without the help and support of my integrative GP.

The fact that integrative healthcare is under threat really makes me question the threat of our healthcare system.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:12:44 AM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]

My mother was helped so much by integrative doctors throughout her illness with cancer. Many of her side effects were managed with natural remedies and it would be very very sad if others were prevented from accessing the same wonderful service.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 believe that doctors should have the right to treat patients as individuals. If that means suggesting alternative treatments that may benefit the patient then that should be allowed. I have regularly taken vitamins/herbal supplements to aid in a variety of issues - for example treatment of hay fever. I prefer taking these supplements over prescription medicines as they are usually cheaper and I feel better about taking supplements that help my body work.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:21:17 PM

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To the Medical Board of Australia,

I support Option 1.

I believe integrative medical practitioners are the gems amongst the rubble. They are holistic and interested in finding a natural approach to symptoms, rather than merely prescribing medications as that is the patient expectation. Regular GPs have access to drugs & surgery and majority of conditions require neither of these.

I have experienced integrative GPs a number of times and they have been amazing - With Adrenal fatigue - she did blood testing and then recommended supplements to support my adrenal function (rather than antidepressants - 1 in 10 Australians are on Antidepressants unnecessarily- many other natural & effective options).

My baby boy with reflux - she looked at natural alternatives with my diet and herbal supplements and probiotics rather than Losec. General GPs are so quick to prescribe medications that have so many side effects.

Natural should always be the first resort!

I don't understand why the government is trying to persuade people away from natural healthcare.

They should certainly not be able to remove my right to choose my healthcare for me & my family!

We supposedly live in a free country! That is quickly changing - and not for the better for the health of this country.

Preserve our right to Healthcare choice!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:38:28 AM

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To the Medical Board of Australia,

I support Option 1.

I am a staunch supporter of Integrative and Complementary medicine. My wife is a Naturopath who has been practicing for over 25 years. During that time I have witnessed patients who have been in IVF for countless years without success finally falling pregnant. I have seen patients crying and hugging my wife with gratitude for ailments that pharmaceutical medicines could not relieve, yet she was able to provide relief. 27 years ago I was diagnosed with a Liver malfunction that could not be rectified. The medical fraternity was so worried I was booked for a biopsy. Yet, my wife with some simple herbal medicines brought my Liver function back to normal, where it has been for the last 27 years.

Integrative and complementary medicine is not "witch doctoring". It is not Voodoo. It is a simple (back to basics) holistic approach to fixing the root cause of the problem rather than fixing the ensuing ailment. It uses natural (yes all natural) herbal tonics. It uses a common sense approach to diet, sleeping habits, stress management, relaxation (and sometimes meditation) therapies to relieve and reduce anxiety. For as long as I have known my wife, she has preached the importance of a robust and healthy Gut Flora. Now (and only very recently) has the medical fraternity "suddenly realised" the importance of what they are now calling the 'Second Brain'. YET - Naturopaths have known this for decades !!

I (along with hundreds of thousands of Australians) are convinced that a Natural Integrative and Complementary approach to healing a person is a far better and less toxic way to manage an ailment.

This does NOT mean that all pharmaceuticals are "poison". Nor does it mean that there is no room for modern medicine.

Quite the contrary. Traditional healing practices and modern medical practices should be complementary to one another. They should learn from each other. However, I fear that the large multinational pharmaceutical companies are pushing their own agendas, driven by profit and political gain. There needs to be more regulation against their agendas, not against Integrative and Complementary interventions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:02:57 PM

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To the Medical Board of Australia,

I support Option 1.

I have relied on both complementary and mainstream treatments for an auto-immune disease for over 10 years. The results have been superior to others only using mainstream medicine. The two are compatible and bring me enormous relief. Its time the MBA educated practitioners about the positive results millions of Australians experience using integrative medicines, rather than holding a narrow view on what is healing and what is not. Look to European countries that incorporate integrative practices with huge success. Stop the overwhelming influence of large pharmaceutical companies in mainstream practice and become better educated. Australians will continue to use integrative practitioners and treatments because they are less intrusive and do not have the side-effects of pharmaceuticals. Rather than force integrative practitioners 'under-ground' learn to work together for the overall betterment of all sufferers. There is never 'one-size-fits-all' in treatment and healing.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 21 May 2019 7:57:21 PM

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To the Medical Board of Australia,

I support Option 1.

All forms of healing are necessary for people's well being. Without access to an interpretive Dr., my daughter may well be dead from Lyme disease. Criminally not recognised in Australia but overwhelmingly common. Because of the unique actions of this disease there are no pharmaceuticals that even remotely benefit many symptoms. Yet an herb, a massage or acupuncture may be the only thing that does help. restrictions to these treatments is negligent and will put many lives in grave danger. Lyme disease is already classified as a medical holocaust, don't take their integrative Drs.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:22:56 AM

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To the Medical Board of Australia,

I support Option 1.

My daughter nearly died from Lyme disease and co infections. Why? Because all mainstream Drs. are uneducated about this critical illness and insist that gvt guide lines are the truth. One Dr. sent a request to the lab asking for Limes testing!!! (Sure, invite the coconut and we'll make pina coladas) Fortunately, after 4 years of Dr shopping we found a LLD and have been able to turn her health around over the past 4 years with diet, supplements, chiropractic and Accupuncture work. Also specialised massage, counseling, herbalism and homeopathic treatments. Without the help of all these amazing practitioners she would be dead!!! You people would be Liable!!! As a result we have made contact with hundreds of others here in Australia who suffer , main as a result of indoctrination and lack of education. Instead of wasting money on trying to remove people's choice, put the money to good use. Upgrade laboratory testing techniques, educate health carers about the prevalence of Lyme and co infections. All healthcare providers should be considered valuable for patient health and well being!! Doctors are not Gods.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:23 PM

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To the Medical Board of Australia,

I support Option 1.

After a decade dealing with my chronic illness through traditional means with my regular gp I was getting worse not better but no tests could tell why. I got second and third opinions but they were all the same and a waste of my money. I tried so many different things and searched online for any information that could help but nothing did until I was able to see my intergrative GP who prescribed a natural medicine and right away I felt better than I have in years. If I am unable to access this due to incompetence by uneducated doctors my health will deteriorate again and my quality of life will suffer.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

I support option 1 because many many illnesses benefit from complementary medicine. I myself have been helped greatly by complementary medicines. Finding a doctor who used complementary medicines as well as mainstream when I had chronic fatigue and fibromyalgia at the same time. I still have Fibromyalgia but thankfully due to the support i get from these medicines I no longer have active chronic fatigue and am able to lead a mostly normal life living with Fibromyalgia.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 7:53:21 PM

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To the Medical Board of Australia,

I support Option 1.

I ask you to keep the guidelines as they are. I have been sick for a few years. Initially, I went to four GPs who were unable to find out what was wrong with me or to treat me. I then went to an integrative doctor who found the underlying cause of my illness and found the treatment that would allow me to regain my health. These treatments included drugs made by compounding pharmacies, iron infusions (as I couldn't absorb iron any other way), and a variety of supplements. Prior to this I was housebound and very nearly bed bound. It is vital that this important aspect of medical treatment is allowed to continue. Conventional medicine is not well set up to deal with chronic health issues that are difficult to diagnose and treat. The current system is cost effective as it keeps patients from clogging up conventional GP offices and reduces the need for hospitalisation. Changing the guidelines may also cause confusion. It would be better to recognise that large numbers of people rely on integrative medicine. It is practiced by well trained, specialist doctors, and is based on evidence. It should be supported not side lined. I ask you to listen to people who live with complex medical issues and rely on integrative medicine, as we know what we are talking about. We have lived it.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 1:13:18 PM

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To the Medical Board of Australia,

I support Option 1.

It is vital to me (and others like me) that integrated care be maintained. I am allergic to nearly all artificially created oral treatments including antibiotics. They make me ill. I am dependant on compounded scripts using natural resources for the treatment of thyroid deficiency and osteopenia.

I would also point out that these treatments are not on the NHS and are therefore saving the Federal Government money (though costing me heaps).

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:46:27 PM

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To the Medical Board of Australia,

I support Option 1.

Restricting integrative health care would be a retrograde step for Australians such as me, who depend on such health care. Too many regular medications prescribed to patients have harmful side effects. I was on statins many years ago for hypercholesterolemia. I ended up breaking my coccyx through cramps in my feet, attributed to this medication, which made me fall heavily onto my buttocks thus causing the break and continuous pain since. I refused point blank to take statins any more and after a lot of research and alternative medication, my cholesterol is now normal.

I can't help feeling that Big Pharma is behind this push to ban integrative health care because they would lose the ready source of patients spending thousands of dollars on medication that does more harm than good!

We have the right to choose our own health care and I reject attempts from politicians or anyone else telling me what I must do with my own body. It's a very Orwellian idea and must not go ahead.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:27:58 PM

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To the Medical Board of Australia,

I support Option 1.

Interpretive medicine or natural therapies has had a huge impact on my life. Being diagnosed with multiple autoimmune conditions my the only option conventional medicine could offer me was strong immune suppressing drugs that had a huge array of nasty side affects. I have three young children and I wanted to be as hands on as possible and play an active part in their lives. I didn't want to succumb to the side affects and have my children grow up without their mother. So I turned to natural therapies. This has made a huge difference. My symptoms have reduced, I have more energy, I am able to keep up with my kids and give them the life they deserve. I still have a long road ahead and by implementing restrictions to integrative medicine you are restricting my choices of healthcare and not only impacting my life but the lives of my three young children and husband who will not have an actively present mother and wife.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:46:03 AM

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To the Medical Board of Australia,

I support Option 1.

I have on many occasions required more than what western medicine could offer to heal myself, including Naturopathy, Chinese Herbal Medicine and Accupuncture, Chiropractors, Osteopaths, Bowen Therapy, Access Bars, Yoga, amongst so many others.

For medicine to truly move forward and reduce the strain on our public health system, western and traditional medicine require to integrate MORE, not be discouraged. No single practitioner has the answers, we must support collaboration and encourage MD's and GP's to look beyond pharmaceutical solutions.

Without working with a collective, I would not have been able to walk during the second half of my pregnancy and would have carried my newborn in severe constant pain that my doctor couldn't help me with.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:37:18 AM

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To the Medical Board of Australia,

I support Option 1.

My father was a highly respected physician who was born in 1915. My mother had considerable pain issues with her back. He encouraged her to go to a chiropractor, which was the only way she gained relief without pain killers. This was back in the 60/70's. A lot of people said chiropractic was bad. This is has been proved to work. The same applies to intergrative and complementary medicine. It does work and further advances in these fields will help any people. Please do not take them away.

Chinese medicine has been around for longer than western medicine. Western medicine and pharmaceutical companies want us to be sick so they can keep pumping their poisons into us.

I want to choose for myself and not be dictated to by the MBA.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

Most GPs are medicating their patients too much and have no understanding of nutritional health. Without changing my diet and using supplements- as recommended by my GP - I would still be buying over the counter medicine for IBS, chronic thrush, eczema and period pain- as recommended by all previous GPs I had consulted.

In addition, I would have been prescribed anti depressants for thyroiditis by my nearest endocrinologist which turned out to be completely unnecessary once I had made further changes to my diet and supplements.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:42 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

In 2017 I was diagnosed with breast cancer. After considerable research and the support of my integrative doctor I decided that cancer causing treatments like chemotherapy and radiation were not viable 'health care' treatments for me and I was fortunate to be able to access a course of intravenous vitamin c. This felt like the best option for me, my age, my health, my family situation and my lifestyle. I am now cancer free. This alternative treatment is already too expensive for most people to access, restricting these sorts of treatments will cause loss of life! I would never choose chemo or radiation and therefor I would have had no other options to heal and recover from the cancer. Please do not allow pharmaceutical companies and profits to compromise the health of Australians. Let's be on the leading edge of worldwide health treatments by embracing these amazing integrative and complementary treatments as soon as possible!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 2:22:32 PM

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To the Medical Board of Australia,

I support Option 1.

i have been to several doctors to sort out my digestion issues, had various tests and scans. Not one has been able to help. I have now found a doctor who is will to work with me through both natural and conventional medicines. And guess what? through the use of herbal remedies my gut has come right and i no longer suffer from cramp and constipation.

Natural therapies should be provided allowing the person to choose, after all we are supposed to be a democratic society. Don't take away my right to choose

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:02:55 AM

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To the Medical Board of Australia,

I support Option 1.

When allopathic medicine was unable to help my son's severe allergies, I turned to complementary medicine, and noticed an immediate improvement. Often times GP's can only prescribe medication that has long term detrimental side effects. Where a natural doctor can offer a much more holistic approach which treats more than just the symptoms, with no long term detrimental side effects. Above all I believe in Freedom Of Choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 1:15:52 PM

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To the Medical Board of Australia,

I support Option 1.

Dear all,

My husband and i both had cancer from 2013. My husband has since passed away, i am still here and living very well with cancer, in great part thanks to integrative medicine, that has helped my body alongside traditional treatments. Clinical research shows how integrative medicine HAS AN IMPACT. Help Medicare by encouraging people to help themselves rather than solely rely on traditional medicine. Thank you, [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:50:07 PM

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To the Medical Board of Australia,

I support Option 1.

I have Hashimoto's and it is only through functional/intergrative health I have found support in treating the root causes. My GP just gave me a band aid. In the future I would be more of a burden on Health care if I had chosen to go with my GP, going through my FMD I am dealing with the root cause and will save you a lot of money in the future. Don't be sacred of what you don't understand. Educate yourselves!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 1:05:08 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped reduce pain from arthritis & osteoporosis and I've been able to avoid having surgery on a torn shoulder.

I consent to publication of my submission.

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 Auto Immune, Fibromyalgia and CFS. I was offered alternative remedies and non-pharmaceutical therapy via my local GP as I felt I was becoming worse and with chronic pain. Having seen various herbal and alternative treatments alongside my GPs recommendations, I wish to keep this in place for other patients who like to have options in their long term medical healthcare plan. My choice my right!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 16 May 2019 8:54:51 AM

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To the Medical Board of Australia,

I support Option 1.

I am incredibly concerned and shocked that the MBA would be considering making changes to an area of health care that benefits so many people in the community, across all ages and health concerns. My drain on the health industry has been massively reduced due to my adoption of a more holistic approach to my health, as has my families

After failing to fall pregnant naturally, and with minimal assistance or help from my GP (his response was IVF) I sought out an Integrative GP and a Naturopath, who worked together to address my adrenal and thyroid concerns, work hard on building up my very low Vitamin D and Iron Levels, changed my diet to be low inflammatory, and ensuring I cut as much stress from my life as possible  
I credit their guidance and knowledge as the reason I naturally fell pregnant with my son, and the reason I am again pregnant now, with all the same issues being managed again closely by the same team

I now have a toddler in the daycare system, constantly sick and unwell, whose health I am managing with herbs and tonics prescribed by my health team - having a young child on antibiotics is very bad for the gut health, as everyone knows, as well as the added issue of the family members being continually infected, forming a viscous sickness cycle  
I have seen massive health improvements over the last few years, in all aspects, by adopting a more holistic and integrative approach to managing my and my families health

I have found my integrative GP to be amazing - she listens, she understands, she works with my naturopath to ensure my health overall is being addressed. My concerns or issues are not treated in 'isolation' and she doesn't just reach for the script book at the drop of a hat  
Both of them spend close to half an hour, going through my issues, concerns, making sure they fully understand the problem, before discussing with me in length all the various options available

I implore the MBA to seek out the hugely positive benefits that exist, and have existed for decades, for people who adopt integrative approaches to their health, which will in the long run reduce the drain on the medical system.  
If my team was in anyway restricted in their ability to treat my concerns, I shudder to think of the impact on myself, my family and the wider community  
PLEASE listen to the people! This industry needs to be supported by the MBA, not further restricted

I consent to publication of my submission.

Sincerely,

[REDACTED]

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 4:04:07 PM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]

I have managed my disability after a partial recovery from car accident for 37 yrs of pain without becoming dependent on drugs by using osteo and bowen techniques nutrition exercise. Choice was key for me to explore that. Why would you want to take that away? Not good. I had a good working life raised three children and still working. I was only 23 when injured. I am healthy and 58 now. Couldnt have done this with the system you have now. Theyre are many already affected. Please dont go and continue down this road.  
Sincerely, [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 8:53:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had more success with my chronic gut issues using integrated doctors.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 11:56:39 PM

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To the Medical Board of Australia,

I support Option 1.

Energetic healing has saved my life. I would be dead without it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 11:25:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine is absolutely necessary to achieve balanced health. My children must have access to this more intelligent approach to health due to the genetic change which affects their health. There is nothing pharmaceuticals can do to help them. For us the medical system has shown signs of progress and integrity via the presence of integrative and complimentary medicine. To stop this undeniable advance in healthcare will set us back years and confirm the suspicion of corruption involving the system and control from pharmaceutical industries.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 11:30:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I ask that you do not restrict integrative and complimentary medicine access in any way. My children cannot be helped by standard medical system chemical remedies due to a genetic change that impacts their health. We must access high quality help and supplements for their bodies to metabolise and detox at a reasonable rate otherwise they suffer serious conditions with debilitating results. I simply can't understand the consideration of any move to restrict access to such a progression in healthcare but to presume the rumoured corruption coming from pharmaceutical companies must indeed be true.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:02:43 PM

---

To the Medical Board of Australia,

I support Option 1.

My wife sees the GP for the Mthfr which was diagnosed by GP. If restrictions are placed on accessing this or any other GP who practices complementary medicine this will severely effect her health. If you restrict access and benefits for cost savings this will be a stupid thing to do. Complementary medicine is proving very beneficial for the elderly in nursing homes. Any move to limit or make them fringe will be detrimental to the health and well-being of our most vulnerable citizens. My wife also sees the GP for hair mineral analysis. There are other things that the GP treats using complementary medicine which other GP do not nor do they see it as any use. We would be greatly restricted in our health if we could not access it

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:26:38 PM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for complementary medical options offered by my GP and non (Western) medical practitioners, i would probably be incapacitated by now, requiring more support from the government and more expensive (chemical) treatments that would for sure have shorten my life. Being able to have naturopathic treatments, have acupuncture and osteopathic treatments, take homeopathic remedies has allowed me to get better, working with my Integrative GP. If any restrictions occur in the way our few Integrative practitioners work, we would be a bigger strain on the government due to longer recovery (if we ever recover) and more expensive solutions.. hospitalisation, home care etc...

I urge the MBA to rethink their purpose and mission for existing in the first place and to 'play' the long game in providing health care solutions to people and not looking at short term solutions that may bring monetary returns to few.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:44:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine as patients should have the option to choose.

Why should I remain ill, untreated, in pain, restricted in daily tasks and not able to function in the community because the treatments that work for me are alternative or complementary rather than mainstream medicine?

Integrative and complementary medicine has helped me treat my vector borne disease - Borrelia, and 2 other co infections. It also gives me relief in now dealing with damage done to joints.

I have been fortunate to find a Dr who considers and offers complementary treatments, always with full explanation. Traditional medicine is also used if its appropriate - but not always do these work. I would remain ill and in pain without the option of alternative and complementary therapies.

I would suggest that alternatively i think all Drs should be offered training in alternative and complementary therapies.

The MBA proposal will result in higher costs, more difficulties in finding these treatments and reduce me to a non functioning member of the community.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:17:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to oppose the new changes seeking to be made regarding GP's and complimentary therapies.

I live with Complex Post Traumatic Stress Disorder.( C-PTSD). I also research and advocate for people with C-PTSD to nearly 5000 people who live with this condition through social media.

C-PTSD has this year been recognised as part of the ICD, and as doctors are becoming more educated about the effects of complex trauma on the brain and body, it is becoming harder to deny the links between the two, and more and more people are being diagnosed.

I recently attended a three day clinical workshop with psychiatrist Bessel Van Der Kolk; I invited my GP, midwife and psychotherapist who all were incredibly enlightened by the clinical evidence behind treatments that help people manage and recover from their C-PTSD symptoms.

One of the primary issues with complex trauma is that it affects the survivors connection to their body. "Top Down" or cognitive based therapies will only be of use if the survivor first learns to understand, sit with and learn to be comfortable in their body.

Clinical evidence from leaders like Bessel Van Der Kolk, clearly show that body based therapies such as yoga are ESSENTIAL for C-PTSD management.

Currently in Australia, if you are a veteran with PTSD, you will receive free private hospital psychiatric care which includes alternative therapies: yoga is one of those. ; including art therapies and other therapies. They do this because they know it works to calm the nervous system, activate the parasympathetic nervous system and is a form of body integrated mindfulness that is proven to help them manage the effects of trauma that affect their amygdala responses and hyperarousal.

If you are a police officer who witnesses a DV situation where a husband beats up his wife or child and you get PTSD, you will also be covered for yoga and the complimentary therapies we know work. Yet if you are the child who grew up in that family, witnessing and experiencing abuse over many years; as I have also experienced; I have to pay significant money to get the help I need to manage my symptoms. People with C-PTSD need regular help with trauma informed body based therapies like yoga (evidence based to help C-PTSD) to calm the body down, sit in their window of tolerance and overcome the deeper vagal systems that hijack their biology to be able to be a functioning part of society (Porges polyvagal theory).

I am well educated, I am a teacher, I live in a higher socioeconomic community, so I have high social capital and access to friends who are well regarded in psychiatry and mental health medicine. I have relied a lot on favours to get the help I have needed to maintain my role as mother, teacher, wife.

I currently spend \$150 per week (remember that is with favours) just to pay for medication (sadly non PBS but again if I was a veteran it would be covered), therapy (favours reduce the cost), and yoga; which now, because of what the government declares there is "no evidence" for; is now not covered in my health fund. I have to pay for top



health cover to be able to access the private system if needed - and top extras to reduce medication costs. The decision to deny the evidence of yoga and body based therapies shown to help reduce traumatic stress is placing a burden on my average income family and I am most concerned for the colossal amount of people who live with complex traumatic stress and cannot afford to access these therapies, and who may never even have them recommended due to these illogical laws you are proposing. These changes will inhibit GP's being able to provide a model of care beyond a mechanistic approach that lacks evidence for what people with not just C-PTSD, but general mental health would require.

I am interested in talking to any of your representatives. I will continue to advocate for the support that the traumatised and vulnerable people of our society require.

This decision will affect so many people. You need to look at the broader impacts on society. This is clearly a political decision because evidence would show that it is not one that is in the interest of people.

I consent to publication of my submission.

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:** Monday, 13 May 2019 1:31:02 PM

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To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I have severe allergies to many medicines and I have no other choice in my treatment but to seek other medicinal treatments.

Please understand that many people have different constitutions and cannot tolerate the excessive use of pharmaceutical drugs. Synthetic medicines may work for certain people but they do not work for me and I have severe side effects and hospitalisation due to anaphylaxis. It also is important to note that supporting people in accessing alternative medical treatments saves the health department money in the long run

ie preventable hospitalisations.

If this goes ahead I would be left without any treatment and it would be extremely unfair that I would have to suffer further in pain and illness.

Many drs are not trained in nutrition and supplements so it is really important for drs to be educated in these areas to help better solve matters of health for their patients. It is a step backward to deny everyone access to the best possible treatments suited to the individuals health needs.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 4:33:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1.

I am a single mum in my early 40s who suffers from an autoimmune disease that traditional treatments and medications have had little curing effect apart from creating side effects that were not previously evident.

With my condition, there are times when pharmaceutical prescriptions are warranted but at other times a more natural approach is required.

Many doctors have some knowledge of supplementary medication but some (unfortunately very few) doctors have in-depth knowledge and training regarding the many different and successful options that are available.

A doctor must be free to choose or recommend a path that they consider to be in the best interest of their patient without a threat from overprotective and shortsighted legislation that forbids them to treat their patient with all options available.

I have been indeed fortunate to be treated by such doctors and the results in recent times have been outstanding. I for one do not wish to seek out back yard operators who do not have the medical training to fully assess all that is available and necessary for my recovery.

I am quite amazed and devastated that this restriction could even be considered. We need more integrative health GP's!

I consent to the publication of my submission.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I would not be alive without access to integrative medicine. Please allow us to make our own health choices

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a Breast Cancer survivor. Alongside chemotherapy I used completely medicine to help rebuilt my system after active treatment. I see this as my right. And one of my survival strategies. Please do not take this away from us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:27:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the past 15 years I have endured debilitating chronic health issues which numerous specialists were unable to help with with despite their best efforts with the knowledge and understanding they had. Suffering chronic migraines, neurological and cognitive symptoms, migrating joint pain, fatigue, infertility and having numerous autoimmune conditions I was passed between neurologists, immunologists, endocrinologists, rheumatologists etc etc... There was no identification of the underlying reasons for symptoms and no communication between practitioners. According to these doctors my prognosis was miserable and the only chance I had not to suffer a stroke was to take numerous medications and be satisfied I would never have children and would depend on medications to avoid depression, decline and debilitating pain.

I could not settle for this. At 31 years of age I had hopes and dreams that was not prepared to accept that I was not able to thrive and live healthfully and overcome these debilitating issues.

I researched and studied and begun to see there was absolutely so many reasons for why I was suffering the symptoms and accumulating more and more. I was lucky to find several integrative gps in [REDACTED] who were able to begin working with me, and it did not take long before they and I understood the root causes of my complaints and with integrative treatments my symptoms began to drastically improve. I do not take or need to take ANY pharmaceuticals and am not at any risk of a stroke any longer. I do not need to see any of the earlier specialists nor am I concerned about my future. Without these integrative doctors my life would look completely different and it is my right and the right of every individual to be able to have choice and access to integrative practitioners going forwards. I will not stop requiring the support from these doctors to continue my ongoing healing and recovery. I appreciate the opportunity to share my view and I trust that my rights will remain.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:24:03 PM

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To the Medical Board of Australia,

I support Option 1.

i uses both western and holistic medical treatments as I feel both are well educated in their fields. your suggestion that a doctor would give me vitamin and natural options sound unrealistic as they have never offered as yet. The western medical practitioners are too associated to the drug companies and would only offer these drugs. I am the owner of my own body and wish not to take drugs unnecessarily . I have a mother that has been on medication for over 30 years and is now on secondary medications to counteract side effects from primary medications. I find that I am a much healthier person controlling my own health which includes western and holistic practices. I am certainly much healthier than friends of the same age. Drugs are not always the answer. Is the system becoming a money making system instead of healing people?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 8:54:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary therapies have not only helped myself in mental health benefits and physical ailments when all of conventional medicine options had all failed, I found the healing benefits of traditional herbs.

Not only are vitamins essential to human development as we can not synthesis or continue to have the same amount RDI of nutrients in today's western diet. The global epidemic of obesity, gastrointestinal disorders, cardiovascular disease, mental health disorders are radically growing with every year more people getting sicker and conventional medicine has not been able to stop, educate, or show any decline in reducing these disease epidemics. If adequate quality controlled studies are done effectively and positive outcomes arise from active constituents from ether herbs or vitamins and they help reduce some of these diseases and reduce the need for beds in hospitals then why wouldn't you implement these practises? The other major issue that conventional medicine has highlighted and CAM therapies have been useful in is the development of antibiotic resistance. Go back 200 years ago and herbs were used for centuries for anti microbial actions, when antibiotics fail and conventional medicine can not help stop infections from killing people then what other alternative is there? To step outside of the conventional box and look at what other countries have successfully used for antibiotics from CAM therapies.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 10:16:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a student of a health science degree in nutrition and dietetic medicine. I am 47 years of age and have experienced many forms of medical support.. I have had life saving support and treatment from both conventional and so called alternative medicine. There is a place for diversified medical practices. I am in support of degree qualified practitioners in specialist fields and the opportunities to further research in traditional medicines and treatments. This can only happen by a process of progression. Public health will not be well served if particular health services are autocratically shutdown or restricted without due diligence and for well evidenced reasons. Drug therapy and surgery alone are an ever growing cost to the health system in this country. There is no consideration in such limited thinking, as to the cost savings achievable with preventative, supportive and holistic medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 3:48:02 PM

---

To the Medical Board of Australia,

I support Option 1.

•Why I support patient access to Integrative & Complementary medicine.  
The evidence is mounting that integrative and complementary medicine is an effective means of treatment.

As an example:- Studies in the UK by the University of Glasgow and Newcastle published in 2018, found that when diabetics were randomly allocated to a normal NHS care diet or asked to follow a 800 calorie-restricted regime for at least 8 weeks, those on calorie restriction lost an average of 10kgs and in nearly half of the cases, blood sugar returned to normal, without medication.

It turns out the more weight lost, the more likely diabetes will go into remission.

In March 2019, a follow-up study published in "The Lancet: Diabetes & Endocrinology" revealed that two years on from the original trial, most of those patients were still in remission. Compared to the control group, who had followed conventional NHS advice, those who were in the calorie-restricted group were slimmer, had significantly lower cholesterol levels, reduced blood pressure and reported a much better quality of life.

The control group were not only taking far more medication but over the two years they had been followed, five of them had developed diabetes-related cancers and one had died.

As one of the study's authors, Professor Mike Lean, told Dr Michael Mosley: "For years we have been telling patients with type 2 diabetes to take the pills and not worry. Yet the truth is that this is a serious disease with nasty complications, particularly if you develop it in your 40s or 50s. The good news is that, with the right help, many people can now get rid of this horrible disease."

Evidence is also coming to light about our microbiome and how certain medications can adversely affect the microbiome. These medications include antibiotics, immunotherapeutic, immunosuppressant, chemotherapy and cholesterol lowering drugs, acid reflux/indigestion treatments, and the diabetes medication 'metformin', among others.

•How Integrative & Complementary medicine has helped you, your family & friends

Some twenty years ago when I started to experience perimenopause, the medical practitioners prescribed various drugs, including but not limited to anti-depressants, HRT and varieties of the contraceptive pill. All of these drugs had varying degrees of side effects, none of them pleasant. Only after seeking the advice of a complementary practitioner did my symptoms start to ease and become more manageable, however it was a long process weaning myself of these addictive prescription drugs.

My own family have also seen the benefits of integrative medicine and practices in their own lives. We have always ensured that remedial massages are a part of our pro-active health regime, together with Clinical Pilates and regular exercise. We certainly are not regular visitors to the medical clinic or purchasers of over the counter drugs.

•Reasons why I use Integrative & complementary medicine

Some twelve months ago I had reason to visit my local medical practitioner for what was an annoying cough. Being over 55 years of age, of normal weight and with a low BMI rating, the doctor without checking my throat, chest, blood pressure or in fact touching me at all, was very keen to prescribe the following drugs to me:- A serotonin-based anti-anxiety drug, HRT, blood pressure tablets, Nexium and cholesterol lowering tablets. Was this because of my age?

It turned out that the cause of my cough was a minor allergic response to the sulphites in wine. Whilst we used to enjoy a glass of red wine each evening we were never heavy drinkers: a bottle of wine would normally last two to three nights. We now only have 1 – 2 glasses per week instead of a glass a night. I now know if I have a glass too many the cough returns. Now that was diagnosed by my husband, by a process of logical deduction. He is quite analytical by nature (has a Doctorate in Microbiology) and worked through the issue, unlike the Doctor I saw who was so keen to prescribe the range of medications mentioned above.

•What it will mean to me if the MBA imposes restrictions on Integrative practitioners.

My experience of medical practitioners who do not practice integrative or complementary medical leaves a lot to be desired and I have become somewhat cynical. I believe Doctors who do not at least consider the options of alternative practices are doing me and my health system an injustice. It will further complicate the issue of over-prescription of pharmaceutical drugs and the huge issue of drug dependency from prescription drugs.

There is too much evidence to ignore alternatives. We have moved on from the days of using leeches, but in what appears a cynical grab for power by the medical profession, it appears they have not. We should be encouraging preventative health practices not solely curing health issues.

I consent to publication of my submission.

Sincerely,

[Redacted Signature]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 12:16:43 PM

---

To the Medical Board of Australia,

I support Option 1.

Osteopathy, Natropathy, acupuncture, herbs and Chinese herbs have all been such a valuable part of my life. They are a huge part of maintaining mine and my family's health. I had uterine fibroids so used acupuncture and herbs to help me fall pregnant, osteopathy during my pregnancy saved my back and Pilates was absolutely essential for a healthy pregnancy for me. I use osteopathy and natropathy for my kids health and my ongoing wellbeing. It seems very strange indeed that the medical board wants to bring in these changes. I am a nurse in intensive care. We all need to be proactive about our health - the focus should be health prevention. The cost of "cure" is phenomenal. Prevention of disease is a fraction of that cost. Please consider the well-being of all Australians

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 27 April 2019 4:47:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I request a review of policy relating to Integrative Medicine.

I have suffered from Chronic Illness for 30 years at a personal cost to my self and family probably in the millions as my last salary was 900k per annum 24 years ago. This would have been handy tax dollars for the nation too. And have not paid a penny of tax (earnings way too low since) and spending 100s of thousands on complementary support for chronic stress related support. I do not stand alone. Further support offered to the integrative medical community would help as conventional approaches have failed miserably for me and millions of others. Holistic lifestyle integrated treatments and therapy are the source of healing that I can now credit my recovery to. Stop wasting tax dollars supporting conventional medicine and start supporting lives.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:38:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe alternative medications play a very important part in managing our health. Not all health issues are Black and White and these alternatives can help us manage symptoms and allow us to continue our lives. I have had amazing success with naturopathic meds in helping my daughter overcome the crippling effects of Chronic Fatigue brought on by Glandular Fever. I usual herbal medication to relieve IBS and allow me to take part in the community and be able to spend time outside my own home. One of my Grand daughters has a Lyme Like illness and it has helped her very debilitating symptoms plateau so can also function on a level that allows her to see friends and even to shop is a major improvement. Please leave the current system alone and the medical practioners that can oversea the alternative health care to make the right decisions and monitor the outcomes.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 2:48:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe gp's should be able to prescribe vitamins as I have found great benefits to my health in using them. My eczema and psoriasis has improved immensely in the last 12 months thanks to this and I had previously been suffering with it for over 20 years

I consent to publication of my submission.

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 medicine has changed my life! I was living a life of misery before finding my integrative GP, he was the only one who listened and diagnosed me on my symptoms rather than just looking at bloods. I live a much happier, positive and pro-active life now. I have more energy, lost weight and feel well. It has benefited not only me but my family to and my children that depend on me. Please leave it as is and give us a choice to receive care that works for us as an individual

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:47:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I support complimentary medicine. I have been using complimentary medicine for the past 20 years. I am 55 years old very healthy woman, thanks to the my nature path and natural medicine therapist.

My mum died of breast cancer at the young age of 40 yrs old. Watching her suffering the side affects conventional medicine, i think she would still be with us if she opted for natural alternative medicines. My grandma and her two sisters and nieces too died of breast cancer, all under 45 yrs off age.

I have had a number if serious health conditions, which i am happy to say i am completely healed after using complimentary medicines without the harsh side effects of the conventional medicines.

I am currently going through menopause for the past two years. While I witness other women my age suffering from menopausal systems and having major side effects from such medications as HTR.

I have opted for natural option without the side effects. I can truly say i am currently not experiencing any menopausal systems thanks to my alternative medicines.

My body, my health  
My choice.

Please help keep me healthy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 1:02:46 PM

---

To the Medical Board of Australia,

I support Option 1.

We went to an integrative GP for my son who was diagnosed with global developmental delay and autism spectrum disorder. Before seeing her there was not much standard Gp could or did do for us.

The integrative GP helped us to significantly improve our sons life. He now jumps and runs. Is able to concentrate for longer periods of time. Sleep has improved so much. And all by diet and supplements. These doctors in my opinion are absolutely brilliant and I wish that this was standard practise for all GP's. I can't speak highly enough of integrative medicine!

I think the medical board would make a very big mistake if they change the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:46:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not restrict integrative health professionals. Their work has saved the quality of my life, got me back to work more quickly after an infectious disease and I owe the quality of my life to them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:53:37 AM

---

To the Medical Board of Australia,

I support Option 1.

To all concerned, as a person with chronic health issues including autoimmune, I feel Integrative and complementary medicine is the key to better health. Especially in the areas of naturopathy and nutrition.

As a current student of Bachelor of nutrition & dietetics, highlighted is the conclusive evidence that nutrients are vital to all cells and thus vital to all humans.

Medically the balance of nutrients is overlooked and can be better identified and treated in an integrative setting where the practitioner can give a holistic approach.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:54 AM

---

To the Medical Board of Australia,

I support Option 1.

2 years ago I had a chance meeting with a woman at a wellness expo. Conversation turned to our children, and we discovered we were both raising sons diagnosed with ADHD and possible Autism Spectrum disorders. In Addition, her son had frequent epileptic seizures. I confided that my husband and I were approaching our wits end with our son. Our son, who is also academically gifted and tested in the top 2% off children his age, had never been medicated. I always knew the ADHD did not define him. I could see the person he was beneath that awful layer and he was beautiful. Medication went against everything I believed in as a Holistic Therapist, but he was becoming un-schoolable and isolated from his peers. I was becoming concerned for his emotional health as he slowly transitioned from out under my protective wings and into the unforgiving world around him.

In addition, I was suffering from worsening anxiety, panic attacks and health issues which were taking a toll, and the rest of our family were suffering on a daily basis through his unpredictability, emotional outbursts and wildness. The cracks were starting to show. We had seen psychologists, behaviour counselors, GPs and OTs. We ate well, limited his sugar intake, remained firm with our boundaries- but nothing worked.

The woman beside me had a similar story. We hugged and blinked back tears. I confided in her (shamefully) that we had decided if nothing had improved by the end of this year, we would consider medication. The thought killed me.

Then she told me about an amazing integrative medical practice that had literally cured her son and changed their lives. At the time of our chance meeting, her son had been seizure and ADHD behaviour-free for nearly 2 years. In fact, his results were so impressive that he had been written about in US medical journals. The organisation she credited with his success was Bio Balance.

Bio Balance is a medical organisation from the USA, pioneering the way forward in treating bio-chemical imbalance with integrative, nutritional medicine. All Bio Balance trained practitioners are qualified Medical Doctors FIRST.

Bio Balance follows on from the work of Dr Carl Pfeiffer, and is headed by Dr William Walsh PhD, of the Walsh Research Institute, Illinois. Bio Balance specialises in the treatment of behavioural disorders, ADD, ADHD, learning disorders and Autism as well as mental disorders such as schizophrenia, bipolar disorder and depression, with incredible results.

With thorough, investigative testing and assessment of the patient's entire bio-chemical make-up through blood, hair, stool, saliva and urine testing (not just an observation-based behavioural assessment, as is the current medical norm), a complete bio-chemical profile of

the patient can be produced- highlighting deficiencies in essential neurotransmitter-supporting chemicals/nutrients, heavy metal toxicity, gut micro-biome status, food allergy and any underlying genetic mutations affecting nutrient absorption and function. This is then treated with personalised diet modification and a compounded supplement regime.

What is truly amazing is that more studies (in both medical and holistic wellness circles) are showing a growing connection between mental health and gut health, and certain behavioural disorders (such as ADHD and ASD) and chemical imbalances (most notably too much copper, and too little zinc, magnesium and B6- the essential building blocks of healthy neurotransmitter function).

I knew intuitively that I had met this woman for a reason. intervention. I felt this was my final opportunity for one last attempt at helping my son after years of frustration and growing pressure to medicate. I decided no matter what the cost, no matter what the effort- we were taking our son through Bio Balance. I scheduled an appointment with a Bio Balance trained Doctor [REDACTED] that week, and our son had his first appointment. That was April 2017.

The first 7 weeks were life changing. My son was put on an immediate and preemptive no gluten/dairy/soy/refined sugar diet from day 1. He did a dozen different tests in order to create a fully comprehensive bio chemical profile and tested a strong-positive to high heavy metals, MTHFR gene mutation and Pyrrole Disorder- a genetic metabolic disorder resulting in the increased production of defective pyrroles. All people produce pyrroles (a by-product of blood synthesis), but in people with Pyrrole Disorder, the defective pyrroles are produced in over-abundance and bind to zinc, B6 and magnesium molecules before leaving the body through the urine (and dragging out all those essential brain-feeding nutrients with them). So my poor little guy's brain was literally starving for the food it needed to function normally. He began high-dosage daily supplementation to replace what was being lost.

The change we witnessed in his behavior was nothing short of incredible. He became much calmer, followed instructions better, was more polite, able to focus and interact with others better and for the first time that year, he reached the best behaviour level on his class chart (not once, but over 10 times in 3 weeks). The family stress level plummeted and my husband and I were left astounded. Overall, we saw around a 70% improvement in his day-to-day behavior, with variations between around 50-90% on any given day.

That was 2 years ago, and after around 12 months on the BioBalance program, we stopped to see how my son would behave without it.

While he is still very energetic and 'wiggly', he has continued to demonstrate massively improved listening, instruction- following, mood regulation and self- control.

His teacher has used the words 'brilliant' 'amazing' and 'awesome' to describe him and the change she has witnessed. Lastly academic gifts have been recognised and he now attends an independent school who provide him with a custom learning schedule. He is 8 years old and can understand binary, build websites and code basic games. Best of all, he has made new friends and is a happy, healthy young boy.

I am been anxiety and panic-attack free for 18 months and or family

stress levels leveled gone from extreme to 'normal'.

To be fair, we still have some 'off' days and it is possible we may need further integrative treatment down the track as my son grows and changes.... but I feel confident knowing that we have found an answer.

I am also on a similar diet, with my own personal supps and feel better than I have in years. I have energy, inspiration, joy, no more headaches, hormonal mood swings, anxiety or panic attacks. I most likely have Pyrrole Disorder too, as B, zinc and magnesium supps are working wonders.

I am writing this in the hope that other parents living with children with behavioral disorders, or those with mental disorders, might get some hope and inspiration from our experience. Simply google 'Pyrrole Disorder' and while it is not yet accepted by the wider medical community, there are testimonials by thousands upon thousands of people who have been diagnosed and successfully treated with nutritional medicine for this condition, which is gaining fast momentum.

Remember: PTSD, Restless Legs, Chronic Fatigue, even ADHD and ASD, were all once unrecognised by the medical community too.

Just to be clear: this path is not the easiest one. It requires a massive financial commitment and lifestyle change. It requires daily, ongoing diet and supplementation. It requires hours of research, lots of nutritional education and planning and a willingness to stand strong against the pressures from schools, the medical world and even family to medicate your child. Fortunately we always have had an amazingly supportive family. But for me, the question was never about what I would do to help my child. For me, it was:

What wouldn't I do?

\*\*\*\*\*

PS-I have absolutely no connection, affiliation or vested interest with BioBalance. I am simply a Mother seeking the best help for my son and family.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 11:35:58 PM

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To the Medical Board of Australia,

I support Option 1.

I am totally opposed to changes and restrictions in the guidelines.

Alternate therapies and natural health practitioners including Acupuncture needs to be a choice for people.  
It's their body and is therefore their choice.  
I had all my large bowel removed as a 21yo and was simply an experiment.. my symptoms are still there and the psychological problems because of the massive scaring would have never occurred if I had of been seen by a functional medical Dr or Natural Health professional. Year's of prescription drugs poisoned my body and nearly drove me insane. I finally freed myself of them through a Naturopath and have used success natural methods since.

My body, my life, my choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have suffered with a chronic painful autoimmune disorder (MCTD) which I went to multiple specialists and GP's to try to help me. I was offered the standard planquinil and methotrexate which made me so much worse! It was not going to be a life worth living. Instead I found a biomedical integrative GP who used a combination of complementary "alternative" treatments (herbs and probiotics etc) and mainstream drugs to heal and seal my gut issues. I am now pain free and autoimmune free (titre 1:80) please do not remove these vital and emerging health treatments!! I do not know where I would be without this treatment protocol being available.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:35:43 PM

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To the Medical Board of Australia,

I support Option 1.

It would be a travesty to take away the extra time spent with an integrative doctor. Ten minutes with a general practitioner is never enough time to assess a patient's concerns and conditions. My mother's heart problems were alleviated when her cardiologist prescribed Co Enzyme 10 rather than a prescription medication. Please do not restrict Integrative Practitioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

My wife would not be alive today if not for Integrative Medicine

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:25:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Whilst valuing conventional allopathic medicine, I have prioritised with stunning success the management of breast cancer and other serious illness with complementary and integrative approaches. This has been largely at my own expense, as the current medical system does little to support my health needs. I would ask you to consider greater support to complementary medicine than is currently given.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:03:37 PM

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To the Medical Board of Australia,

I support Option 1.

Complimentary medicines actually looks at the root cause of why a person is ill and then use an alternative therapy to heal them. I myself am an alternative therapist and I have seen how beneficial complimentary and integrative therapies are. It also allows people to have choices as to what medical care they would like to take in regard to there health situation instead of being dictated to that conventional medicine is there only choice and one that usually only bandages a health problem without fixing it. Big Pharma has a lot to answer to as far as what people can be offered as they are only interested in monies they can make from medical products and try to stop Doctors from offering any thing else. In Asian countries people there pay their Doctors to keep them well and when they get sick the Doctors don't get paid until they are well again. In Western Society Doctors get paid when we are sick but of course loose money when we are well. Same goes with Big Pharma. Of course it is going to benefit conventional medicine to try to restrict any other form of Interactive or complimentary medicine. I believe there is a place for both in our world. I think that all medical professions whether conventional or alternative should continue to work together for the well being of human kind. I personally would not be alive today if I had taken the advice of a conventional Doctor and used conventional medicine, Instead I used natural medicine and alternative therapies and now I am well. I have personally seen this happen for many people including my own family. Yes why does the MBA want to put all these restrictions in place and also stop Doctors from Offering complimentary medicine to there patients. What is the MBA and Big Pharma going to gain from doing this? Maybe money and control. People want and deserve to be offered everything possible to help them get well not just what big companies can make financially out of it. This is the 20th century, we need to be going forward with our knowledge of healthcare not backward thinking. Thankfully people have access to the internet and grow medicine in there gardens and have complimentary medicine all around them so no big company will ever be able to take it away for there own financial gain.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:09 AM

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To the Medical Board of Australia,

I support Option 1.

I truly support wholeheartedly patient access to Integrative & complementary medicine.

After living in four Countries and spending my whole childhood and young adult years with conventional GP's, with no help whatsoever with recognising my food allergies, pinpointing what allergens I have been effected by, why I have been anaemic all my menstruated years, that I have adenomyosis, menorrhagia and that I have been experiencing a hormonal imbalance post childbirth, my viewpoint of mainstream and conventional has been traumatised and the GP practitioner has become my burden!

Through an Integrative practitioner, a Naturopath and Homeopath, each of the above have been diagnosed quickly through careful and thorough investigation, to find the cause of the problem, and then naturally medicate accordingly. I seek extreme comfort in their company and their knowledge, and will never look or seek back to a conventional GP again!

Through my years of experience, I no longer trust GP's who rush you through their doors, and have found them to be opinionated, pushing synthetic drugs onto you, and only wanting to numb the pain and not treat the cause.

My experiences with conventional GP's have lead me to be undiagnosed - medically and in injury state, and through one's own poor judgement I was told, "my symptoms are in my head!".

Integrated and complementary medicine has in turn been my lifeline to accurate diagnosis and consistent healing. I am totally inlove with Holistic Health and how this approach addresses the whole person, including their physical, mental, and emotional health, while taking social factors into consideration.

I don't understand how through great marketing and branding, we trust GP practices and Pharmacies or Chemists to medicate the public with drugs they are commissioned for.

I am also appauled to learn that Woman have no rights to how they wish to deliver in childbirth and are not openly educated with alternative choices!!

Why is alternative wrong?!?

I experienced the most beautiful birth, with controlled pain, by having a hypno and water birth. Why is my experience a minority, and every day I hear of a traumatic birth?

Why in the 20th Century are we taking people's choices and rights away from them, but allowing one to live in a modern world. Why are we been told to ignite our voices, yet our opinions are being monitored, and

thrown out, if not mainstream and topical?

Why is Complementary and Alternative medicine (CAM), widely used, accepted and promoted in other Countries like the Americas, the UK, Germany, China, India, Egypt and New Zealand and NOT in Australia?

Why is Australia one of the top five Countries setting the Holistic Medicine Standard, but the Australian Public are not promoted to use this alternative practice? And why are Australians fighting this Political propaganda?

After living and traveling the world, I settled in Australia for the unrestricted lifestyle. However, the restrictions the Australian people are faced to live under their political system, is pushing educated and innovative people to leave this Country for restrictions imposed on them. Health is life, why take life away from your Australian Citizens?

My family rely on Integrative and Complementary Medicine, please don't take our rights away by imposing restrictions!

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 1:40:23 PM

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To the Medical Board of Australia,

I support Option 1.

I have had a variety of diseases which have meant a complex chronic health condition which my local gp admits she just doesn't have the knowledge to help with. I attend an integrative medicine doctor and without his knowledge I would be unable to function at all . Sometimes general medicine can't help you and without this integrative approach I would be house bound. As it is I am confined to house on many occasions being unwell. The support I get from knowing now more about my chronic illness is vitally important in my health plan and I use conventional medicine as well as herbal , probiotic supplements , nothing radical but important to my overall welfare . These doctors have studied extra fields of medicine and I would be devastated if their ability to practice was curtailed . There are many illnesses that arnt yet fully understood so all knowledge is valuable .

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 5:59:25 PM

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To the Medical Board of Australia,

I support Option 1.

Thank you for opportunity to tell why integrative medicine is essential to me.

I am 77 years of age, very good health and still working.

About ten years ago my health started to deteriorate. I had heart problems. Over several years I found myself in and out of hospital. I remember my last visit when the on duty doctor said he thought I may have had a stroke.

That was enough for me. I started researching and enquiring from integrative doctors as to how to take more responsibility for my own health. They were extremely helpful. They gave me the appropriate medications to help manage my heart problems, but also helped me to find the cause . That was several years ago .

I understand now the cause of my problems and take responsibility for my health. This keeps me out of hospital and not a drain of the health care system.

At 77 it is wonderful to wake up in the morning , jump, out of bed and be excited about this wonderful country, and our freedom to choose.

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:33 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine helped me to recover from CFS/Fibromyalgia, diagnosed my sons allergies & diagnosed my daughters prolapsed disc in her back. Regular doctors did nothing to help any of us, couldn't identify our problems or provide any treatment. One doctor couldn't even read blood test results & my daughter was sent home from hospital in agony & told they couldn't find a problem. A Dr./Naturopath provided Complimentary treatment which was successful in every case.

Restrictions will remove our choice of treatment and therefore the ability to heal leading to an increase in medical deaths.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:10:38 PM

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To the Medical Board of Australia,

I support Option 1.

As an integrative practitioner who sees many patients that have not had their health issues resolved through standard medical practice, I wholly support integrative medicine. I am a naturopath who is in full support of both standard medical practice as well as integrative therapies depending upon which will benefit the patient the most.

With an over-whelmed health care system, integrative therapies provides patients with preventative strategies for health and is aimed at trying to correct organ dysfunction or reverse early pathology in order to avoid long term medication and health issues. Whilst not considered 'pharmaceutical ' many herbs used by therapists have strong health benefits which is why so many 'patented' pharmaceuticals have been modelled from herbal therapy to start with. An example of this is aspirin. To therefore say natural therapies are ineffective is hypocrisy.

Just because the pharmaceutical companies don't want to run their trials on non- patentable therapies, doesn't mean they don't work. Do you think the public would go to naturopaths or integrative medical practitioners if no one got better? The public are not stupid and won't pursue a health therapy they do not benefit from. Let the public decide their own health choices. If natural therapies are as ineffective as some narrow- minded people would have us believe then no-one will use them anyway. It's that simple.

A note on Compounded chemists. After 2 children and working 3 separate jobs at one stage, I was totally exhausted. After being tested by an integrative doctor, it was found my sodium was low in addition to low cortisol and DHEA. Testosterone was right on the lowest acceptable level. I can confidently say that DHEA at 15mgs per day has been an absolute life saver for me and staved away inevitable chronic fatigue in which case I would have been a tax burden rather than a tax earner.

In addition, I was diagnosed with Hashimotos thyroiditis many years ago in Japan. I had a TSH of 20 at one stage with hugely elevated antibodies. Standard thyroxine therapy wasn't enough to lose extra weight and fluid as a result of the Hashimoto's thyroiditis. I was put on porcine thyroid when I got back to Australia and within the first 6 weeks, I lost the excess weight and fluid that had accumulated as a result of hypothyroidism. I have been on this same bio-identical thyroid support for almost 20 years and have had no further thyroid-related issues.

Please don't allow money or narrow-mindedness to affect the health of the public. This society is a democracy, not a dictatorship. People have very individualised health issues so let them choose the therapies they feel that are right for their health.

Yours in health,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 11:58:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had CFS/ME for 15 years. Without integrative medical care I would have received no care and been in a much more dire health situation than I am now. The fact of the matter is regular medicine has no answers for my severely disabling disease, my GP can help a little managing my symptoms but my integrative practitioner has helped me immensely. I don't want restrictions imposed on these practitioners that are able to help the whole person.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:15 PM

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To the Medical Board of Australia,

I support Option 1.

I am a 23 year old female who has lived with autoimmune issues since the age of 6 months. I have been under the care of various doctors throughout my life who have always described my issues as being "something that I needed to accept to live with". I agree with this; however, I do not agree with the advice I was given that the only way to live with these issues is to be permanently on medication.

In July, 2017 the beginning of the worst 12 months of my life began. I gradually developed symptoms such as rashes, hives, shedding of skin daily, alopecia, hair loss on my body and eyebrows, weight loss, swelling of my eyes, body and glands the size of tennis balls throughout my body, severe inflammation, skin infections, and anxiety that left me unable to leave my house to top it all off. By the start of September I had seen 4 GP's and was then seeing an Allergist. My symptoms worsened as I was pumped with more steroid and immune suppressant medications. By December, my body was completely shutting down and I desperately searched for yet another opinion.

Fortunately for me, my sister's friend pointed me in the right direction, to see her functional GP who was helping her manage her Hashimoto's disease and Coeliacs disease. At the end of December I booked an appointment with this doctor and explained my story. He immediately took me off all prescription drugs, tested my bloods, clarified what foods I should be feeding my body and I started mineral supplement therapy straight away. 8 months of very hard work, for both me, my family and my doctor, my body healed - completely. I had been given my life back, and it's all thanks to integrative medicine.

I've continued this lifestyle for over a year now, and don't ever intend to go back to Western medicine as I have found the resolution through integrative medicine. In the past, Western medicine has attempted to treat my symptoms, whereas integrative medicine has cured my condition - there is a massive difference. If the MBA imposes restrictions on integrative practitioners and takes away the use of vitamin, mineral and herbal supplement therapies, this will lead me, and many others, to live a life ridden with chronic illnesses - it's as simple as that.

In September 2017 I was diagnosed with Idiopathic Chronic Urticaria and the ONLY way I was going to manage this was to take immune suppressant medications and steroid medications regularly for the rest of my life. It is now April, 2019 and I am completely symptom free and do not take ANY prescription medications.

I have suffered with obvious chronic eczema, asthma, and allergies for 22 years of my life, and now I have none of these. I have finally found the answer of integrative medicine and it has saved me. Do not take this opportunity away from others who desperately just want to live an illness-free life.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:28:17 AM

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To the Medical Board of Australia,

I support Option 1.

I have used Accupuncture many times over the years to assist with both fertility issues and menstruation/hormonal issues when there was no real medical options to support the condition. I like that intergrated services are often a preventative option to support my overall wellbeing without having to result in taking medication which could have longer term effects with my body or require ongoing expenses to me and my family.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 10:14:05 PM

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To the Medical Board of Australia,

I support Option 1.

Patient choice is a human right and responsibility for ones health..  
Natural medicines and nutrients I have taken all my life and so at 71 years old my is in good condition as there are no negative side effect to natural medicines. Not like I have experienced when I have taken pharmaceuticals drugs which caused further complications. The body has its own intelligence to heal itself which it has for proven to me from Cancer, Epstein Barr, Chronic Fatigue syndrome, Osteoporosis, Heavy metal poisoning, Viruses, Liver defect.

I only trust Integrative medicine Doctors as they take a wholistic view of health problems which is the only way to find the cause. Other very important health treatments I use regularly that do heal and rebalance the body include, Chiropractic, Acupuncture, Chinese medicine.

So complimentary medicines are essential.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:47:18 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative doctors take a holistic view of health and health problems. This enables them to get to the root cause of the problem, not just provide drugs which only treat symptoms. My husband had a stroke 4 years ago, and thanks to the support and treatment advice of an integrative doctor and despite statistics which would suggest he should have had another stroke by now, has not seen any return of symptoms. Not only that, but due to advice given he has improved the health of his arteries to the point where they are now described as in 'pristine' condition. This was not done with any conventional drugs or medicine.

Chinese medicine has been used for centuries, with success. Why would you make rules which would exclude these treatments being utilised??

It makes no sense.

Please do not change the current guidelines

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 7:33:10 PM

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To the Medical Board of Australia,

I support Option 1.

My family and I have used integrative and complementary medicine for over 35 years. My eldest son suffered from severe migraines and was treated with chiropractic and physiotherapists. As sports players my three sons have used the above along with acupuncture. I have suffered for many years with arthritic knees and use physio, acupuncture and Aromatherapy. I use essential oils to keep my home chemical free by making soaps, handwash, shampoo, shower soap, laundry and kitchen powder, along with deodorant and other blends for coughs, colds, cracked skin.....the list is endless.

I have made creams and soaps for my elderly mother for many years to help with her aches and pains and dry sensitive skin.

I believe we should be given the choice to alternatives. Stay informed and be able to make informed decisions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:48:33 AM

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To the Medical Board of Australia,

I support Option 1.

All doctors complementary or not deserve the right to inform their patients of possible 'alternative' therapies if they believe it will help their patients plight.

Whilst I rarely visit a doctor, it is important for society to retain medical freedom of choice. Myself and many members of my family suffer adverse side effects from most pharmaceutical prescriptions. Therefore we need to explore alternatives that don't destroy our gut flora otherwise we would always be sick. My godmother would not be here today had her doctor not encourage her to completely change her diet and take herbal supplements throughout her cancer treatment. She would have died because the cancer drugs had such a depressive effect on her immune system. Restricting the right of practitioners and their patients knowledge of complementary medicine is taking away our human rights.

The Medical Board of Australia should not be allowed to make such decisions about our health without basing it on fact. Especially when the health of society is at an all time low with cancer, auto immune issues and chronic disease etc completely taking over our health.

We might as well become communists if we are to be dictated to in such a way. Freedom of choice is a necessity

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 12:17:14 PM

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To the Medical Board of Australia,

I support Option 1.

Without access to complimentary treatments I would most likely be full time in bed, have now died from the results of many years of being in bed, or would have committed suicide. The integrative treatments I have been offered and followed have given me back a large part of my life, where my previous only conventionally trained practitioners had given me no assistance towards wellness. I fear that if I no longer have access to integrative practitioners and the practitioner-only complimentary supplements that I use, my health will decline and I'll spend the rest of my life bed-ridden.

I believe that those of us who are using integrative practices are saving the Medicare system a huge amount of money. We have chosen to take charge of our own health care and are willing to pay the price for doing that.

I believe that not only should the MBA support integrative practitioners, they should also recommend that supplements prescribed should be subsidised.

Thank you for considering my submission.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:09:55 PM

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To the Medical Board of Australia,

I support Option 1.

I do not want changes to our integrative and complementary medicine. Thank you. My beloved great grandmother who passed away approx ten years ago lived a long and healthy life because of complementary medicine. She was born in the early 1900s and was diagnosed with Cancer in her early 20s. She had two young children and she was told it was a death sentence. Her parents were terribly distraught at the thought of losing their daughter and her very young daughters losing their mother. They had heard of a special doctor in the city who had helped others recover from very serious illness and he was an iridologist. She visited him and he looked into her eyes and said "yes I will be able to help you". And he did, she recovered from her cancer, and never really got sick again. She kept seeing him till He passed away. She always at healthy, ate brown bread before most of us had ever seen it was often at her favorite health food shop buying health food that supermarkets bought in 40years later. Anyway she never had operations or anything like that and lived a happy and healthy life till she was 95years old thanks to natural medicine. My health problems would be so much more severe if I didn't visit my lovely naturopath either. Three neurologists for years could not help me with my severe migraines but 1 my naturopath has! How else could I get treatment for my Lyme disease that you people don't believe in. I could show you my blood tests that show strong positives to 2 strains of Bartonella. I was rotting away and lost 2 years of my life because of the severe migraines and epilepsy before my friends recommendations to a doctor of integrative medicine and naturopath. Now I am finally on the road to recovery and can see the light at the end of the tunnel.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 7:13:06 AM

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To the Medical Board of Australia,

I support Option 1.

Integration of western medicine and alternative natural therapies has been a vital part of managing my chronic illness. Alternative treatments have offered invaluable relief where medicine has failed me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

Without my integrative Dr, I wouldn't be functioning. He sorted my ongoing thyroid issues (after 3 "specialists" archived me to keep increasing my already high medication dose. He diagnosed and has a treatment plan for my fibromyalgia, and worked out why I don't absorb nutrients and medications. Also treating my malabsorption. Please don't restrict them to be like a GP, they're far too valuable to have those proposed restrictions.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 11:13:24 AM

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To the Medical Board of Australia,

I support Option 1.

AS an adult human I have a right to make my own choices about the kind of healthcare I use for myself and my family. Emerging options do not mean they are ineffective or scams, and making them more marginalised only makes the situation worse for everybody, increasing the chance of poor practice while also increasing the strain on an already strained system.

Every patient has a right to choice, and Integrative and complimentary medicines are often aimed at prevention, so as well as providing many beneficial options for patient care, also have the potential to reduce the impact of illness on society as a whole by increasing health and wellbeing.

In my family we ONLY use Integrative & complementary medicine where we can - my wife is type 1 diabetic since birth and using integrative and complimentary medicine helps keep her healthy and out of the medical system apart from Insulin and regular checks to ensure she is staying on track. If she was solely on mainstream medicine, at 54 she would be looking at a much reduced lifespan governed by medical interventions and drugs. as it is her life is relatively normal and she is healthier than most 'healthy' people. Her doctors are constantly amazed.

I use Integrative & complementary medicine because prevention and good health are better than supposed cures that often cause more side effects, and the body knows how to heal itself if you give it the right support which is a focus of complimentary and integrative approaches.

This will deprive me and my family of our chosen modes of healthcare as well as our livelihoods, leading to us becoming a burden on society.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 20 May 2019 8:17:51 PM

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To the Medical Board of Australia,

I support Option 1.

I wish to lend my support to the chorus of regular patients, average AUstralians who expect to be able to choose a GP who is willing to consider recommending vitamin therapy when it is indicated; or choose an Acupuncture and Chinese medicine practitioner who is able to eliminate the symptoms of plantar fasciitis in one of their feet in one treatment. I am a well read, educated Australian wife and mother who demands the right to choose integrative therapy if and when I choose it. There have been countless situations in my almost 10 years of parenting where I have found myself in the ER with a child suffering croup, in Intensive Care with a child suffering bilateral pneumonia or at my GP clinic getting flu shots for my entire family. There are also many situations where I have found that there is no need to pursue these avenues when the treatment options are limited or the medication has side effects that are worse than the treatment itself; and when faced with this, I choose to seek out the skilled and qualified treatment available to me from a holistic or integrative medicine practitioner. I can understand the conventional medical viewpoint that some of these treatments just sound like hocus or a whole lot of 'woo woo' but I don't accept that the choice to try some or all of these options can be summarily taken from me. I support the existing guidelines and believe that all practitioners both conventional and complementary / integrative / holistic should be subject to codes of practice or guidelines to ensure patient protection, but there is no reason to adjust the guidelines as they currently sit.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:50:07 AM

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To the Medical Board of Australia,

I support Option 1.

I believe the proposed restrictions to complementary medicines to be unfair and dangerous. To use a personal example, I had a terrible bronchial virus when I was 17, taking weeks off school. I visited several GPs who each prescribed yet more antibiotics with no wholistic diagnosis, none of which did me any good. I finally went to a Chinese doctor, who took one look at me and said "you need to start eating meat". I unwillingly took her advice and within 2 days was completely healthy, had huge amounts of energy and started exercising daily for the first time in my life.

The Chinese doctor had said if I didn't eat meat at that point in time I wouldn't have kids and wouldn't finish year 12.

There are plenty of great GPs out there, but Western Medicine doesn't always look at the body holistically and patients deserve to make informed decisions about their healthcare.

The arrogant proclamation that Western medicine is the only valuable type of medicine is racist and imperialist and devalues thousands of years of tried and true practices from all over the world. Just as Western education has a lot to learn from the intelligence of other cultures instead of constantly being paraded as the rightful dominant mode of thinking, we would be enriched to value the intelligence of, and to collaborate with, First Nations approaches to health and holistic wellbeing that has sustained healthy people for tens of thousands of years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If I wasn't able to access integrative and complementary medicine I wouldn't have the quality of life I have today. I was diagnosed with Lupus over 30 years ago and was told by my rheumatologist at the time there was no cure and I would get worse as I get older. Through taking vitamins supplements that I need to take daily as my body does not hold on to vitamin B6 and Zinc and by following a good healthy diet with fresh organic vegetables and eating fermented foods and probiotics and prebiotic I am doing really well. I am 64 years old. It has cost me a fortune with my health and if I wasn't able to see doctors who offer complementary and integrative medicine I would either be dead or in very poor health.

I think you need to be in really poor health to know that this type of treatment works and from my perspective a lot more doctors need to be looking at this so that our society can affordably access the correct treatments they need.

Kind regards

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:20:30 PM

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To the Medical Board of Australia,

I support Option 1.

As a member of the Australian public, I wish to let the government know of my support for integrative and complementary medicine practices to continue to be accessible for all public to access should they so wish to. We as the public should be given a choice, our government shouldn't be dictating who we see to manage our health needs. I was very skeptical of natural medicine until about 10 years ago when I was unable to find a solution for pain in western medicine, I was concerned about antibiotic resistance and had been dosed with them constantly as a child. I have an integrative GP who treats with both complementary and western medicine. I can't count the numerous times where I recovered only using complementary medicine and supplements where a western only focused doctor would have first prescribed antibiotics. This doctor has also made the right decisions for me and my families health prescribing main stream medications where they are indicated for use and where complementary medicine just wouldn't be an appropriate solution. Another doctor in the same clinic has helped solve health issues no one else could by analysing my genetics, blood work and helping to supplement and balance the very fine vitamin and mineral nutrients my body needs to achieve balance, ultimately eliminating those symptoms by addressing the root cause of the ailment rather than masking it with prescription medication. I am in debt to her for helping me recover so I could actually start to live life again rather than feel debilitated. There is a role for both main stream and integrative medicine to work in harmony, we only need to look at Germany's example to see that it is possible to merge the two and pave a way forward for the greater benefit of the public. I as an individual, am very envious of the integration that is evident everywhere from the local doctors clinics, to big hospitals, rehabilitation facilities and even to the medical management of the most elite Olympic sports teams using plant based medicines that are available to German nationals. Our Australian government needs to stop dictating and see how we can help these two areas become cohesive in the best management practices for the benefit of all Australians.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:11:41 PM

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To the Medical Board of Australia,

I support Option 1.

Ok I am confused I thought, silly me, that medical practitioners objective/job /interest was for the good of the patient. Option 2 seems like a fear based reaction to me, what the fear is I don't know but I question whether this is it about health or is it about money regarding drug companies or medical surperiority. If it is, well a "conventional " consultation of 10 mins, REALLY what can you do in that time other than write a prescription for a medication for possible ailment that the doctor heard two related symptoms pointing to x ailment that was spoken in a short period of time. Oh don't get me started on 5 yrs being prescribed anti depression medication. I myself use both alternative and convention practioners as it is my body it is my right to chose what treatment I use, it has been my experience that both can work together. I went to a session with my chiropractor and he advised to go to my doctor as it could be possible that my symptoms pointed to possible cardiac problems and I did. Everthing was clear.

The symptoms were that of heart attack ,pain down my left arm, pain middle of chest and in my jaw . What it actually was,was my back and arm were out amongst other things. After a couple of sessions with my chiropractor the pain was gone . My Chiropractor not only used the GP for clarification but was able to fix my symptoms that a GP would not have considered because of their skill base. The GP would be still running test that would be costing me and the health system a lot of money, in the hope to find the answer to the pain I was experiencing. The problem wouldn't have been found and I still in pain. Yet the doctor clear me with no heart problems which my Chiropractor couldn't have done because of his skill base. I used both types of practitioners resulting in clarification and no pain. Then there are times when I use one or the other, for example I don't know of any alternative practioner that does pap smears. We can use both practitioners and it also takes the load off the conventional practitioners so they can give to their patients the time they need instead of pushing people through like at a check out at Coles. I am sure that alternative or conventional practitioners signed up for these careers to help people and the intergrative doctors are just expanding the tool box so that they can provide the best possible care. As illustrated above both are needed and as any good practioner if the problem is out side your skill set it is only ethical to refer on. **OPTION 1** The intergrative doctors should NOT be penalised for listening to what the public are wanting and providing as many options as possible to a problem.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:55 AM

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To the Medical Board of Australia,

I support Option 1.

My daughter has no thyroid and is allergic to t4 medications. As the thyroid controls every organ in your body then she needs to take medication to support them. She relies on supplements to keep her alive. If you stop access to practitioners that supply natural therapies then you are coming compromising my daughter's right to life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:15 AM

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To the Medical Board of Australia,

I support Option 1.

The use of Integrative healthcare should be a choice made by patients and their doctors. As someone who uses selective vitamin and natural supplements to support my health and treat my arthritis (for which I will never take NSAIDs) keeping it well controlled, I support the use of integrative healthcare and believe it should be readily available to assist patients manage their health.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 4:47:45 PM

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To the Medical Board of Australia,

I support Option 1.

If it had not been for my GP who identified my malnutrition which the nutritionists, gastroenterologist, oncologists, etc all had missed and his prescriptions/advice for supplements I would not be alive. A General Practitioner is exactly that, a general practitioner including complimentary medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 11:32 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have sought out integrative health centres and Doctors who practice complementary medicine because it has always helped me and family, often when traditional medicine has not worked.

This is especially relevant to myself when I had a neck injury and the only thing ever offered by mainstream doctors was painkillers and physio, neither of which was useful and certainly medication was not a long a long term option.

I believe doctors should have the right to choose how they want to practice. There has been too much control already and removal of our choice of therapy from health funds and this is another unacceptable move to take choice out of our hands, as well as from the hands of the doctors themselves.

I am a patient who wants to see a doctor who uses a variety of things to help their patients, including recommending other types of treatment or testing, if others don't want that they can go elsewhere.

I am so disheartened by this move, I feel there's big brother going on here, from big pharma, who want to control the whole medical system for their own benefit.

If there was no demand for the services of integrative centres and doctors they'd go out of business. But they don't, because we want them. And we should have the right to choose if we want to see them and seek out other options for diagnosis and treatment. And they should have the right to practice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:04:22 PM

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To the Medical Board of Australia,

I support Option 1.

I am writing in support of the work that Integrative Medical Practitioners do. I have had chronic ill-health since I was a teenager, I am now in my mid-forties. Whilst this journey has been difficult it has been a great teacher and it will turn out to be the greatest gift I have been given.

Currently I am studying nutritional medicine at [REDACTED] College. For 12 years I have worked as a radiographer. With my own life and with my work I have seen the epidemic of chronic ill-health we face as a society.

Integrative Practitioners fulfil the role that traditional doctors had. Traditionally, doctors taught people how to be well. The first appointment with an Integrative Practitioner can take up to 2 hours as they take a full history. They look at all factors that can be contributing to the persons ill-health. They look at their work, their family, levels of stress and levels of joy, diet, medications, past surgical interventions and their family history. With this knowledge they can start to piece the puzzle together of how this individual has arrived at this point.

Our bodies are extremely clever. They are always trying to maintain homeostasis. What we perceive as symptoms are often our body trying to return to homeostasis. I am blessed to be in a position to have an opportunity to learn indepth anatomy and physiology at [REDACTED] College. We are all walking miracles, but we never perceive ourselves as this. I can see how our current lifestyles are not conducive to good health, but this is not thought about until ill-health strikes. I implore you to allow Integrative Practitioners to continue their role of teaching and empowering us with their knowledge so we can take our health back into our own hands and learn to be well.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:29:39 PM

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To the Medical Board of Australia,

I support Option 1.

I have been living with a chronic illness and mental health issues since my diagnosis in 2009. The only treatment that has worked so far was a combination of complimentary herbal medicines, yoga therapy, counselling and naturopathy. Traditional medicine exacerbated my symptoms and made me more ill.

It is so virtually important that in the 21st century we are able to choose what works best for us under the guidance of our practitioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:49:34 AM

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To the Medical Board of Australia,

I support Option 1.

Hello I really wish to let you know that without the combination of integrative and complementary medicine. I would not be walking or well.

With an injury many years ago and in more recent years Hashimoto disease. The use of of chiropractic and alternative medicines combined with integrative have been vital. I still see a chiropractor monthly and see drs when necessary too. And there are many complementary medicines that help balance My thyroid. I ask you please don't block complementary medicines the two can work together soo well. Why not spend your energy and research on how to do that.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary health care should always be available as an option to everyone.

Every person is unique and may require different approaches for the best outcome in their healthcare.

The use of integrative therapies (Chiropractic, vitamins, minerals, herbal supplements) for our family has been significant in the treatment and management of

- pain
- allergies
- immune dysfunction
- behavioural issues
- sleep issues
- learning difficulties
- mental health issues

And even recovery from a brain tumour!

All of which were ineffectively treated or managed through “conventional” medicine. In many instances, the side effects of the conventional approach outweighed the proposed benefit.

Removing the use of integrative medicine/therapies would dramatically reduce our quality of life. We would not choose to return to the conventional model for these conditions as we have already found it to be inadequate. This is our choice.

The fundamental issue with all of this, is that integrative and complementary therapies should always be an option, just as orthodox medicine is always an option.

We are so grateful to have received such positive outcomes with the use of integrative therapies

I consent to publication of my submission.

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 patient access to Integrative & complementary medicine as it offers more choice, often gentler than standard medicine. Integrative & complementary medicine has helped me. It was recommended by my doctor when standard medications had not assisted my very chemically sensitive son, with his behavioral issues from ADHD. It helps calm him, improved his concentration, sociability and sleep patterns. I have used Integrative & complementary medicine when standard medicine has had no answers for issues with ADHD, Asperger's, auditory processing issues, sleep patterns, behavioral issues and concentration issues.

If MBA imposes restrictions on Integrative practitioners, many people who fall on the edge of what can be assisted by mainstream medicine will continue to suffer. I have had my and my children's health greatly assisted by such therapies as chiropractic, when mainstream medicine had not assisted Please leave the rules as they stand.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I would hate to see current guidelines changed. Our daughter is low range Asperger and we treat her mainly holistically through compounded nutrients which have been our saving grace compared to anything offered to us in mainstream medicine which we tried first. Please don't take this option away from my daughter who before compounded nutrients was suicidal, depressed, anxious, violent etc. through the help with the compounded nutrients she is rarely any of those now.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**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.

I suffered many years of ill health. Doctors tried to diagnose me with ms, lupus, Lyme disease, arthritis, anxiety depression, and prescribe medication.

None of this worked.

It wasn't until I saw an integrated gp who spent a great deal of time with me looked at the possible root causes of my issue and ordered specific diagnostic testing and prescribed supplements in which I was deficient and did specialized testing that I was able to heal.

I now do not suffer from any of these symptoms anymore.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 3:40:20 PM

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To the Medical Board of Australia,

I support Option 1.

I prefer to use Integrative & complementary medicine because these practioners will consider environmental causes, allergies and I'd personally prefer to take herbal remedies than pharmaceuticals.

I manage the delilitating symptoms of a chronic disorder using integrative and non-traditional medicine. Pharmaceutical intervention aggravates the condition!

How I best manage my ongoing chronic health concerns is my decision and is a combination of treatments that work best for my body.

Making that choice should not be impacted by the MBA imposing bans on my preferred practioners of choice! If integrative practioners aren't available I'll turn even more to traditional herbal, homeopathic and Chinese medicine. It will not cause me to frequent a pill pushing GP.

Your interference in my health care was never asked for and is certainly not welcomed!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 11:48:05 PM

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To the Medical Board of Australia,

I support Option 1.

My doctor advocates both modalities and I generally choose the natural approach. I have seen too many people treated with allopathic medicines that fix one thing and cause myriad other problems needing further treatments to fix that...without ever looking at why the illness has happened in the first place..just working on the symptoms.

Whilst I have seen a place for allopathic medicine, natural protocols and treatments have been around for far longer and most have just as good if not better outcomes than allopathic medicine. It is my right to choose what sort of treatments I accept for my body and I certainly resent being told by a government body that I can't. Is this a push from the pharmaceutical companies to take away the choice of using something that they can't patent? It is appalling. My doctor is a fully qualified medical doctor as are all the doctors at the practice and they all study and look at using other modalities that cause less harm than allopathic medicine. I also read and look at research into these medicines and treatments. PLEASE DO NOT TAKE AWAY OUR RIGHT TO CHOOSE. My sister died last year of leukaemia. She did not choose to use natural treatments because she was afraid because of what she was told...basically that they won't work....but was pretty much destroyed by the drugs and treatments she was given.

Had she been offered more natural treatments, like acupuncture, massage, different medicines, etc., I feel sure she would have accepted them because the doctors were suggesting it. Because they never look at anything other than what the pharmaceutical companies are offering, that is all they push. And in all that treatment no-one was really interested at all in why she had leukaemia, what might have been the cause...they just want to get on with the job of giving you what the pharmaceutical companies deem is the only way. There are many, many, many medical professionals both here in Australia and overseas who believe in the power of complementary natural treatments.

They can't all be wrong. As my sister had said, "MY LIFE, MY WAY, OKAY!" And that is how I feel.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:56 AM

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To the Medical Board of Australia,

I support Option 1.

I am on the spectrum, it was misdiagnosed until the age of 30, my health has always been poor. With the help of my family I have been learning about the value of wholistic health. My usual GP wanted to give me medications, which have caused many complications to my health. Now I see an integrated doctor who understands my sensitivities and inability to digest foods. I need to have the freedom to choose an integrated doctor and not be subjected to seeing a GP that does not have the knowledge to address my unique health condition.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 9:12:58 AM

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To the Medical Board of Australia,

I support Option 1.

I am without pain meds or surgery due to my doctors support of me choosing osteopathy, naturopathy and yoga to manage back and neck pathology. Complementary sciences have helped my insomnia and thyroiditis and without which I would be reliant on meds once again and be a walking zombie. My good health and well being is important and I want to be able to chose what works fir me. Sincerely [REDACTED]  
[REDACTED]

I consent to publication of my submission.

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.

Hi with bowel gut problems for many years only a dr who does holistic as well as main stream was able to diagnose what my problem was when a normal gp on numerous occasions said just getting old and eat more fibre!! Normal drs just don't seem to go the extra mile.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 7:12:35 PM

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To the Medical Board of Australia,

I support Option 1.

I'm DISGUSTED by these proposed restrictions on GP's, its becoming VERY obvious to Me that the ENTIRE MEDICAL PROFESSION is RIGGED & run by BIG PHARMA alone, with PROFIT & population control as its sole goal, ABOVE the Human HEALTH it professes to ensure!! It seems Our useless GREEDY Governments are quite happy to comply with the genocide?!!

I too was once STUCK on the medical-merry-go-round, & unfortunately WASTED the BEST years of My life DRUGGED UP LEGALLY!!! It began 30 odd years ago when, as a young teenager in High School, fresh from a VERY traumatic alcohol infused upbringing, I suddenly started 'spinning out' unexpectedly & uncontrollably around 3-4 times a day. Quick as a flash My then GP & His Neurologist Mate (2 [REDACTED] PILL-PUSHERS) had Me diagnosed with Epilepsy & pumped FULL of LEGAL DRUGS for the duration (over 15yrs!).

As luck would have it, one of My appointments back then was rescheduled with a replacement/new GP at the practice, Who had a VERY integrative approach to treatment, & was open-minded about My still uncontrolled problem, having already tried ALL of the available Epilepsy DRUGS + a FAILED bout of BRAIN SURGERY... All in the name of Medicine?!?!

This new GP actually CARED! He opened up a whole new aspect of My illness/treatment plan, introducing Me to a large range of alternative therapies & specialists in other fields never before offered. This lead to a re-diagnosis of My condition, which is more related to P.T.S.D, with a tad of D.I.D thrown in for fun! Surprisingly, He was happy to forfeit His commissions from Big-Pharma's kick-backs, choosing instead to subliminally guide Me toward a NATURAL, Herbal... & SADLY STILL ILLEGAL MEDICINE, which has just about RE-WIRED My screwed-up head?

I consider Myself the LUCKY one in My Family, as I've since witnessed ALL of My Relatives(bar 1 Brother) literally KILLED OFF by BIG PHARMA & Their so-called 'Health System' fueled with prescriptions FULL of God-knows-what-packed LEGAL POISONS... INCLUDING Their conventional Cancer Treatments?!... No remorse, no regrets either, it makes Me wonder how They SLEEP with Their consciences at night?

If the MBA imposes restrictions on Integrative practitioners, I'm sure the strong-hold ILLEGALITY of My ONLY SUCCESSFUL MEDICINE to date will continue?!?

PLEEEASE help Us SICK Australians by giving the Medical Industry a taste of its own medicine?!? HELP US END MARIJUANA PROHIBITION NOW, & allow people the right to CHOOSE The best medicines for Their bodies???

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 12:26:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing this email in support for complementary therapies and the doctors who recommend them.

The availability for the citizens of our country to have the choice of using complementary therapies is a fundamental right that should not be changed. Removing or restricting choice by forward thinking doctors and their patients, in my opinion would be detrimental to us all.

I have just this week used the services of an Osteopath to aid with stiffening and pain in my shoulder. There are often times when popping a pill will not resolve the issue and true root cause of a health issue. With one session I am able to lift my arm over my head for the first time in months. To take a pill would only have masked the pain, I believe masking pain results in a longer recovery.

Thank you for taking the time to read my letter.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:00 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like to voice my concerns over any changes to the current guidelines for integrative and complementary medicine. We have six children in our family, and a lot of health issues. Unfortunately we also have a lot of reactions to medications, so anything that our doctors have prescribed over the years have either not helped, or caused horrendous side effects. Because each of our children has more than one health issue, it has also been difficult to get the support they need from mainstream medicine, which will only treat one area at a time. You cannot address 5 different health issues which all interlink, within a 10 minute appointment.

Our integrative practitioners have been able to address several areas at a time in their appointments, without causing severe side effects.

By taking the additional time to get a detailed history and current issues, they have been able to avoid prescribing things that make our children worse. In the case of my fourth child, they literally saved her from being sent to an institution. Regular practitioners were unable to help us, but when we saw an integrative GP, they were able to diagnose her with Cerebral Folate Deficiency, the treatment for which has to be a supplement. In order to get the high amounts she needs however, we have to get the supplement prescribed by a doctor, and then compounded by a specialist pharmacy. If we are no longer able to access our integrative GP, if they are no longer able to prescribe a supplement (which is available as a medication in the US but not Australia), or if the pharmacy is no longer able to compound it, then our daughter's life will change irreparably. She will end up being hospitalised or institutionalised for life, simply because of lack of access to something that the government has denied her due to being 'different'.

I ask that you show some empathy towards those that the mainstream health system is simply unable to help. Please do not penalise them for being different by removing access to integrative and complementary practitioners and medicines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 10:13:04 PM

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To the Medical Board of Australia,

I support Option 1.

I have used integrative therapies successfully in reducing my reliance on conventional medication to control type 2 diabetes to the point where it is now diet controlled. I'm in the process now of using integrative therapies to Improve my posture to relieve backache and a stooped back. I strongly believe the more educated health choices the better and the more natural the treatments the healthier an individual can become, thereby reducing the cost of healthcare to the government as well as to the individual. When medical practitioners are allowed to recommend and discuss alternatives with clients/ patients they both become more educated and knowledgeable about health. I especially choose the doctor I see because of their ability to be knowledgeable and flexible in their recommendations. Please do not reduce these medical choices.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:38 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 Hashimotis disease and have been accessing an integrative DR for nearly 4 years. I need a compounded medication and a wholistic approach to be able to function in society and not become a burden on the system. Prior to Accessing this DR I was unable to work and function even though normal test results told me I was ok. You can't take away my right for choice and I know that if you do I won't be able to work.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:47:25 AM

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To the Medical Board of Australia,

I support Option 1.

I am a Lyme disease sufferer and have spent many years trying to find a diagnosis for all my symptoms which nearly all modern doctors have failed to diagnose. I support integrative medicine because modern medicine on its own is not working on my symptoms which are that debilitating that sometimes I can't get out of bed because of all the pain I am in. I do not want the medical board to remove our right to choose which way we want to be treated because here is no "one size fits all" approach to treat illnesses. If this happens then it is basically denying people of choice on how we want to be treated not what is dictated by others. Please do not deny us the right to choose how we heal and do not punish the doctors who help out the chronically ill with herbal supplements and complimentary treatments which are actually helping unlike the pharmaceuticals that are doing more harm than good.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 2:45:05 PM

---

To the Medical Board of Australia,

I support Option 1.

As a democratic, free country I believe that we the people, should be able to make our own choices as to which medical service we wish to follow, and not be dictated to by politicians.

I have had to turn to an integrative medical practitioner, as I needed more for my health, not having gotten anywhere with the general practitioners that I have seen over many years.

I have had to follow an alternative path of medicine as I am highly allergic to a number of script medicines, causing a lot of health concerns for me. Thus an integrative medical practitioner has been me go-to last resort, with a lot of success. Should this door be closed to me, there is no other alternative for me. I do not have a lot of faith in my GP and my health future would be rather bleak.

The integrative medical practitioner is most important and a vital part of a lot of people's lives.

Doing away with this service would be quite detrimental to many patient's health issues and could ultimately cause death if treatment was discontinued.

To see one of these practitioner's without the help of a medical refund/rebate will make it almost impossible to see them for a good number of folk. Not everyone has a huge pay packet that they can rely on to see an integrative practitioner.

This definitely needs to be rethought and a better outcome made, over this issue.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 8:59:29 PM

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To the Medical Board of Australia,

I support Option 1.

If it wasn't for integrative medicine I may not be alive today. Just over three years ago I had a major health crisis and conventional medicine could not help me as I wasn't able to be diagnosed. I had a plethora of ailments that were systemic. Hashimoto's thyroiditis, adrenal and chronic fatigue, leaky gut, fibromyalgia and widespread inflammation through my entire body. I am forever grateful to integrative practices for helping me to heal, so much so that I began a business in this field to assist the many others that suffer. We will not be silenced anymore. The world needs conventional and integrative medicine to work side by side, not against with other. There is a place for both in our society.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:40:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I have little respect for all of you who who swore, 'first do no harm' ( mischief). Lyme disease has been colluded to sanctimonious ignorance (yours). We know why ..... the cost of treating and care. It is the HIV AIDS of this decade and no longer can you theatrically pretend it doesn't exists. Your umbrella of protection is a disgrace to all of us who suffer what our blood work confirms. Our international peer reviewed science papers confirm Lyme is real; I am happy to quote in the case of ignorance..... Australia has become a third world nation in the care we should be receiving. Shame on you again and again for the destruction of vital lives you continue to forsake.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:37:41 AM

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To the Medical Board of Australia,

I support Option 1.

I am currently working with my autistic son's gut biome in order to facilitate his integration into high school. We are seeing distinct changes in his mental well being and coping abilities. The program we are following, at immense personal cost, has a great deal of scientific research behind it. In ten years time hopefully it will be mainstream but we can't wait ten years. The average life expectancy for autistic people is 36.

The 'orthodox' medical system is bizarrely closed to effective, scientifically backed, cost effective approaches to so many health issues that those of us with a science background and an open mind cannot help but question why this is.

The obvious conclusion is that financial interests are the driving factor, not the well being of the nation.

I already feel totally let down by our local medics who seem to know nothing about the massive amount of research being done into the gut/brain connection, relevant not only to kids with learning issues but also to older people with Alzheimer's. They are not longer the people I trust.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 12:00:20 PM

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To the Medical Board of Australia,

I support Option 1.

I'm writing to urge the MBA to maintain the current guidelines regarding integrative practitioners' right to provide new and innovative approaches, including complementary medicine treatments. Last year I became seriously unwell and was bedridden for several months unable to function. I saw four GP's (non-integrative) and a heart specialist. I underwent extensive tests but they could not find out what was wrong with me. My thyroid, pancreas and spleen all started to be compromised. I was totally incapacitated. Finally, I was introduced to an integrative doctor who called for less common tests and I was diagnosed with a condition that affects the adrenal glands. There is no pharmaceutical drug that could impact on my condition. I needed complementary approaches, supplements, herbs and innovative practices to rebuild my body. We all know Big Pharma has control of so called 'healthcare' but drugs are for the most part 'band-aids'. They do not get to the root cause of the health issue and heal it so that there is no longer a problem. I've seen my elderly parents die taking so many drugs it's not funny (one drug to start with and then lots of others to counteract the effects of all the drugs). There's a new generation out there now and we know what's going on and we're not going to be hoodwinked into being a patient swallowing pills because a GP tells us to. We're participants in our own healthcare and we demand the right to integrative care. I would not be alive today without it. As the Medical Board of Australia your role is to make the right decisions on behalf of all Australians. I hope you will do this or I believe there will be an uprising from the Australian people. Without our health, we have nothing. My Health, My Choice. Do not take this away from me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 12:23:11 PM

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To the Medical Board of Australia,

I support Option 1.

Over a lifetime I have accessed integrative medical practitioners because I choose the most appropriate treatment for each condition that arises. If a strategy works I continue with it, and if it doesn't then I don't. It's very simple, really. People aren't stupid. They realise this latest move by the MBA is nothing short of a turf war because Complementary Medicine has been working to achieve a high level of professionalism and the medical fraternity are feeling threatened. It's crude and stupid and everyone can see what you are doing. Recent salvos about the ineffectivity of vitamins and supplements is pointless in the face of personal evidence. I take Magnesium because if I don't I get stinging leg cramps. I take B12 because it helps sleep and reduces night micturation. I take Vit.C because it reduces the frequency and intensity of colds. If these didn't work I wouldn't take them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 2:35:46 PM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with ovarian cancer stage 3c a year and a half ago and have undergone 2 major surgeries, the latter with chemotherapy. Although I opted for conventional medicine initially, I continue to use the help of integrated specialists to heal myself. I know that there is no cure at present for my disease but I am thoroughly convinced that without integrative medicine, I stand a far slimmer chance of survival. I currently use Chinese herbs from a qualified Chinese Herbalist as well as high dose IV vitamin C and herbal supplements. I have consulted a host of integrative practitioners whom I trust. The USA and Europe are increasing the number of functional/integrative medicinal practices - so why would Australia not follow this trend? Modern medicine is failing us especially with regard to autoimmune disease and the treatment of chronic illnesses such as cancer - it's about time we looked forward rather than backward and embrace change for the better!!!! Please do not curb our access to better, more holistic approaches to health and wellbeing!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 1:02:44 PM

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To the Medical Board of Australia,

I support Option 1.

The Board is inviting feedback on the issues and options outlined in the discussion paper.

1. Do you agree with the proposed term 'complementary and unconventional medicine and emerging treatments'? - NO

If not, what term should be used and how should it be defined? -

**INTEGRATED MEDICINE AND EMERGING MEDICINE** - "Integrative medicine is a philosophy of healthcare with a focus on individual patient care. It combines the best of conventional western medicine with evidence-based complementary medicine and therapies.

Integrative Medicine reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals and disciplines to achieve optimal health and healing".

**AIMA, RACGP's Specific Interests Integrative**

1. Do you agree with the proposed definition of complementary and unconventional medicine and emerging treatments – 'any assessment, diagnostic technique or procedure, diagnosis, practice,4 medicine, therapy or treatment that is not usually considered to be part of conventional medicine, whether used in addition to, or instead of, conventional medicine. This includes unconventional use of approved medical devices and therapies.' NO

If not, how should it be defined? Medical science is still evolving and has "got it wrong" itself in the past. What works for one individual may it work fir another as the human body is complex and intricate far beyond what science has discovered so far.

2. Do you agree with the nature and extent of the issues identified in relation to medical practitioners who provide 'complementary and unconventional medicine and emerging treatments'? \*NO. Integrated practitioners (including GPs) hold the patients health needs as the priority, just as much as any medical practitioner (you may term conventional) does. However, when other treatments such as mass production synthetic medications have not worked, the integrated practitioner offer the patient a legitimate medical option to treat complex medical conditions. Not leaving this option open to the chronically ill, is discriminatory. Not having a number of areas with in integrated medicine under Medicare, is prejudice.

3. Are there other concerns with the practice of 'complementary and unconventional medicine and emerging treatments' by medical practitioners that the Board has not identified?

4. Are safeguards needed for patients who seek 'complementary and unconventional medicine and emerging treatments'? YES. HOWEVER, REJECTING AND DISCRIMINATING AGAINST A LINE OF MEDICAL PRACTISE IS NOT PROTECTING PATIENTS, IT HARMING THEM. CONTINUING PROTECTION VIA THE TGA IS PARAMOUNT. PUBLIC EDUCATION ABOUT THE USE OF NUTRITIONAL MEDICATION AS OPPOSED TO NEED FOR SUPPLEMENTS BY THE HEALTHY INDIVIDUAL, IS NEEDED. THE BODY BUILDING COMMUNITY HAS BETTER KNOWLEDGE THAN DOCTORS WHEN IT COMES TO NUTRITION IN THE BODY. THIS IS A TRAVESTY AND THE MEDICAL PROFESSION SHOULD BE LOOKING TO CATCH-UP AS A PRIORITY.

5. Is there other evidence and data available that could help inform the Board's proposals? Options
6. Is the current regulation (i.e. the Board's Good medical practice) of medical practitioners who provide complementary and unconventional medicine and emerging treatments (option one) adequate to address the issues identified and protect patients? YES, it has in my opinion been satisfactory in the past. If anything I would like to see it better embraced by other practitioners and Specialist. The divide needs to be removed.
7. Would guidelines for medical practitioners, issued by the Medical Board (option two) address the issues identified in this area of medicine? NO.

11. Other- include complimentary medicine as mainstream. Remove the prejudice and discrimination. It is evidenced based, even if emerging. Mri diagnostic was once emerging medicine which changed the lives of many thousands of MS patients by shifting the condition from being one that was thought psychological in nature to the biological condition it actually is. Insulin was once an emerging medicine which now improves thousands of people's lives. For 50 odd years the medical world determined the brain did not have a lymphatic system and then advances in medical technology allowed it to be found changing treatments, turning drug relationships to blood-brain barrier areas on there heads. Effectively this discovery should be requiring all processed mass produced synthetic drugs back to the drawing board, as they should now all be deemed "untested" and "unconventional". But this would deny so many patients with treatments that work for them. All those who chose integrated and emerging medicine want is the ability to find a treatment that works. The other options and this new definition is not allowing this. The conventional medicine you say is the "best and safest" is only so, for the majority. The minority need access to medicine and treatments too. Removing the option will see many people requiring hospitalisation and nursing care much earlier than is necessary from lacking access to medical advice on nutritional medicine. Should access to integrated supplementary medicine be made too difficult for me to obtain I'll become bed-ridden needing full time nursing care in a matter of months. Being mostly house-bound I do annual reviews with my GP by either email or telephone which do not give me a Medicare rebate. My condition is complex, it has no known cause or cure. There are no pharmacological treatments available but some 'may' reduce symptoms (although adverse reactions and increased risk of side effects need to be taken into account). The current treatment recommended by the Aust Govt and Medical Board is no longer listed by the CDC as being helpful. In fact, it's stated as being harmful. So this leaves doctors and specialist no hope of treating me. The board has no worthwhile guidance so doctors turn patients like me away. An now the Board is looking to prevent integrated GP's from treating the likes of me, also. My condition is estimated to affect over 250,000 Australians. That's a lot of people to leave in a medical wilderness! The condition? Myalgic Encephalomyelitis (International Diagnostic Primer), referred to in Australia as Chronic Fatigue Syndrome (Canadian Consensus). It is a spectrum illness- mild, moderate, severe and extremely severe. Sometimes remitting (if diagnosed early) with appropriate rest and support! However most (>5%) never recover and it is deemed a permanent disability after five years of severe impairment (Medico-legal definition RACP Practitioner Guidelines 2002). So I will be needing the services of nutritional medicine and perhaps a genomic approach to treatment for the remainder of my life.

Just how much Quality of Life that I will have, is in your hands.

Will you give me or deny me the right to live independently and with dignity?

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:23:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped me treat serious illnesses, including pernicious anemia, as there are no guidelines for conventional treatment in Australia. Until GP's can incorporate nutritional advice / expertise in to their practice, patients will continue to suffer.

Many illnesses start in the gut but conventional medicine continues to focus on treating symptoms rather than looking for a cause.

Medications such as nexium are over prescribed and can cause significant damage to the gut.

Likewise painkillers / NSAIDS cause long lasting damage and become addictive. Working together both traditional and alternative medicine provides a holistic approach to patient wellness.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 11:35:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I have Chronic Arthritis, mainly in the spine, and so have health cover which includes Chiropractic treatment, Osteopathy and Acupuncture, all of which are beneficial to my health.

When required I choose alternate remedies, vitamins, minerals, herbal supplements, Chinese medicines etc. and ALWAYS Natural Therapies as my preference, as i know diagnostic testing and individualised treatment plans to give the best results.

I fully believe in 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.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 12:00:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Regulations in regards to tightening regulations on medical practitioners providing complementary therapies should not be tightened because so many people including myself rely on integrative and complementary medicine.

I prefer to use complementary and integrative medicine because I have fibromyalgia which is a chronic pain condition, I grew up taking a bunch of different medications that had horrible side effects but vitamins, herbal remedies and acupuncture help me manage my symptoms. If doctors are unable to recommend vitamins, minerals, herbal supplements, natural therapies, diagnostic testing and other services not typically offered in 'conventional' medical care too many people will suffer because of that decision.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 9:58:43 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine and practices has assisted two family members suffering MS and Cancer and I would like to see continuing patient access to this as patients have different responses and suitabilities to dealing with their medical issues.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 11:29:24 AM

---

To the Medical Board of Australia,

I support Option 1.

After having my thyroid removed and parathyroids mangled I realized how necessary integrative and holistic medicine is necessary to my health. I combine this with my general practitioner who is happy for me to use both. My health will definitely deteriorate if unable to access integrative and complementary medicine.

I consent to publication of my submission.

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.

Without my integrative health doctor.. my son would never have been diagnosed with a parasite in his stool which, was making him sick!  
DO NOT CHANGE!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:10:52 PM

---

To the Medical Board of Australia,

I support Option 1.

We need more doctors offering alternative treatments not less.

Five years ago my doctor told me I needed prostate surgery to alleviate chronic enlarged prostate symptoms. I was told there was no other way and need the surgery ASAP. I had come to terms with having the surgery when a friend told me about a holistic doctor in America David Brownstein who believed many prostate problems were caused by lack of iodine. I chased down his information and went on his iodine protocol supplement program. Within 2 weeks 80% of my symptoms were gone and 5 years later I am still taking iodine daily and my enlarged prostate is under control. Pity that my own GP could not point me to this alternative medicine which avoided invasive surgery.

Likewise with pain control for arthritis my doctor had me taking Panadol Osteo. Due to doing my own research I found that I could substitute the Panadol with 2 turmeric capsules morning and night and to my surprise I actually got better pain relief.

Traditional medicine does not always get the best results and I would prefer to be treated by a doctor who has an open mind to other treatments if the traditional is not working.

Limiting consults to 10 min will cost lives, this just isn't enough time in some cases to get to the root of the problem.

This is especially true for patients with mental issues. If you start pushing these sorts of people through 10 min sessions they are likely to come out worse than when they went in.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:50:46 AM

---

To the Medical Board of Australia,

I support Option 1.

My husband was diagnosed with stage four small cell carcinoma of the lung which had metastasis in lymph node, bones and liver. The doctors gave him weeks. My husband looked to alternative medicine which he and I absolutely believe helped him to live almost a year to date of diagnosis. It allowed him to finish his affairs, make peace with his family members and enjoy a few more good weeks than he otherwise would have had. I don't think you have to write to take this away from anyone!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:34:21 PM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with endometriosis in 1999. It was so severe as it was wrapped around my uterus and my bowel which was causing constipation, which the exploratory surgery uncovered.

Long story but I had to have a radical hysterectomy and bowel resection.

I consulted an integrative doctor who was able and still is able to ensure HRT in the percentages I require to help my body and emotions function.

GPs are not able to do this.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:45:35 PM

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To the Medical Board of Australia,

I support Option 1.

Hello, I am greatly disappointed that you are considering placing restrictions on General Practitioners recommending integrative and/or complementary medicines to their patients. I have suffered gastric problems for many years and thus far 'traditional' medicine has offered me little relief. I would like the option of seeking a qualified doctor who take a more holistic approach to my illness.

I consent to publication of my submission.

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 had stage 4 breast cancer come back on my bones I have used both alternative and conventional medicine and I am cancer free now.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 8:27 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 saved my life it should be our choice what treatments we want to do for our body not the government

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Diet, exercise, gut health are key to living a healthy life. Sometimes supplements help - I take magnesium for leg cramps as recommended by the gynaecologist. I sometimes need iron supplements and my chronic dry eye is alleviated with fish oil - as recommended by my gp. Please don't take away my options.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:26 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My son suffered with symptoms that his usual Dr could not find wrong with him. We moved to an integrative Dr who thought outside of the usual medical box, did blood tests and found his Vit D3 and manganese were severely deficient. They treated and he is now well again. His original Dr suggested autoimmune Drugs. I'm so glad we had the choice.

We wanted a no drug route. We need to have the choice of a medically trained Dr who is also qualified in integrative medicine. Drugs for a quick fix and horrendous future symptoms or vitamins and supplements, diet etc. for a slower recovery but a symptom free future. Please don't shut them out. We need them and want the choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 10:14:12 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/madam,

For more than 30 years I've suffered widespread pain, extreme fatigue and an arrange of symptoms that left medical practitioners confused and unable to diagnose me with any specific condition. A barrage of tests were performed with no specific conclusions.

Only farmaceutical drugs, antiinflamatorio and pain killers were given. As a result, my digestive system started failing to process nutrients and failing, which made me sicker and unable to continue working in my profession.

A Dr like yourselves finally did prescribe changes in diet,supplements and started monitoring me and treating me with the help of other holistic medicine. practitioners, etc.

I have improved for the first time in 30 years.

You would call this "anecdotal evidence" or worse.

I call this Life Saiving.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 2:14:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not want my ability to chose Integrated health options to be affected or disadvantaged in ANY WAY whatsoever.

My ongoing health has been possible due to me being able to access acupuncture and a naturopath at different times throughout my life. My naturopath has enabled me to develop a healthy immune system that means I am seldom of work sick and I have not been ill with the flu for 10 years despite working in the Aged Care industry for 6 of those. And that is without vaccination.

Accupuncture eleviated a very tight muscle in my arm that has not caused pain since an 8 week treatment plan finished 2 years ago.

To stop affect this choice would confirm my concerns as to whose Best interests are being served as there are many more serious contraindications connected to the alternatives to integrated health. They can work well together

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 8:38:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been receiving Integrative & complementary medicine treatments extensively over the past seven years and sporadically throughout my life. I have been treated for a range of physical, mental and emotional needs throughout this time including for the treatment of Urinary Tract Infections, flu, Polycystic ovaries, anemia, anxiety, depression and PTSD (to name only some). While I have sought conventional treatments throughout these times also, it has always and undeniably been the Integrative & complementary medicine treatments that have truly cured/overcome my symptoms. These treatments seek not only to cure but also to prevent the return of the ailment by delving deeper into the causes and treating from a more wholesome perspective. If the MBA impose restrictions on Integrative practitioners, this will greatly effect my well-being and that of many others. Being hospitalised due to a PTSD collapse last year, I can hands-down say that it is because of my Integrative practitioners that I am still alive today. I will do everything in my will to support them and what they have to offer, as they are truly the heart to the medical system and if they go, the rest of the system will break down.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 9:36:35 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors are great at treating symptoms but it's the wholistic practitioners who look for and treat the root causes of disease. The wholistic angels help the body rebalance and heal itself - a quantum leap above prescribing uppers and downers to mask symptoms. These angels have saved me from a life of chronic illness, and no doubt will save many more. Why on earth clip their wings, unless you fear their success.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 5:27:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I am alarmed that a change is being considered to prevent the advice offered by qualified doctors to maintain optimal health through prescription of minerals & vitamins and other therapies.

My family have benefited from visiting integrated gps as there is a problem with maintaining appropriate zinc & vitamin b levels among other levels. We would have no idea what to take without advice & would be forced to go to an unqualified person at great risk. It is reassuring our integrated Gp is so well qualified and we are tested for levels so it is not guesswork.

We would be lost without the service.

Please do not change the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 18 May 2019 1:13:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been diagnosed with Hashimoto's thyroiditis and Pyrole disorder. This means that I have to be careful with my diet and supplement my body with the right vitamins and minerals in order to absorb enough for normal functioning. Since commencing the supplements my integrative doctor prescribed, my mental and physical health has greatly improved and therefore my ability to function as a mother and employee. To take this choice away from me re: managing my health using supplements specifically tailored for my needs would be a disaster and a disgrace in a country like Australia which promotes itself as a democracy allowing people choices and a say over how they run their lives. Please leave this alone!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:13:13 AM

---

To the Medical Board of Australia,

I support Option 1.

When I was bedridden with sickness through my pregnancy into my third trimester I saw my local GP and they ran tests on me and said all my results were fine and offered me a script for morning sickness tablets. I then saw an INTEGRATIVE doctor for an HOUR and they ran the same tests plus more and when I returned they found that the test results showed my body can't methylate b12 so I got a methylated b12 shot in office and while my iron levels weren't dangerously low I was able to get an iron infusion in office also. I ended up being so lucky that I could have this iron infusion previous to giving birth as I hemorrhaged and lost over a litre during labour. I needed another iron infusion after labour due to the blood loss but I was advised if I hadn't had the iron infusion in my third trimester I would have definitely needed a BLOOD transfusion after all the blood loss. I was very lucky to have had the personalised thorough healthcare and treatments my integrative GP provided and I am very grateful for the natural treatments they have as my pregnancy and labour could've been a lot scarier otherwise.

When my daughter was born I took her to a chiropractor to prevent a flat head as my daughter would only turn her head to one side. Our chiropractor was first to detect my daughters oral restrictions(tongue tie, lip tie and cheek buccals) and she referred us to a dentist that was able to revise this to improve her feeding habits and growth. I have continued appointments with this chiropractor for my daughters optimal function of her nervous system and I am very grateful for this service.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 18 May 2019 7:18:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been using nutritional supplements for 30 years to support my asthma and post op cancer.

I am great full to medical doctors that they can expand their scope to be wholistic.

Both modalities are important for people to maintain health .

Please support our doctors to use remedies which they consider to be beneficial.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 10:41:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I live with ME/CFS & rely on integrative and complementary practitioners to treat my condition.

Mainstream medical practitioners are on the whole uneducated about ME/CFS, prescribe medications which my body cannot tolerate and only look at treating my symptoms.

Integrative and complimentary practitioners however provide more holistic care with treatments that my body can cope with, while looking at the root cause, not just individual symptoms.

Without access to integrative & complimentary therapies, my health, along with thousands of others living with chronic illness will be severely compromised.

I believe that restricting access to these kinds of treatments would be a breach of human rights, as it is our right to be able to choose the type of treatment which is best for our bodies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 9 June 2019 6:11:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I agree to no change in current guidelines. Only complementary and integrative medicine have been able to identify and help manage the debilitating symptoms of ME/CFS they I suffer from for over 20 years. Without it I would be so much sicker.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 8:01:34 AM

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To the Medical Board of Australia,

I support Option 1.

I am a person who has so far survived for 10 years with Invasive Thymic Carcinoma. I was diagnosed in 2009 with Stage IV Thymic cancer (prognosis about 21/2 - 3 years survival) and after undergoing conventional chemotherapy and radiation my cancer recurred so I started treatment with less 'conventional' therapies.

I have been overseas for treatment unavailable here in Australia 4 times and am about to go on my 5th international trip this year.

Unfortunately, Australia only offers 'the gold standard' in healthcare treatments which means we are approximately fifteen years behind in available treatments worldwide.

Australia is starting to catch up, as I now have access here in Australia to treatments which once were 'off label' here, like Vitamin C infusions and local hyperthermia to name only two!

I would be a cancer statistic long ago if I had not been able to access such 'alternative' treatments!

I have been under the guidance of an Oncologist, Integrated GP and a highly qualified cancer Naturopath who have been guiding me and without things like chiropractors and acupuncturists, I would be much worse off. I have constant pain and with their help, my use of prescription painkillers has been kept to a minimum.

When undergoing conventional treatment, I had no quality of life, could not physically do anything much or go anywhere. Since then, my criteria for doing an 'alternative' treatment is that the side effects are not worse than the cure. Because of this, I have had a great deal of energy, am able to live life as fully as possible and do things I could not do otherwise. To date I am not cancer free but have managed to stabilize it (by continuing to seek 'alternate' options).

I believe 'big pharma' is now controlling the medical industry and we have lost sight of the principle guidelines of medicine. One only has to look at the rise of doctor/hospital induced death records that are currently on the rise.

I believe we need more research into natural substances that cannot be patented thereby reducing the reliance on conventional drugs that generally come with many side effects. I am not anti medicine - I believe emergency medicine is amazing but I do believe we have lost sight of the goal of helping people heal.

I think there should more effective treatments placed on the PBS. I have spent a lot of money offshore and here in Australia to keep myself alive and on my journey I have met many people who have turned to alternative medicine after they have been turned away by doctors once conventional treatments have been not only been ineffective, but much worsened their prognosis.

Therefore, I believe there should be option 3, we need to fully support integrative medicine as clearly a straight 'conventional', pharmaceutical based medical system is clearly not working. Like all fields, some alternative practitioners and practices are not legit, but the same can be said also of certain conventional practices and practitioners. Life is never perfect but we must be allowed to make our own choices.



Your sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:29:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine has helped me with chronic PMS symptoms and an-ovulation when conventional medicine was not helping. Without access I fear I would still be facing chronic fertility issues and reduced quality of life.

I support that the current regulation (i.e. the Board's Good Medical Practice) of medical practitioners who provide complementary and unconventional medicines and emerging treatments (option 1) is adequate to address the issues identified and protect patients. The proposed guidelines are unnecessary and provide no added value in terms of patient safety or clarity of practice for doctors.

I consent to publication of my submission.

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 been using Bowen, Acupuncture, Osteopathy and Chiropractic therapies for over 25 years to manage a severe scoliosis. Without these therapies, I would not be able to walk, be pain free or participate in daily work and life activities. I have managed through these therapies and a minimum of painkillers (only ibuprophen and panadol). Surely the inclusion of these therapies and the freedom of doctors to recommend these therapies can only be beneficial to the Australian public. With access to these therapies within the health system, more people will be able to work and care for their families.

There is more than enough scientific evidence to back the recommendation and use of these therapies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 4:37:10 PM

---

To the Medical Board of Australia,

I support Option 1.

ADHD & ASD

Paediatrician - your child needs ritalin  
Your child's behaviour & health issues aren't effected by diet.

Integrated Dr - ran blood tests. Your child has gut malabsorption, low zinc, EFA deficient & other deficiency. Let's work to support your child's body through diet & supplements  
My boys now diagnosed coeliac.  
Have food intolerances & allergies.  
Integrated Dr has been an amazing part of my boys health moving forward with their health. They are no longer sick, don't have or have very minimal behaviour issues. This has a profound impact on their learning & social life. Their school teachers are commenting on how well the boys are going with learning & social.

The AMA needs to invest in research to improve the wellness of our country's children, especially the children who fall through the GAP. There needs to be an integrated Dr in all practices for patients who require extra care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:36:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I am now a 65 year old woman and for the past thirty years have proactively and successfully managed my health using two main integrative doctors together with a naturopath and a chiropractor. I find this combination a good way to manage my underactive thyroid, post menopausal symptoms and to generally maintain good physical and mental health.

I do not support any changes that would restrict doctors from incorporating integrative health practices and complementary medicines. In fact I would be horrified if my practitioners were suddenly restricted to conventional treatments only. I would mostly not bother to consult them for my general health management under those circumstances.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 3:17:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Thyroid treatment as it is is not working at the moment we have one choice of medication Levothyroxine and generics all made by the same company Aspen the only thing that is happening to us is that we are suffering from most of the side effects listed on the CMI leaflet in the box- doctors are not doing some tests because it's not in their guidelines - I think most doctors are pushing anti depressants instead of fixing the problem - I had a TT in 2010 because of suspicious nodules which were ok once my thyroid was removed - Dr or surgeon never once explained how important my thyroid was ever !! I know now by joining thyroid sites that I could have saved my thyroid - since having it removed I have been diagnosed with osteoporosis and stage 3 kidney disease and have anxiety - I should have only had half removed which I know now is better than none - when I was told I should have half of my thyroid removed at the time I was anxious and asked what happens if I still don't feel well after the op - the surgeon just ticked the sheet and said ok we will take the lot without explaining why half is better than none - I feel I should never have had the operation at all - I tried to put it off and I was feeling normal and well and when I seen an endocrinologist at the public hospital before op there was still no explanation about how important my thyroid was - her reply to me was if I don't have the operation and it's cancer it will spread through my whole body which frightened me into having the op - once my thyroid was cut out there was nothing wrong with it now I'm like a slug no motivation no life - oroxine aka Levothyroxine does not work and we need better doctors and more choice of thyroid medications - and doctors who have experience with thyroid treatment - instead of giving you an antidepressant saying you are depressed - I'm not depressed I have no thyroid and the only meds available is oroxine and the generic version of oroxine which does not work - doctors are only masking the problem with anti depressants not fixing it - - the latest now is TSH testing only ! which isn't any use without T3 and T4 - if the people who are doing this survey look at all the thyroid support sites all over the world and see how many people are suffering and look at the consumers complaints they are all about bad treatment when it comes to thyroid problems - also note how many people join each day after having their thyroid removed it's becoming an epidemic and needs to stop and the only way that will happen is if doctors treat our thyroid instead of prescribing antidepressants-

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 20 May 2019 1:10:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I respectfully ask that Option 1 be retained. I am a cancer survivor who benefited greatly from alternative therapies working alongside my chemo, radiation and surgery.

I believe in a multi disciplined approach to all healing.

Yours faithfully, [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:30:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I was paralysed from a horse accident. Regular medicines didn't help me. Accupunture gave me full mobility again. It has also been a major factor in pain relief for me for many years.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:59:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I have found complementary medicines extremely helpful particularly if they are combined with traditional Western medicine. I had cancer a few years ago. The effects of chemotherapy were very much reduced with the addition of acupuncture. Nausea, fatigue and hair loss were prevented. It also helped to ease the after pain of abdominal surgery. Homeopathy has also been extremely helpful with aged related problems. I do not want my choices to be limited. As one acupuncture practitioner put it - referring to cancer treatments - 'Western medicine wins the war, we are here to pick up the casualties '

I consent to publication of my submission.

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.

After 20 years of thinking that I was suffering from chronic fatigue syndrome, because the drs couldn't find anything wrong with me, it turned out The thyroid medicine the doctors had been prescribing me for 10 years (thyroxine) was actually causing a "reverse T3 dominance". I then had to go onto thyroid conversion tablets and another mix of complementary integrated compounded medicine. Other saliva adrenal tests done the same integrative complimentary medicine doctor showed I had severe adrenal fatigue. It was only through integrative complimentary medicine that my whole health and life turned around in a matter of months. I feel better than I had in 20 years! I have recommended other people to this doctor and their lives have also been turned around!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:23:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Q1) Why you support patient access to Integrative & complementary medicine:

The standard healthcare system failed me. I've been sick and misdiagnosed since 1991. I'm the mother of 4 kids and I foster. I've been in the workforce for over a decade. Because of my illnesses, and balancing the work and family load, I've had two psychotic breakdowns and been through the mental health system which medicated me missing the underlying causes of my illnesses. Whilst GP's and hospitals have supported me, they failed to look deep enough to see what was causing both physical and mental symptoms - chronic pain and depression BUT with a ROOT CAUSE

Q2) How Integrative & complementary medicine has helped you, your family & friends:

It's helped me because finally, 28 years later, I have been diagnosed with Mold Illness and MCAS – Mast Cell Activation Syndrome, not just fibromyalgia and mental health issues. My family, friends and I all understand why I have been so sick for my whole life and I can begin a treatment plan to get healthy and continue contributing to society - through parenting, fostering, and in the workforce. I have never studied at university level because I've always been too sick, but I have hope now! I've also got many close friends who had underlying illness revealed when seeing an integrative GP - for example Lyme's disease.

Q3) Reasons why you use Integrative & complementary medicine:

So I can get MEDICAL GUIDANCE to take the supplements that will help me battle mold illness and MCAS- so I am not doing it alone and unsupervised. I cannot do it without a medical practitioner supervising me because you cannot just put yourself on natural supplements and expect no side effects just because they are natural; when you are toxic and sensitive, even tiny doses can make you react and flare up your symptoms, so you need assistance! I also use these services because I tried everything else; every other medication I was put on, all forms of exercise, pain management clinics and so on, with no results, until my psychiatrist and I agreed to finally see the integrative health GP she knew who specialised in mold. Only this doctor knew the RIGHT TESTS to find the Mycotoxins - or mold poisons - in my urine! She knew the RIGHT PATHOLOGY tests to run - none of which were ever run by hospitals or GP's I visited. Even my Psychiatrist educated herself to expand her knowledge to treat me not just on the mental health symptoms I was presenting with but to look further into it. If she didn't, I'd still be at square one, constantly needing mental health support when in fact it is a physical underlying cause.

Q4) What it will mean to you if the MBA imposes restrictions on Integrative practitioners:

I may lose my life! I have tried to commit suicide multiple times because of the physical pain I endure, the mental health issues I've faced caused by mold illness, and the hopelessness from constant dead ends regarding what was actually going on. I fund my entire treatment under my integrative doctors' guidance - rather than using up mental health resources. I have used the public system and gone around in circles because nobody understood the root cause of all my illnesses.

My kids need a good, healthy mother, my husband needs his wife, and society needs what I have to offer - under medical guidance I can get healthy, stay in the workforce instead of getting government payments, and hopefully study to continue my career and contribute to my community. It will mean having to ask for guidance - from general practitioners who are (mostly) not educated in treating a patient with mold illness and Mast Cell Activation Syndrome. I will be alone in the supplement journey, having no one to guide me with questions and explain symptoms from supplements. I will be back in hopelessness and wondering if I will ever get healthy again and achieve my life goals such as studying - let alone being able to manage being a working parent of 4 kids! I also need osteo treatments which help me to BREATHE when my musculoskeletal system is completely flared up with symptoms. I have nearly lost my life to this illness countless times and finally I feel validated. Finally, I know my gut feeling was right - something was very wrong in my body and it was not all in my head. The tests don't lie. I have everything within me to achieve my goals in life, parent the family I am blessed with, and continue in the workforce. I just can't do it with a moldy brain! I need constant guidance for the next 5 years AT LEAST to rectify the situation, not to mention the help I need to test if my CURRENT HOME has a mold problem. I need the contacts that my integrative GP has to check my home. I need advice on the tests to run to check for mold. I need constant diet advice. There is one place I can go to to get ALL of this - my integrative GP.

I will not be another "suicide statistic"

I will not be known as the one who had mental breakdowns just because she was "Bi-Polar"

I will not remain depressed and unable to contribute to society

I will not continue to be suicidal in hopelessness

I will not unnecessarily drain mental health services and be on government payments because I couldn't hold down a job

Because I have found the root cause of all my problems.

And who helped me find the answer, is guiding me on my path to healing, and recommends and supervises treatment through the right supplements ? My Integrative GP.

I consent to publication of my submission.

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:** Friday, 28 June 2019 11:44:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I am suffering a long-term, chronic illness. I rarely leave the house and I can do very little each day.

In my years of searching for answers I have not been helped at all by regular doctors. In fact most of them eroded my confidence as a person - for a while - by telling me I'm fine, it's all in my head, and a range of other "go away you are too hard" excuses.

The first time I saw someone practicing integrative medicine I felt overwhelming relief at being believed. Their methods of testing showed some of my issues which were successfully treated.

Unfortunately I still have symptoms that have not been treatable but even when nothing shows up on a test an integrative professional will believe what you tell them. This is HUGE!

I'm unable to keep searching for answers because integrative services do not get government subsidizing. How can someone who is too ill to work, but not believed by a doctor so as to possibly receive any sickness benefit, afford to see a costly Integrative Professional?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:24:00 PM

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To the Medical Board of Australia,

I support Option 1.

I vehemently oppose the MBAs proposed guideline changes to the practice of Integrative and complimentary medicines. Not only do they threaten doctors' ability to offer patients complementary, innovative and emerging treatments, but also their ability to educate, research, and advise their patients about these treatment options. If adopted, the changes will impact doctors' clinical autonomy, as well as their ability to provide fully individualised patient care and furthermore, amounts to an invasion of civil rights and academic independence. Homeopathy provided an important adjunct to western medicine in maintaining my Father's wellness until he was 95years old. In some instances, the remedies had a visible effect in improvement to mood and attitude and made life for both of us (me as his full time carer) a much more positive experience.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 4:25:34 PM

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To the Medical Board of Australia,

I support Option 1.

For thirty plus years now I have only used integrative and complementary medicine/services. These keep me healthy where antibiotics thirty something years did not. The body has an amazing ability to heal itself when given the right environment and natural therapies to support its self healing abilities as opposed to chemical/manufactured drugs alien to our physical makeup. My health is not a drain on the medical system and I would want the MBA to be open minded enough to recognise that manufactured drugs do not work for everyone and that everyone should have a choice as to their own health and the way we treat it. To not give a choice implies a dictatorial approach to this important aspect of life. When I was younger I always had a lot of bronchitis and asthma, now I have had none for years. When I was younger I completely snapped my achilles tendon playing hockey. I was extremely fortunate to have one of the top orthopedic surgeons (clearly a visionary) who asked whether I wanted to heal it naturally or have surgery. I chose the to heal naturally (he explained how the body can do this) and it healed well with no limitations.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 19 May 2019 10:50:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I am adding my name to this email as I am concerned that my choices of healthcare will be restricted by the proposed changes. After having a major life-threatening illness I realised that a range of therapies were necessary for my recovery and ongoing health. I would not have recovered my health nor my ability to return to work without this integrative approach. I urge you not to restrict access to these therapies.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 11:00:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to voice my concern on the potential tightening of regulations on integrative medicine from doctors. Having experienced years of chronic asthma and immune issues as a child, I was initially pushed through the standard care within the medical system. Whilst there were times where those treatment processes saved my life, my ongoing health was never improved until I saw a GP who also practiced integrative medicine. Within a relatively short period of time my asthma was dramatically improved along with other consistent health issues (bronchitis, flu, allergies, back pain, etc). It would be extremely upsetting to have these integrative doctors be restricted in their scope of practice limiting the health improvements that can be provided to many patients that would otherwise continue their lives in poor health. Many of my appointments and treatments involved longer consults to find out the root cause of the issues along with those needed treatments. I hope this is considered seriously.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:58:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

Im writing to let you know my views on doctors who use integrative and holistic approaches to health care. I strongly support MBA continuing to support these practitioners as they're able to support many different kinds of health conditions that sometimes a more conventional approach could not encompass. For example, I have had difficulties with sleeping well over the last ten years. My regular GP, a good and compassionate doctor basically just said, sorry, nothing we can really do, after trying a short stint with sleeping pills, whereas my holistic practitioner has suggested a range of approaches, talked out the issues underlying the multiple reasons( which needed a longer session) and with the support of acupuncture, increased exercise and mindfulness Ive experienced a distinct improvement. This is only one example of several Ive experienced in the last five years.

Part of the strength of our society is the range of choices available to us as consumers of health. Please do not reduce these choices or marginalise different kinds of practitioners and treatments.

Yours respectfully and

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 8:54:34 AM

---

To the Medical Board of Australia,

I support Option 1.

Surely more information about how our bodies work is the way to go with medical diagnosis and treatment! How can one possibly restrict knowledge! In my experience traditional medicine has not always met my needs, or the needs of my son who has had significant health issues over his life. My son in particular has had help from alternate methods and is presently pursuing another angle on his health from an overseas doctor. He needs the help of his GP to be able to follow up on his treatment so it would be detrimental to have restrictions on current medical practices.

It has become clear to us over the years that traditional medicines don't work for everyone. It is therefore crucial that the Medical Board of Australia allows freedom for doctors to choose their particular interests along side their traditional approaches and that the medical profession remains open to all ideas on healing.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 12:35:22 PM

---

To the Medical Board of Australia,

I support Option 1.

After a recent cancer diagnosis in my 40's with 2 small kids i think it's everybody's right to have as much access to all treatment's available, conventional and hollistic. We need everything available in our arsenal to fight diseases like this and live to see our kuds grow up. Imposing restrictions will just cause further stress to people already in the most stressful situations. Rhe Medical Board needs to be providing as many services and as much care as possible not restricting them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 7:11:15 PM

---

To the Medical Board of Australia,

I support Option 1.

My parents were prepared to support alternative medicine. As a family we travelled a huge distance for my father to be treated by the second registered Chiropractor in Australia. He was a GP who had gone to America for qualification. My brother as a child got help from a biochemist for allergies and failure to thrive. I got a lot of benefit for a knee injury from acupuncture. As far as I am concerned they should be licensed and meet guidelines. At present I am going to a GP acupuncturist. For rural Australia I think the Uni courses at should be broader for doctors, dentists, nurses and pharmacists. A four year rural hospital trained nurse should also have paramedic skills and be able to deliver a baby. Instead of country girls going to the city they should have rural training.

I have had a lot of success from a compounding chemist for wound care.

I was not getting help from conventional medicine.

I would like to see more English as a first language doctors treating 90 year old hearing impaired aged rural Australians!

A lot of people have remained in the workforce through alternative medicine, Through acupuncture I only missed one weekend at work. I think keeping people off disability payment would be an aim of any government.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 3:26:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I use reflexology and Bowen and acupuncture when my arthritis gets bad and being 85 years old I rely on my Health provider to keep me walking at a lower cost.

I consent to publication of my submission.

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.

If it wasn't for alternative medicine and looking holistically at my hasimotos I do not think I would be as well as I am today. I manage my disease with food and supplements but did need help to find out which ones. If you change this rule you will be taking away my freedom of choice. Western medicine let me down. I have the right to have the choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:17 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative médecine has benefited me in ways a normal gp has not been able or unwilling to help with. Looking at me as a whole person and hearing me has brought me back from the brink . We deserve choice choice is our right and we I will defend our right to choose. Every member of my mothers family has died from cancer, traditional médecine did [REDACTED] all to help and just sent them on their way. I will not be the same and do not intend to see my choices taken away. How dare you.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 9:47:51 PM

---

To the Medical Board of Australia,

I support Option 1.

Visits to what you would term normal primary care medicine GP services failed me. I have a not so rare neurological condition which I hope you've heard of called ME/CFS, called Chronic Fatigue Syndrome here in Australia. I also have fibromyalgia. Today is a potent day as it's international ME awareness day. My integrative doctor is the only support I have and to take that away from us that suffer and force us back into an a very mainstream medical profession unknowing, and or unwilling to learn how to deal with the global issues around ME will lead to significant impacts in the patient community. Please please please I beg of you to allow integrative medicine to remain, and be embraced for the good of so many souls who have found little help elsewhere.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:09:21 PM

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To the Medical Board of Australia,

I support Option 1.

I have used natural supplements for 40 years , I am nearly 67, in 2010 I received Spinal, Shoulder, and Head injuries ( brain damage frontal lobe ) even in my darkest days chronic pain , depression, anxiety, I never resorted to pain medication, I persisted with my natural supplements and exercise ( rehab )

It has been a long journey of discovery with the going the natural way , and I am still learning , fast forward to now 2019

I no longer suffer with depression and anxiety I still have the pain in my spine and my shoulder , but not as severe as my supplements deal with the Inflammation.

I am so very happy I chose this path to go and not the pain killer path and be reliant on Opioids for the rest of my life .

Yours sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:41:27 PM

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To the Medical Board of Australia,

I support Option 1.

I have had a lot of success being treated with Chinese medicines, herbs and accupuncture. Herbs and minerals and vitamins have been another option. My partner's cholesterol is perfect since takings red rice yeast- no side effects any longer!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:59 PM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with Hashimotos in 2014. I have a science background. Orthodox medicine contributed to the diagnosis of my condition by the provision of "some diagnostic tests" but not to the appropriate therapeutic treatment. Hashimotos seems to be way above the expertise of the run of the mill Dr. I never got better by the application of orthodox medicine because it did not address the cause of my symptoms and they got worse. The introduction of a a medical integrative approach is what saved me from going from bad to worse. It is up to the patient to decide, not the Dr. Medicine must provide well founded scientific therapy, the result of sound science, not the result of pharma advice or commercial interests. So i hereby request that Drs are allowed to be integrative in their approach to medicine. Not just guided by pharma that treats symptoms to a small extent and not the cause. Thank you.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:48:37 PM

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To the Medical Board of Australia,

I support Option 1.

1. Why I support patient access to Integrative & complementary medicine .....

I support Integrative & Complementary Medicine because I have worked in the Nursing field for over 20 years in Remote areas in America such as the Appalachian Mountains on the east coast. I am also A mix of Native American and Aboriginal Australian. Most Indigenous people have been using natural medicines for thousands of years, and also integrate that with modern medicines and procedures, It is vital to have the guidance and support of your GP especially being an Indigenous or Elderly person who practices natural therapies for health reasons as some natural therapies can have drug interactions with prescription medications and natural therapy such as herbal medications. The extra knowledge from a professional point of view helps those people have safer outcomes and confidence in health treatments of choice.

2. How Integrative & complementary medicine has helped me, my family & friends .....

Being that I am Indigenous, Myself and many of my family and friends choose natural bush medicines over modern day synthetic prescriptions, It helps us in more than just physical health, it also gives us sound peace of mind on a mental health level to know we are able to practice cultural healing in our natural ancestral ways, as it includes mind body and spirit healing which is vital and has been proven by science to be an important part of better health to address any illness for successful outcomes. As to myself, I was diagnosed in 2008 with a spinal cord injury in my neck that should have left me in a wheelchair, but with natural therapies and herbal remedies I am able to get around with a cane and walker and maintain my Independence.

3. What it will mean to me if the MBA imposes restrictions on Integrative practitioners .....

This will take away my rights as an indigenous person to practice my cultural healing, It will also take away my freedom of choice to choose a less invasive way of therapies or treatments, and take away my right to be informed of any cautions I may need to be aware of for using cultural medication and therapies along with modern health practices ... this would put my life at risk not being able to consult with my GP about my concerns of further treatments that may be needed be it natural or conventional.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:06:17 AM

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To the Medical Board of Australia,

I support Option 1.

I use integrative medicine for my chronic health condition. This has helped me immensely have a quality of life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:05 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I totally support my right and any to choose an integrative GP and also an integrative endocrinologist ! They both understand and use the best of western and complementary medicines thus giving me the best possible choices and outcome that I am comfortable with .

In fact by having this choice I have saved myself from major surgery and all the implications of that ! I am well and contributing to society instead of being a drain on a medical system that can be very closed minded. This is my choice and I willingly pay extra to have the advice and support of integrative doctors .

If the MBA imposes restrictions than I will have to figure ' health matters' out on my own or with Dr Google causing more stress . This is a step backwards . I have the right to choose my doctor and what I consider to be the best advice for me !

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 5:59:09 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me by supporting me with thyroid issues.. the bottom line is i do need vitamins and supplements to stay healthy, and without "outside the box" medical testing, i wouldnt know what is affecting my health - eg. Low iodine..and its great my doctor has been able to help me with this. Its my health and it should be my choice what tupe of practitioner I feel is helpful to me.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 9:54:08 AM

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To the Medical Board of Australia,

I support Option 1.

As a hardworking Australian small business owner I rely on complementary therapies and medications just to get me to work each day. I suffer from several auto immune issues including hashimotos, back pain, and have been through cancer treatment. Conventional medicine replaces one hormone which my body doesn't convert without the assistance of natural supplements and integrative medication. If our laws change I will not function, my business will fail, and my mental health will be compromised. Please allow our integrative doctors to continue their amazing work. It will save our health system, and our country, much more than taking them away.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:34:49 AM

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To the Medical Board of Australia,

I support Option 1.

Over the past few years I have had my thyroid removed due to cancer, been diagnosed with Hashimotos, chronic fatigue, fibromyalgia and Lyme disease. I am positive they are all connected in some way. My usual GP was great, but she can't deal with these things. She couldn't even diagnose them. Without the support of my integrative GP, working in conjunction with my naturopath and compounding pharmacy, I would not function. I run my own financial planning business and that would without a doubt have to shut down, I would be a massive burden on our medical and social security system. I am currently self funded for my medical treatment but that would all stop. We need to keep or integrative options available or Australia's medical and social security system will be blown out so much more than they are already. Our system is already stretched. Don't compound the problem.

I consent to publication of my submission.

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 was the key therapy model that turned my health around 5 years ago. I had dropped a considerable amount of weight, was severely nutrient deficient, severely elevated cortisol and diagnosed adrenal fatigue. There is no pharmaceutical script to heal this scenario. With the careful care of an integrative practitioner I dramatically changed my diet, took high doses of vitamins and minerals and assessed my stress levels. Within 6 months my health had entirely turned around and I have since enjoyed the best health of my lifetime. The same principles have been applied to heal my husband and one of our children. Australian people have the right to access any preferred method and application of health care that they deem suitable for themselves and their families. Restricting access to integrative health care will be an atrocious act of the government and one I will not stand for.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:13 AM

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To the Medical Board of Australia,

I support Option 1.

My 15 year old daughter has suffered chronic illness her whole lifetime and it is only through the treatment finally sourced via functional / integrative practitioners that she has recently finally started to get answers to the source of her problems and now has hope that she will be able to return to full time school and live a 'normal' life.

If there were more Drs with this approach our hospitals and medical System would not be under so much strain - please listen to the people MBA - there is lots to learn from the experience of others!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 4:32:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe Integrative or Functional Medicine - health systems that treat the cause and not just the symptoms - is the NOW & future of medicine. If we are to reverse the devastating personal & financial impacts that Chronic disease has on Western Culture, our Medical system urgently needs an overhaul. Future doctors need to be trained beyond diagnosis & drug management to causal identification and holistic healing; medical centres need to provide integrative and complementary health options because humans are individual with varying needs beyond drugs and surgery.

You need look no further than the Science of Epigenetics to understand that the root of our health crisis is in our diets, lifestyles and environmental factors. Unfortunately modern Medicine's pharmaceutical approach tends to manage symptoms rather than cure disease and leads to many on multiple medications, with multiple side effects, creating further health issues' & ongoing reliance on our overburdened health system.

I am alive today because of an Integrative health approach and consider it my God Given Democratic right to choose when holistic health including preventative measures would be more beneficial for me. I am grateful for my access to life saving drugs or surgery in this country, if I am in need.

As an example, I healed a life threatening auto immune condition (caused by excessive dental anesthesia which my GP diagnosed as eczema??) by dietary changes & homeopathy, over a year period at a cost of about \$1,000. My adult son, diagnosed with ITP (the 'dont know what the hell causes this' auto immune disease) was hospitalised numerous times over 10 years, medication in the \$100,000's, 2 splenectomies - huge ongoing trauma for himself & his family as we hope for remission a second time.

We have the right to choose and I personally would struggle to maintain my quality of life living with physical disability, without access to integrative and complementary health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 10:38:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I use a blend of alternative and modern medicine. Blood pressure medicine made me unwell. Side effects increased my ill health. Chinese medicine ( used for 300 years) assisted modern medicine together to lower my risk of heart illness. Also my cerebral palsy son could not find available a physio so I tried Bowen therapy this also was equally successful to his over 40 year old body. He now uses both to his better health. His expected life span was 27 he now is early 40's! My lifting a quadriplegic for 34 years has been assisted with continued chiropractic and acupuncture and also the wisdom from physios over that time frame who showed me lifting techniques. I have been allowed to blend my health to the optimum and would not consider modern medicine on it's own for the lack of time and lack of experience under the new modern medicine boards or doctors practices as the 'old days' of an experienced GP no longer exist. I am living proof both work but for me one excels better and that is alternative. I use modern medicine only if I actually have too and it is limited and I am slow to trust doctors these days from experience. Do I have one I have faith in? Yes and he is well aware that he is not my only port of call. If he were I would walk away as there are many health modalities. My gripe now would be the cost of natural health supplies from Naturopaths as that has become exorbitant.. but what price health as all medical professions say. I think in 2019 it is about time health is worked together as a global and useful exercise to treat on a scale not biased but united for the greater good health of us all. The knowledge united would be remarkable and knowledge was only gained by doctors getting together to start future practices so now they would be adding in more knowledge to work with and potentially heal more illnesses then ever before as a paper trail would evolve with monumental improvements... my thoughts [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 complementary medicine for all my children from when they were babies by choosing doctors who I knew had sympathy for them .

The reason I use them is because I have found them to be very effective for colds , flu and infection.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 4:01:48 PM

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To the Medical Board of Australia,

I support Option 1.

I use an integrative doctor because she sees my health differently than my standard GP and treats me as a whole person not just a series of diseases. I am a fit, healthy person and my standard GP last gave me 7 specialist referrals making me feel sick and unhealthy. My integrative doctor was able to work on everything I had discussed with my GP and I left feeling fit and well again.

She is not just a pawn for pharmaceutical companies and their drugs which I do not want to take, she concentrated on health not disease, she's better qualified than my standard GP who only looks at drugs for a solution.

As an example, my first visit to an integrated GP resulted in her fixing my gastric ulcers with diet and vitamins and minerals. My standard GP told me to take a drug (that made me sick), every day for the rest of my life. I was fixed in one month, I have never had a problem since – that was 20 years ago.

I and hundreds of people I work with have benefited from holistic doctors, just look at their waiting lists to see how valued they are to our society. They keep people out of hospital and off drugs, surely that's a benefit to our economy and they shouldn't be penalised for it.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 27 May 2019 9:48:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I have hashimotos autoimmune. An intregrative doctor has helped keep me off thyroxine and remove most of my symptoms. Hehas is now working on lowering my antibodies so I dont become very sick or get cancer etc. Several conventional doctors ignored my symptoms and blood test when they were staring them in the face. One after 6 internall infections told me how lucky i was not to have cancer. Over 5 years of infections,colonoscopy, endoscopy, cystoscopy and no help at all, even being made to feel worse, being told i cant keep having antibiotics but yet offering no help but happily taking my thousands of dollars. Why are you trying to take away doctors who keep up with the times so we can have a small quality of life. I have to sadly say I hope you, the people trying to take these services away from us get a autoimmune disease and see for yourself what your quality of life is like without the correct help. It would be nice if we all had diabetes or cancer but thats nnot the case. If i pay for an intregrative doctor who will help me, who are you to say i dont deserve to be well or can only see him for ten minutes and then he cant retest me when needed. Ask why our healthcare is so stretched that we Australians who have been born an bred here for years are being forced to go without help from conventional doctors. Put yourself in my position

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 3:24:40 AM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has 'recovered' from lifelong asthma, involving 25+ years of steroids, by using complementary health therapies AND recovering from QFever using naturopathic + pharmaceutical approaches, I strongly believe in the use of alternate health therapies; these definitely work + it's time our government recognised their benefits. Those who use them know they work!! And they're a preventative approach that saves government money in the long term. Healthy people aren't a burden on the system.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:52:49 AM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I wish to voice my concern that I will not be given the option of integrative medicines when I visit my doctor in future. As the daughter of a chemist, I will always value orthodox treatments. But I also know that the alternative medicines that I have taken in the past are beneficial. I am a pensioner, so I cannot always afford them at retail prices. I have found accupuncture better and faster to heal my neck problem than any pharmaceutical drug was. And I would feel less confident if this was denied me due to costs. Please rethink this. I would hate to lose treatments that have kept me out of doctors surgeries for years.

I support option 1, that of keeping the current guidelines on holistic medicines.

I consent to publication of my submission.

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.

To Whom it may concern,

Please continue to allow Integrative and complementary medical practices to be used in Australia. I would still be living in constant joint and muscle pain without them - the conventional system was not able to help me.

Some background information: I am a Chemical/Metallurgical Engineer working in a large operating plant. I spend my working life looking for trends in data and separating emotional fancies from rational facts (amongst many other responsibilities).

I was in almost constant pain (hands, feet, neck, back) which was starting to impact my quality of life (constant pain which was fatiguing and wearing on my mental health as well as losing hand strength due to the pain).

I ran the gamut of doctors and specialists to be told "Yes, you are genuinely in pain" but no diagnosis, no plan to recover my quality of life and a script for a pain killer that I was told I could not take long term due to known health and fertility impacts.

A year later an alternative method of using changes to my diet to reduce the inflammation was recommended to me. I tried it and within 2 months the pain had stopped! I was so surprised and relieved. Some non standard testing was used to help pin point trigger foods that inflame my body and when I don't eat them I am pain free but have been able to add a lot of food back into my diet (which was removed for the elimination phase of the AIP diet).

I was also prescribed some supplements which helped my body bounce back quicker which I no longer need take (unlike the conventional options I was offered which only masked symptoms and were not helping my body recover).

I have recovered my quality of life, no longer need any pain medication of any sort (even pandol. I used to take this almost everyday to manage pain) and have been able to conceive without any threats to our child from the prescription medication.

I have also been able to help 2 other people recover their quality of life using diet as well.

None of this would have been possible using conventional medical methods alone. For the good of all people alternative treatments and methods need to be looked at seriously. Prescribing pain killers without dealing with the source of the pain is a terrible life sentence to give anyone.

Thank you for taking the time to read a brief account of my recovery.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 3:27:38 PM

---

To the Medical Board of Australia,

I support Option 1.

In 2016 I had Intradural Neurosurgery to remove a benign lump compressing my spinal cord to the point of near paralysis. Thanks to integrative medicine from qualified GPs I have been able to avoid the rollercoaster of pharmaceutical opioids, anti depressants & sickness benefits, and instead, with the help of natural supplements am able to manage the remaining chronic pain, maintain a respected position as vocal tutor in a private school and contribute to society both personally and financially when I could have ended up a total drain on the system instead. Please preserve this amazing benefit for others in the future,

Regards,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 17 May 2019 12:24:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe Australian citizens should have the right to choose, between medicinal cannabis as an alternative to addictive opiates which I have been on for over 30 years. I would like to try cannabis to help manage my severe pain, scoliosis, perthes disease and fused disks in my spine. Cannabis is certainly less harmful than tobacco or alcohol. I also have advanced emphysema from tobacco and have had read many testimonies from sufferers stating it has helped them. Please show some common sense and compassion when considering the laws and benefits, regarding medicinal cannabis. Thank you.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:58:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I used a lot of natural medicines on my mum in her last year which helped her quality of life. Unfortunately 20 years of medicines had damaged her organs beyond repair and she passed away last year. Natural therapies should not be so expensive that it is beyond the grasp of the average person when chemical drugs are not only readily available but ridiculously cheap.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:18:18 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter has sensory processing disorder that has been improved dramatically through the use of integrative and complementary medicine. We tried to improve it with the traditional medical system and we had absolutely no improvements. Her life is 100% improved as is ours because of the integrative medical treatment we received.

Much of the world uses Integrative medicine so please do not Australia move backwards and please let us keep our patient choice. Keep Australia the lucky and thinking country by not restricting our access to our integrated and complementary medical practices of choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:15:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I spent 27 years trying to sort out with drs what was wrong with me.  
It took me finding a dr who was happy to work with a naturopath to  
work out what is wrong. With out having a doctor willing to work with  
a naturopath I would be extremely ill, and probably not alive

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:54:09 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

Please reconsider exclusion of Alexander Technique.

It has helped me become pain-free after 20 years of back, neck and shoulder pain. More importantly it has been clinically shown to address these issues in peer-reviewed, high impact journals such as BMJ.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 1:01:18 PM

---

To the Medical Board of Australia,

I support Option 1.

If I had continued to follow standard allopathic guidelines, I would be dead or severely disabled by now. Modern medicine has no treatment for chronic conditions unless there is a diagnosis that can have a pharmaceutical slapped over the problem. Meanwhile, the true cause of the problem is never dealt with and festers away underneath the bandaid. Integrative medicine asks the question 'why?' And never stops digging until it reaches root cause resolution. We need integrative and complementary care as much as we need standard models.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:53:51 AM

---

To the Medical Board of Australia,

I support Option 1.

My wife and I had serious health problems in our 50's and 60's with arthritis and digestive issues until we visited a G.P. Who used also integrative and alternative methods. He suggested a range of supplements and natural methods, including nutrition and exercises. We are now in our 70's and 80's, extremely fit and healthy, without the debilitating pain and digestive problems and no medication. We are extremely grateful for that doctor's help and feel that every doctor needs to study a more holistic approach to medicine in addition to the conventional methods.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:09:44 PM

---

To the Medical Board of Australia,

I support Option 1.

We as a democracy have a right to have a choice in the practitioners that we choose to engage to supporting our path of health and well being.

I have had wonderful experiences with complimentary medicine in my current issues with chronic fatigue that I was not able to achieve through the medical system. It is imperative to maintain choice and the current flexibility and patient choice. Thank you. I say NO to any changes to the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:26:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Healthcare needs to be tailored to the individual in order to be most effective. And that is why the choice should be available to the person concerned.

My whole family have made use of integrative and complementary practitioners, and I am so grateful to have been able to make that choice. Ranging from a son on the autism spectrum whose life is richer and easier, a daughter whose re-occurring pains and breathing/anxiety difficulties have been alleviated greatly, and my own journey through menopause has been made a much easier time compared to many others - all because we can choose to see practitioners who are proficient in the use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing.

I fully support that there be no change to the current guidelines - my family and I would be a medical mess if we were denied the right to choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:18:10 PM

---

To the Medical Board of Australia,

I support Option 1.

In 2005 I had a boil on the rear top of my back left thigh. I went downhill within days and was delirious. After having the boil lanced and packed and being on 3 lots of intravenous antibiotics I only got worse. I dragged myself to my doctor who sent me for x-rays and ultrasound with the result saying that I had opacities all through my lungs and elsewhere. I was sent to the [REDACTED] hospital in [REDACTED] and had several endoscopies which when they took samples seemed to disappear - I was told the cancer had moved - have you ever heard anything like it?!

My husband and I both knew I had become so sick from the boil but no one would listen once the opacities had shown up.

So against the stern words from the head oncologist who wanted to operate almost immediately I discharged myself and flew to [REDACTED] where I took a holistic approach, had vitamin C intravenously as well as being under the guidance of a Doctor [REDACTED] who took more X rays. Whilst awaiting for my results the x-ray technician came out to me and told me I was going to be okay, that the opacities had been the result from a severe staph infection from the boil, NOT CANCER. HOW DOES A HEAD ONCOLOGIST NOT KNOW THAT!

I was so immune-compromised both myself and my doctor knew that had I undergone the operation I would more than likely have died and I would have been put down to another cancer statistic. I should have actually taken the matter further legally.

As a result I have NO faith in the western medical profession other than immediate cases of life or death. They do not know half of what alternative therapists know and it is a disgrace that this Government is stifling our options to find the best care for ourselves.

It's time you listened to the people of Australia and stop telling us what we can and can't do with our own bodies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 9:17:26 PM

---

To the Medical Board of Australia,

I support Option 1.

After many years of seeking help for menopausal and other debilitating symptoms I finally found the answers I was needing through an integrative health practitioner. Having been diagnosed with an MTHFR polymorphism and commencing supplementing with the correct (methyl folate and methyl cobalamin) my menopausal symptoms greatly reduced, my severe brain fog lifted, my long range vision was restored and my cognitive function improved greatly.

My integrative health practitioner takes the time to consult with me which has improved the level of service and understanding of my condition, thereby leading to improved outcomes.

I recognise the need for greater improvements to the current medical system as a conventional practitioner wanted to put me on antidepressants which I didn't need, and this would not have resolved the functional genetic issue of the MTHFR.

There is need for both systems. I implore you to recognise this.

I am but one person who has been helped. I know of many others.

Restricting access to help will cause harm and increase suffering.

Do no harm, I believe is the first oath of medical practitioners. All

I ask is that you uphold this. I need you to do this for me and others like myself.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 8 June 2019 7:38:11 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
As a user of integrative medicine I have avoided the onset of Type 2 diabetes and the need to take Metformin. My doctor has helped me do this through dieting and supplements.  
Prevention of major diseases is the reason why integrative practitioners have so much to offer.  
Traditional medicine is still important in acute care.  
I want to avoid drugs and integrative practice has helped me in this regard.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 6:25:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors are supposed to be there to assist us with our health and wellness NOT prescribe pharmaceutical drugs to line the pockets of the big pharma! Nutrition is the KEY! I recently learnt that I have had SIBO for years. No GP has ever mentioned this over the years. It was an Integrated Doctor who discovered this. I am so thankful! In my opinion most GP's only write prescriptions or Medical Certs on a daily basis! Their knowledge of Health & Wellness is so limited. Leave our Integrated Practitioners to do what they do best!

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED]  
**Sent:** Sunday, 12 May 2019 3:22 AM  
**To:** medboardconsultation  
**Cc:** [REDACTED]  
**Subject:** Re: Consultation on complementary and unconventional medicine and emerging treatments

Moreover, hitherto medically shunned practices like bile chanting, gooseberry burials and anti vaxxing should all be decriminalised. I cannot in all conscience practice these, forever tormented by a burden of guilt and fearful for the safety of my children.

I consent to publication of my submission.

Toodle pip and good day to yous,

[REDACTED]

On Fri, 10 May 2019, 10:38 [REDACTED] <[submissions@yhyc.com.au](mailto:submissions@yhyc.com.au)> wrote:  
To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine has personally helped me to improve my health and kidney function when conventional medicine had said there was very little that could be done. There should be room for both especially when doctors see that conventional medicine has its place but sometimes brings limited benefits and they would like to add complementary medicine - they should be allowed. How ridiculous in this day and age for open minded thinking or trying different options to be hampered by such narrow minded selfish views.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:55:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered from eczema since I was a child. After many years of steroidal creams a doctor sent me to a naturopath for allergy testing and treatment - it took 6 months but I was completely cured. I also suffered from urinary tract infections and after being on antibiotics regularly for years a doctor used an holistic acid / alkaline approach with mineral supplements and I've not had one attack in the last 20 years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:16:24 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't take away my choice to heal my body and maintain optimal health by using integrative medicine. I have had so much success treating my Hashimoto's condition, hypothyroidism and side effects of menopause by using many and varied alternative therapies. I am well on my way to healing a 15 year hip issue due to chiropractic care and a wonderful osteopath.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 10:35:38 AM

---

To the Medical Board of Australia,

I support Option 1.

All patients should be able to have confidence that when they see their doctor that they should be recommending the best possible help for the patient, not be restricted to conventional medicine only. Our health should not be regulated by instruction from large pharmaceutical companies who seek only to profit from illness. We should be entitled to receive recommendations for all healthcare solutions. I personally have had immense help from a doctor recommending to an osteopath. It avoided major surgery that would have meant a dramatic change to my lifestyle and losing my job. Instead of months of surgery/ recovery and having to give up my chosen profession, I was back at work in 6 weeks. Patients and doctors should be entitled to choice of all available treatments whether traditional, complementary or ground breaking.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 11:14:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors have recommended COQ10 to take with statins also I recently was admitted to hospital with very low levels of magnesium so a particular type of magnesium was prescribed I have had both acupuncture and podiatry treatments for hip pain and giving up smoking A natural therapist diagnosed me with h pylori later confirmed and treated by a doctor. Original GP diagnosed reflux I naturally changed GP Natural therapist also diagnosed leg pain as vascular referred to doctor who referred to vascular surgeon Original GP diagnosed arthritis. GPs are too busy these days and can't be expected to know everything Help from other sources is never a bad thing Sometimes a different viewpoint is needed. Prescribed drugs are not always the answer. The way it is now is very good and you can't keep taking freedom of choice from people. We are already a nanny country Enough leave it as it is

I consent to publication of my submission.

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.

Do not take integrative healthcare choices away from us. After I had a head on collision, it was a combination of treatments which had me walking again; including Osteopathy, Chiropractic, Pilates, and exercise physiology, and combined with my GP's support. This options are vital for good health, and to keep pressure off the public health system.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

After years of insomnia and trying everything, including pharmaceutical treatments (e.g to treat anxiety), to no avail, I had a biobalance test (biobalance.org.au). This test showed I had some problems with zinc absorption. A prescription for a specific type of zinc has changed my life. I work in a full-time stressful job but am carrying it out successfully. And I can now sleep.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:13 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complimentary medicine have been a part of our lives as individuals and a family going back generations. Every practitioner we have had the privilege of working with embraces integrative & complimentary healthcare. We have always had a trusted relationship and the ability to address our health care completely and effectively. Countries with established health systems such as China integrating acupuncture with medicine for care with pregnancy, & birthing, for pain relief / England with aromatherapy & reflexology for palative care, pregnancy & birthing are an example of creating accessible channels for integrative and effective healthcare. Optimizing outcomes. Integrative medicine being accessible to many helps to keep ER free for real emergencies.

Taking integrative medicine away from access through Drs drives people away from a relationship with their family Dr when antibiotics are the only option available to recommend over Vit C & zinc as part of a health care regime for a case of the sniffles. It is imperative that people are able to access integrative medicine without conditions or restrictions. It is our freedom of choice and vastly life enriching to be able to work with a practitioner of choice with a comprehensive knowledge and ability to combine the best of both worlds to best care for our health. Every integrative Dr we have had the pleasure of working with has & is a happy, healthy, well rounded human being. A professional we can respect, trust and be inspired by. Surely we are at a time where the wisdom of complete care is the best care?! It is a Stone Age authoritarian behavior to dictate separation of the practice of "medicine " from integrative & complimentary medicine. How are we to ever be healthy and cared for with such a punitive and limited approach to health ? It will be impossible to uphold the Hippocratic oath if such an action is to become law - an intentional deliberate move away from the pledge to honor the health an wellbeing of the person in care.

We ask with all of our healthy hearts for our freedom of choice to be respected and that the practice of complimentary and integrative medicine continue to be legal and accepted on the whole and within the MBA code of practice for their Dr's

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:28 AM

---

To the Medical Board of Australia,

I support Option 1.

Access to Integrative and complementary medicine has been a vital support in maintaining health in my now grown up family.

I was diagnosed 5 years ago with CML and rely on complementary therapies to maintain a level of wellbeing and to reduce the negative impact of side effects of the TKI medication I need to take.

I am a member of [REDACTED] who provide wonderful support for people like myself with classes and information on a range of areas that improve lifestyle.

I currently seek and receive advice on nutrition from a naturopath to support my health and now regularly attend yoga, Pilates, and meditation.

I also benefit from kinesiology and reiki.

Both my GP of 35 years and more recently my haematologist are aware of my interest in and reliance on complementary and integrative therapies to support my health and wellbeing while dealing with a chronic illness.

It is enormously important to me to have access to these vital supportive therapies and therapists.

I feel strongly about the right to choose who I seek health advice from.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:33:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I have always used integrative and complementary services to support the health and well-being of myself and my family.

I have, on occasion, over the last 45 years, sought and benefitted from advice and services of Homeopaths, Naturopaths, Physiotherapists, Chiropractors, Occupational Therapists, Acupuncturist, Kinesiologist and Osteopath along with periodic visits to my family Doctor as necessary.

I was diagnosed with CML 5 years ago and am very grateful for medication supplied under the PBS and for the medical attention of a Haematologist in conjunction with my Doctor.

I also currently enjoy the wonderful support of [REDACTED] an organisation established to assist people with cancer to benefit from complementary and integrative therapies to support wellbeing alongside their medical treatments.

I believe there should be no change to having all complementary and integrative services available for people to make their own choices about.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 3:40:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I've heard that the MBA is considering restricting doctors' ability to use or recommend alternative medicinal practices, and I wanted to express that I think this is a very bad idea. I'm someone who has had health issues that conventional medicine could not help with - in fact, on several occasions, I was prescribed anti-depressants, despite the fact that I wasn't sad, empty, or hopeless, and had clear physical issues and social stresses affecting me. Even when doctors admitted to not knowing what the root of my issues were, they'd tell me I should take anti-depressants, which seems irresponsible to me. At one point, I was unable to work due to it all, and a naturopath's herbal recommendations turned my entire life and health around. Conventional medicine is great for acute issues like infections, injuries, etc., and for trying to understand how our bodies work & the root cause of issues. But when it comes to complex issues that are harder to pin down or involve multiple aspects of the body and mind, I've found the most benefit from complementary approaches. Limits on access to these things not only compromises a person's right and responsibility to do anything they can to try to stay healthy, but in my case, such restrictions could have kept me from the treatments that actually helped, which could have kept me bedridden for years.

So, I strongly urge you to allow people to choose their own health care approaches, and not to unnecessarily limit what they're able to try in their pursuit of health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:03:36 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have recently been diagnosed with breast cancer.

I have consulted 2 oncology teams, 2 naturopaths & 2 general practitioners to obtain information on how to best treat my cancer & recover. I have also researched many cancer treatments available through the world.

I found that any interest in treatments other than chemo based was not supported by the oncologists & GP's I have spoken with. To have conversations around the risks & side effects of chemo have not been welcomed & requests to utilise a combination of treatments was also questioned.

I have chosen to treat my cancer through a naturopath using herbal medicines, supplements, diet, exercise & lifestyle changes & my cancer treatment is progressing well, I am feeling better in myself & my overall health has improved. I have no negative side effects from my treatments.

As an oncology patient I felt rushed & pressured to take the chemo option as a result of my initial dealings with the breast cancer & oncology teams. There was an urgency to start treatments with no regard as to the cause of my cancer or any lifestyle changes that would be beneficial to my cancer treatment & recovery.

It is difficult enough in Australia to obtain cancer treatments other than chemo with the current restrictions on the practitioners delivering them & many of these treatments are not covered by medicare or health insurance. As a result these treatments can be expensive & are not an option for many Australians. These treatments are also used in conjunction with Western medical practices & assist with the patients recovery.

I am very concerned that my choices in health care will no longer be my own but dictated by the government. I live in a democracy but my choices in health care are being threatened.

Many of the health care choices in Australia for cancer & other illnesses are prescription based & only deal with the symptoms of the illness, they don't look at the cause of the illness or the body holistically. Eastern & other medicines have been around a lot longer & are being used effectively in many countries, there is a lot of science behind them so why are we dismissing their use or making it difficult for practitioners to use treatments that are currently available?

Treatments appear to be governed by pharmaceutical companies, not the best interest of the people. Our medical schools no longer look at nutrition or natural medicines as treatments, pharmaceutical companies have embedded themselves in curriculum decisions.

There are many vitamin & mineral supplements available that do not offer what they advertise so some governance on the sale of these items off the shelf would be productive.

Australia is known as the 'lucky country' but it would be a very sad day if the peoples choice of medical treatment was determined only by western medicines. I would be forced to seek medical help off shore like many other patients before me.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 9:53:18 PM

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To the Medical Board of Australia,

I support Option 1.

As a person with metastatic breast cancer, I reserve the right to consult with whoever I choose for treatment of my condition. At present I visit my GP and Oncologist but feel that acupuncture and therapeutic oils may help. We, the public, must retain our access to alternative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**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.

Integrative & complementary medicine have helped you, your family & friends. In my fertility journey, to manage my chronic pain and during my mother's cancer treatment to minimise effects of the cancer treatment drugs. I support patient access to Integrative & complementary medicine as a way to complement western medicine. We also have the rights to choice and control of our own health

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

If I had not had access to integrative medicine I would still have a paralysed face from Ramsay Hunt Syndrome. The neurologist told me, "You might get your face back, you might not!"  
Had I not had acupuncture I would still have a paralysed face. It took 18 months but I got it back 90%. Also the neuralgia pain I was suffering from the Shingles which caused this was gone in 3 treatments. I know people who have suffered for years with it, even my own mother.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 11:35:37 AM

---

To the Medical Board of Australia,

I support Option 1.

In a world increasingly ruled by the values of the few, freedom to choose one's health care should be open to everyone. Many of the therapies classed as 'complimentary' improve the standard of living of many patients. They reduce the need for more invasive care, or hospitalisation at times. From having chronic neck problems and being unable to sleep without taking painkillers, I am largely pain free since accessing chiropractic treatment. I believe, had I not received this treatment I would be looking at expensive, invasive and possibly harmful surgery.

Please credit individuals with the intelligence to choose their own path in life and thank them for taking the responsibility of looking after their own healthcare.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 12:14:14 PM

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To the Medical Board of Australia,

I support Option 1.

I suffer from Chronic fatigue and am allergic to all preservatives and react very badly to main stream medicines. Without my supplements I cannot get out of bed. My doctor. Dr [REDACTED] has been treating me for the last 12 yrs and without her and the supplements she prescribed I would be ( have been) totally bedridden.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 10:12:36 AM

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To the Medical Board of Australia,

I support Option 1.

Please do not cave under the pressure of the PHARMACEUTICAL Industry to restrict Integrative Healthcare choices. You should be working in conjunction with these wonderful NATURAL alternatives. My father recently passed away from Pancreatic Cancer, but had he not included these Natural medicines to support mainstream treatments he would not have survived almost 3 years (being only given 6 months to live). Get your hands out of your pockets and start making choices for the greater good of humanity.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 3:39:35 PM

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To the Medical Board of Australia,

I support Option 1.

I believe there should be no change to laws regarding Integrative Practitioners.

For myself, i prefer to look for alternatives before turning to drugs, which can have nasty side effects. There should be a choice as to which treatments we decide on for ourselves. Sometimes this may be a combination of therapies under the guidance of a medical practitioner who has understanding of such matters and if freedom of choice is taken away, then for me this would mean less doctors visits for conventional therapy!

Since I have started using a combination of therapies, both conventional and alternative, my health has improved and I have become healthier and lost many of the long term symptoms of chronic disease, which have constantly plagued me and made my life miserable.

I do not think that we need more regulations, in this already over regulated country. We are already known for our over regulation overseas and are becoming a laughing stock.

I simply want a choice to be treated the way that suits my body the best and to have a choice for advice from a practitioner, who does not merely dole out synthetic drugs.

Without this choice, which so far has served me well and kept me healthy, I may as well go to any doctor who writes a script and ushers you out the door, without even taking your blood pressure!

Believe me, there are many of those around!

The idea of bringing in these ridiculous restrictions, makes me shudder in my boots and I will fight tooth and nail to retain the current system.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:38:56 PM

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To the Medical Board of Australia,

I support Option 1.

My family & I are in support of integrative medicine. I believe if we live in a world that has freedom of choice it will be a better place. We are so fortunate to have so many amazing people who are in this world to make it a better place. Lets work together as a team & not shut out these incredible integrative Doctors that are doing so much amazing work. They do not put down western medicine, they just use methods to complement. We need to look at our body, mind & souls as one & if we keep them working together our bodies have the wisdom to heal themselves.

I had trouble falling pregnant & my daughter has some pretty bad gut issues that had to be addressed. I am forever grateful for the integrative Drs that helped me & my daughter to now lead a happy & healthy life.

Please allow Drs to continue to use these methods.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:33:44 PM

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To the Medical Board of Australia,

I support Option 1.

Please let's all work together as a team. We can conquer anything with an open mind & trust! Integrative medicine has helped me so much in my life from fertility issues to gut issues. I wouldn't be where I am today without the help of these amazing integrative Drs! Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 9:17:58 AM

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To the Medical Board of Australia,

I support Option 1.

I'm a community nurse and a respiratory technician by day, by night a wife and mother to 3 kids. One of my 3 children was diagnosed with non Hodgkin's lymphoma at age 6 and we were in a serious MVA at 100km/hr last year.

Without these complimentary practices it would have caused more pain and worse outcomes for all of us. It was one of these complimentary practices that assessed us more thoroughly to find the causes of our symptoms. 10 min doctor consults are too short enabling GPs to assess their patients fully, instead they refer you on or write up a script just bandaiding the situation.

Why create division, when we're meant to be working as part of a team?

More educated choices and assessments, generally result in better outcomes.

Without these practices our son wouldn't be with us today and I wouldn't know that our MVA actually caused spinal injuries.

Everyone is a patient at some point of their lives and should have the right to choose. It may not cure you but relieve symptoms resulting in a better quality of life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 3:13:03 AM

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To the Medical Board of Australia,

I support Option 1.

I support Integrative & complementary medicine.

1. It has helped me find answers to atherosclerosis and has extended my life even with an arterial abnormality.
2. It has helped me reduce pain levels in my neck and back.

I support doctors' rights to provide new and innovative practices. Had Australian already gone the way of Germany, we would now have an even higher level of outstanding, innovative and highly effective medical treatments and facilities. This would attract patients worldwide and benefit the economy, as it has in Germany.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wish to support patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped me, many of my family & friends and I feel should remain a personal choice in which health options and treatments a patient has access to or can choose for themselves. For example, some of my family members have had terminal illness have gotten great relief from cannabis oil, being now unfortunately passed away, what right would anyone have had to have prevented the relief that the experimental treatment provided?

I personally use Integrative & complementary medicine for hormonal therapy such as bio identicals instead of synthetic, that is my choice. There are also many alternative practitioners and therapies that have offered me their therapy and medications that have benefited my health and well-being greatly over the years.

If I do not have access to these alternative medicines that I choose then I will be being forced to have no choice in the treatment options for my own body. If I have made an informed Choice about something and feel that I wish to use or not use, that should be my right to do so and my choice to make not any other person or boardroom.

I respectfully request that you do not make changes that will hinder people making their own choices for their health using any treatment be that mainstream alternative, experimental, medication and/or treatments or otherwise.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:54:46 AM

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To the Medical Board of Australia,

I support Option 1.

I believe in the freedom of choice for all especially in relation to health choices. While there is a need for pharmaceutical drugs, there is also a need for natural therapies. My whole family including my 87 year old mother have been using complementary medicine and this therapy has helped keep all of us in good health. I watched my father become a walking pharmaceutical drug machine and he lost his battle at an early age. Whilst I do not entirely blame the drugs, the amount he took caused a 'chain reaction' of events and were only masking the symptoms; not one pill cured any of his ailments. I will always use an integrative doctor. Your blatant transparency is obvious as to why you would introduce these changes and I stand with people who have who have the knowledge and testament of a wide range of therapies. There is no need to impose restrictions, we need choice not the big pharma's control over a nation.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 10:38:37 PM

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To the Medical Board of Australia,

I support Option 1.

Patient access to Integrative and complementary medicine is imperative to real healing. It is lovely having emergency and trauma medicine in our hospitals should such misfortune befall BUT for all other true healing needed access to non-pharmacological care is imperative!! I have a son that was diagnosed with asthma at age 4 years. An emergency hospital visit was needed and the pharmaceuticals saved him that night. However, I wanted to make sure that we NEVER got to that point EVER again - and 4 years on we haven't. I definitely didn't want his little body having to use preventive pharmaceuticals with all the side effects that come with it, and so a trip to an Integrative Doctor and homeopath was needed. We manage his asthma symptoms with homeopathy - when they occur - they have all but stopped!!! What would have been the alternative with orthodox medicine? Probably a lifelong dependency on pharmaceuticals that only stop the symptoms and don't heal the cause. It was my choice and a great one. We must also contemplate that the third leading cause of death is properly prescribed pharmaceuticals and procedures. Perhaps what is needed is restriction on the lobby groups from pharmaceutical companies chumming up to politicians!? What is also needed is a government who sees that the removal of the people's choices in matters that affect them (more than anyone !!) is a basic human right that should NEVER be removed. A government that supports the removal of the peoples choice is not a democratic government. Let's not continue down the path of this Claytons democracy. Leave Integrative health practitioners and healing modalities as they are. Leave the choice of medicines to the people that are using them. I choose non-pharma ever time. On the odd occasions that I have had to resort to pharmaceuticals it is good to know that if I so choose I can use them, but only for a very short time due to the toxicity of pharmaceutical medicine. I love my supplements/vitamins in times of need, and I love my 'alternative' health practitioners for the true healing they have provided myself and my family with.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 3:39:05 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine is a vital and necessary option for all Australians. I have had success recovering my 4 year old son from autism thanks to integrative and complimentary medicine, such that we don't require behaviour therapy anymore (that means I no longer rely on government funding!) and he is truly enjoying his life!

This kind of medical treatment has been a God send for our family, even though it does challenge us financially (integrative doctors are not cheap!). However, I would spend those thousands all over again as it has given my son the opportunity to live a full life. It is a safe and effective treatment - no doubt about it!

Australians have a right to choose the best and most effective medical treatments available - integrative medicine is that option! If it were to be taken away from us, it would be like living in a dictatorship - not the democracy Australia is supposed to be!

Don't take away our right to heal! It's barbaric, outrageous and absolutely alarming! Australia is a first world country, and as such we should hold the highest standards for our citizens. Australians are hard working and honest and we deserve to have our medical freedoms. We cannot be seen by the world to be travelling backwards on the issue of medical treatment for Australians. It's embarrassing!

We should maintain the right to choose! Don't take this away from us, please just don't. It just screams "WRONG!" and it's not what's in the best interests of all Australians.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 8:40:04 AM

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To the Medical Board of Australia,

I support Option 1.

As Hippocrates said Let Food be Thy Medicine and Medicine be Thy Food. This concept compliments traditional medicine professions. The world is realising that Functional Medicine is the core of healing any ailment — allow Australia to be at the forefront of applying these practices. I have had my own battles with a gut issue, SIBO, and in addition being (finally) diagnosed with an adrenal dysfunction. I am able to correct and manage these illnesses with holistic, and integrative and complimentary medicine on a daily basis. Functional Medicine should be an adaptation to modern medicine. People require both, for balance. The overuse of antibiotics - as we know, is doing our society a disservice. People are getting more sick. The only people who profit are the pharmaceutical companies. Don't ignore the fact that integrative and complimentary medicine and practices, work. They do. I am living proof of that. This 'new-age' of medicine, is a multi-billion industry. Let Australia become the blueprint of health and wellness for other countries.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:44:55 PM

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To the Medical Board of Australia,

I support Option 1.

I have auto immune disease and have used the services of integrative doctors for over 20 years. Many people like myself need an integrative or whole approach to treat such disorders. I have never found the services of standard GP to be useful as they are only interested in treating symptoms and are even ignorant to even understanding the disease. Ask a GP what reverse T3 is???

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine used by doctors who offer mainstream medical services but with the added time for a more in-depth consultation to treat the whole person - body and mind. Having gone through multiple operations and chemotherapy which left me extremely tired, traumatised and unwell, I was recommended to see a doctor that also provides an integrative approach that included help and advice on dietary issues and added supplements that my body was very low in.

Over a period of time I recovered. The fact that integrative medicine seeks to prevent illness is also surely a very good thing and would ease our ailing health system. Even my Oncologist (a professor) suggested that I should take Vitamin D supplements and my Gynaecologist, one of the best in the State suggested hormone cream treatment for constant UTI and kidney infections including hospital admissions. Since using it I no longer have infections. My GP who doesn't believe in integrative medicine warned me strongly against it even suggesting that my cancer would return. After years, 10 to be precise, it hasn't. I dread to think what could have happened if I hadn't been fortunate enough to have these doctors through an extremely difficult cancer journey.

I hear that we shouldn't need supplements if we're eating a very balanced diet. The reality however is that most adults and children don't do so. It's a well known fact that a deficiency of certain nutrients and vitamins can cause disease eg iron, vitamin C, folate,

B12 etc. Mainstream GP's have a hard time in their allocated 10 mins to really explore with the patient, the cause of their problem, which could very well be helped without drugs, it could even have a psychological base.

Prevention is better than cure every time.

Sincerely

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 9:22:32 AM

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To the Medical Board of Australia,

I support Option 1.

For thirty years, I suffered from dizziness and severe headaches as the result of a whiplash injury. I declined surgery to fuse my cervical vertebrae and put up with it. One visit to an OSTEOPATH, one small adjustment, fifteen years ago, permanently solved the problem.

I consult my general practitioner for routine treatments and I see an integrative physician every six months for specific treatment for underactive thyroid and hormonal regulation. The medication levels are adjusted according to blood test results. Before I found the integrative specialist, who has done extensive study overseas, I was told my thyroid levels were low but normal, at a time when I was sleeping most of the day, and thyroid supplement was considered unnecessary. Once I started on bio identical thyroid supplement, I have been able to live my life again.

A few years ago, I developed cellulitis on my lower leg. After doing a pathology swab, a general practitioner prescribed Cipro. I asked for an alternative to a fluorine based antibiotic, given the fact that it carries black box warnings, and considering my age and other health issues. Even though there were eight possible antibiotics listed as options on the pathology report, she told me that Cipro was the only one she could prescribe and if I did not take it my foot would probably fall off. I chose not to take it and successfully treated the infection as they do in India, by bathing in vinegar and carb soda and colloidal silver.

I research every drug prescribed to me before I fill the script. Mostly I don't take the drug. I also research nutrition and supplements and in consultation with my integrative physician, select those which are most suitable and necessary for my specific health issues.

I believe the human body is meant to be healthy and functioning normally.

I believe modern society, food, water and environment, put tremendous stress on health and wellbeing.

I only have one body. My soul lives in it. Since I only have this body, I must have the autonomy to choose how to care for it. If I get it wrong, I die.

My body is different to your body. We have different health issues, different drug response, different metabolisms, different biomes.

Why would you oblige me to follow a one size fits all approach to health?

Anyone who has ever taken a fish oil supplement, or vit C for a cold, is using alternate medicine.

Please leave the rules as they are. The odd charlatan who bobs up usually gets exposed and punished.

Meanwhile there are many genuine well educated well motivated practitioners who are doing an amazing job helping their patients live fuller lives.

I thank you for your time.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the sender.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 5:13:04 PM

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To the Medical Board of Australia,

I support Option 1.

I rely on integrative and complementary medical specialists, and I use natural medicines and therapies to create some resemblance of health, because standard doctors and specialists and their pharmaceutical medicine has failed me comprehensively for 15 years. If you proceed with your plan to impose restrictions on integrative practitioners, you are condemning me to a life of pain and suffering, and you, as doctors, pledge to do no harm. You will cause great harm if you continue.

I suffer from a number of chronic illnesses, including chronic fatigue syndrome, chronic respiratory congestion, and frequent migraines, all of which became so debilitating 6 years ago that I had to give up my job and career, I lost my home and the life I had hoped to lead.

I have seen over a dozen doctors and specialists the last 15 years because of my symptoms. NOT ONE of the 10 conventional medical doctors I saw could even suggest what my health problems were. NOT ONE medical treatment prescribed improved my health or quality of life. NOT ONE of these practitioners had any answers for my health challenges, and my quality of life vanished into a sea of pain.

The only effective diagnoses and health improvements I have gained were from two doctors I saw who practice complementary and integrative medicine, and from natural therapists. The ONLY treatments that have improved my health and quality of life are herbal remedies, supplements and homoeopathy.

Perhaps you think it is placebo? What utter rubbish. I have a science degree in human physiology and biochemistry. I have researched extensively for over 15 years now seeking answers and solutions, and have an excellent knowledge of the biochemistry and physiology of my health conditions, especially since so many of the medical professionals I have seen have failed to show any scientific knowledge, insight or understanding about my declining health. I am not some flaky nitwit who has just fallen victim to the latest marketing or Google search craze. What an insult to my intelligence, and that of the millions of other people around the world who study, research and use non-pharmaceutical medicines FOR THE BENEFIT of people's wellbeing and health outcomes.

I am fed up with the lab-coated pharmaceutical lackey telling me that non-pharmaceutical medicines "are not scientifically proven effective".

There are hundreds of years and millions of people's treatments that clearly demonstrate otherwise. If medical/pharmaceutical science cannot "prove" their effectiveness, why aren't they looking at their hypotheses and methodology? The human body is unbelievably complex and medical science does not have all the answers, nor does it understand everything that is happening.

Scientists do not know how salmon can find their way back to their birth stream, or how turtles can swim the whole ocean yet find their way back to the beach where they were born years after leaving, yet these are accepted as facts.

So why, then, with hundreds and sometimes thousands of years of evidence that natural therapies have been effective, are some in the medical and pharmaceutical fraternity trying to say there is no proof? This is not scientific!!!! True science takes observed fact and seeks to understand it. The observed fact is that natural medicines and treatments prescribed by experts in their fields have been effective for longer than medical science. They have been painstakingly studied, tested, documented and reviewed, and they work.

If medical science can't prove how they work, **THAT DOES NOT CHANGE THE FACT THAT THEY DO!** It simply says that medical science is not testing the right theorem, or using the right methodology, or both. You can't just say the observed fact is wrong because you don't like it. That is preposterous, illogical, and unscientific, and I would like the Friends of Science to get that, because they are **NO** friends of true science at all, just their own bigoted version – which I thought we had left behind in the middle ages. Do they also say that the turtles and salmon can't really find their way home, it is just a fluke? That is the equivalent, and is absurd. **THE FACT** is not disputable, it is the undeveloped science that doesn't know what to test that should be disputed.

I ask you, why cannot the observed fact and reality of millions who use natural medicines, and the thousands of international scientific studies be treated with respect. Why not support **MORE** research to find out more about why and how these medicines are effective, instead of denying these facts and dismissing this evidence? And condemning ill people like me to a life of hellish pain.

Is it because natural medicines pose a threat to the major pharmaceutical companies? Because natural medicines are complex, and can't be narrowed down to patentable substances from which corporations can make billions in profits? The cigarette and asbestos industries went down a similar path of “scientific proof” that killed thousands before the science was finally disavowed. Do not let narrow, unethical science get in the way of natural medicines that **HELP** people.

It is deeply distressing to me that the only medicines that give me any quality of life are dismissed as fake and ineffective, and that I and my doctor should not be allowed to access them.

Every doctor pledges to do no harm.

You are doing great harm by persecuting natural medicines, by threatening integrative doctors and practitioners of holistic health.

Pharmaceutical medicine is **VERY POOR** at treating chronic illness, which is increasing in numbers as you know. Natural medicine excels in this area. Why aren't you promoting both, educating people, training practitioners so that a full range of health options are available for all conditions?

And why condemn natural medicine if it doesn't work for someone. I am sick of the hysteria that is whipped up when someone has not been cured or has had an adverse reaction to a natural treatment – because

when the same thing happens to people prescribed pharmaceutical medicine, WHICH IT DOES, oh well, we just try something else. But if it was a natural treatment – you want to ban it and stop doctors practicing it? Such double standards are dishonest and manipulative and frankly disgusting, and I expect better of people sworn to aid human well being. A failure of natural medicine doesn't make them ineffective any more than it makes pharmaceutical medicine ineffective, it simply reiterates that human physiology is very complex and there is NO ONE SIZE TO FIT ALL in any treatment pathway.

Natural medicines and treatment modalities should be funded, researched and supported to take their place in a truly inclusive health system, where people like me are not thrown out the "too hard to treat" door, and left to figure it out and treat myself. Where skilled practitioners should have ALL modalities they want to study at their grasp so they can recommend the best treatment and help everyone be WELL.

All medicines need to be treated with equal respect.

All practitioners, whether medical, natural, or integrative, DESERVE the same respect. They are all highly trained and equally expert in their fields.

When you persecute and discriminate against the only medicines and treatment modalities that improve my health, you are discriminating against me and the thousands and thousands of other Australians suffering debilitating illnesses who have been failed by pharmaceutical treatments.

Stop this insane persecution and support a health system that actually works for everyone.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:15:06 PM

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To the Medical Board of Australia,

I support Option 1.

I was told I would have to live on pain killers and a walking stick for the rest of my life 16 years ago.

A general practitioner who was also a qualified naturopath reduced the need for pharmaceuticals and with a Bowen Therapist and a kenisology chiropractor i have not needed a walking stick since 2004.

Healthcare should be about preventative medicine, reducing the use of pharmaceuticals products to enable the population to have the best possible healthcare outcomes.

With complimentary healthcare working with main stream medicine there may be a genuine outcome of improved healthcare outcomes thus assisting the economy by less down time for the sick and injured.

Postivity in working together rather than both sides taking shots at each and viewing the other side of healthcare as enemies and competition does nothing for the suffering.

Healthcare should be about the patient, not money, not egos or driven by 3rd parties. The clients lifestyle, dreams and livelihood are the most important things to them and healthcare should place the best outcomes ahead of all else.

Medicos used to swap services for what the patient could afford to provide, now many go without healthcare as they can no longer afford it.

Many in the community view politicians setting the regulations as so far from the needs of the population and many are turning to Complimentary therapies to find possible answers that main stream were unable to. Most Complimentary therapist always refer to medical practitioners to ensure there has been a diagnosis or at least an attempt with testing that is available to medicos.

Many Doctors I have met in yhe last 10 years actually suggested to seek opinions from complimentary therapists or to consider food as medicine lifestyles.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 11:22:21 AM

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To the Medical Board of Australia,

I support Option 1.

I urge you not to adopt new guidelines that would see restrictions places on "non-conventional" care.

I am a generally healthy person and don't often have a need to seek medical assistance but when I do I want to be assured that I can access the right care for me as per my choice.

I have recently had a terrible experience with a "conventional" GP in which I attended to seek some blood tests to help me understand and treat my unexplained fatigue. During this consultation she did not once look at my face, she kept her eyes glued to her computer screen, advised me that Ross River Virus was an excuse used by people to be lazy (I have previously been infected with the virus), I had to argue to be able to be referred for a blood test and the whole appointment took less than 5 mins. At no time did she ask me anything about symptoms, lifestyle, diet, medical history - nothing. This cannot be considered sufficient care. As a general population we are sicker than ever before, overmedicated and there is significant stress on the public health system.

I have been able to secure an appointment with an integrative GP next week and I am so excited by the prospect of being able to sit down with a medical professional and finally get to the root cause of these issues. I would be devastated if this was not an option. By taking away a patients choice of how they would like to be treated you are placing people's health at serious risk. Non conventional medicine may not be the choice of everyone but the key here that people deserve the right to make the choice.

To take this option away I believe would be detrimental to our society, I know it would be detrimental to me.

I have in the past used the services of a chiropractor, acupuncture, chinese medicine & naturopath. I need to know that these options will still be available in my future. I have had incredible success with both physical and mental health support from these services.

I strongly urge you not to make these changes.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 5:39:50 PM

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To the Medical Board of Australia,

I support Option 1.

Acupuncture & Osteopathic treatments have been vital to my mobility for many years now. I cannot tolerate prescribed pain relief due to multiple allergies & extreme sensitivity to most binding agents in pharmacy preparations. Even Paracetamol is not well tolerated. There are many others like myself. This is not a 'rare' condition. Please consider not changing the present guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Re: Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:08:00 PM

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What I neglected to mention there is that she is in remission. No flares and scarring is healed.

[Sent from Yahoo Mail for iPhone](#)

On Friday, June 28, 2019, 11:45 am, [REDACTED] <[submissions@yhyc.com.au](mailto:submissions@yhyc.com.au)> wrote:

To the Medical Board of Australia,

I support Option 1.

I am horrified at the MBA attempting to restrict the clinical autonomy of our well trained doctors. My daughter has an auto immune disease, hidradenitis suppurativa, and we have sought medical assistance. She has been to a specialist hospital clinic and we have appreciated the support of the expertise there. Unfortunately her condition did not improve. It is a very complicated disorder and has a high suicide rate. We could not just let it go on without fighting for her. We have a wonderful integrative medical practitioner and together with him, and our naturopath we came up with a plan based on the research findings. She has Ng Yag laser once a month, she takes high doses of tumeric, she takes zinc, she has also had EFT treatment. All this was based on research studies with showed efficacy, and all this would be considered alternative by these guidelines. Under these guidelines we would not have been able to speak to our doctor to check it was safe with other medications she was on, her naturopath would not be able to liaise with her doctor. These guidelines put patient health at risk as it takes the doctor out of the team, and the doctors expertise in relation in interactions of drugs and 'alternative' medicines is critical. It is unfortunate that the MBA is seeking to take the opportunity for people to be proactive and involved in their own health care by tying the hands of competent integrative medical practitioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 12:11:51 PM

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To the Medical Board of Australia,

I support Option 1.

It is imperative to be able to combine both traditional and complementary medicine .The code is ,Do No Harm. I work as a Registered Nurse / Midwife for nearly 5 decades ,having just recently retired . Many of the drugs given in that time ,have now it be shown to cause harmful side effects and should be taken off the market .1997 I prolapsed my discs at work and she subsequently developed Chronic Fatigue and Fibromyalgia. At the time I was taking so much pain relief ,it was suggested by the top Pain Clinic at the time I go into Methadone .This was an option I did not choose , and chose the complementary route of Natural scientifically validated nutritional supplements . This August I would have been taking those supplements for 20 years After a couple of years off work at the initial stages ,I reentered the Nursing work force in 2001 and retired in Dec 2017 I hardly think that would have been the case if I have chosen Methadone , I would have been drug dependent and on a disability pension . A great cost to the government and myself . I am 68 years of age , actively pursuing sharing Wellness Let common sense prevail , people are not doing the Basics , Eating good plant based food , walking enough or even some proper breathing The one effect of EMF,s from the constant use of Mobile Technology is showing undesirable effects on health. Let Common Sense Prevail .We Need Healthy People on this Planet ,all of us working to pursue our Purpose ,working collaboratively for the good of All .Vibrant Healthy People

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:30:47 PM

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To the Medical Board of Australia,

I support Option 1.

I want existing regulations for medical doctors and integrative specialists to remain the same. I have a serious disabling illness of Diagnosed Lyme Disease and ME/Chronic Fatigue Syndrome. Over several decades the only relief I have had from some symptoms has been through long term antibiotics which stopped my relapsing arthritis, and from treatment for Pyroluria which is as yet not widely recognised within the traditional medical fraternity. The treatment of certain supplements for this has resulted in enormous positive changes in my Health, mental and physical.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:08:07 PM

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To the Medical Board of Australia,

I support Option 1.

I have had great success with natural therapies and treatment regime for my hashimotis and have prevented surgical intervention.

I'm all for collaborative treatments that utilise both standard and natural practices.

The combination of these treatments have a synergic effect on improving patients outcomes within the context of their personal health concerns

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:59 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has saved my life. Without it, I would either be dead or a cot case in the looney bin. Instead, I am regaining function and on track to make a full recovery. Please don't change the integrative medical services that we have access to.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

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To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to integrative and complementary medicine. The best way I can explain why, is to share my story with you.

Our town was badly affected during the 2011 Qld floods. I was heavily involved in the clean up and did not have adequate protective gear. We foolishly agreed to store our neighbours flood damaged furniture in our home for months after the event. Resulting in further exposing to toxicants and contamination, unbeknownst to me at the time.

In the weeks that followed, I developed food sensitivities that I had never had before, stomach pain, diarrhea, fatigue, anxiety, moodiness. After some months of this, I visited my GP who determined that I had contracted Giardia and prescribed pharmaceuticals. I took these and improved to 80% but the bugs were not eradicated. I took a stronger course of pharmaceuticals, these caused nausea, and again did not resolve the issue. I finally consulted a naturopath / dietitian. She prescribed a strict alkaline diet and various herbs for one month. After 2 weeks I saw a significant improvement and at the end of the period the Giardia was gone, 10 months after symptoms first presented.

Unfortunately by this time my gut lining was damaged, my immunity was down and new symptoms arose.

I went back to the GP who found my thyroid function was under-active and prescribed thyroxin. I also commenced a treatment plan with an acupuncturist and herbalist and continued to work on diet and herbs. Within 7 months I was able to discontinue the thyroxin as my levels had returned to normal.

Unfortunately symptoms continued. I experienced multiple miscarriage (4), developed rashes, increasing anxiety, still had gut issues, wasn't coping the way I used to and just didn't feel like myself. I began having heart palpitations and then panic attacks.

I went back to the GP who said it was an anxiety disorder. Prescribed anti-depressants and anti-anxiety meds and referred me to a psychiatrist. I went down this road for the next 4 years. I worked hard to maintain function and keep myself together as it was supposedly a mental health issue.

But the symptoms continued to escalate. I began having blood sugar drops, sweating, shaking, feeling like I was going to pass out, feeling like I was drunk, having tingles in my arms, stomach rashes etc.

I went back to the GP and a large growth was found on my thyroid. I was referred to a surgeon who recommended I have my thyroid removed, I didn't, and again turned to complementary practitioners to help me.

I also visited an integrative GP for the first time in 2015. She looked at all my results, including those from complementary practitioners and commented that she could clearly see there was something interfering with the way my body should be working. She asked if I'd ever been tested for infections, as I'd been exposed to the contaminated flood water. I hadn't. She was disappointed but not surprised to hear this. She ordered tests through a Victorian lab and those tests came back positive for various systemic infections. I was delighted to learn that I didn't have a mental health issue after all, I was in fact sick, and there were things that could be done about it.

My health issues are multifaceted and complex. I have required the support of many open-minded practitioners as I work to recover my health. It has been a long, slow road, to recovery, complicated by unhealthy living environments, and other life stresses. It is a road I am still on. I am still working with an Integrative Dr and other complementary health practitioners. Without whose help, I have no doubt, I would be either dead (probably by suicide) or in a psychiatric institution.

Our world is becoming increasingly toxic due to the prevalence of chemicals, heavy metals, genetically modified foods, radioactivity, and electromagnetic radiation. This is further complicated by super bugs, stealth micro organisms and mould as a result of our warming climate. It is a fact that chronic and mystery type illness is a growing epidemic.

Where mainstream medicine fails patients like me, integrative and complementary practitioners pick up the slack. They have helped to treat the cause, not just the symptoms, rebuild my composition and facilitate my return to function, where I can again be a positive contributor to society.

I am not sure whose idea this is or why it is deemed as a good one, but I truly believe it is a decision that will come back to bite those who made it and only serve to create larger, more costly, and harder to manage problems for them in the future. Society is getting older, fatter, sicker and the medical board of Australia is going to need all the support it can get in managing the increasingly complex health issues that it's population is facing.

The local GP, practicing mainstream medicine, runs all the tests they can think of and nothing shows up. Patients are then referred on to at least a dozen specialists and everyone shakes their head, baffled. This is where integrative practitioners fill a huge gap in the market. They think outside the box. They use multiple testing streams, they look for things that those in the mainstream fail to see. They offer a multi-pronged approach to recovery, giving patients the very best chance at truly overcoming the health challenges they face.

It is my heartfelt plea that the Medical Board of Australia leave things the way they are. There are very sick people who depend upon complementary and integrative practitioners and without whose help, would still be so sick and suffering, and others who would not even get here. We are all doing the best we can and need all the help we can get. The mainstream medical field failed me when complementary and integrative medicine didn't. Please don't take away my right to choice, and in turn my right to be a healthy, happy and normal functioning human. My life wouldn't be worth living without the help of integrative and complementary practitioners along the way.



Yours Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:01:29 AM

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To the Medical Board of Australia,

I support Option 1.

As someone who has been dealing with chronic illness since I was 17 - I'm 26 now, I know by experience it is NECESSARY for people with health issues to have access to both conventional and alternative health therapies. Conventional medicine alone has NEVER cured chronic illness, the type of illness that plagues your every day; chronic fatigue syndrome/ fibromyalgia/ Ehler's danlos and so on. I feel that many others will have the same opinion on this. Alternative therapies and remedies are the backbone to managing health symptoms and conditions, and by encouraging doctors to partake in this information & broaden their knowledge base into more holistic therapies is a POSITIVE. By shunning their ability to utilise alternative medicines within their practice you are dismissing their potential to actually help people long term, at the same time striking a sense of fear in them that if you pass this law then their use of alternative (paramount to healing) therapies is somewhat 'illegal' which is obviously not helpful for the future.

Please take this seriously as there are thousands upon thousands of people which not only want but REQUIRE alternative medicine alongside conventional therapies to get by day to day.

Thankyou

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:04:10 AM

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To the Medical Board of Australia,

I support Option 1.

I am writing to say why I support patient access to integrative and complementary medicines. My husband has been sick for the past 11 years. We have spend thousands of dollars going from specialist to specialist and numerous medications. They could not work it out so sent to the next one. He was even told by one Doctor to not come back unless you are dying as we can't help you. He has now found the greatest relief from complementary medicines, one of which was recommended by an Associate Professor in Immunology. I personally have seen numerous specialists who could not diagnosis issues either. Again I have found much better results away from your mainstream. We should have the right to choose the type of practioner we see because your way is not the only way. We have a wonderful GP who we keep fully informed of our choices. I do use mainstream medicine when appropriate but isn't my right right to choose?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 11:04:13 AM

---

To the Medical Board of Australia,

I support Option 1.

This is the 21st century, surely we are not ignoring the proven fact that Nature does provide healing plants, and that vitamins, and minerals are now necessary to complement the normal diet when we don't have access to organically grown fruit and vegetables grown in healthy soils. These are preventative measures for keeping the ageing population in particular healthy. The government is concerned about the cost of the ageing population in Australia, and yet making it more expensive and prohibitive for elderly people to remain fit - & to access Yoga classes, etc. This is also supposed to be a democracy we live in, in Australia, and yet Big Pharma and \$\$\$ seem to be in power.

One of my sisters has metastatic EGFR cancer but unable to get the one drug that is having some success Tagrisso, unless pays \$200,000 + PA for it because the pharmaceutical company owns it. She will need to travel o/s to have it much cheaper and affordable. another example of \$\$\$ before saving lives of Australians.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:51:25 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
As a cancer patient I used main stream and intergative medical treatment. My heath and mental health benefited. We need to have hope and choice in treatment. A lot of medical treatment is guessed, all patients repond differently to treatment, so a holistic approach has better results for the patients. Please don't make the changes. Thank ou

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 21 May 2019 7:44:48 PM

---

To the Medical Board of Australia,

I support Option 1.

As a victim of medicines prescribed by a doctor which resulted in being hospitalised and suffering back problems for. Over. A year I am now very cautious of drugs from the drug companies. I was able to replace one of the medications with a natural therapy which does not have any adverse side effects

I consent to publication of my submission.

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.

After 6 years of struggling with hypothyroid symptoms, including multiple miscarriages, I sought the help of a GP who specialises in thyroid treatment. He recognised that I could not convert T4 to T3 effectively and put me on Natural Desiccated Thyroid or NDT. This has changed my life for the better and I now would not be without it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 8:01:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine because it is effective and it works, not like drugs that just suppress symptoms. My family has had very effective treatment for our AHDD grandchild, main stream just treated us with contempt, with little research for this condition by mainstream, why are you politically interfering in our freedoms and rights.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 11:41:34 AM

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To the Medical Board of Australia,

I support Option 1.

Please do not make changes. As a person with MS my treatments have been life-saving and have helped me immensely. If you take it away you will take away my right to live freely

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:49:04 PM

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To the Medical Board of Australia,

I support Option 1.

Patients should be able to choose who their health care provider/Dr is and what services they offer. If they don't want integrative medicine, they don't go there. In the past 5 years my health and that of my family has utilised an integrative Dr in order to have the best of both worlds. Traditional medicine where necessary and where traditional medicine has no answer natural methods. Not everyone wants the band aid solution. Some people want to find the cause of the problem and heal completely. Sometimes in the short term bandaids are necessary and our Dr has also been able to provide this alongside the complimentary supplements and services. Traditional medicine has no answers for the things we have suffered in our family eg. Autoimmune diseases, IBD, adhd and more. Their solution is a lot of drugs that have a lot of side effects. We have seen the same results using a more natural approach. I would feel fairly hopeless with what yo do next if I was unable to access the integrative health system.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned that integrative healthcare services are under threat. I believe holistic healthcare including good nutrition and natural therapies are essential to prevent disease and to assist in recuperating from injuries. I don't want GPs to be limited to prescribing pharmaceuticals and sending patients to surgeons. I have been able to alleviate my osteoarthritis and greatly improve my quality of life by using the services of osteopaths and chiropractors and taking nutritional supplements.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 10:09:31 AM

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To the Medical Board of Australia,

I support Option 1.

I believe that integrative medicine saved my life 8 years ago. I had an allergic reaction to antihistamine with throat swelling and breathing distress. Then 3 days later my body went into stress and my GIT stopped functioning. Could not eat or drink without vomiting. Or burping.

I m an RN and couldn't imagine what would happen if I went into hospital. Fluids. Steroids. Trying to feed me sustagen. Did not sound great. I found an integrative doctor. Who helped me gently restart my gut. With ACV to stimulate stomach acid. Electrolytes to support my system and digestive enzymes so I could start to eat again. Slowly I recovered to full health over 12 months. Very grateful for gentle supportive supplements and minerals to get me back to health

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:12:27 PM

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To the Medical Board of Australia,

I support Option 1.

As an insulin dependent diabetic with numerous other health issues, I value the opportunity to get advice regarding alternative medicines rather than just being given another pill to pop.

An alternative approach rather than the surgeon's knife or just living with the problem.

An all round approach to solving a medical problem is far more agreeable.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

One of my children became extremely ill at the age of 15 years old, he suffered with chronic fatigue, constant severe headaches, body aches and pains, he could hardly walk, sudden onset of food allergies, brain fog and many more. He was so ill he could hardly get out of bed, nevermind have a normal life or go to school. Doctors tested him for everything they could think of, but eventually told us that they did not know what to do. It was thanks to a good friend, whose child had as it turned out suffered similarly for 18 months until she found help from a naturopath that we learned about a naturopathy and holistic health care - something that had never occurred to me before. My son's journey back to health started there. Not only the naturopath but also the holistic doctors who supported the naturopaths all helped my son in his recovery, thanks to appropriate supplements, that were regularly adjusted as needed, as well as holistic treatments such as Vitamin IVs. Ozone Therapy and so forth as well as a complete change of diet. My son got his life back and had a wonderful 18 months of good health.

He then sadly had a setback after being exposed to chemicals and VOC s in a brand new school building and his health declined again considerably. He battled again with headaches and brain fog, histamine issues as well as sleep disorders. This time one of our doctors suggested stem cell therapy using my son's own stem cells, nothing else, a very simple, very easy and non invasive procedure, as the stem cells were harvested from my son's blood, not fat cells. Within 24 hours of having the stem cells reinjected he was fine! No more headaches, no more sleep issues, no more brain fog, no more being excluded from having the normal life a young man of his age should have. He managed to catch up on all his school work, finished with a great ATAR and is living a normal life now. All this thanks to doctors and naturopaths using alternative health treatments and thinking out of the box.

Had we stuck to mainstream doctors, my son would still be housebound, unable to live a normal life, a cost to society and unable to contribute to society. After everything we learned also from talking to others in a similar situation, it very much seems that medical schools do not teach doctors anything about nutrition, and healing of the body, it all just seem to be about covering up the symptoms with pills pills and more pills, however no understanding of how to treat the underlying reasons for somebody's illness.

Any attempt of the MBA to hinder the wonderful work holistic doctors and naturopaths do borders in my opinion on the criminal. I suggest the MBA rather starts an inquiry as to why doctors do not get taught a holistic approach to healing in their medical schools.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 1:59:31 PM

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To the Medical Board of Australia,

I support Option 1.

To the members of the board,

I am deeply concerned that allopathic medical practitioners may be forbidden to utilise integrative and/or complementary medicines in their practice. I have been fortunate to find practitioners who have understood the value of therapeutic doses of nutritional medicine and have also understood the value in many complementary practices. This has helped to firstly manage chronic fatigue symptoms with a full capacity to return to work and secondly manage symptoms of chronic fibromyalgia without use of strong analgesics or opiates. I have also been fortunate to have had doctors who have understood the links between the over prescription of pharmaceutical drugs and some disease processes. It is becoming farcical the attempts by certain groups to both curtail the rights of the individual to choose their treatment modalities and to control the capacity of practitioners in all fields to treat their patients with honesty and best possible practice. One can only assume that there is some form of payoff for these groups either financially or in power that leads to this situation. Is it therefore the case that the medical profession is prepared to deny the Hippocratic oath and its tenets in order to allow these naysayers to gain power?

I for one would be very unhappy should that be the case and that if this is to eventuate my wonderful doctors will be forced to comply with incredibly restrictive rules. It seems to be an insult to every practitioner's intelligence that a group of people are ready to totally control their capacity to treat their patients to the best of their knowledge and skills.

Thank you for your time in considering my statement.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:25 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My life has been basically free of antibiotics due to the diligence of my doctors. Homopaths and alternate therapies. They have cured my tonsillitis without drugs and surgery. Lifted my vitamin D to help battle depression, rather than anti-depressants. How fab is this- when I really need antibiotics they actually work. Please don't let the big pharmaceuticals bribe you.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 12:04:19 PM

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To the Medical Board of Australia,

I support Option 1.

It is vitally important to support integrative care in medicine. Integrative General Practitioners use a broad pallet of tools in their practices which ensures best care for their patients. Allopathic medicine and pharmaceuticals can provide substantial support for many acute conditions but often fail in treating chronic conditions effectively. I was an eczema sufferer for two decades. Conventional medical approaches did not cure my condition, they only alleviated the symptoms for a while, to then reappear with more vehemence. It was only when I engaged with the practice of an integrative GP who used nutrition, herbs and homeopathy that my condition was cured completely and I do not suffer from eczema any longer. It is essential that patients have the choice to engage with the broad range of medical approaches that have been developed over a long time and are substantially supported by many studies which prove their safety and efficacy.

Integrative medicine in Australia needs to be developed further, and must not be hindered by anachronistic opinions that refuse to acknowledge the broad reality and spectrum of safe and effective medical practice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:31:58 AM

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To the Medical Board of Australia,

I support Option 1.

A doctor that practices Complementary Medicine supported me through a very tough medical journey with my Thyroid. He also helped me to understand my hormones and the supplements required to support them- Naturally! Complementary medicine is imperative to the health and wellbeing of Australians. Natural therapies are always first preference.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:36:22 AM

---

To the Medical Board of Australia,

I support Option 1.

It was my understanding that doctors take an oath to do no harm. By removing our choice to use integrative and complementary medicine the Medical Board of Australia puts at risk the well being and ability to manage symptoms of many very severely and chronically ill people who number 250,000 in Australia who have ME/CFS. This is a very debilitating complex physiological disease in which the Australian Government and the NHMRC are both investing money in research. Why would you want to jeopardise a quarter of million Australian's access to integrative medicine and complementary medicine (whether that is nutritional or vitamin/mineral supplements/compounded supplements that has been proven to provide some much needed regular (weekly) relief to people with ME/CFS such as me and my peers. There is NO CURE globally for ME/CFS, yet it has been recognised by WHO since 1969. I personally have found the weekly IVs are critical to my day to day functioning and reduce the severe brain and body inflammation and pain associated with this disease's common symptomology. It beggars belief that a bunch of uninformed medicos would put at risk so many vulnerable Australians for whom integrative medicine and complementary medicine is efficacious. I sincerely hope that this vicious attack on Australians' rights to choice is not in any way predicated or underpinned by pressure from multinational drug companies. There is room for both approaches to treatment globally. Australia should not be any different and the MBA should be working in the interests of all Australians. Without access to Australian doctors trained in integrative medicine and companies supplying the unique vitamins and minerals and compounded product that have been proven to help manage the unique symptomology, the patient community with ME/CFS in Australia would be lost and without hope. The pathology of this very very complex disease is backed by global research that shows significant impairment in many pathways - be they to support neurological, endocrine and cardiac functioning - amongst other key areas of the body affected by this disease. Traditional drugs do not work! this has been proven time and time again. In the interests of being fair to all Australians, especially the vulnerable who are chronically ill, please heed this plea and stop this ridiculous crusade against complementary and integrative medicine. There is room for both, in fact room for more integrative medicine practitioners who are trained GPs and specialists to help the ME/CFS patient population and others with chronic disease where traditional drugs have proven ineffective and inadequate. We need balance, not removal of choice, where traditional medicine has proven ineffective. Should the MBA impose such restrictions so as to remove the choice for patients and access to such medical doctors, you would effectively be going against your professional oath.

I consent to publication of my submission.

[REDACTED]

[REDACTED]

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I totally support option 1 and severely object to the MBA's stance on complementary medicine. I have Parkinson's disease and have had it since Jan 2008 (I was 43 years old). I am NOT taking any prescribed, allopathic drugs for my PD yet even after over 11 years with the disease, I am still functioning at a very high level of competence (meaning, apart from the occasional low level tremor and some slowness of movement, I function like a normal human). I consider my lifestyle changes and complimentary medical support to have facilitated this prolonged high level functionality.

I tried Levadopa from 01 Jan 10 - 15 Mar 10 with zero improvements to PD symptomology. Levadopa was prescribed by a Prof of Neurology.

So, if that is the best you can do for me, then I'm more than happy to stick with the modality that can help me.....and avoid all the side effects in the process.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:45:47 PM

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To the Medical Board of Australia,

I support Option 1.

I have seen and experienced the efficacy of "natural products" even to the extent that these have resulted in substantial improvement in chronic medical conditions and have enabled people to no longer require prescription medications which have, in some cases, not provided any benefit. In one case a woman who suffered from rheumatoid arthritis ultimately suffered a major stroke. She was told that the stroke was the result of the prescription medications she was taken and therefore could no longer have them. She experienced incredible relief from her stroke and RA symptoms using a natural therapy and is now living a much more productive and happy life than she has for many years. I know other people who have suffered long term symptoms of arthritis who are gaining relief from natural products which are the result of long term scientific research and development. These people are getting relief of pain and other symptoms which prescription medications did not provide including sleep quality. I have a personal experience of a high grade natural therapy which was the subject of some 20-25 years of research and development which, quite quickly, had a profound effect on my long term history of symptoms of depression and PTSD. The person who developed this product was in fact nominated for the Nobel Prize in medicine (2018) for his work. While he did not win the prize, he was in the final group considered for it. The value of natural products and alternative therapies cannot be underestimated. There is more than a small body of evidence that all prescription medications carry some risk. Regrettably my own experience has been that some doctors are too quick to write a prescription, even in circumstances where a diagnosis of the medical problem has not been made. The hippocratic oath, among other things, says let food be your medicine and your medicine be your food. A healthy diet and lifestyle in some cases is all that is needed for some people. The right natural therapies which come from food sources cannot be excluded from appropriate care for patients. Furthermore, I do not expect the AMA to mandate what medical care I can access. My personal view is that a trained medical practitioner who also has skills in alternative therapies is a much better option than a medical practitioner who takes a very narrow approach to patient care and too quickly writes a prescription. I want to know all the options available to me including alternative therapies so that I can make the best and most informed decisions for myself about my health care and treatment. That is MY decision and not for the AMA to mandate.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:02:45 AM

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To the Medical Board of Australia,

I support Option 1.

I value a holistic complementary approach to healthcare because it is a sensible way to prevent illness and chronic disease. The reasons for disregarding global standards and information are weak and demonstrate an egoistic attitude to the ownership of knowledge and control of healthcare \$. My children have benefitted from an inclusive medical service for conditions such as broken bones, headaches, school sores and wound care, immune boosting, anxiety and general tiredness. The benefits of a medical service which include allied health recommendations and post consultation feedback are multitudinous and I would have thought, obvious. I am completely against a tightening of controls on doctors in this regard and recognise it is driven either by pharmaceutical greed or a lack of confidence in the discernment of medical professionals. Ridiculous use of government time!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 5:13:35 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly uphold the need for choice to access holistic, integrative medical treatment and advice. Low impact treatment relating to diet, nutritional supplements and physical manipulation has over many years provided me and my family with relief in both acute and chronic ailments. Conventional medical approaches often focus on drug treatments, based on research from pharmaceutical companies - narrowing their focus and knowledge base. There is far more evidence of negative outcomes and side effects of conventional medicine than from complementary approaches - and these statistics should be laid alongside any mention of the 'risks' of complementary medicine. I support continued choice of access to complementary and integrative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 10:22:50 AM

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To the Medical Board of Australia,

I support Option 1.

As a man nearing 70 years of age who has survived 2 major cancers events I am totally against limiting a Doctor from having a full medical bag to support their treatment options.

While a lot of doctors are not aware of safe and proven natural alternatives available to assist with health and recovery, many doctors do appreciate that drug companies do not have all the answers and natural practitioners can often help a medical condition.

A doctor must be free to offer the best advice and direction to patients without one arm being tied behind their back.

The other major concern is that a patient must feel comfortable in discussing their health needs and thoughts with their doctor and then being able to accept their recommendations.

I for one would be very concerned if a doctor could not discuss, or I could not raise any solution that was in my best interest. Patients will simply go and do and not inform their doctor about alternatives they may be considering or taking and this could lead to complications due to withheld information.

How about we just let doctors be doctors and DO what they feel is best for their patient and let patients have full confidence that a doctor is not withholding something that may assist them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:31:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patients having access to integrated and complementary medicine as there are diseases that mainstream medications can't cure alone.

My niece is suffering from Lymes disease and is reliant on care that is not offered in Australia. She has had no choice but to travel overseas on a few occasions to receive the care she needs and relies on a doctor who can guide her and care for her as best he can with the current limitations in place. It would be detrimental to her health if this too is taken away from her.

I'm sure my niece is not the only person in this situation, and can only imagine the impact and needless suffering this would cause for many Australian citizens. Not only should access to these Doctors who offer integrated and complimentary medicines remain, but there needs to be education for more Doctors to offer this care, not have this care taken away.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:06:04 PM

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To the Medical Board of Australia,

I support Option 1.

After having CFS (Chronic Fatigue Syndrome) and after thoroughly exhausting many Western medicine treatments and therapies, none of which worked, I was able to turn to Integrative Medicine. Please note I support Option 1! Thanks.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:46:08 AM

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To the Medical Board of Australia,

I support Option 1.

As a patient dealing with auto immune diseases, fibromyalgia, diabetes, sleep apnoea and now heart disease I find integrative and complementary medicine crucial in filling the gaps for pain management! If you impose these restrictions on integrative practitioners you will be making life so much harder for CDC thousands of people like myself dealing with chronic pain. Please donot do this...life is so hard already without removing a vital support.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

My son is 7 years old, he has Down syndrome, and he is a picture of health through complimentary medicines through our GP. While most doctors cannot help the health and wellbeing of a child with such chromosomal abnormalities, there are some out there who put hours into researching and studying way to help the lives and health of our children. I work hard for the health of my family, I pay out of pocket for complimentary medicines and health care, and I will never stop.

There are incredible doctors out there paving the way for prevention rather than cure and it's gut wrenching for me that the government would consider putting a stop to this choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:53:30 AM

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To the Medical Board of Australia,

I support Option 1.

The ability of my GP to converse and recommend complementary medicines has made my whole experience with my GP far more positive. It has not only helped my son but has also allowed my partner get through some very tough times when nothing made sense.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:19 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 had a chronic incurable disease for 14 years. I have done the full Pharmacy road & suffered many side effects. I want an integrated GP service & the benefits I choose. not more drugs. So Butt out MBA!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 6:09:36 PM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
As a nurse I followed the traditional route for 17 years with no changes following consultations with g.p and x 4 different specialties. I consulted a naturopath who did extensive testing and sent me to an integrative doctor who has made significant improvements to my health. They, together, have solved many issues especially my gut problems which trad. medicine had not addressed, for me the integrative approach is far superior and has got to my root causes instead of bandaiding with drugs and supplements have addressed many nutritional deficiencies.

I also use acupuncture, biocranial sacral massage with much relief.

It has assisted me greatly with autoimmunity and I will continue on this path.

[REDACTED]  
I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 1:31:13 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine is vital to my health. It is largely impossible to cover all the issues I am experiencing, without looking at alternatives. We are being forced to choose only one pathway, and we pay huge amounts for private health

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe all people should have equal and unfettered access to any form of treatment/ medicine they believe will work best for them.

Whether that's alternative, integrated and complementary medicine, there should only ever be a level playing field with respect to any chosen treatment given by a medical practitioner, across any field of practice.

After the mainstream medical system failed me in providing answers and solutions to my own lifelong health condition, i ventured outside of the box and found the solution I was looking for. After a systematic process of elimination in searching for the answer, I discovered the real root cause reason for my condition, and upon properly understanding it, i had in fact found my 'cure'.

So therefore, I believe it is only fair to allow people to explore their own best course of treatments, while allowing medical practitioners to offer what they believe is best for their clients.

As long as we do not have definitive 'cures' for human ailments and dis-eases, and there is definitely no such thing as a one size fits all approach to health and well-being, then people should be free to pursue the treatments for which the resonate with most, or with the treatment they believe will work best for them.

The reason I suggest this comes down to a simple fact.. the placebo effect is real. The power of belief is real. And as for the question of what distinguishes whether the placebo effect works for one person or another, or not, I ask, well with what intensity, or strength of belief did that person have invested in that treatment actually working for them?

...

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:20:23 PM

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To the Medical Board of Australia,

I support Option 1.

I was medicated at 20, put on antidepressants which affected my health.. Not once did a doctor offer to do proper blood work!! Or recommend normal options like exercise or look at my mineral deficiencies

4 years ago an integrative doctor tested me to find out that I had pyrolles, and Mthfr gene.

I have been on natural supplements working on my deficiencies and never felt so better in my life with stress management skills from her!

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 was only offered "conventional" prescribed medicine, namely Methotrexate, for my Rheumatoid Arthritis in 2017. I was stricken with pain and felt like I had been crippled. I chose not to take this medication and sought the help of an Integrative Medicine doctor. This alternative treatment included a diet of whole fresh foods, daily exercise, meditation, chiropractic and vitamin & mineral supplements. My arthritis has greatly improved and I now live a normal life with no prescribed medication.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:13:57 PM

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To the Medical Board of Australia,

I support Option 1.

I am very concerned that we are facing risks to have a choice in our own and our families medical care. As a mother who has raised and is raising 6 children I have used integrative and complementary medicine as well as main stream medicine to give our children the best care possible. I strongly believe that we need both. One of my children has special needs and after many, many years of seeking help from medical doctors/specialist and taking pharmaceutical drug which then created more problems for us. I was finally able to consult an alternative practitioner who found the answer to my daughter's health issues in a short amount of time. Problem dealt with. Because of the testing available through mainstream medicine we had a diagnosis of what the problem was but they didn't have an answer for us. I had confidence in the alternative therapist as they told me the same diagnosis, but they were also able to treat the root cause and thus fix our daughter's problem. I am currently dealing with my own health crisis and am in the same position. I have a diagnosis from the main stream doctors/ specialists, but no answers for treatment. Just drugs to mask the symptoms. So I am not in the process to seeking help from outside that field to find treatment. The point I would like you to consider is that as patients we should have a choice. All medical help has some form of risk. Therefore, we as patients need to determine in every giving situation we are faced with if we are willing to take that risk and follow the recommended treatment. My choice... I choose the doctor or therapist, I choose the medication... I choose on going care. It is not the right of government to decide on my health care or who I choose or have confidence in to treat my or my families conditions. There are far more injuries and deaths caused by doctors than are every recognised or recorded. Medicine is not safe. It never will be because it is not possible. There will always be risk. You have no right to impose mainstream medicine as our only option in health care. There is much wisdom in Chinese medicine and alternate therapies. Many times, changes in lifestyle can make tremendous differences to quality of life for a patient.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:40:41 AM

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To the Medical Board of Australia,

I support Option 1.

Please reconsider imposing restrictions on Integrative practitioners. As a citizen that lives with chronic illness, endometriosis, Fibromyalgia & Chronic fatigue. I found when conventional medicine failed in improving my condition & bringing relief from my symptoms & subsequently made me experience serious side effects, numerous hospitalisations & drug reactions, my quality of life was seriously impacted & my ability to participate in normal day to day activities was severely restricted. I turned to integrative medicine to manage my condition. This approach has been the only treatment option that has returned my quality of life, reduced my symptoms without side effects & has allowed me to participate again in daily activities that others take for granted & has finally stabilised my condition. To feel well enough to spend quality time with my children again is irreplaceable. I implore you to seriously consider my submission on the value of patients to be able to access integrative medical practitioners & request that you not place restrictions on them. I believe to lose access to this integrative approach to managing my Chronic illness will have a devastating impact on my quality of life. Please don't take away my fundamental human right to access modalities & medicine conventional or otherwise that are supporting me & have returned me to a quality of life I thought I would never experience again.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 11:00:42 PM

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To the Medical Board of Australia,

I support Option 1.

1st, it's OUR HEALTH you are talking about.. normal Doctors stuff up patients, 2nd. Why attack MY CHOICES if I chose an intergrative Doctor? sometimes a GP can't help at all. 3rd, without my husband seeing an Intergrative Doctor, he would be 6ft underground by now, when he was in hospital even a Physician couldn't help him, he knew his problem but said he didn't know what to do.. so DON'T impose restrictions on Intergrative Doctors that we as patients need. You do this, and I will go back to Aboriginal Medicine, and seek out our elders to help me.. Oh and lastly I'm an x-nurse.. and between my sister and myself, have seen a lot of stuff ups by the medical profession !!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:11:15 PM

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To the Medical Board of Australia,

I support Option 1.

All through my 20s and 30s I had depression. I didn't know this until I turned 35. In 2016 I started getting my period every 2 weeks. These periods would run for 12 to 14 days at a time unlike my regular 8day periods every 34 days. I went to a Dr who did some general blood tests but said everything was fine. I went back a couple months later to a different Dr and he wanted to put me on a murina. I refused and left angry that no one wanted to know what was wrong with me.

I went to Dr [REDACTED] at [REDACTED] in [REDACTED]. He checked everything, I even had blood tests that aren't considered the norm. We found out I had a copper toxicity and that was causing my depression and bleeding. He put me on a High Fat Low Carb diet to increase zinc and hormone levels, an exercise program, and supplements.

Within 3 months my bleeding stopped, my period regulated to 4 days every 21 days. Within 6 to 8 months my depression had disappeared.

I work in pharmacy and I truly believe drs should have natural health and nutrition as part of their yearly ongoing training.

Imagine the implications of me not finding out I had toxic copper levels in my blood, things like that can end very badly. Any Dr who doesn't help their patients 110%, do not belong in the medical field.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**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 a total thyroidectomy patient with T3 deficiency and hypoparathyroid/hypocalcaemia due to parathyroid removal, with a gastric sleeve, coeliac disease, multiple allergies, poor absorption and several other autoimmune conditions exacerbated or directly caused by poor thyroid treatment by mainstream medicine for many decades. I am **VEHEMENTLY OPPOSED** to any removal of choice for patients such as myself and the thousands of other thyroid patients I support via administration of an online support group every day. We are hurting because of the extremely poor treatment and mismanagement of our conditions by mainstream medicine. We have diminished capacity to earn an income and to pay the extortionate medical fees we are subjected to through no fault of our own. We did not cause our conditions by smoking, drinking or risky behaviours. Many of us lived healthy lives prior to our diagnoses of autoimmune diseases or cancers of the thyroid, and now are at the lowest point in our lives due to the substandard care we receive - or in many cases, do not receive any care at all. Many of us have contemplated suicide more than once - some have followed through due to the pain, sickness and sheer frustration at not being treated properly and holistically. And then, when we do find an integrative physician willing and able to help us, they are persecuted by the Medical Association for stepping outside the lines. The ethics of those now seeking to deny patients like me the right to choose our treatment and seek better health are deplorable, and people like me can only assume it is a deliberate and disgusting attempt to destroy lives and keep us dependent on the sickness system currently operating in Australia for the sheer profits of those who will gain from this decision. It is not in my best interest to remove this choice. It is not in the best interest of tens of thousands of my fellow thyroid patients, nor those with chronic illnesses, nor those with allergies, nor those with hormone issues.

You all need to take a long hard look at yourselves and figure out whether you want to be responsible for the deaths and disablement of millions of your fellow Australians, or their bankruptcy attempting to seek treatment that should be freely available to any permanent resident/citizen of Australia (not just the rich). I am disgusted that this is even a thing in 2019. It is like we are regressing to the Dark Ages all over again.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:24:48 PM

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To the Medical Board of Australia,

I support Option 1.

My experience of alternative health care has been positive and lead to me leading a healthy lifestyle with little use of the health system. I have experienced extreme back pain through bulging discs in my lower back. I was able to overcome this through combining a use of natural therapies, chiropractic care, yoga to build strength. I have also experienced severe allergies and sinus which had me feeling very low and on a lot of over the counter medication. I explored natural therapies including homeopathy, desensitisation and herbal supports and now no longer suffer from these allergies. My current health is due to a combination of therapies. My health, my choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:24:14 PM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I was born with a birth defect which affected the right side of my body. My parents, who lived in a little [REDACTED] town on the road to [REDACTED], and in the absence of any doctors within easy reach, did everything they could to make sure I could walk properly and use my right arm as well as it could be made to work. Without help from the government of any sort, they were told by the [REDACTED] Dr [REDACTED], who often passed through our town and stopped at my grandparents hotel for lunch on the way travelling to [REDACTED],

three things. They were told to RELIGIOUSLY,

- 1) ALWAYS TREAT ME HOLISTICALLY
- 2) NEVER LET ME GET OVERTIRED
- 3) EXERCISE LEGS AND ARMS EVERY DAY.

That was EIGHTY TWO YEARS AGO, and I am going on eighty four now. I was only a very small child, but I remember that being said, AND, I remember how I hated having to do exercises EVERY DAY.

The brunt of making me do my exercising fell to my mother because my father was a shift worker for the first two or three years after that and before my father was called up for war service in 1942 and did not return from overseas until 1946. After returning from the war he made strenuous efforts to have us all relocated to the city and rehoused there, especially to have my right side given better treatment than they could give. There was none available, nor was their work or housing available immediately after the war in [REDACTED] so we all had to go back to our little [REDACTED] town and continue with the above regime. I can only thank my parents for the relentless diligence in remaining faithful to that doctor's instructions. I was taken on short holidays to [REDACTED] every year which with the financial help of my grandparents and moral support and love, to get massage and and further advice from the [REDACTED] Children's Hospital, as it was then.

I subsequently married and had children of my own, but for the whole of my life I have had massage and exercise as part of my daily routine. I have lymph massage to help the lymphatic system cope with the inflammation that builds up in my system, and I have regular chiropractic visits to help keep my spine as straight as it can be under the circumstances. I also have a well qualified reflexologist regularly treat my feet, so that the whole of my system is attended from the feet up. In addition, I visit a qualified physiotherapist/pilates health professional on a weekly, or more, visits to help me with exercises.

The left foot is a size nine and a half B, and my right foot is a five and a half double EE. Numerous operations to correct any problems that have arisen, but none has been successful, so I am left with no ability to walk without shoes. I have to buy two pair of shoes of different sizes to get one pair, for which I have to pay \$770.00 Australian dollars. I had a PODORTHIST by the name of [REDACTED], who has been the only one to be successful in making me an insole for each foot so that I can walk as well as I can, without bunions and corns, to add to mix of possible problems if my feet and whole body are not

attended to in a professional manner. I regularly visit a PODIATRIST, trained by [REDACTED], to see to my feet in order to stop trouble before it arises.

I THANK YOU FOR GIVING ME THE OPPORTUNITY TO WRITE ABOUT THIS AND FOR YOUR TIME TO READ IT. I HAVE NEVER BEEN ABLE TO TELL THE MEDICAL PROFESSION OF THE STRUGGLE IT HAS BEEN TO KEEP ON MY FEET THE WAY I HAVE, AND TO PAY TRIBUTE TO MY PARENTS AND EXTENDED FAMILY FOR THE WAY THEY HAVE HELPED ME TO KEEP COMPARATIVELY FALL FREE. I AM NOW A WIDOW AND PRESENTLY CARE FOR MYSELF IN MY OWN UNIT, SUCCESSFULLY FOR THE MOMENT AT LEAST.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 12:38:09 PM

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To the Medical Board of Australia,

I support Option 1.

My journey into the use of alternative/complementary medicine began over 25 years ago. I was the mother of 1 baby girl who was in creche, while I worked a full time job with mostly unpaid overtime at a bank. I dropped her into cheche at approx. 8.30am and picked her up just before closing time 6.30pm daily. Continuously for 1 year, I would go to the local medical clinic, get a random doctor who all had access to my medical history and leave their office with another script for antibiotics. Of course while waiting room time was long, the actual consult was only 10 mins short! Finally after 1 year of taking antibiotics monthly, I asked 1 doctor to tell me why this was happening to me. With this he took a little more time, gave me a blood test and a script for a 'tonic' which I took for a number of weeks. This finally stopped my revolving cycle into the medical centre. We shifted houses about 18 months later and I got a virus again so went to a new medical centre. I was scared of starting my old cycle with antibiotics which people now know is very unhealthy for our general wellbeing. I asked this new lady doctor if she could also give me the 'tonic' that I'd had before and recommend other things I should be doing to improve my health. She looked at me blankly, told me that there was no such thing as a tonic and that she didn't have any other advice for me other than the antibiotics!!! This definitely was my realisation that all doctors aren't created equally, they all don't know how to keep me well, the system doesn't allow them enough time with 1 patient to allow them to do anything meaningful for my staying healthy and I have to do my own research and find health care professionals that have got the time and interest in me as an individual, not just someone to rush out the door after a quick script for antibiotics! During my years since, I have stayed very healthy and have only used doctors that have a wider range of knowledge. Stopping those doctors that are interested in keeping people healthy for longer seems ludicrous. Their adjunctive treatments are better for the patient, Australia's medical expenditure and keeps medical centres clear to treat emergencies like broken limbs in a more timely fashion. I definitely question who is pushing for these limiting guidelines, who's to gain (i.e. which big pharmaceutical corporation), why do the Medical Board of Australia feel so threatened etc. I'm very happy to speak to you further as I have many more examples of why I came to this stance/opinion so would welcome more conversation with you if you require.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 11:13:22 AM

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To the Medical Board of Australia,

I support Option 1.

I think I am more likely to get the help I need if all medical practitioners are able to offer all forms of health care.

I am unable to take a number of pharmaceutical drugs because I have quite severe reactions to them, and I have found that there are herbal options which work for me.

If the MBA imposes restrictions on integrative practitioners, I am afraid my health will be at risk because I will have to find help elsewhere while my health deteriorates.

I have fibromyalgia, osteoarthritis and bronchiectasis, all of which can create difficult medical issues, and I would like to know that any practitioner can help me wherever I am.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:01:31 PM

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To the Medical Board of Australia,

I support Option 1.

My integrative medical doctor has saved my life. I have seen regular GPs for years with ailments including Osteoporosis and Sleep Apnea. All conventional drs could offer me were medications and equipment to manage my conditions. I was looking at having to retire from work and spend my days on a CPAP machine. My integrative medical Dr has investigated the reasons why I have these conditions and with the help of correct supplements, diagnostic testing and the support of a naturopath, chiropractor and osteopath and orthodontic work to open my airway I am now on the road to recovery and will continue to be a functioning member of society for many years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 8:23:21 PM

---

To the Medical Board of Australia,

I support Option 1.

My son and I have suffered from health conditions for a long time, with no improvements from conventional medicine. They were only resolved by our gp who practices with a holistic approach and we strongly support and want to continue to use this method. It has been used for many generation in my family and is safe, effective and natural. I also want my children to have access to this in the future.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:06:42 PM

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To the Medical Board of Australia,

I support Option 1.

I very strongly support access to

Integrative & complementary medicine. It is our right to have access to and choose the type of medicine we personally believe is effective and what has proven to be effective.

Integrative & complementary medicine has helped me and my family & friends on multiple occasions when the conventional approach has not.

My son was unwell for almost 2 years until a functional practitioner successfully treated him with a natural approach including diet & supplements.

We use Integrative & complimentary medicine because the pharmaceutical drugs often have too many negative side-effects. Integrative and complementary medicine is a much less aggressive approach and always our first choice before considering conventional medicine

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:58 AM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for the option and choice of complimentary medicine I would currently be without a large intestine, have brittle bones and major hair loss along with who knows what else. Basically I would be a very sick person compared to the relatively healthy, functioning and contributing human I am today.

I consent to publication of my submission.

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.

I strongly oppose any change to the guidelines for integrative practitioners in Australia.

I have personal experience with integrative medicine, where for two years I suffered a myriad of unpleasant symptoms, seeing various GPs and specialists, having a number of invasive tests, ambulances called and hospital visits, and not one doctor could help or provide an answer until through word of mouth I was introduced to an integrative doctor.

My life and health were turned around after visits with this doctor, who ordered tests and was able to very quickly get to the core issue of my problem, spending hourly appointments with me instead of the usual 15 minutes with that of a regular GP.

I continue to access conceptual doctors for minor issues, however the ability for me to access a different type of doctor remains of utmost value and importance to myself and my family. The impact of these doctors being unable to freely practice or have restrictions placed upon them would be detrimental to my own, and I'm sure many others' health and well-being.

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:54:58 PM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because it is important to have choices when “one size fits all” no longer seems applicable.

Without integrative and complementary medicine options applied alongside traditional medical practises my partner would not have recovered from brain surgery. He would have been unable to continue to be self employed without the help of complementary treatments to help with ongoing long term side effects of the hormone producing tumour that was removed from his brain. Without alternatives he would not be able to work and support our family. This would create a flow on where we would be dependent on government handouts instead of being a self sufficient family unit.

Instead of reducing access to these complementary and integrative medicines the government should be allocating funds into research.

Placing restrictions on these complementary and integrative medicines is a destructive idea. It will mean more reliance on medication in the long term and the treatment of symptoms only. Medicine should be about looking deeper into possible causes of illnesses and prevention. Often these complementary and integrative medicines help prevent as well as treat.

One size fits all is such a dated concept.

Why can't we work collaboratively toward an integrated system which investigates the patient a little more deeply and actually connects “all the dots” instead of simply treating the individual symptom in an isolated way?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:30:44 AM

---

To the Medical Board of Australia,

I support Option 1.

My family has benefited so much from "natural" or what I would say are scientifically proven treatments using diet. I was cured of type 2 diabetes and PCOs reducing the burden on the tax payer. My daughter has mental health and general health issues. She has had some much treatment that doesn't work by current doctors - however we have engaged a pharmacist who is treating her with nutrition and the results are spectacular.

Don't let big pharma make our country sick and poor.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:10:19 AM

---

To the Medical Board of Australia,

I support Option 1.

Recently I had to admit my father to hospital as he had been vomiting with blood and he had terrible pain from reflux and he also had a bad reading with his kidneys which all stemmed from his pain from a pinched nerve in his neck that caused pain all down one side of his body. However the hospital could only treat him for the vomiting and get his kidneys stable. His kidneys would be fine if he wasn't in so much pain. If we had a more integrative health system people who have multiple ailments would be treated until their entire wellbeing was healed.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:40:22 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine has been vital to my life and health. When I was a child I had a traumatic coccyx injury which affected me adversely in my young adult life. The many doctors I visited could not diagnose my symptoms correctly. It was only after I began integrated health treatment that I was to find relief and answers.

Without Integrated treatment, it would have been very difficult to continue living my life let alone experiencing the good health I enjoy now. An absence of integrative health treatments was dangerous and caused me to be unemployed for a year.

Since having treatment I commenced and completed studies and have never had a problem with work.

As a massage therapist I treat many people who have had similar problems, only due to a lack of proper guidance provided by doctors. Integrative health is extremely important for the well-being of our society. Medicine is not just about treating disease, but taking whole person to promote productivity.

Please do not place restrictions on Australian rights to preventative integrated health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 6:55:54 PM

---

To the Medical Board of Australia,

I support Option 1.

As a occupational therapist and user of integrative doctors I have greatly appreciated the integrative doctors approach to finding the best solution to my health issues using the best of pharmaceutical medicine AND integrative approaches such as targeted vitamin therapy. My father had resolutions to his sleep issues and anxiety with dietary and vitamin therapy recommended by a integrative doctor after all other methods had failed including sleep studies, sleeping pills and other advice by general gps. There is plenty of evidence for complementary therapies but regardless of the evidence they are also largely harmless. I'm concerned that pharmaceutical companies are directing the course of medicine for profit over people's needs and desires. If you shut down integrative doctors you will send patients searching for integrative answers from practitioners with far less training and evidence based practice. I don't understand why you would want to do that. The government is trying to stop us accessing services it's in our right to access. The Medicare rebate only ever covers the basics of these services so patients access them largely with their own funds. Don't allow the agenda of a few stakeholders erode our rights to good healthcare and our Right to choose our practitioner.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**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.

Herbal medication is helping me with my osteoarthritis. Other drugs give me bad side affects

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 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.

I was diagnosed with Multiple Myeloma 9 years ago, I have supported my health it's many supplements and essential oils, and have been very well, and am a valuable mnber of the community. I do not want my Freedom of choice to use whatever therapy I choose, and fund myself, be taken away by big organizations.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:19:21 PM

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To the Medical Board of Australia,

I support Option 1.

I am a registered nurse and i have been using integrative and complementary medicine for the last 40 yrs of my life both personally and for my children . I have found it gives more natural options to manage my chronic COPD without having to use prescriptive drugs that may have side effects that could further compromise my health.

I believe both allopathic and naturopathic medicines have an equal place within our society and either one should not be withdrawn from people having a choice.

I believe there is no need to change the current laws by imposing restrictions on integrative practitioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:55:51 AM

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To the Medical Board of Australia,

I support Option 1.

An Integrated Health doctor saved me. I tried seeing my GP and a dermatologist to figure out what was wrong with my skin, my gut, my fatigue...both of these doctors put me on loads of antibiotics, anti fungals, creams, to no avail. Finally, I tried seeing an Integrated Health doctor who took the time to really learn about my diet, lifestyle, recent experiences, family experiences - she took blood work, urine and stool samples - all to finally discover that I had a parasite and was extremely low in B6 and Zinc. It was a life saver! I was able to kill the parasite, get my vitamin and mineral levels up and keep them there. She saved me! And, very honestly, she saved my son as well. He had the parasite too.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:30:54 AM

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To the Medical Board of Australia,

I support Option 1.

In 2004 I became very unwell with chronic fatigue and fibromyalgia. I spent the better part of two years between my bed and searching for a cure. Initially I went down the "conventional" treatment route and took the chemotherapy drug, Methotrexate, that my rheumatologist prescribed, along with the recommended painkillers and anti-inflammatories. As Methotrexate is toxic to the liver, my liver functions then had to be tested every two months. My LFTs became elevated, my liver was struggling and I became sicker. The painkillers and anti-inflammatories made me nauseous and caused burning stomach pain. This would have resulted in an ulcer eventually.

I have worked with Drs for over 30years and have been told by many of them that every single pharmaceutical drug you take for one problem, will have an adverse effect on the organs.

I knew that if I stayed on these drugs I would become sicker and shorten my life so I took myself off all prescribed drugs. I researched alternative therapies and went to a herbalist who made me a herbal drink to assist my liver. My research had led me to discover the link between the thyroid and adrenal function in chronic fatigue syndrome. I sought a holistic GP who ordered a saliva test which showed very low levels of cortisol and a low functioning thyroid. He prescribed dessicated thyroid (porcine) and natural cortisol. And I got well.

Not from prescribed synthetic pharmaceutical drugs, but from natural, alternative therapies that were gentle to the body and assisted its ability to heal.

Alternative and complementary medicine is a large and growing industry as more people are realising the alternative choices they have with the wealth of information now available via a click of the mouse.

So if the MBA and the government think society will accept taking away our right to choose our method of healthcare by restricting our access to these healing therapies, they need to seriously think again because it will just force this industry to go underground and become a secret society - you know, like it was in the Middle Ages when herbalists and healers were feared and distrusted out of ignorance.

Would it not be better to have it all out in the open where it can be monitored and measured just like "conventional" medicine. Otherwise, the MBA and government really are sending us back to the dark ages and just making unnecessary work for themselves.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:02:11 AM

---

To the Medical Board of Australia,

I support Option 1.

My first exposure to natural medicine was during the treatment of my infant sons eczema, 25 years ago. As a young research scientist at the time the exploration of 'why is this so' and an wholistic rather than a quick fix band-aid approach redirected my career and inspired my passion for complimentary medicine. Complimentary being the key word. The quest to 'conventionalise' integrative health doesn't need to be, and shouldn't be, an us and them debate. It is about the integration of a broad array of medicines and techniques and the choice of individuals to decide what is right for them. Twelve years ago, my father, when diagnosed with stage 4 bowel cancer and given a dire prognosis explored his treatment options. He selected surgery (resulting in a colostomy bag), radiation and fortnightly chemotherapy. Although it wasn't the path I thought I would choose in that situation (but who knows until we're faced with it ourselves), I didn't share my opinion with dad but instead encouraged he integrate in to his regimen herbal medicine as a support to his organ systems particularly focussing on his immune system capacity during this time. The oncologist and chemotherapy nurses were amazed by his white blood cell count which despite the ongoing chemo remained at a level that allowed him to consistently receive the treatment for three years - well beyond his initial prognosis. A well rounded informed choice must belong to the individual.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 11:08:19 PM

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To the Medical Board of Australia,

I support Option 1.

I would like the option to be able to access Integrative Medical treatment. In 2014 I had complete Thyroidectomy. My health was severely compromised for about 24 months afterwards as I struggled to get hormonal balance. I then went to an Integrative Medical Practice where a female GP assessed my health fully. She assisted me with various supplements and complimentary herbal remedies( all with strong evidence based research to back them) back to good health. Actually now better than the previous decade of ill health.

I strongly believe that the public should be able to have the choice to access the medical care that they feel may be able to assist them. Allopathic medicine was not able to assist me in regaining my health after the thyroidectomy.

A combination of pharmaceutical drugs, thyroxine and tetroxine and supplements to assist absorption of the hormones and repair gut ill health has been the answer.

I ask the question that shouldn't we be training more doctors to be able to prescribe dietary and nutritional support to assist people to take more self responsibility for their health? Surely this will in the long run reduce the health burden on our communities.

I do not support the outlasting of Integrative Medical practitioners .  
I await your response to my question.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:02:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

I wish to let you know how a holistic integrative approach has helped me with Autoimmune Rheumatoid Arthritis. I was diagnosed with RA in 2002 and was put initially on several different drugs which gave me severe side effects and then the rheumatologist settled me on Methotrexate and Voltaren. I had mouth ulcers, stomach pain, loss of hair among other side effects. In January 2013 I had constant diarrhea 4-5 times a day and there was a lot of blood. I was constantly tired and my weight was ballooning. In March of the same year I sought the help of a holistic integrative doctor and my life has changed from being sick to good health. Thanks to a wholefoods organic diet, bone broth and quality practitioner prescription only supplements and vitamins I am now 7 years medication free. I am in good health and my immune system is working again. Integrative medicine is the way for my health and will continue on this path to good health. It will be devastating to me if the MBA imposes restrictions on integrative practitioners as the standard medications make me very sick. I am asking you please to consider my personal case and that of thousands of people benefiting from other health therapies where conventional ones don't work. Yours Sincerely

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:47:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I personally use and need osteopath and acupuncture to manage pain and maintain correct skeletal alignment. I suffer with chronic pain from osteoarthritis and if I didnt have these services available through my GP by making a health care plan to subsidize the costs I would not be able to fuction and work at the average persons capacity within our society. Please do not change the current policy as the rate of unemployment with sky rocket along with the yearly amount of sick days taken off.

I consent to publication of my submission.

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.

Two of my four children suffer from an autoimmune condition called PANDAS. It is a complex condition that requires a multi faceted treatment approach, to first treat the strep infection in the basal ganglia area of the brain, then reduce brain inflammation, and then calm the immune system. After our local GP, psychologists, CAMHS team, psychiatrist, and paediatrician were unable to provide appropriate diagnosis and treatment for my son, we sought help from an integrative paediatrician. She listened, she thoroughly examined and she put the pieces of the puzzle together. We now regularly travel almost 4 hours to see our paediatrician because her integrative approach to my children's health has brought my son back from psychosis (due to the brain infection, missed by all our previous health team) and prevented my daughter from slipping away when she too developed PANDAS.

Integrative, holistic care for my children has included dietary change, antibiotics, herbal preparations, and addressing nutritional deficiencies with supplements. Our doctor has successfully treated the infections with a combination of conventional and alternative treatments, she has used good diagnostics to determine underlying reasons for immune system dysfunction, and has provided us with ongoing support to ensure the continued improvement of my children's health. I have seen huge improvements in the health of all my children as a result of this integrative approach. Integrative health care saved my son's life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:01:38 PM

---

To the Medical Board of Australia,

I support Option 1.

Even though conventional doctors tried their best they could not help me with my stomach issues. Alternative therapies including naturopathy, acupuncture and homeopathy have all changed my life. I am not discrediting conventional medicine but think we should be able to access other alternatives if e choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

"Find the cause" is the approach I seek when my body isn't functioning properly. This would mean I would most likely need blood tests to see where my body was lacking certain vitamins & minerals and/or to detect what other problems that might be lurking.

My doctor can then advise what is the best approach to remedy the situation which may include recommending supplements as well as integrative & complimentary medicine.

This approach has helped my family in the past as we have the MTHFR gene mutation which is estimated to affect 50-60% of the population.

It's hard enough as it is to find a doctor who practices holistic medicine and those that do don't advertise the fact for fear of repercussions.

We need to have access to anything and everything that will aid and assist us to heal and be healthy

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:13:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Important feedback for the MBA;

As an allied health professional I have worked with medical doctors who take an integrative approach in their treatment regimens for over 20 years.

I have worked along side these doctors in Australia, the UK and South Africa, I have shared training and education with them and in many cases shared treatment of their patients.

Doctors that use an integrated approach are among our best Australian doctors, they are curious, well educated, they network with their peers well and are very committed to ongoing professional development.

The patient health outcomes I have seen from Integrated doctors have been far more successful and long lasting than the outcomes I have seen from visits to the average Australian GP.

As chronic and complex illness become more prevalent in the Australian patient community we need our integrated doctors more than ever, we need these inspired professionals who ascribe to the philosophy of being a true physician, finding causes of illness and utilising many evidence based practices, to treat the patient as a whole person.

For my own health and the health of my family I only utilise the services of an integrated medical doctors and I recommend that all my contemporaries do the same.

I believe it to be the best medicine.

I fear that losing the full gamut of treatments and services that our integrated doctors offer would only further tax our hospital systems. It would remove such an important aspect of preventative, proactive health care.

I also fear for the Australian patients that rely on these doctors for their health conditions that are complex or chronic. So often I see these patients who's only guidance and support back to health is with the full support of their integrated GP.

Integrated medicine is so important to the future of Australian health care, indeed if we would like to have our health system mirror the excellent systems in parts of Europe and Scandinavia we should be encouraging all Doctors to become involved in education and professional development that includes evidence based integrated models.

I fully support patient access to integrated health care and will be deeply disappointed and feel I have been abandoned in my own health care if I were no longer able to get the care I need from my amazing integrated GP.

I credit my own integrated GP with saving my life when I was so chronically unwell and no other dr or hospital was able to offer me any help at all - and cost the state a lot of money as I tried to find the help I needed.

We need our integrated GPs, the Australian medical system needs its integrated GPs.

Let's move forward together, towards better health with more options for all of us.

I urge you to not change the current guidelines.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the sender.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:37:59 PM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for integrative medicine I would still be struggling to get through a day. Usual medicine I am reacting highly to whereas when I searched for other alternatives I started getting answers instead of being dismissed. It should be our choice what medical options we choose not have it dictated to us and if a GP Swamy's yo complement their medicines then this is just allowing options still under medical advice. Healing is wholistic. It's not just a matter of treating symptoms it's a matter of looking at the whole picture and using as much options and knowledge to help the patient. Western style medicine is not the be all and end all. No medicine is. It's a combination of all types that achieves greater success.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 12:31:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I am an 83 year old ex Registered Nurse suffering from Osteoarthritis in various areas and have received Acupuncture, Chiropractic and cellular replacement treatment over the years always receiving some relief for periods of time following. I will not take drugs for my problems as I treat my body as my temple and Pharmaceuticals are just another form of poison.

I will not have an authority tell me what I can have and not have to treat my problems, particularly when I know for a fact that Pharmaceutical companies grease the palms of authority and Medical Practitioners with TV's, Trips etc. I have had better results and relief from alternative medicine always than medications, except for surgery. I recently have had both Hips replaced and did not have any Narcotics at all. Just some Tramadol and Panadol Osteo for a few days and getting on with Physio etc. Our Government should get on with infrastructure and Immigration problems instead of interfering with Constituents rights of decisions affecting their private lives.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 16 May 2019 6:00:43 PM

---

To the Medical Board of Australia,

I support Option 1.

Please, please don't make any changes to Integrative practitioners. I have had tumour removed from my thyroid in 1988 and every time I've seen my GP he would tell me that my thyroid is fine. I started having major health issues like: chronic fatigue, brain fog, muscle weakness, joint pain, depression, my hair was falling out I had to give up my job and my GP was giving me strong pain killers and in the end he convinced me that it all was in my head so he put me on two strong antidepressants. Being on strong painkillers and two antidepressants I could hardly function. I had to look at alternative medicine to save my life as I was suicidal. I owe my life to my integrative GP, who tested lot more then TSH and diagnosed me with Hashimoto, Adrenal Insufficiency, very low iron, low vitamin B and H Pylori. He gave me all the available treatment options from western medicine as well as alternative and I chose my treatment. I am so much better now I can function normally now. Please don't take our choices away, please leave things as they are. There is a place for both kinds of medicines let people choose what's best for them.

You hold the power to leave things as they are it might help your loved-one one day.

Sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:16:51 PM

---

To the Medical Board of Australia,

I support Option 1.

As a long-time user of integrative medicine I am frustrated at the MBA's attempt to tighten the regulations surrounding the provision of integrative medicine. It should be a right for the patient to choose how they wish to treat their ailments. If a Medical Doctor also has integrative medicine knowledge/skills he/she should be permitted to provide those skills where a patient demands them.

I use Integrative medicine as I prefer to avoid the many possible side effects that result from Pharmaceutical drugs. I prefer to utilise natural methods, such as diet/nutrition, gut health, vitamin therapy, massage, chiropractic etc to maintain my health & that of my family. It is my choice.

Nearly 2 years ago I broke my leg and of course I could not have recovered without the assistance of the medical community. However, I also know that my recovery could not have been as quick and trouble free without the use of chiropractic treatments, naturopathy, and remedial massage.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:29 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 seen considerable improvement in my child with integrative approach and believe that is the healthy and ideal way of tearing issues instead of just giving medication to numb kids brains

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 1:09:16 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medical advice available through our GP is the single most effective thing our doctor has “prescribed”.

At a time where chronic disease is almost a certainty, obesity is rife and antibiotic resistance is on the rise, it is ludicrous that there is even a suggestion to remove integrated medicine from being so readily available to the public.

Our family has been completely transformed by the medical advice our GP has given us and the integrative way he has approached our family's health. We are healthier, we have lost chronic symptoms of illness, our mental health has improved and we have a renewed vitality. We are more active and are sick less often. All by changing what we eat and incorporating a couple of supplements where required.

Previously, our children would have 2-3 rounds of antibiotics a year. This year marked three years without any antibiotic use or any Nurofen/Panadol use - no small feat for a young family! And, this isn't because we let our kids get sick, it's because their illnesses were so mild, often just a few sniffles and didn't warrant any further intervention.

Not only did we take less medicine, my husband and kids had less sick days and visited the GP much less.

ALL OF THIS is attributable to the great integrative care our GP has provided us with.

Furthermore, if GPs are no longer allowed to provide integrative solutions, we will seek advice from other practitioners who are. However, I see this as being extremely dangerous. GPs are in the best position to provide us with proper care, tailored to our specific needs. A GP knows our family history. They have the medical and scientific experience to draw on and utilise when advising us. They are the best people for the job.

When I visit my GP, I am extremely confident that the advice I get from him, will be beneficial to our family.

Integrative medicine allows us to wholistically great symptoms and ailments. And what harm could be done by eating more healthily, exercising more and ensuring our bodies are receiving all the vitamins and minerals required for optimal functioning.

It's a common sense approach! Integrative medicine does not have to be exclusive. Including a wholistic approach to treating ailments can only improve outcomes.

If it becomes illegal for our GP to provide a wholistic, integrated service, we will stop visiting our GP and will be forced to seek advice from less qualified professionals. It's as simple as that.

I sincerely hope that we don't stoop to this reality. I want my GP to tell me his honest opinion and give me his best advice on my conditions. I don't want his words censored by beaurocrats that believe they are more qualified than my GP to determine what is required for my health.

I trust my GP. He has improved our wellness beyond what I can convey and as a result we are living happier, healthier, and more active lives.

Isn't that the direction we want our population moving in?

In fact, I wholeheartedly believe ALL doctors should be trained in integrative medicine. We need to be fortifying our bodies, not waiting to react to illnesses and then treating them with medication. Medicine is absolutely necessary, but we should be doing all we can to ensure we don't get sick in the first place.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

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**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.

I have always had private cover yet I have never used it. I have used vitamins all my life and my mother gave me vitamins as a child. I have had many health issues and natural medicine saved me every time plus eating good food. I use natural therapies and I have just had a scare with cancer that I treated naturally. How can the Government make laws that disallow doctors to give alternative advice is beyond me. They have no idea about this area of health. I have a history of facts I could publish about this matter.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:22:50 AM

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To the Medical Board of Australia,

I support Option 1.

I do not believe doctors should be restricted from doing all in their power to help their patients achieve their best health. Restricting practice in some of the ways suggested could limit doctors to paper pushers, able only to write prescriptions and referrals rather than use their medical knowledge to advise patients on healthy lifestyle. This would severely restrict their input into preventative health.

Personally, I suffer from bad excema and when I went to a skin clinic I encountered a doctor who self-restricts in the way you are suggesting may be required - he told me he would "cure" my excema with steroid creams, would not even discuss things like moisturiser or basic skin care and was sarcastic when I asked about possible food reactions. Of course, I never went back to him, instead looking elsewhere for information on dealing with excema. I found a lot of information on-line about gut health particularly. A lot of it makes sense and seems promising (it has actually helped significantly with my excema), but there is also some dangerous misinformation mixed in - one statement I particularly remember was from a self-proclaimed expert claiming that low blood pressure is much more of a concern than high blood pressure - this in response to a query from somebody concerned about the amount of salt in fermented foods. To me, doctors should be encouraged to discuss issues like this with patients, not further restricted.

Obviously, some people will always look elsewhere for health information, and some doctors will always simply reach for a prescription pad, but I believe it is important that both doctors and the public have the option of utilising the whole of a doctor's knowledge base for treatment and preventative health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:07:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because I have seen the beneficial effects that can be achieved in members of my family. Despite the assertion that homeopathy does not work I have seen astonishing results on my wife, myself and my two dogs. They are unable to add their support here but apis has immediately relieved stings.

Unfortunately the 'conventional' medicines are often ineffective or even harmful (e.g. opioids) but a complementary approach, e.g. acupuncture will relieve pain. My wife has recently experienced relief from back pain using acupuncture.

These are only some of the experiences we have had and I would feel vulnerable if I or my wife were to be deprived of the support of my doctor when considering a holistic and natural approach to any health situation.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 7:31:40 PM

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To the Medical Board of Australia,

I support Option 1.

Natural medicines have proved to fix every ailment including cancer, pharmaceutical medicine hasn't even come close. I was saved from the death of cancer with natural medicine when the Doctor's gave up saying it was too late. My son whilst would have died of asthma in the Gold Coast children's hospital when their medicine didn't work, lucky I fell back on natural Medicine again to do the job to save my son successfully when again the Doctor's failed. I could go on for hours and hours list millions of cases where life's have been saved with natural medicine when pharmaceutical medicine didn't have the answers. Again in my sons case I know if I had not found natural medicine he would have cost the country many more thousands with the emergency helicopter rides and large lengths of stays in hospital. And you ask why my son gets asthma so bad ?? Well it was a result of his immunisations another totally useless dangerous stupid pharmaceutical invention that has destroyed millions of life's, killed millions of people and kids and left 1 in 3 children with autism and the rest with life threatening allergies. And you want to replace natural medicine with this ??? That is pre insanity.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:04:37 PM

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To the Medical Board of Australia,

I support Option 1.

As a veterinary doctor, I am well versed in evidence-based medicine. I recently became quite ill with post viral fatigue, dysautonomia and premature menopause all crashing on me at the same time. My GP and the two specialist general physicians I visited were unable to offer any treatment or management pathways. It wasn't until I visited an integrated doctor that I received any sort of treatment and support. I was able to return to work because of the integrated treatments provided by this physician. These included nutraceuticals, herbs, acupuncture, dietary modifications, animal acid supplements and other complementary medicines. Without this support, I would still be on medical benefits and a burden to society. I still take some of these complementary medicines, see an acupuncturist and osteopath fortnightly and these additions to a healthy diet and regular exercise keep me functioning and at work. Without them, I would lapse back to a state where I was unable to work and suffered greatly.

Every member of my family uses some form of integrated and complementary medicine, from my 3-year-old nephew to my 98-year-old grandmother. I thoroughly research these therapies using Pub Med and other similar search platforms and literature reviews before accepting the therapies. These treatments we use are evidence-based medicine because there are ample peer-reviewed scientific studies to support their efficacy.

I can't understand why the MBA and the incumbent government would consider removing access to these modalities and support for the practitioners who are wise and far-sighted enough to utilise them. It makes as much sense as saying vaccines and antibiotics shouldn't be used. There is no evidence available to support that proposition.

In my work as a veterinarian, I specialise in integrated medicine that is evidence-based. I use any modality at my disposal that has good science behind it to support its use. This could be antibiotics or herbs or acupuncture depending on the condition. If I had to stop taking this integrated approach, it would be akin to working with one hand tied behind my back. Human-based integrated practitioners feel the same.

In summary, I support option 1- no change in the current guidelines. This is the only rational approach to take based on solid evidence in the scientific literature on the efficacy of so-called "complementary therapies" such as herbs, nutraceuticals, osteopathy, acupuncture and TCM.

Yours sincerely,

[REDACTED] BVSc, BVBIOL, CVA, BAPs (1st Hons), PhD (candidate).

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:13 AM

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To the Medical Board of Australia,

I support Option 1.

Give people the choice to use an alternative!

You can cure so many issues using herbs, supplement etc.

I cured my daughter H.pylori using only supplements where so many fail using the antibiotics options.

I have 2 friends managing their thyroid problems using diet and supplements only.

We need to broaden our understanding of health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 6:06 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would be in a wheelchair without my chiropractor after having a severely damaged spine, I also use natural therapies for any health concerns that may arise, please let us have a choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:19:34 AM

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To the Medical Board of Australia,

I support Option 1.

Patient choice and education is essential in Australia's modern medical system. This must include integrative & complementary medicine alongside conventional western medicine. Recently my son was prescribed Vitamin C to assist with nerve repair as it has been scientifically proven to promote healing ; would this be disallowed too ? Crazy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 11:52:21 AM

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To the Medical Board of Australia,

I support Option 1.

I support integrative & complimentary medicine as I have suffered for 30+ years from chronic migraine & found throughout the years & with many different doctors, very little practical help. All those doctors could offer me were drugs, which had many side effects whereas chiropractic, Bowen Therapy & particularly Chinese medicine & acupuncture gave me relief without side effects.

At present, I see a doctor who also integrates acupuncture into his practice and his holistic approach has improved my overall energy & stamina as well as my mood. As I am getting older, I find that complimentary medicine and natural therapies are helping me much more with pain (from arthritis & osteoporosis as well as migraine) and living a more active & healthy lifestyle.

If the MBA imposes restrictions on integrative & complimentary medicine, I would find my life much more restricted. I would be unable to afford the so called "fringe" therapies & would have to depend on drugs much more, which is not something I look forward to.

I wholeheartedly value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines (Option 1)

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 7:05:22 AM

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To the Medical Board of Australia,

I support Option 1.

You have NO right to take choice away from people.

I view the threat of you doing so is simply because you are unable to make money out of alternative medicine.

Last time I went to a doctor (10 years ago), I ended up on blood pressure tablets, having blood tests, ultrasounds and being pushed for more tests as well as being told I needed to go on cholesterol tablets (even though my cholesterol level was ok)

Ran out of my last Dr appointment and went alternative.

I decided to ditch all prescribed medication and have never felt healthier since, with perfect blood pressure.

Western medicine has its place but so much of it is a money making business. Besides the fact that doctors don't have the time nor the individual care for patients these days - you are just a number through the door.

If these restrictions go ahead it will send a very clear and cynical message that greed and power is what drives the MBA - NOT the care, nor the needs of people.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 8:20:50 PM

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To the Medical Board of Australia,

I support Option 1.

Without having access to integrative practioners and natural supplements, my genetic health condition would lead to serious deterioration and disability. With their help and with complementary medicine, I am the opposite, a healthy active self funded tax paying 70 year old. Please do not restrict our ability to access natural therapies and intergrative practioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:38:29 PM

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To the Medical Board of Australia,

I support Option 1.

To members of the MBA.

Firstly thank you for reading my submission, something I wish I would not have to write.

I suffer from Ankylosing Spondylitis an auto-immune disease that placed me in a wheelchair many years ago, it has twisted and fused my joints and given me an awful amount of chronic, debilitating pain and has also taken the sight from my left eye.

In order to be able to rise from my bed in the morning and be productive throughout the day, I have had to use prednisone and Kapanol slow release morphine tablets for many, many years. The side effects of these drugs have their own set of problems, such as bone loss, muscle weakness and both liver and kidney disease which I have effectively managed with the use of certain herbs and supplements.

While I am grateful for the pharmaceutical drugs and the quality of life I have experienced because of their effect on the inflammation and pain I experience from the Ankylosing Spondylitis, if I had just listened to my doctor I would most likely now be enduring bone fractures and be quite ill as my doctor simply prescribed the drugs and told me very little about what I could do to manage any side effects especially from the long term use of these drugs. It was through my own research and contact with naturopaths that has helped me avoid the worst of those side effects. It seems such a shame that "western medicine" can't see the value of using all types of medicine when treating patients or even educate them on the very real benefits of vitamins and minerals needed by the human body.

Unfortunately a lot of people seem to view "western medicine" as a way for pharmaceutical companies to sell their drugs to the public, as doctors merely drug dealers for these companies instead of helping people get better and enjoying a productive life. When you look at the over prescribing and the denial and hiding of information surrounding some drugs that are found to cause death in patients, the short amount of time spent by a doctor with their patients and the almost non existent amount of information about nutrition given to a patient by their doctor, it's no wonder the public are wary and losing faith in orthodox medicine. I find this distressing that people are losing faith in doctors and western medicine in general, it shouldn't be so but it is and the medical establishment has only themselves to blame especially when the MBA propose targeting doctors who want to use medicines of any nature that are effective and have a track record of healing that they believe will help their patients, all you're doing is confirming that view in peoples minds.

In short, "don't throw the baby out with the bath water" or "cut your nose off to spite your face" as the sayings go. Medicine is medicine no matter its origin, if it works, it works and I'm living testament to that. So please, be smart and incorporate instead of excluding.

Yours Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 1:04:32 AM

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To the Medical Board of Australia,

I support Option 1.

It is very important to allow individuals to choose what substance they choose to maintain their health. No body of human beings owns another or has a right to dictate or restrict access to effective non toxic , non synthetic health alternatives . It has been through my own experience of suffering ulcerative colitis how dangerous pharmaceutical medications are. I am symptom free due to consuming cannabis, kefir and dietary and lifestyle changes. We are biological entities and can only sustain long term health from biological inputs, pharmaceuticals are for emergency treatment only. And pharmaceuticals are a profit driven industry with an agenda that wants to restrict competition through government policy and indoctrinated individuals .

Sincerely [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 12:42:37 PM

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To the Medical Board of Australia,

I support Option 1.

GPs without training in integrative medicine are of little help in emerging areas of health like allergies and gut health issues. I have two children with Coeliac Disease and other food intolerances, and the only time I've had successful outcomes managing their conditions is by using integrative GPs who are open to working with other therapists eg naturopaths and using a wider range of treatment options eg supplements, to get the best possible result. Patient need access to these experts, and restrictions means going back to using Dr Google as my respected health adviser.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:55:36 PM

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To the Medical Board of Australia,

I support Option 1.

I could not do without integrative and complementary medicines. When I had my knee replaced I flooded my body with Kangen water 9.5ph. I left hospital 1 day early, I needed no pain killers during my stay, I dismissed physiotherapy after 3 treatments and 2 years later my leg is 100%. I have not stopped drinking Kangen water. It should be supported in Australia like it is in the Japanese medical system.

I am 77 years old and use no drugs. I contribute this to healthy food, supplementary anti-oxidants, alkaline water. I visit my GP once every 6 months to get a prescription for Vitamin D3 1000mgm ingestions. I don't need any headache tablets. I support and use Reiki and listen to hypnotherapy and relaxation tapes.

I use a chiropractor for skeletal tuning 3 times a year.

My use-by date is 104 and I am working 6 days a week.

I do not approve of being "told" what is good for me. I wish to reserve the right to choose for myself what doctors, regimes or modalities I want to use and do not support restrictions being placed on integrative practitioners.

Staying away from hospitals and doctors is the best result I am having for being able to use alternatives which I can think through and research for myself.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 27 May 2019 9:56:43 PM

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To the Medical Board of Australia,

I support Option 1.

I am 79 years old and female, over the years I have had plenty of medical treatment including replacement of both knees my shoulder and hip plus many other problems including chronic Arthritis. I support a holistic approach to healthcare and support doctors to provide new and innovative practices. I have used complimentary medication over many years and will continue to do so it has helped me live as long as I have and many can be purchased without a script.

I believe in Chiropratic, acupuncture, osteopathy and have used all 3 with great results over the years.

I support the doctors right to provide new and innovative practices, including complimentary medicines which I still use.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 2:13:24 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone with a chronic condition (multiple sclerosis), I know that I benefit from having the full range of options for my healthcare -- traditional Western and complementary. And both must be covered by Medicare.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:09:39 PM

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To the Medical Board of Australia,

I support Option 1.

I have 2 family members who have tried getting appropriate treatment over the years via their mainstream GPs with little to no treatment plan required for their specific diagnosis and symptoms.

1. My daughter has suffered depression and anxiety for which we have tried to seek support for the past 6yrs. She was trialled with a number of antidepressant medication and then prescribed with Valium suggested by her psychologist. It turned out that she had a paradoxical effect of the Valium which led to a medical alert where her life was significantly put at risk. No formal blood tests or other medical screening was completed. I then took her to an integrative GP who spent 1 hr with her for initial consult and sent her for full bloods and urine screening. She tested positive for pyroluria and placed on vitamin B and zinc supplements. She was also trialled on a mood stabiliser to treat bipolar after taking full history of mood history which showed a pattern of mania followed by depression. She is now finally stable and no longer vulnerable for further damage to her reputation due to impulsive and at risk behaviours. This should not have taken 6 yrs of seeing mainstream GPs in the pursuit of getting correct treatment

2. My mother was recently diagnosed with stage 4 cancer from her usual GP. She has declined palliative chemo which was offered by the oncologist. The GP said there is nothing else he can do to help but would assist with referral to cancer specialists. We then booked in with Integrative GP who again spent 1hr for full history. He then sent her for further blood and faeces screening test which her GP didn't do. She was tested positive for 2 types of stomach bacteria which can be linked to stomach cancer which she was then treated with a compounding antibiotic. Thereafter she no longer experienced symptoms of heartburn. When she had complained of heartburn to her previous GP he suggested nexium with no further screening. The integrative GP also tested her Tumour count at initial consult and then 5 weeks later which showed a reduction of 20% following treatment of bacteria. The integrative GP has given her more hope whereas the previous GP who she has seen for 20yrs made her feel she just has to prepare for her pending death. Yes she is 80yrs but still hopes to live on and manage for cancer. She has since also had further medical treatment via [REDACTED] hospital for feeding support to keep up her nutrition.

Meanwhile she has been given alternative options of prescribed and non prescribed medication and supplements to assist with chronic disease management with thanks to the integrative GP.

I have serious issues with the reasons behind the medical board wanting to stop integrative GPs who focus on prevention as well as treatment and support patients with making informed choices of their treatment

I consent to publication of my submission.

Sincerely,

[REDACTED]



[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine and integrative doctors can and do save lives every day! My integrative doctor saved my life in my battle with a “triple negative” aggressive breast cancer tumor. Circulating Tumor Cells Tests carried out in Germany showed an alarmingly high number of CTC’s in my bloods even after my gruelling chemotherapy and radiation regimes plus 2 operations. The chance of the cancer returning was quite high for me so he started me on an intensive program of IV Vitamin C therapy along with a natural form of supporting ichemo. After an ongoing program of supplementation, dietary changes, close monitoring and slowly reducing the IV Vitamin C treatments I now have zero CTC’s (Circulating Tumor Cells) in my bloods.

Through this process, my integrative doctor also uncovered parasites that I had picked up when travelling through Egypt 25 years that had reeked absolute havoc on my body and my entire immune system. I have witnessed so many people healed through the use of integrative therapies in the treatment of cancer, exposure to mold, parasite infections, chronic fatigue, Lyme disease, the list goes on and on..... they don’t teach the importance and relevance of food, nutrition and integrative practices in medical school which is just absurd! The world needs MORE Integrative Doctors and the holistic approach to healthcare is the ONLY way forward!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:43:04 PM

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To the Medical Board of Australia,

I support Option 1.

I vote for freedom of choice when it comes to my health.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

After many months of suffering from diahorrea, and no useful diagnosis from my GP , i saw a Dr/naturopath, who pinpointed the issue and gave me natural supplementation and advise which provided immediate relief.

We all deserve to have the freedom to choose this type of health care, especially preventative health care, which i believe is very important to us all.

Thanks.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 11:26:36 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has been disabled with multiple compounding chronic illnesses for 19 years, I cannot BELIEVE they would even consider changing these guidelines. Integrative practitioners are around 7-10 years ahead of normal GP's in that they are able to more carefully diagnose and use a wider range of therapies including both medical and natural. These combined methods are the ONLY reason that I am still alive today. I would have been dead years ago if not for them. Please do not do this, as it will set the world and health care back into the dark ages.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:05:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complimentary healthcare because a 'one size fits all' approach is not going to make our community healthier. Look at western medicine and note how one symptom - stomach pain could be a symptom of a myriad of illnesses. A trial and error approach is used to narrow down what it 'might' be. Many patients get to the end of the process with a diagnosis of unexplained stomach pain ... if integrative or complimentary medicine provided another opportunity to solve health issues they should be available. I have witnessed friends and family move to a whole new level of wellness as a result of seeking results from the integrative and complimentary medicine fields. Skin issues have been resolved, debilitating anxiety has vanished, swollen joints have returned to normal and turmoil resulting from childhood abuse has given way to balanced, productive lives.

I use integrative and complimentary medicine when I have unexplained physical & emotional issues. When conventional does NOT provide the solutions.

I strongly believe in a preventative approach to health and there is much science and research supporting our mind being capable of bringing about healing. Integrative & complimentary medicine makes space for this healing without drugs. That could be threatening to Big Pharma! Just like Tobacco and Big Food - human health is not always the driver for decisions such as restricting effective, non mainstream approaches. If integrative & complimentary services were not useful they would not be supported by the clients.

If the MBA imposes restrictions on integrative and complimentary medicine many sole operators will be affected not to mention all their clients that are reaping The benefits. Restrictions will also serve to further separate 'regular' medicine from complimentary options rather than both areas working together for the good of their patient/client. There is no place for ego in the health space. There is enormous potential though, for collaboration and sharing of success to ensure optimal health for all.

The MBA should be putting patient health, patient choice and courage to step beyond convention at the very forefront of their strategical focus. Just because everyone is doing something doesn't mean they are right ...

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:39:39 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,  
I support patient access to integrative and complementary medicine because I have seen the benefits in myself and in my family's health.

When "traditional medicine" couldn't help my husband with his depression, and my mum with her cancer, our integrative doctor helped us change our lifestyle, diet, and put them on nutrients and vitamins. They have benefits from the treatment . Please let such treatment be available to patients when they want to.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 12:09:03 AM

---

To the Medical Board of Australia,

I support Option 1.

Thank you for giving me the opportunity to express an opinion on this subject.

I do support option1 because I think it's important to have a broader understanding of health than what we have at present. I believe both mainstream and integrative medicine could happily cohabitate to offer more solutions.

I do have cancer which was diagnosed about ten years ago. The prognosis was between 18 months and 5 years with treatment. I opted to wait and see. I then started to explore other options including complementary and alternative methods. I am happy to say that after having put into practice what I learnt I have survived this far and function quite well living on my own and looking after a house and half an acre of land (and a cat!) and have a thriving social life.

I would like though to see integrative practices and products regulated by an official body just as mainstream practices and products are. I would like to see science backed studies and clinical trials exploring those alternatives and integrating them into the system. I think that would ease pressure on our medical system because there would be wider choices and solutions and therefore better outcomes.

I believe one shining example of that and a good starting point is Germany where mainstream medicine and integrative medicine work side by side. A lot of Asian countries I understand also follow that pattern.

If any restrictions and pressures are imposed on integrative practitioners in this country there will be less choice for people like me who have beaten the odds thanks to a lot of research and help from practitioners who have dared to look outside the square.

Innovation only happens if you can do that. Perhaps putting a positive rather than a negative spin on the whole question could save more lives and billions of dollars.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 8:36:20 AM

---

To the Medical Board of Australia,

I support Option 1.

In 2001 I spent 4 months at home with a mystery fatigue related illness. My Doctor, after many tests could not diagnose my health issue. We worked collaboratively with a naturopath and I returned to full health - without drugs.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 1:26:43 PM

---

To the Medical Board of Australia,

I support Option 1.

My son's health is a positive example of the use of integrative medicine. I completely believe in traditional medicine but believe there needs to be a wholistic approach to healthcare which includes looking at what we put into our bodies, how we can supplement our bodies vitamin and mineral intake and how else we can use complimentary therapies to help heal our bodies and / or keep them strong.

Western society absolutely has a lot of health issues and we have a lot to learn from countries who use Eastern therapies.

Please do not deny us the rights to use both by not allowing our doctors latitude in how they practice medicine.

My son, who has multiple health conditions is the perfect example of someone for whom an intergrative approach to medicine and health has led to a positive outcome.

He hopes to begin studying medicine next year and I'm sure he would like to treat his future patients with the same balanced approach that our gp / intergrative medicine specialist has used to treat him.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 would like to have the choice of having IM.

I am a stage 4 cancer patient and without IM doctor advising me of diet, lifestyle and supplements I would not be alive!

You have NO right to take our choices away!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 11:04:28 PM

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To the Medical Board of Australia,

I support Option 1.

If I had not been diagnosed by a forward thinking dr through full blood tests I couldn't be the Mum of my three boys I need to be.. I was bedridden with migraines twice a week, often unable to leave the house with panic attacks.. I did not need drugs, they made me worse, gut healing and the right supplements have me healthier than I've been in decades, I'm so grateful to her having a broader approach to medicine

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 5:17:45 PM

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To the Medical Board of Australia,

I support Option 1.

I totally support Integrative and Functional Medicine as well as Traditional Chinese Medicine, Acupuncture, Naturopathy, Herbal Medicine, Genome Healing, Lymphatic Massage, and Bioresonance - I have used and still use all these modalities in my own healing from ovarian cancer, in preference to what traditional Medicine could offer me beyond surgery. Please do not interfere with access to these treatments as they work ! Let people make their own choices without fear or judgement from the Medical Board.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 mother survived a glioma blastoma multiform grade 4 brain tumour 15 years ago because of integrating natural remedies and unconventional treatments with conventional treatments. All with the assistance of medical professionals and doctors. Without the option to do this she would not be here today. People should be able to make their own choices when it comes to what treatment options they want to take not be dictated to by individuals or governments or corporations or money hungry drug companies. If you take away their choice you take away their freedom to make their own informed decisions and this could be catastrophic for them. It's the right of individual to decide for themselves.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:32:53 PM

---

To the Medical Board of Australia,

I support Option 1.

We all were born with the right to listen to our own body and honour our unique wellbeing. I just birthed my daughter into the world 6 mths ago through a home birth and used homeopathic, Ayurveda, Accupuncture, Yoga, naturopathy and Reiki to enjoy the most pleasurable pregnancy & birth. She has not had even 1 symptom of even the common cold. I myself have not had a symptom for over 2 years since beginning this line of health care. It also was the way we were able to conceive our darling in the first place. As humans we are not all the same on a cellular level and therefore the health pathway we may need to be in balance & live a fullfilling life is diverse. Do you wish to be responsible for the ill health & suffering of more humans because they are unable to recieve the aligned care they need ? This would be like creating the same affects as poverty stricken areas that are unable to recieve the resources they need to even “survive”, let alone “thrive”. As a system you are definitely not more Intelligent than that of the human body, so in truth you are actually not equipped to make this choice for us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 7:18:32 AM

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To the Medical Board of Australia,

I support Option 1.

I support patient's access to integrative and complementary medicines because research supports its benefits (there are thousands of scientific journal articles supporting chiropractic care and acupuncture for resolution of various diseases), anecdotally I have experienced enormous changes in my and my family's health when using these therapies, and most importantly, **BECAUSE EVERYONE DESERVES THE CHOICE TO ACCESS THE CARE THEY DESIRE.**

Integrative and complementary medicines have helped me and my family in a variety of ways, helping us heal from sickness and disease, reducing discomfort, helping us to avoid surgeries which otherwise could have had long term impacts, helping me to conceive, gestate and birth multiple children, helping me to successfully breastfeed despite multiple difficulties along the way and ultimately, improving our health and ease of life at times that would otherwise have been difficult, and for which the conventional medical pathways could offer no support or results.

If the MBA imposes restrictions on integrative practitioners it will lead to a decline in mine and my family's health, will see us needing to rely on expensive medications we do not desire and do not need with alternative care models available, and that will ultimately reduce our health and well-being.

We support integrative and complementary therapies, because they support us, maintain our health and wellness and do so without enormous price tags and nasty side effects. Please don't destroy this as an option for my family and I. We deserve to at least have these choices accessible to us, even if they aren't funded, so that we can take control of our own healthcare decisions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

Without my doctor I would not have been able to get proper treatment for Lyme disease, I spent four years fighting and illness that left me unable to work or even function and live a normal life, several doctors sent me for tests no test came back with even a indication of what was happening to me, I had to give up work and my life as I knew it was mostly spent in bed sick, I was lucky my husband believed that I was so sick, he found a doctor willing to listen to me and send me for the appropriate tests needed to find out exactly what was going on, After six months of treatment, I am Not clear of Lyme disease but my life is back on track, I still can't work but I can live and begin to exercise and take care of myself as normal as life gets for someone with this horrible disease, If you take the rights to treat me with supplements away from my doctor then I will become sick again !

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 4:28:11 PM

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To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I urgently request that you continue allowing our valued healthcare professions to offer complementary medicine.

I have lived with Hashimoto's thyroiditis for 27 years. I was treated by conventional doctors over the years with the only accepted treatment of Thyroxine. It wasn't until 4 years ago when my health had continued to go in a downward spiral, when I took my health into my own hands and started researching about complementary options available. I found through integrative gp's and naturopaths and diet choices, that I could vastly improve my health by taking supplements, reducing stress, getting more sleep, exercising etc. I ditched my conventional GP who mentioned I should just take a couple panadol everyday for my joint stiffness. Come on I thought, that is the easy and misinformed option, not only does panadol affect the liver but it masks the real pain. I have now turned my health towards healing NOT MASKING symptoms. I am in such a better place and am still able to work full time, run our family and be proactive for my own health and those of my loved ones and most importantly \_ NOT A BURDEN TO THE MEDICAL SYSTEM. I know the complementary Dr that I saw got me on the right track and has prevented me from continuing on a multitude of other chronic diseases that go hand in hand with compromised thyroids.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:57:17 PM

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To the Medical Board of Australia,

I support Option 1.

I am a registered nurse and my family and I have used integrative and complementary medicines which we find has prevented illness over the years that would have us ending up in hospital : Complementary medicine and Integrative medicines are enabling us to take control of our health and not rely on our medical conditions being managed once the illness has progressed where it requires expensive medical intervention which can lead to complications: for example my GP believes in that we work as a team and had prescribed PRP injections to my knees which have enabled me to avoid being hospitalised with a knee replacement which has huge risks of infection as well as anaesthetic risks : unfortunately I now have to pay for these as Medicare in its shortsighted approach has stopped funding these and as a result people who cannot afford them now end up with knee replacements: infection and intensive care In some cases: the MBA are not Gods as there is more answers out there than just a Medical model with all its flaws:I will not visit a doctor who wants me to trust him as the only solution: times are changing and we are living healthier lives with complementary and Integrative medicine where we prevent illness rather than treating it once it affects us

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 4:13:31 PM

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To the Medical Board of Australia,

I support Option 1.

We elected a Government to govern the Country, we never elected the AMA or the ADA. The Government has been acting on advice from these two organisations. All they are worried about is losing money. All they want doctors to do is push drugs when natural vitamins or natural therapies could help. First up, I went to a physio for almost 10 years after a car accident and all that did was take the pain away until I got back for more physio and for some time I was going 3 times a week, then down to twice a week and the remainder of time once a week. I had been told by Specialists that I would never walk again and that if I went to a Chiropractor I would be in a wheel chair for sure. After 10 years when I started a new job, I was told by the boss that as I was in pain, I should go and see a Chiropractor. I thought that if I didn't do this I would not have a job for long. I finished up going to a Chiropractor and the very first visit, felt like he took a pile of bricks off my back and I went home in tears I was so happy. I have continued to go to a Chiropractor now every 4 to 6 weeks for 38 years and I have been free of pain since the first visit. I only go because after a few weeks, my back starts to feel weak or my neck hurts. Always fixed when I walk out the door. Then I was booked into hospital to have my gallbladder removed in about 2007 after several bad gallstone attacks. I was talked out of this by people I was working with at the time. I finished up at a Homeopath who gave me a remedy for the next time I had a gallstone attack and I had to put a crystal under my tongue and the pain just eased away. Then after taking these crystals for a few weeks, my gallbladder was fixed and there is no hardening of the walls of the gallbladder now. Why would I want to have an operation if I can have it fixed as I did. Anyone would have to be stupid to even think of having an operation if they can get out of it. If doctors start trying to stop natural therapies, I and many others will never go near a doctor again. I certainly would not even if I was dying. The AMA would not want us taking vitamins because they keep us healthy. I have had a really bad reaction to a whooping cough injection 4 years ago when my daughter was having her first baby and it has affected me badly. No GP told me before I had this injection that I should have had a blood test to see if I was immune to the stuff, but I was told after when I had to go back and could hardly stand up because of dizziness. This affected me for some weeks and now it has affected my memory. Any good GP would not be trying to force drugs and unnecessary operations on anyone unless they are being pushed by the AMA. I have seen what has been going on with the ADA when a Dentist acknowledges that fluoride has affected a patient. They are down on the Dentist like a tonne of bricks. That tells me that both Doctors and Dentists are being preached to by these organisations.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:45 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been vital for my husbands management of his depression. Antidepressants have so far been avoided due to the support we've had from integrative and complementary medicine. The government should be supporting doctors and people to not have to be on a path of long term medication.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 3:16:47 PM

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To the Medical Board of Australia,

I support Option 1.

We have a child who has struggled with profound ill health for over 10 years that has seen her twice diagnosed with stage 4 chronic fatigue that has seen her bedridden for months at a time along with several other health challenges we have discovered through endless trial and error that conventional medicine was unable to help with. It could neither diagnose the cause or find a solution. Finally, in desperation, we began exploring integrative and complementary therapies that have ultimately given our daughter her life back. She may never be as well as the rest of us but she has become a contributing member of society once more and instead of relying on her family or the government to provide for her (a very demeaning exercise for someone who should have the world at her feet), she has become independent and been able to finally move out of home, something that gives us (her parents) great joy to see. Without our integrative doctor and our opportunities to explore alternative therapies, I seriously doubt that she would have found hope to keep going. Complementary medicine has made an inordinate amount of difference, the difference between a life of contribution and laying around inordinately too unwell to participate in anything.

Ultimately we live in a democracy and with the number of people statistically using complementary / alternative therapies being 1 in 3 (which if they didn't feel it made a difference would not be so high) I would like to ask why the conventional medical fraternity thinks it has the right to determine which services the Australian public should or should not have access to. If we look at history in an honest way we would acknowledge that many of these modalities and therapies have been around for sometimes thousands of years, far longer than conventional medicine which is doing a very poor job of keeping our population healthy and, if they didn't work' it's highly unlikely that they would have survived into today's world.

We use many and varied therapies to look after ourselves and we should have the right to determine who will supply our personal health services. Conventional medicine has an extremely poor record of successfully healing many people and conditions and, while the alternatives cannot always offer anything better, very often they provide solutions otherwise not to be found.

Please stop messing with our rights. I, personally, think we should embrace more not less in the alternative therapy space but the very least you can do is leave the current system alone. People deserve to live healthy, happy lives and the way they choose to do that should not be predetermined by strangers who know nothing about them or the conditions they are suffering.

As far as I'm concerned allowing the conventional medical body to make decisions regarding its prime competitors is a huge conflict of interest and should not in any way be condoned or allowed. In any other arena it would be recognised as so and disallowed.

I consent to publication of my submission.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 12:48:59 AM

---

To the Medical Board of Australia,

I support Option 1.

Do you have an adult child with a chronic auto immune sickness? Do you think you should give up your adultchild's right to have a bearable quality of life? When an immunologist tells you that your 30 year old can only expect more of the same misery because there are no traditional western medical solutions to his illness, do you give up, or seach for anything that creates an improvement? You need to ALL get over your egos and accept that when you don't have solutions to an illness, after 28 years of consultations, then your patients deserve the right to refocus their treatments with ANYTHING that makes sense and creates hope. Reasons why we use Integrative & complementary medicine are ●our choice, ●our choice●our choice. You don't get to control our choice, esoecially as you don't have solutions to many illnesses with pharmaceuticals, tests, scans, surgeries and bombastic advice.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:43:28 AM

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To the Medical Board of Australia,

I support Option 1.

I suffered chronic fatigue for three years until I was told about a functional doctor who I subsequently sought care from. He prescribed me several herbal and Chinese medicines. From that time on my condition improved until I no longer suffered.

My mother died from cancer. During her battle she saw a homeopath and was given several homeopathic medicines. She didn't endure any severe pain. The doctors were surprised that she had no pain given her condition.

There is definitely a place for alternative and complementary therapies to co-exist with traditional medical treatment, for better healthcare outcomes. And better for a medical doctor to be involved in both forms of treatment.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:46:50 AM

---

To the Medical Board of Australia,

I support Option 1.

When conventional medicine failed to heal my chronic condition I turned to natural medicine. I was unable to work and contribute to society for 8 years. I am now working full time able to earn and spend money. I was on a disability pension before and I don't see how restricting natural medicine will benefit anyone. Especially those who have tried everything else. I was dying and If you restrict natural therapy you will be responsible for the murder of many.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:46 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 walking along with my doctor and my naturopath over the last four years in my quest to stay alive after being diagnosed with glioblastoma multiform (stage 4 brain tumour). I do believe the use of both recommendations have given me a good life. Please allow us the choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 6:16:30 PM

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To the Medical Board of Australia,

I support Option 1.

I have only been able to become “well” after seeing an integrative gp. After several years of being very unwell and seeing a “normal” gp and an endocrinologist and being told my test results were normal so therefore should be feeling better. I have been diagnosed with Hashimotos and was given thyroxine. 18 months later I still felt no better. The fatigue has been very debilitating and was affecting my life quite severely.

Having to do my own research to help myself I found an integrative gp that could actually help. She did tests that other gps would not. Put me onto NDT and finally My health is starting to improve. This includes my mental health as well as I have found someone who actually knows how to treat my symptoms and not just the limited results of listed tests that were ordered.

I honestly don't know where I would be without this wonderful dr and her treatments. Probably no longer here.

Please let them continue their wonderful work as I know I am one of many that still “needs” them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 11:15:30 AM

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To the Medical Board of Australia,

I support Option 1.

I fully believe that the major reason I am successfully reintegrating into the workforce after PTSD & related issues is the integrative & complementary treatments my doctor provides.

I am also currently managing menopause symptoms with his treatments.

Without this ongoing support I'd be surprised if I will be able to remain in the workforce because of the effect 'conventional' medications have on me.

Having access to the choice of medical treatments, integrative/complementary & conventional, and establishing which combinations work best for me, provided by the one medical professional has invaluable in my ongoing recovery.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:48:46 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has given me 5 years free of cancer. Traditional medicine does not understand the importance of holistic health. Traditional medicine does not place enough importance on preventative measures. I respect the immense skill doctors have, but it is not enough. Integrative doctors and other allied health experts are needed for overall health. In addition, we have the right to choice and we pay for health funds.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:49:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing in support of Doctor's rights to recommend Integrative and Complementary medicine.

Many of these approaches have a solid and proven evidence base including the use of anatomy, chemistry, biomechanics and physiology. The implication here is that pharmacology or surgery are the only options for treatment.

I experienced a chronic injury in my lower back which was treated with the combination of osteopathy, pilates, exercise physiology and psychology. If I had been sent for surgery and treated with pain killers I would most likely have a pain killer dependency by now.

Please allow doctors and patients the right to choose healthier and more sustainable treatment options.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:58:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I have lived well with my own choices as to what I do for a healthy life mostly without taking main stream drug therapies doctors in the past prescribed to me.

New laws may lead to medical and allied healthcare professionals being unfairly and unreasonably targeted by vexatious complaints to the Australian Health Practitioner Regulation Agency (AHPRA). A trend that has insidious repercussions lately and rapidly closing choices through wanton 'proposed' law changes!

I have a good idea of what has worked for me for colds, flu, muscle pain, organ health, etc.

It's been a great revelation how through choices given me by my doctor(s) I recover quickly without drug side effects, some of these being sleepiness, dizziness, fuzzy thinking and getting other illnesses whilst taking drugs.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 12:45:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support it because I have a complex medical history. And I am willing to try anything that may help me, not only do I have severe chronic disabling pain in my back and neck I also have PTSD and adult ADHD. So anything that I DR recommends I will give a go to try and achieve a better life

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:32:35 PM

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To the Medical Board of Australia,

I support Option 1.

I am extremely concerned about the MBA's proposal as it a major step backwards in health care. Following a serious accident 3 years ago that has required extensive rehabilitation, I was unable to get the treatments I required under the current medical system. My GP was very reluctant to refer me to a physiotherapist, which is what I needed. After 2 years I was still unable to use my arm and was constantly in chronic pain which lead to severe depression. The GP advised me there was nothing that could be done. Eventually I found an Integrative Dr who recommended a number of complementary therapies and treatments that included Chiropractor, Osteopath, Sports Physiologist, Chinese Medicine, Acupuncture, Vitamins, Minerals and supplements. For over 6 months I have worked with this Integrative team at considerable cost to me, as most of these therapies were only partially covered under my full health insurance policy. Today I am almost fully recovered and can soon go back to work. These therapies and treatments which are now under threat are virtually what have saved my life.

We have a major problem in the country with chronic illness and disease that in many cases like mine, cannot be healed without these treatments. In fact, many more people, like me, could recover if they were able to access these therapies. What is being proposed is counter intuitive to providing adequate 'wellness care' rather than 'sick care' like we currently do. If we really want to help people recover then they must have access to these therapies and treatments. My recommendation is that the MBA increase the ability for the medical profession to provide complimentary, innovative and emerging treatments as they are the future of 'wellcare' which many other countries in the world recognise and recommend.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:17:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I have lung cancer and using immunotherapy and herbs as complementary medicines have helped with the side effects of chemo and radiation

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 8:11:49 AM

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To the Medical Board of Australia,

I support Option 1.

I write this to give the The Medical Board of Australia (MBA) public feedback on new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. Personally I prefer and seek out Integrative doctors who offer alternatives to conventional medicine as I am sensitive to pharmaceutically produced drugs.

I was extremely upset when a few years ago a ban on vitamins, minerals, herbal supplements and natural therapies impacted badly complementary medicine and the natural therapies sector. I would strongly recommend that doctors get proper training in a more integrated form of health care. Many people are opposed to the dominance of Big Pharma in their lives and health. All pharmaceutical medicines have side effects and can make the patient more sick. For me Metformin was devastating to my day to day living with having extreme stomach pain and intermittent diarrhoea. I stopped taking it when I realised that the stomach pain was coming from the Metformin and not something else. The diarrhoea was uncontrollable and dictated a restrictive lifestyle. I found out too that this medicine blocked B1 which helps in neuropathy and reduces B12 which aids the energy cycle. As I have CFS /ME, I was very angry that my B12 was being reduced daily adding to my fatigue issues.

Consultation time periods used to be 15mins, now clinics are imposing 10mins on patients. Even conventional doctors are finding it extremely stressful and unable to give a full service with such a time constraint. One doctor said he had no time to perform an ear wax and his nurses weren't allowed to do that operation either. I then had to wait several weeks to get another doctor and book a consult of 3x the usual 10mins. This is all about money making and I no longer attend that clinic. At another clinic the nurses were trained in that procedure and the doctor in his usual 15mins consult simply gave me a referral to the nurse who did the procedure straight away. My hearing was impaired before that procedure. I couldn't hear properly.

I have never found that integrative medicine takes a longer consult. Its simply a choice given and I have benefitted from those doctors who have this unrestrictive autonomy in their practice. I have attended regular visits to chiropractic clinics all my life and I am 68y and still attend especially if I have had a fall. A correction is made so that I don't continue to suffer falls due to being out of balance. In the past without chiropractic adjustments, I have endured a series of falls.

So called conventional alternatives to chiropractic are a waste of my time and have done little to alleviate my balance. I have been treated for a viral infection and bouts of extreme nausea by a chiropractor trained in the US and using Kinesiology to being alleviated of my symptoms and brought back to health.

I totally support OPTION 1 to having NO CHANGE to the MBA Guidelines. Its all about choice and preference. I benefit continually from integrative doctor care.

Regards, [REDACTED]

B.Ed.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

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**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.

For years I sought help from the medical profession, as a RN div 1 I trusted I would get the help I needed, unfortunately I was given the run around, endured multiple specialists and lost 18 years of my life to ignorance. It wasn't until I was introduced to an amazing integrative doctor who helped me find health again...I am now living the life I lost while my children were young. She saved my life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:01:24 PM

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To the Medical Board of Australia,

I support Option 1.

My family and I have been accessing Complimentary Health Services such as Chiropractic Care since I was a teenager. My now adult children have also had Chiropractic Care their whole lives. It has been a very important part of our Health and well-being. I was introduced to Naturopathy and an Integrative GP when my children were teenagers and became sick plus I had had an unresolved stomach issue. I had exhausted my GP's knowledge, plus seen a few specialists, and no one had any answers. This lead me to see an Integrative GP. My goodness, what an eye opening experience. I know without a doubt, without Targeted Nutrient Therapy, we would be in a very different place now. Please understand, that when people seek out Naturopaths and Integrated Doctors, its usually when they have already exhausted all possibilities with conventional Doctors and Specialists. Integrated Doctors and Naturopaths are working out the CAUSE of the issue and trying to address that. Please DO NOT take this hope away. People are becoming wise to the overuse of medications, and are seeking out natural alternatives to medications with what we are learning now, have dangerous side affects.

Integrative medicine has saved my children's quality of life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:45:43 PM

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To the Medical Board of Australia,

I support Option 1.

This option appears to be outright bullying in a hidden format.  
How can the Medical Board be so narrow-minded and appear so threatened  
the chemical drugs might not always be the only answer to cures?

We all can see the sales and choices for more popular healthy  
alternatives is rapidly growing. Why denounce it? Work with it.

Doctors who do offer an alternative solution as well as drug  
mainstream medications, are very needed and welcomed by more than a  
few members of the public seeking medical health assistance.

Would this also apply to the unpopular refusal for our doctors to  
legally prescribe Cannabis Oil more frequently to other than those who  
have benefited and it has PROVEN, more effective than any currently  
manufactured drugs with no side effects?

A biased choice of the Australian Medical Board members and appears to  
be pulling rank because their position says they can?

I personally have required both mainstream medical treatments,  
therapies as Chiropractic and Acupuncture, correctly prescribed  
medicines that have proven also extremely effective at reducing the  
need for prescribed drugs for a very long time for various conditions,  
especially in regards to hormone imbalances, high cholesterol, extreme  
osteoarthritis, and on ongoing pain control and found the natural  
therapies to be less invasive with few if any side effects or  
dependency as drugs have manifested.  
I still combine both mainstream and natural products quite effectively.  
and consider both theories should be practiced together with respect  
wherever viable.

To ban all traditional Natural Therapies and medicines is a backward  
step for Australia and manifests either ignorance of complementary  
medicine proven effective for generations along with advanced medical  
science.

I would question why this attitude is held by the Australian Medical  
Board? Especially as it is acceptable to most Western Countries as  
normal procedure.

Is this a Big Pharma, as it is well known now, threat perhaps?

Most are aware of the power and pressures instilled on all our medical  
profession.

Listen to the Australian people please, as they hold the facts and the  
truth and object to forced conditions by an inside elected 'select  
few' to exert some power that, effective confirmed and helpful medical  
therapies be banned being recommended by our medical practitioners?



I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 11:58:15 AM

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To the Medical Board of Australia,

I support Option 1.

I'm writing to you in relation to the proposed guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice.

I strongly oppose any changes to the current guidelines.

I spent 10 years of my life with severe stomach and anxiety issues, along with issues with my menstrual cycle. I went from doctor to doctor looking for answers, but the doctors were either not interested or not in a position to be able to investigate further to find out what was really happening with me. I was labeled with different diagnoses which were incorrect, it took me 5 years to get a diagnosis of coeliac disease and all of this obviously had a severe effect on my quality of life.

I knew something was wrong and that I needed help, but I had tried all avenues and didn't know where else to go. It wasn't until I went to see an integrative doctor that someone finally listened to me, looked deeper and treated me like a whole person that we were able to find solutions to what was going on. It was such a relief to find someone I could trust and who was actually able to deliver results, after spending years dealing with different doctors who were never able to give me any sort of solution.

My story is not unique. I am now a qualified nutritionist and I speak to clients every single day who are going through exactly the same thing. They want help and are not able to get it with the current conventional medical model.

Humans are not robots. They are individuals and require a tailored and holistic approach to be able to heal and regain their health. By tightening regulations, you are taking away access to such services and at the end of the day, this will keep people sick.

The burden of the health crisis on the economy is huge and this is only going to get worse. I fail to see how making it harder for people to receive the care they really need is going to have any sort of positive impact on our economy, or for our health as a population.

I'm happy to be contacted at any stage to discuss this further.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having struggled with chronic fatigue since the birth of my first child 4 years ago - not 1 doctor or midwife (no breastmilk) tested my thyroid or suggested I get tested. They had no idea about it! I saw my gp after baby no 2 when I couldn't lose weight, was exhausted to the point of crying and so short fused I had no control over my mood. Her advice was to exercise more and eat less! I was already working out 5 times a week and on a healthy eating plan! So I took matters into my own hands and paid to see an integrative doctor who listened, agreed that my symptoms weren't normal and ran a full thyroid panel, blood tests and stool sample. I have hashimotos, adrenal fatigue, candida & strepp plus reactivated EBV!!! No wonder I am exhausted! I have low vitamin d and iron. I am now on a number of supplements - which aren't cheap - but I am slowly starting to feel more energetic and less anxious.

Medicine is about prescribing drugs to cope with symptoms.

The future of medicine is to combine a holistic approach and use food, lifestyle, supplements AND MEDICINE to prevent and cure diseases.

Diseases that cripple the public healthcare system!

To take that away from these incredibly educated and well rounded doctors is a huge mistake. One that will send medicine back to the dark ages.

Don't do it! GP's are too thinly stretched.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 4:06:05 PM

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To the Medical Board of Australia,

I support Option 1.

My husband has been sick for 20 years with chronic fatigue syndrome and more recently diagnosed with CIRs chronic inflammatory response due to his immune system being unable to recognise and tag toxins for removal from his body. Conventional medicine and drs and physicians have NOTHING to offer except antidepressants.. a band-aid solution at best. We need integrated practitioners and supplements.. no other option left to him . He is 53 years old.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:11:23 AM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine because peoples choices should not be discriminated against. Every person is different and more often than not people seek out complementary or integrative therapies after they have become disillusioned by the medical system. There is no one size fits all approach and using humans guinea pigs for the various range of pharmaceuticals is not the answer. We deserve the right to free choice.

I have personally benefited life-changing results from complementary therapies for Anxiety. All the GP's would do is prescribe Zoloft which is in effect putting a bandaid over an infected wound. It is not until we clean it all out and get rid of the source of the issue that the wound can heal. I have found that all healing is done from the inside out and I didn't want to be on medication for the rest of my life. People just like me want the choice and are wanting to resolve their issues from the cause.

I was able to do this using Rapid Transformational Therapy and I now I am completely free of anxiety after only a few months where 2 years under the guidance of a GP could not resolve and completely failed. Now I can live again.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 7:08:38 PM

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To the Medical Board of Australia,

I support Option 1.

I mainly use integrative and complimentary medicine as it focuses on continuous maintenance of health as opposed to the conventional method of treating only symptoms of sickness. I also do not want to use conventional pharmaceuticals as the risk of further ill health from side effect is unacceptable (they are mostly Scheduled poisons). If restrictions are imposed on integrative practitioners, I will have to take care of my health without the benefit of professional assistance. In the last year alone, I have used Chinese medicine, acupuncture, yoga and postural alignment therapy to ameliorate my back pain so that I can live a normal, drug free life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:23:09 PM

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To the Medical Board of Australia,

I support Option 1.

To the Medical Board of Australia,

I and my family will only attend a doctor who includes Integrative & complementary medicine in his prescriptive advice. We will not go to a doctor that we feel is only interested in prescribing pills and is not interested in looking into more natural and complementary methods of healing.

I and my family have used Integrative & complementary medicine for many decades. It has helped all of us enormously in recovering from serious injuries, with mental health and with general health. We had a wonderful doctor who if I was depressed would recommend natural therapies rather than just prescribe pills. We are not a family who wants to be prescribed a pill for everything, we want to get to the root cause of a problem and then treat it naturally whenever possible. We believe it is a backward step to limit doctors ability to suggest Integrative & complementary medicine as therapies, and we actually believe integrative and complementary medicine is the way of the future.

If the MBA imposes restrictions on Integrative practitioners it will be devastating to not only our family but for a great many families who seek out natural healing methods. it will also limit the development of further natural healing methods and cause people like us to seek out practitioners who are not as qualified medically as we would like.

Do NOT limit doctors ability to offer Integrative & complementary medicine. It would be a backward step for the medical industry.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:48:05 PM

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To the Medical Board of Australia,

I support Option 1.

I need choices to manage my multiple health conditions and these include acupuncture chiropractic and other therapies just to keep me mobile .... without these added therapies I would be a burden on our struggling health system by requiring care either in my home or an institution!

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**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.

We live in a wonderful new era where major developments are being made in health care.

Patient's deserve a choice. They should be able to choose a practitioner that has services they want. If they want to explore integrative options - so be it - we do not live in a dictatorship.

Imagine how many people would still be suffering from ulcers if those young Australian medical professionals had not gone outside the accepted ulcer treatment and discovered the cause was H.Pylori.

My 91year old Mother in Law suffered from Menieres and was struggling to have any quality of life. Acupuncture and herbal medicines enabled her to go back to living her life well and healthy.

I have personally 'recovered' from a torn meniscus using non surgical options of complementary medicine, all because I asked the surgeon if there was anything else I could try instead of surgery.

It all comes down to choice.

People who want complementary & integrative medicine will seek it out, others who do not want to explore other options can stick with what their preferred providers offer.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 9:40 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Without Integrative medicine my daughter would still be terribly unwell. Our Integrative Doctor was able to diagnose a severe strep infection via a test called PANDAS for my daughter which enabled her to be treated and manage her diet accordingly. This took her from a child who out of nowhere was anxious, couldn't sleep and developed terrible mood swings and OCD tendencies to a child who can sleep, is much calmer and lost the OCD behaviours. She was also diagnosed with severe pyrrole disorder. Neither the Strep diagnosis via PANDAS test or pyrrole disorder have ever been acknowledged by any mainstream gp's or specialists I have spoken to. I have been told by one Specialist he did not agree with the science on the issue and to move on in the conversation. My daughter also had b12 deficiency and folate, elevated homocysteine levels, terribly low zinc and b6 levels due to her pyrrole disorder. All this was discovered by my Integrative Doctor because they take the time to look outside the box and have a detailed look at what is happening with a persons biochemistry. Coupled with that the ability to have integrative diagnostic testing which I may say comes at a price for the patients is absolutely vital. As an Australian citizen in a democracy I demand you not make any changes to the current system. Australians have the right to good health. Even if you ask Doctors to have certain blood tests etc, you are at their mercy. Many of them do not like even it being suggested that you are telling them to do something. We need our Integrative Drs, pathology services, naturopaths etc, to get the treatment we need. As I said, without this my daughter would have remained extremely unwell and I am sure on a bucket load of anti anxiety, anti OCD medications with all their side effects instead of the supplements she is on which correct the problem. Until the Medical profession step up and start acknowledging some of these illnesses like pyrrole disorder and start looking outside the box for reasons causing a persons symptoms such as strep bacteria causing OCD symptoms which is documented already, then do not make any changes to our current system. Besides this it is still a democracy as far as I know in Australia with the right to free 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 12:01:43 PM

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To the Medical Board of Australia,

I support Option 1.

I have personally used complementary therapies for many years.  
In 2010 my daughter was diagnosed with MS. Her neurologist wanted her to start conventional therapy, (weekly injections )  
Instead she started a lifestyle based program devised by Prof George Jelinek. She is completely fine now, almost 10 years later.  
About 15 years ago I had severe sciatica, lasting several months and was advised by my GP that the X Ray showed a bony outgrowth which was causing the problem and that" it would not get better". I started doing some simple yoga type exercises to stretch the piriformis muscle and the problem was gone within two weeks and has never returned.  
Complementary treatments actually save the health system enormous amounts of money, because the focus is on prevention, not treatment"after the horse has bolted".

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:50 AM

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To the Medical Board of Australia,

I support Option 1.

Please allow integrative doctors to recommend alternative therapies to their patients.

Following a diagnosis of a tic borne illness, the only therapies that have worked to save my health and that of my daughters have been the use of alternative therapies without which we wouldn't be living the standard of life that we are now. We are currently active members of society who are contributing to it. Taking away that choice from us would be hugely detrimental to ours life. We are ask you to sincerely reconsider this action to help up and thousands of other Australians across the country.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:37:21 PM

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To the Medical Board of Australia,

I support Option 1.

I would be very much affected if our Doctor's complementary, integrated natural therapies were to be curbed or halted in the future, because several family members, including myself, have benefited greatly from being able to access holistic choices at different times of need.

Western medicine is not always able solve complex health problems. Speaking from first hand experience, the addition of alternative treatments from physicians knowledgeable in herbs, acupuncture, and other natural remedies have been a very welcome addition to their original medical training.

Being able to access the knowledge of complimentary natural health experts in addition to family doctors, has also aided in the healing of family members. From mental health disorders, chronic skin conditions, prolonged gerontological disorders, chronic back pain, insomnia, post traumatic stress, and arthritis, the knowledge of persons trained in natural healthcare has been indispensable.

We are finding that in these times we need broader creativity in problem solving on all levels, and this certainly includes choices in the medical profession.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:09:37 AM

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To the Medical Board of Australia,

I support Option 1.

Hi. My name is [REDACTED]. Firstly i cannot believe that Australia does not accept Lyme disease / tick borne disease in this Country. I was diagnosed some 6 years ago both in USA & Europe. Whilst i have undergone traditional western medical protocols the ONLY thing that is currently assisting my body to both kill and eliminate pathogens and toxins , is a multi facet approach using ALL types of health care. (An integrated approach). Whilst i am only one of many, my story is a very complicated and complex story. Worth listening to. I have been close to death on 4 occasions and my integrated medical doctor has brought me back. My healing after 6 years of treatment and 50 years of illness has been epic. Not to mention the cost. Whilst i appreciate there may be charlatans and fakes practicing this healing approach and a measuring/monitoring system needs to be in place, for me the correct practioner in my instance has been and is the only approach to work for my chronic debilerating diaease. I would welcome the opportunity of further discussion. Sincerely

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:17:18 PM

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To the Medical Board of Australia,

I support Option 1.

I have chosen integrative and complementary medicine for all of my adult years. I have used conventional medicine when needed ie for a hernia operation but for many other health issues I have found that integrative and complementary medicine has kept me in greater health than the norm of health for a woman my age .

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:12:21 PM

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To the Medical Board of Australia,

I support Option 1.

I have two rare diseases. The first is dercums disease. It is the third rarest and second most painful disease known to man. It is number one of the top ten most horrible diseases you never want to contract. Pain medications have no impact in diminishing my pain. It is thought I have a genetic mutation that affects the way my body processes these drugs. I have tried everything and pain specialist said there is nothing more he can do to help me.

I have undergone full psychiatric assessment and evaluation. This was forced on me by a number of medical doctors and specialists in order to be taken seriously. I have the report that states I am totally sane with no signs of any mental illness and my IQ is 138. I have been turned away from being seen at a hospital. I have been called a drug seeking junkie when I have never even asked for opioids ( no point taking something that doesn't work). There is no treatment and no cure for Dercums disease. Most doctors have never even heard of it. I have been told I'm overweight and if I loose weight I would be better. This is hard as I also have hashimotoes thyroiditis. I have been told fatty lipomas don't hurt and fat doesn't hurt.

Doctors have made me cry. Mostly out of frustration as they don't want to look at my folder of previous tests results that I carry with me to all appointments.

The second rare disease is polyclonal B lymphocytosis. Which may or may not turn into Hodgkin's or non Hodgkin's lymphoma. I have not seen a hematologist and at this point in time I am just having it monitored through blood tests. Unfortunately the B cells are rising so even though I am reluctant to see someone, I know I will shortly have to do so.

I also have Hashimotos thyroiditis, severe degeneration of my spine with collapsed and bulging discs and osteocytes impacting my spinal nerves.

I also have metabolic disease, and numerous allergies to medications, foods, adhesives and insect stings.

I do so much research and read medical research papers, white papers and drug evaluations. I have a doctor who believes me and I can approach with research papers to discuss for input as to whether or not these alternate approaches and of label uses of drugs or treatments might help alleviate some of my symptoms.

I have otherwise given up on the medical community due to the way I have been treated in the past. I am not prepared to subject myself to the humiliation and abuse I have received in the past and will receive in the future.

I self manage now, it is easier and less stressful for me. Stress drives dercums disease, so stress minimisation is key. How do I manage my pain you ask. Well when I have a pain flare I just lay in the most comfortable position I can find and wait till it subsides. Pain flairs can last for days or weeks. I crawl like a baby to move around my home as if I pass out due to the pain I can minimise the risk of injury due to fall. I have a very high pain tolerance. I have pain every second of every minute of every hour of every day of every week of every



month of every year and have had for years and will do until I die. If it wasn't for a doctor who believes me and listens to what I have to say, I wouldn't be here.

Can you please tell me what university classes do the medical students attend that teach them to listen and not hear a single word their patients say.

Please don't limit the treatment's that medical professionals can suggest, and don't close your minds to alternative treatments as you may increase the suffering for fascinoma zebra's like me.

I think I have suffered enough and shouldn't be forced to suffer further in the future due to the changes you are thinking of imposing.

If you would like to speak with me further this is my mobile phone number [REDACTED].

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My cousin has crohns, and I have an auto immune disease both which are managed through dietary and herbals/naturopathic intervention. If Australians are expected to work, we must be able to keep healthy by having access to these therapies, or there will be institutions full of "unwell but capable of working people" everywhere.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:11:38 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has the foundation to provide treatment for chronic and lifestyle-related disease. It is the perfect compliment to our wonderful acute medical care system. We can not continue to ignore the growing systemic chronic ill health epidemic that we are seeing in our community. We also can not continue to ignore the shortfall of our current acute health care system in managing this problem. The control and responsibility for our health need to be put back in the hands of the individual if we want to see a true improvement in peoples health. 3 years ago my husband was told he had high cholesterol during a routine visit with his doctor. The doctor prescribed medication and advised him he would need to take this medication for life. Due to my professional background that medication ended up in the bin and with his doctor's knowledge a 6month dietary and lifestyle program began that resulted in reduced cholesterol rates at his next check-up and no need for medication. My husband was only 47 at the time. While I am sure this medication has saved lives - its damaging consequences with long-term use is well researched and reported on sites like PubMed. Through simple changes, he was able to correct this lifestyle based symptom.

Later that year my child had a neck injury on a bouncy pillow. We were rushed to the hospital by ambulance and provided with the best acute care to ensure he had no spinal injury. There was no other care that would have suited him at the time and i was VERY grateful for the incredible care we received. His rehabilitation after that accident was managed by hands-on modalities in the complementary health care fields. I was lucky enough to have a CHOICE. All fields of health care have a vital role and people deserve the CHOICE. Please don't make decisions based on fear or greed. This is not about exclusivity - both western and complimentary medicines have a very important role. Please don't make this about profit over peoples health. People have the right to choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:21 PM

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To the Medical Board of Australia,

I support Option 1.

I write in response to the new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. And, If adopted, how the integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine.

Personally, I use this approach for my own health. I feel more comfortable getting advice from my doctors regarding the use of complementary medicines as they are fully aware of my medical conditions and the medication I am taking as well as the impact they have on me. My GP has been able to recommend certain supplements after doing the appropriate tests. I have found this both beneficial and reassuring.

I have a condition that has not been easily treated and the best results have been gained using an integrative approach. I have taken comfort in knowing my doctor is fully aware of my health regime and can make the appropriate recommendations with all information at her disposal.

My GP, neurologist and psychiatrist have all recommended supplements for my condition as well as prescription medication and over the counter medication. I take comfort in knowing that they are fully aware of my documented case.

All of the healthcare professionals that I have seen typically provide longer consultations in order to understand my condition. It would be of great concern should the level of investigative and integrative care be restricted to providing the "conventional" consultation and thereby diminishing the diagnostic capabilities and the individualised treatment plans.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:26 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

For years I was constantly unwell and tired, I had been to multiple GPs and specialists all that happened was treatment of my symptoms, constant bloating, bleeding from bowel ulcers, extreme tiredness. I finally saw an integrative GP who did some tests and then understood the issue much of which was because I was not absorbing some vitamins correctly, and a high inflammatory response to certain foods. I was deficient in a number of things and was unable to absorb some of the over the counter vitamins or by eating the correct foods. This GP checks my levels and ensures that I am taking the correct amounts of supplements and that the ones needed are in a format that I can absorb, consequently my health has greatly improved. My work, personal life and my productivity are at a normal level, I sleep properly and with minimal dietary change I have had no further hospitalisations for bleeds or suspected bowel obstructions. By seeing him I am removing pressure from the health care system I taking the correct prescribed amounts of vitamins (medicine to me) I actually work in main stream medicine and see that both have their place but many issues can be prevented or improved by treating the person holistically. From my experience I firmly believe that being prescribed vitamins correctly (as levels should be checked and dosage adjusted ) is a far more scientific method than the open slather and self prescribing by individuals with little to no medical knowledge with over the counter products. I would find it extremely difficult if this treatment option and all reimbursement of blood tests was removed. You could save far more money and have an impact on health by removing the readily available junk food and sugary drinks, along with much of the processed food available, instead of making life difficult for HCPs and the public that are trying to improve our health rather just treat symptoms...

Sincerely [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:43:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines. Integrative healthcare has been critical in my recovery from a severe shoulder injury that would otherwise have required surgery. It was especially important since I suffer from severe eczema which flares if I take any NSAIDS. It has also been critical in managing and healing my eczema so that I am finally able to sleep and have a normal life

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 4:16:35 PM

---

To the Medical Board of Australia,

I support Option 1.

We should be able to have choice, not everyone wants to pop a pill.  
Offering another service doesn't detract from their allopathic service.

Many years ago I had a shoulder problem and saw many doctors and physiotherapists without success. In desperation I went to a doctor who did acupuncture. 1 session, just one and the problem was fixed. I would much rather have the option of other interventions than being stuck with a doctor who is only allowed to write a prescription.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 26 May 2019 6:44:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I first became involved in healthcare in 1985, firstly nursing, and then later as an Ambulance Officer. Back then, doctors had to make many more well-informed critically decisions without a plethora of tests than they do today.

Since those days, I have been on both sides of healthcare. Now, I am a permanent patient with Complex PTSD.

Time and again, not just with PTSD but also with other situations, I have had to turn to complimentary medicine because regular medical options have not worked, or have exacerbated the situation. One example is from a dislocated shoulder a few years ago. Regular treatment and physiotherapy made it far worse - the pain was incredible. In desperation, I went to an accupuncturist. Although the injury was not healed straight away, I had immediate pain relief for the first time in months.

With my PTSD, regular medicine initially mis-diagnosed. And once correctly diagnosed, I was wrongly medicated by the treating psychiatrist. Alcohol and complimentary medicine were the only sources of minimal relief. An accidental discovery of the artist Bob Ross with his therapeutic voice have a little more help. Art now is one of the few things to give a little clear headspace.

Although I have now a better psychiatrist and better medications, my PTSD has not improved, in fact, it has been the opposite.

Since being injured with the PTSD, I have also acquired Sleep Apnoea.

It is recognised overseas that the two are linked, but not in Australia. So much for regular medicine in Australia being helpful!

With my PTSD, I have benefited from non-conventional medicine, but this is frowned on by conventional medicine.

The move to prevent access to Complimentary or Integrative Medicine is NOT about patient care. It is NOT about providing good therapy. It is ALL about CONTROL.

Modern medicine needs to return to being patient-focused, not the medical fraternals control. It also needs to return to conventional doctors being able to diagnose, to recognise the meaning or translation of signs and symptoms. It also needs to become more scientific, recognising that we don't know everything. If the suggested approach had been introduced some time ago, we would be without antibiotics amongst MANY things.

Let's get patient focus back to begin with. Let's get open-minded medics. And allow we who suffer to receive the help we really need.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 7:13:07 PM

---

To the Medical Board of Australia,

I support Option 1.

To the MBA,

I have a variety of issues due to the MTHFR gene.

My experience with allopathic medicine has been about masking the symptoms. This is not enough and not acceptable. All allopathic drugs come with side effects, some of them disastrous, even fatal.

Fortunately I have had excellent treatment, by some GPs who were interested in finding the cause of my problems. The advice was incredibly useful and I now follow a healthier regime of diet, exercise and of course methylated supplements.

The situation is not one where allopathic medicine is the solution, as the years of vitamin malabsorption has resulted in conditions I definitely did not expect.

My GP has always listened carefully and often suggested options which are acceptable to me. That concern elicits a great deal of respect.

I do not agree that our individual health care should be so policed that we no longer have the option to choose how to take care of ourselves.

Allopathic medicine has made some enormous strides ahead, but integrative medicine also works very well.

I respectfully ask that the right of the patient to choose an integrative practitioner is maintained.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:08:01 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly support the rights of qualified Medical Doctors to be able to recommend "alternative" and nutritional therapies to their patients. A trained doctor with knowledge of alternative therapies is my preferred choice for my own health. Who is better to recommend alternative therapies than a doctor who understands human biochemistry, physiology, pathology, nutrition and also pharmacology (including drug-herb or drug-supplement interactions) ? A doctor is able to do a thorough physical examination and order pathology tests as well as prescribe pharmaceutical or herbal medicines and supplements. I am much more confident consulting with a doctor who has a full understanding of how my body works than I am to trust a naturopath or similar practitioner. My experience with alternative therapies began 19 years ago when I was diagnosed with likely rheumatoid or reactive arthritis (by 2 Rheumatologists). I had severe joint pain and swelling for several months. At this time I needed crutches to walk for about 1 week in every month. I consulted an experienced Naturopath and was prescribed herbal supplements and dietary changes and within 3 weeks I was off crutches and my arthritis steadily improved over the next 12 months. I am currently not taking any pharmaceutical medicines, but I do take some high quality herbal supplements to maintain my health. I am a Veterinarian who practices "eclectic" medicine. I have been trained in herbal medicine as well as conventional medicine and I prescribe pharmaceutical or herbal medicines , give nutritional advice & refer patients for surgery. Each patient's treatment is tailored for their individual needs. I would be devastated if the Veterinary Surgeons Board stepped in to tell me that I am no longer able to give (what I consider) the optimal treatment for my patients by restricting the treatments that I can offer. Herbal remedies have been around for millennia and many have been shown to be safe and very effective. A pubmed search on some key herbs such as Turmeric or Silybum marianum (Milk Thistle) will reveal some amazing information - the meta analyses are a good starting point if you're interested in looking.

I have been privileged to witness the power of nutrition and herbal medicines in changing animal and human lives (the human life I've witnessed is my own!) . The very definition of chronic disease is a disease that we cannot cure with conventional medicine, and this is a place where I believe many alternative therapies can step in and alleviate suffering and improve quality of life.

I strongly urge you to allow Medical Doctors to retain their ability to practice holistic medicine and give their patients a full spectrum of conventional and alternative treatments.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 6:30:12 AM

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To the Medical Board of Australia,

I support Option 1.

I have personally utilized integrative medicine for myself and my son. For me it was the only approach that had good results after years of failed attempts with non- integrative GPS. The longer term benefit has seen a reduction in needing to use antibiotics and I am healthier as a result my son has Pyroluria and integrative medicine has been the only way I have found treatment. GPS don't seem to know enough about it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 5:09:35 PM

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To the Medical Board of Australia,

I support Option 1.

Conventional medicine has failed me in never getting to the root cause of my illnesses. It's been necessary for treating hypothyroidism with thyroxine although it could not provide relief from 8 years of chronic fatigue. It was the advice & guidance from my naturopath that started me on my path of healing. I no longer have chronic fatigue. I feel empowered in taking my health into my own hands and using complementary medicine alongside conventional medicine to get the health results I want for myself. I am responsible for my health and choose to use a GP who respects the choices I make to improve my health. Restrictions on GPs who support complementary medicine is restricting the opportunities for individuals to explore health options that may be beneficial to them. Humans are not machines and we do not fit into the medical box the system often expects us to fit into. We need to feel supported in our health journey and we ask that our GPs be open to what therapies we choose to use without judgement or ridicule (of which I have experienced from a previous GP). A GP is skilled in the area of medicine, and an individual is skilled in knowing what works for them and what doesn't. Don't take away our freedom to choose by restricting our GPs advice to us. It could mean a whole lot more spent on Medicare otherwise.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Everybody has the right to medicine, sometimes you need complimentary medicine to help recovery also. Speaking from a cancer patient point of view - you cant be taken to the brink of death on chemo and expect the body to recover without any 'help'!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:07:14 PM

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To the Medical Board of Australia,

I support Option 1.

I would like you to know that my family and I highly value the combined knowledge of a medical doctor, with holistic types of care. Medical knowledge is outstanding, as I could see when my husband had a triple bypass, or in the case of trauma.

However, in the area of prevention, complementary medicines shine, and sometimes provide wonderful, innovative health solutions. Please do not change the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:28:43 AM

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To the Medical Board of Australia,

I support Option 1.

Any restriction of choice of a medical professional is a redundant move. I suffer body pain, thyroid and now diabetes - most doctors have limited time to cover multiple problems a patient suffers as well as limited ability to monitor several illnesses at one time - even then their answers to almost any problem is a medical script for this or that pill. Intergrative medical professionals are willing to listen to their patients and often offer a less chemical dependant solution that doesn't cause yet another health problem developing from the prescribed medication. Intergrative medical professionals are recognised in most other countries and valued for their input toward regaining health and recovery for their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**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 live with several severe challenging conditions, of which Fibromyalgia, Upper Lung Emphysema, & Multi level Chronic Disc Degeneration are the most pressing.

For quite a few years I went down the conventional medicine road to deal with the Fibro & spinal issue, to no avail. I got worse. I was told I'd never walk properly again, never be off pain meds (high doses of Fentanyl), & to just accept it. I didn't & they were wrong.

I chose to predominantly use natural therapies & diet to help myself... and it works!!! No more pain meds. No more being bedridden.

I'm walking properly. I still have a way to go but I'm far better than I was when I only used conventional medicine. The emphysema diagnosis was recent but I'm finding ways to deal with that, that are working already.

So, you see, what you are proposing will cause harm to people. Health should be paramount, which means looking at all options to help those who are suffering. Giving people choices to find health again.

Attempting to remove options won't work. People will still choose alternative therapies. What you are proposing takes away the rights of doctors.

Both forms of medicine, conventional & alternate/complimentary, are essential & CAN work hand in hand, so people can have better quality of life. Money should NEVER be more important than lives.

Making these changes may not affect me personally, because I'll keep doing what I'm doing cause it's working, but it's wrong to take away the rights of doctors to inform & patients to choose. That's not medicine. That's politics & looking out for the wrong people... well that's the way I'm seeing this.

Please put people first. Please put health first. Please put the right to choose first.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 9:14:12 PM

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To the Medical Board of Australia,

I support Option 1.

I am completely opposed to the MBA restricting Integrative Practitioners from prescribing complimentary medicine to patients. This is archaic and non progressive. There is so much peer reviewed scientific studies to show the efficacy and safety (within orescribed limits) of nutritional and herbal medicines. Not to mention the empirical knowledge of their use. I have been a consumer of complimentary medicine for years and have been very grateful for being able to consult a functional MD during my diagnosis and treatment of breast cancer. Living in A democratic country such as Australia, I at least expect a choice!

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:14 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Since our children have been diagnosed with a Thyroid condition 15 years ago, with no information or help from GP's and Endo's who have NO idea it's been a struggle to get the help that a AUSTRALIAN born child deserves. Since they have been under a integrated Doctor 2 are working full-time and 1 a University student....This would NOT have happened if the stayed with the Endo.

I consent to publication of my submission.

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.

I have children with Autism, ADHD, anxiety, depression, allergies, arthritis, gastrointestinal issues and other complex mental health issues. It has been, and is, exceptionally important to have all our options available to us and these have been very helpful and purposeful in the past. Alternatives to your standard GP shouldnt evdn be in question. Often GP's run out of options and seeking help elsewhere is imperative and iften better suited to spectrum children. I also have Fibromyalgia, Ross River and back trouble and have used acupuncture and alternative advice and medicine to help where GP's could not. I do not know where we would be without these alteenatives and this country should be upholding free choice for the benefit of all.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:20:18 PM

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To the Medical Board of Australia,

I support Option 1.

#### My Story

I am a respected professional woman of 65, as well as a wife, mother and grandmother.

I have suffered severe anxiety & depression for over 25 years and have had to take ever increasing strengths of a generic type of Prozac. On the highest dosage possible, I was still suffering panic attacks and battling on day to day.

Fortunately, my daughter, who had been diagnosed with an auto-immune disease by a rheumatologist, put me in touch with an integrative GP who recognizes the importance of finding and treating the cause of illness, rather than just being an agent for Big Pharma and masking the symptoms with conventional drugs.

This integrative GP used blood tests to assist in my diagnosis, and it was discovered that chronic stress had caused Adrenal Exhaustion, meaning that my hormones were all out of balance. In particular, my progesterone levels were almost non-existent. (I had chosen not to take conventional Hormone Replacement Therapy due to its proven health risks.)

My GP and Naturopath together have managed to reverse my condition and I am now enjoying the kind of peace and calm that I last remember experiencing when I was in my thirties.

All this while coming off the Prozac to which my body had become addicted over the 25 years that I had relied on conventional medical practitioners.

The same reversal of my daughter's condition has been achieved by the efforts of the skilled synergy between our integrative GP and Naturopath team. She is now the vibrant, energetic, fit and happy woman she was 7 years ago at age 44.

#### Why I support Option 1

1. It is fundamentally wrong to suppress the clinical autonomy of Integrative GP's and restrict the kind of treatments they offer just because they are not considered "conventional". By limiting us to the "conventional", we cannot make progress in discovering new pathways to Health (and sometimes re-discovering ancient and forgotten pathways!)

2. I don't want you limiting my doctors' ability to recommend the vitamins, minerals, herbal supplements, natural therapies and the range of diagnostic tests that have to date reversed my daughter's Lupus and my chronic condition.

3. 1 in 3 Australian GPs utilise some aspect of complementary medicine within their medical practice, as it offers patients greater choice to access a range of safe and effective integrative treatment options, improving clinical outcomes and reducing medical risk. It

could even be argued that this is current conventional medicine. I would argue that it is the medicine of the future, and history will judge your attempts to stifle it.

4. By framing these treatments as 'fringe', the new MBA guidelines also place the regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture. These changes unnecessarily target patients like me and my daughter and health providers like our integrative GP and Naturopath.

## CONCLUSION

Reasons that I support Option 1 - to maintain the current guidelines:

- A holistic approach to healthcare puts the emphasis on us all maintaining health by building up and then maintaining our bodies' natural immunity and resistance to disease. In other words, makes each of us more responsible for our health.
- Maintaining health should not be limited to those who are fortunate enough to be able to afford to be responsible in this way. In face they should be rewarded for doing so, not penalized.
- In the long term, encouraging Australians to pro-actively look after their health through integrative medicine, will have exponential benefits for the country – as it is having in other progressive western democracies.
- This is in complete contrast to the attitude of waiting till you're sick before seeing a doctor to get a magic pill to mask the symptoms.
- As described above in the case of me and my daughter, unless a doctor has the courage to explore the root cause of your illness, conventional medicine doesn't often provide a cure – we all just keep filling a life-time of prescriptions to mask the symptoms.
- If we support the right of our medical doctors to provide new and innovative approaches and complementary medicine treatments, then Medicine Science in general will continue to expand. If not, the vested interests of 'conventional' players in the field of medicine (read Big Pharma), will restrict our knowledge and understanding of the possibilities that open up when practioners like my integrative GP and Naturopath co-operate and share their research and knowledge.

Yours sincerely,

[REDACTED]

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:19:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I have received relief for a fatigue illness from a GP that practised vitamin therapies and Ayurvedic medicine when I had suffered for years without any success from more mainstream doctors and treatment. I have also had success with Chinese medicine and acupuncture to treat an old whiplash injury that doctors had given up on. If these therapies had not been available from properly trained clinicians I would be greatly incapacitated and a greater cost to the health and welfare budget. By removing the ability to practice integrative treatments from highly trained medical professionals you will force people to seek relief from lesser trained practitioners that may do more harm than good.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:33:33 PM

---

To the Medical Board of Australia,

I support Option 1.

To take away integrative medical doctors and medicine will take away the health of my family. Acupuncture has helped my husband and I with neck and back pain. No other main stream GP or their pharmaceutical products could even come close. What a waste of money it was. My mother has improved her depression / anxiety with alternative products where Psychiatrist were constantly prescribing their endless list of hallucinating pharmaceutical toxic soup with endless side effects which made her even more crazy. Try dealing with over 8 attempted suicides always finding your mother on the floor with her meds scattered everywhere or her disappearing from hospital and found she's about to jump off a bridge onto a busy highway or that she's cut her throat in the hospital car park.

Sorry but you take away natural alternative approaches to health and you are going to make this country one crazy messed up place to live in. Because the side effects of Big Pharm is only about the \$\$\$\$ not about the health of your people.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 10:54:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered for over 20 years with debilitating mysterious symptoms that no mainstream specialist or practitioners were able to help. Diagnosed with Hashimotos Thyroiditis in my twenties and told to just take the meds they will help, but they didn't and for many years I was on a medical roller coaster and just getting worse. I finally took my health into my own hands and started seeking out alternative medicine, finally about 4 years ago I found some Facebook support groups and a whole world of information about what I was going through and what the alternatives that work even down to asking for more thorough testing, books to read, lifestyle changes, drugs. Most information can from women in the US after trying a few things myself I can say I'm just starting to get some of my life back at 50 years old. This auto immune disease robbed me of a life, children and so much more. I feel if integrative medicine was more available and accepted maybe my life would have been different maybe it can help the epidemic of autoimmune diseases  
Please support integrated medicine

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 2:47:39 PM

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To the Medical Board of Australia,

I support Option 1.

There is no reason why "alternative" medicine can't work along side Allopathic medicine. In cases of cancer, for example, natural medicine and therapies can reduce the side effects of chemo. There are many medical conditions that pharmaceuticals cannot treat or are starting to become ineffective which can be treated in other ways.

I would also like to point out that nearly all European countries integrate "alternative" medicine with Allopathic medicine in all their clinics. My aunt in Germany is a medical assistant in a clinic and was taught acupuncture by the doctor whom she assists.

My family and I have severe allergies to a lot of antibiotics and other medications and find natural substances, eg vitamins, and therapies very beneficial.

If the MBA was to shut down natural therapies and stop the use of vitamins and herbs we would have a much sicker nation. It doesn't necessarily mean that people will go to an Allopathic doctor, rather they would go underground or try to treat illnesses themselves. This could be detrimental to someone's health unless they are properly trained.

So many people I have met don't trust doctors and only go to one if surgery is required. If doctors here could integrate Natural Therapies in their practices they will find people will trust them more and be more willing to seek advice from them.

Is medicine not scientific? And is the pursuit of science not to have an open mind? Science is proving in so many studies that working holistically with a patient has better patient outcomes and fosters more trust for doctors in the community.

The Hippocratic Oath says "DO NO HARM". By only working with pharmaceutical products shows a grab for profits over people which does do harm, via side effects, prescription opioid overdoses and chemical cocktail injury. It also sometimes means unnecessary surgery where it could have been prevented. This is not putting the patients needs first. It also fosters distrust of doctors.

Australia used to boast that it was ahead of other countries when it came to medical treatments. When did we fall so far behind? Why did we fall so far behind?

Several European countries have taken the Natural Therapies/ Allopathic medicine combination to the next level and are developing amazing things in healing chronic illness and cancer without the use of chemo. One such way is working with DNA and certain extracts and compounds from vitamins or plants and combining it with infra red lights or heat. There are many developments that Australia could learn from or even develop that would be hampered by this ban.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:48:12 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to integrative and complementary medicine because conventional medicine does not have all the answers. People (young and old) in our society are suffering from chronic health conditions that have no real treatment options: diabetes, dementia, autoimmune diseases, to name but a few...Pharmaceuticals are offered to allay symptoms, not to effect an actual cure. Nearly 20 years ago my daughter was diagnosed with Chronic Fatigue Syndrome. We were thankful at the time for a diagnosis but my traditionally-trained doctor sent us away with absolutely nothing else - I had to seek out what alternative medicine options there might be for her... I was so grateful for the (very few at that time) conventionally trained doctors, who had also embraced natural medicine. They provided hope and treatment options as we navigated what was a crisis for our whole family, with my clever and athletic daughter unable to for example, wash her own hair at the time. She is well now, after 13 years, but I continue to make use of integrative and complementary medicine principles for many reasons, fundamentally because they make sense. Lifestyle factors, environment, what we put in our bodies - all these matter....Integrative practitioners should be free to practise and share the knowledge they have gained for the benefit of our society. The option for longer consultations is absolutely essential to build a picture of the whole person and how and where it is best to implement changes, developing a treatment plan for the individual... Integrative and complementary medicine is a growing and a vital adjunct to our conventional doctor's 'medical bag', not something to be feared or kept under wraps!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 3:17:17 PM

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To the Medical Board of Australia,

I support Option 1.

13 years ago I was diagnosed with Invasive Breast Cancer. I was 36 with a young toddler to look after. I had been sick on and off since I'd had him 2 years prior. One infection after the other. My immune system was at rock bottom.

I was advised to have surgery, radio and chemo. I rejected chemo, knowing it would destroy my already failing immune system, in favour of an integrative medicine regime. The regime included immune boosting supplements and high dose Vitamin C by IV.

Within weeks I felt healthier than I probably had for my entire life.

The decision to follow a regime of integrative medicine was probably the hardest, yet best decision I've ever made.  
13 years later I am healthy and fitter than I've ever been.

At my annual check up a couple of years ago even my breast surgeon, considered one of the best in his field, asked me what I do to stay healthy as he wanted to share this information with his other patients.

I implore the MBA to not take away a patient's right to choose what is appropriate for his/her healing.

Holistic medicine works. Natural medicine works.

I am living proof.

Please don't let Australia lag behind so many other countries around the world in natural health care. I would hate to have to go overseas should I ever receive a life threatening diagnosis again.

I am more than happy to be part of a research study to give further evidence.

I always turn to integrative medicine before pharmaceuticals if and when I get sick, which is rare these days. Please do not remove these options for me and so many others.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:57:37 PM

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To the Medical Board of Australia,

I support Option 1.

Having worked in medical research at the University of [REDACTED], I learnt to question and explore the nature of disease. Having my own children and at times not finding the answers that assisted me in the search for good health for them, I explored different treatments with good results for all four of my children. In doing so, not only was I able to avoid the overuse of cortisone, antibiotics, anti depressant drugs, and the like, I was able to achieve good health for my family.

Venturing into integrative and complementary has cost us a considerable amount of money - as none of it was reimbursed by any government. I regret none of these expenses, Good health is 110% worth it. One interesting thing is that in doing so not only was I able to achieve good health with alternative treatments, albeit at our expense.- had we gone down the "usual path" we could have cost the government thousands and thousands of dollars.....

To be clear and honest, We have also been blessed with the care from a number of excellent GP practitioners. Different modalities can and do work well together and are able to create an integrated approach to health solutions.

Consultation times with practitioners, be it with General Practitioner or with a complementary practitioner - 10 minutes is not enough. A doctor or practitioner who decided to work in the health sector to assist people achieve optimum health - already knows that 10 minutes is ludicrous and not really possible - unless of course you are simply handing out a "pill fix".

Personally I have over the course of my life and my children's lives utilised a various number of modalities, including; Osteopathy, Chinese medicine and acupuncture, naturopathy, chiropractor, general practitioners, hypnotherapy,

Each one serving its purpose at different points of our lives. To restrict or change access to these modalities or place time limits on consultations is akin to making a statement saying that ...

Good Health in Australia is actually NOT the priority.....

As the Medical Board of Australia, one must believe that you truly care and are passionate about the improvement of health in Melbourne, in Australia - and that you will carefully consider these submissions and come to a possibly a clearer understanding.

I would sincerely welcome the opportunity to share my positive experiences with complementary and alternative medicine and good GP practices with your board.

I have outlined below short version of three examples:

Example 1.

I went to a well respected doctor with my six year old son and talked to her about his "strange and angry" behaviour. Her response at the time: "Don't be ridiculous a six year old cannot be depressed" She handed me a script for antibiotics.

I sought an alternative practitioner who at the time assisted him - I did not use that script.

Example 2

At the age of 2 my son for an extended period of time was having antibiotics every three weeks. He would finish his script, then a few days later... he was back on another set of antibiotics. I asked for immune testing and went to a specialist. The clinical result was there was nothing wrong with his immune system, just a slight dust allergy. Unsatisfied I brought him to a Chinese Doctor - first thing he said "His immune system is down". Through treatment his immune system was boosted and antibiotics ... were no longer required.

Example 3. The importance of more than 10 minute consultations. I was going through a very difficult and emotional time... I presented at the doctors with dizziness and fainting. This beautiful GP, with a waiting room full of people, understood that what I needed more than anything was to talk freely to someone. No medication....just her time and kind words. She stabilised me.

Again I would welcome the opportunity to further discuss the numerous and positive experiences I have had with complementary and alternative medicine.

I consent to publication of my submission.

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:** Sunday, 30 June 2019 11:57:45 PM

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To the Medical Board of Australia,

I support Option 1.

As someone who has greatly benefited from Integrative Medicine, I want you to understand that what can only be described as a war on complementary medicine by those that seem to have vested interests elsewhere, has caused me & countless others great stress & concern. This in itself has a detrimental impact on the health & emotional wellbeing on those of us that without Integrative Medicine would have a lesser quality of life.

It's as difficult to explain in a brief statement how Integrative Medicine has made such a difference to my life, & how it has also helped me care for my family's health & well being over the years, as it is to get adequate help for anything other than common easily diagnosed illnesses in a standard consultation with a General/Traditional GP, of which I had many as I was desperately hoping for answers as to why I was so unwell. Despite that after I was married & had my children, it was probably the happiest I had ever been, I realized the pain & exhaustion I had been experiencing was becoming more debilitating with every year. But it was constantly put down to "just" depression & being a new Mum. In the past I had tried, under Doctors advice, different anti-depressants, & each time there were dreadful side effects, sometimes worse than the depression itself, including weight gain, which depressed me even more & physically slowed me down. With the mantra used by most Doctors that "if I just persist with exercise etc, I would get used to it & it would eventually be less painful" in my head, I couldn't understand why after months of going up & down the stairs more than 20 times a day after we moved to a 2 storey house, the intense pain in my legs was getting worse, not better, & that no matter how long I persisted with walking or gentle exercise, I ended up in more pain, & it never became "easier." Eventually I went to an Integrative Medical Practice. Here they undertook a thorough history, & arranged tests that included some things that had not been tested for before. This led to an initial diagnosis of Fibromyalgia, & they referred me to a Rheumatologist for further tests & confirmation that also explained some structural/physiological reasons for some of the pain. It was also confirmed a while later, that I had Chronic fatigue syndrome, which finally explained why after any physical exertion, even doing things I absolutely loved, I would virtually collapse, & why no matter how much I slept, I was still so frighteningly sleepy, to the point I was avoiding driving & leaving the house. At least, while even today, there is still no "standard" treatment, or cure, I finally had an answer, & I was not "just imagining it."

Integrative Medicine provided me with some different treatments & strategies to help manage the condition & its various symptoms, from advice on appropriate supplements to use to recommending realistic dietary or lifestyle changes. While not everything recommended has always worked, there are many things have made a consistent difference & improvement to my quality of life. And, what is often overlooked by those that tout the use of only Conventional medicine, pharmaceutical & "traditional" treatments don't always work either. And some of these

are as costly as complementary alternatives.

In my experience & that of other people I know, Integrative Practitioners practice from a different perspective, in particular that not every person with a particular illness, will respond to the same treatment, partly because there can be different possible causes for any one illness, depending on an individual's medical history & lifestyle.

We need Integrative/Complementary medicine to work TOGETHER with Conventional medicine. I would have thought it's blatantly obvious, that any harm from complementary medicine, in particular vitamins & supplements, occurs when patients DON'T have access to qualified Integrative GP's, & so try to self diagnose & use supplements etc without any medical advice. As I know from personal experience, an Integrative GP can advise on appropriateness, correct dosage etc, and most importantly, of any possible contra indications with other supplements or medications a patient is using.

For example, for one of my debilitating symptoms, I've explored through Integrative medicine to find a non-pharmaceutical alternative to the one medication I do use that hasn't had any detrimental effects, but there isn't any, yet. However, for other symptoms, there is still, to date, no pharmaceutical options available at all that help, but Integrative medicine has given me some quality of life that I would otherwise not have. With an Integrative GP, I can also be confident about the safety of any treatments, including being advised on any contra-indications with the pharmaceutical medications I use. It's also important to note that through all the complementary things I've tried, whether with advice from Integrative Doctors or on my own, that I have NEVER had any notable side effect, yet through "Conventional" medicine, & the pharmaceutical medicines I was prescribed, I have suffered some horrendous side effects. Some of what I was prescribed may well work for some patients, but I know others like me, for whom they didn't. For me, with some medications, nothing I did or changed, slowed down the weight gain, (which I've never been able to lose), to worsening depression, to my senses numbed to a feeling of greyness, & dysfunction, to whole body rashes, to worsening headaches & , to such horrific nightmares that I'd wake trembling & crying, sometimes unable to articulate what I'd dreamt. In my opinion, it's actually highly irresponsible to make it more difficult for patients to access qualified & trained Integrative Practitioners, so that we can avoid any potential problems.

I note that one of the MBA's concerns, was "vulnerable people" falling victim to advertising of complementary medicines with unreasonable expectations," yet if that's true, then they should be equally concerned about the number of people falling victim to advertising of over the counter medications. I can't be the only one that's noticed that since the banning of any medication with codeine without a prescription, that there's been a surge of advertising for products containing ibuprofen, & multiple variations with ibuprofen & paracetamol etc.

As for dangerous side effects, just to name one, it is well known that many anti-depressants can in some people, actually aggravate suicidal thinking, yet these are still being prescribed.

It's also strange, considering how many conventional GP's are these days suggesting some of the more basic treatments used by Integrative Doctors, and further that it's more widely recognized the effects of nutritional & environmental factors on our health. So by making Integrative medicine more difficult to access, by dismissing its efficacy, is the MBA also dismissing what is recognized by many other groups in relation to our medical wellbeing & preventative medicine, as well as Hospital organizations such as The Olivia Newton John



cancer centre that incorporates much of this?

I sincerely hope the MBA considers the submissions by those of us that want to be able to continue using Integrative medicine without restrictions or difficulty in accessing treatments & medical advice not available any other way.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the sender.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:04 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped my family. I have avoided a surgery for my daughter I was told I would need by an ENT. Through diet and supplementation over six months all symptoms gone. People deserve choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 3:17:57 PM

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To the Medical Board of Australia,

I support Option 1.

I support the No change to the current guidelines - option 1 for the following reasons:-

In 2008 I was involved in a MVA and sustained a broken lower back, fractured neck, 3 fractures in my right ankle and 2 cracked teeth. My husband was told I would never walk again and likely would spend the rest of my life in a wheel chair. After 3 spinal operations, removal of 2 teeth and months of rehabilitation I proved them wrong. Thanks to an amazing Neurosurgeon, nursing staff, Osteopath, Masseuse, G.P. and Bowen Therapist I regained full use of my legs, I still drive, I can walk with the help of a brace and I am a contributing, independent member of my community. The point I am wanting to make here is that it was a collective effort of all the people involved that brought me back to this level of autonomy. I do not understand the MBA's apparent fear of integrative therapies and why they are so intent on taking away our right to choose the path of healing that most suits us. Isn't it better for a human being to be able to look after themselves rather than being a burden on their families, the community and the Government for the rest of their lives? I thank God every day for the dedicated team of people I had in my corner and the fact that both my surgeon and my GP were open to me supporting my medical treatment with integrative therapies because I truly believe my outcome would not have been as good without them - so does my Neurosurgeon and my GP. I am begging the MBA to reconsider their stance on this situation and maybe consult with a lot of the people who have actually benefited from these therapies before taking yet more of our life choices away from us. It blows me away that the MBA actually has the right to do this.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:17:57 AM

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To the Medical Board of Australia,

I support Option 1.

I have had personal experience of the harmful effects of skin called prescription drugs eg Lipitor. I alstroemerias have had better results with natural alternatives.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:56:56 PM

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To the Medical Board of Australia,

I support Option 1.

I had a terrible cycling accident in 2015. I was extremely lucky to be a recipient of convention medicine which saved my life. I also used complementary therapies which allowed me to continue my life with no residual pain from my injuries. Please do not impose restrictions on Integrative practitioners. Their practices complement the restrictions of traditional medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:22:45 PM

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To the Medical Board of Australia,

I support Option 1.

I feel doctors and practitioners should be able to recommend and provide integrative and complementary medicine. I feel there is a place for both allopathic and holistic medicine in our local practice, hospitals and from other health professionals. If it wasn't for complementary medicine being offered to my wife, she wouldn't have found an effective solution for managing the symptoms of IBS, which also started her on her healing journey to true health. If the MBA imposes restrictions on integrative practitioners, this means that other people like my wife who found a solution in complementary medicine won't be given the opportunity to try something that might work instead of or if not better than something with a side effect.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 2:12:49 PM

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To the Medical Board of Australia,

I support Option 1.

I believe that a person's choice of healthcare is highly personal and that the various modalities and options should be as open and available as possible. I value a holistic approach to healthcare and definitely support every doctors' right to provide new and innovative practices, including complementary medicines. (Option 1)

Personally, I remember a time in my early 20s (approximately 20 years ago) when I was incredibly unwell from an illness that modern medicine couldn't even diagnose. I remember using all of my sick leave from work, and then all of my paid holiday leave. I was then on unpaid leave, as my western doctors couldn't help me recover. I was sleeping up to 20 hours each day for months! Despite putting me through all the medical tests they could think of, they had no idea what was wrong with me, nor how to support my recovery.

A friend then recommended that I see a Traditional Chinese Medicine doctor in China Town. I thought this was a little strange, but was willing to try anything at that point. To my shock and enormous relief, he had me 100% well and healthy (and back at work) within two short weeks ... after MONTHS of my modern, Western doctors being unable to even diagnose me!

There is definitely much to be learned from complementary medical practices. I believe doctors should be supported and encouraged to continue their education, and to provide as holistic an approach to healthcare as possible.

For another example, when my son was 3.5 years old (15.5 years ago), he had three fingers on his right hand severed in an escalator accident. His fingers were successfully reattached by extensive plastic surgery during a 9-day stay in hospital (although it took a full year to be assured that amputation would not be necessary). He was under the care of the plastic surgeon and the OT Department for many years afterwards.

Modern, plastic surgery and occupational therapy was vital to my son's rehabilitation, yes.

However, so was his access to 'alternative' healing modalities (including nutrition, spiritual healing, and acupuncture etc). Modern medicine declared that it would take a full ten years for the nerves in his fingers to regrow the full length of his fingers. We were advised that until he was 13 years old, he would have no sensation in his finger tips at all. We were told that he would always have to eat with a knife and fork (as he could accidentally bite off his fingers and not even know). We were also advised that he'd have to be incredibly mindful about closing doors and drawers, and about handling scissors and candle flames etc ... Without full sensation in his finger tips, his pain receptors, he could do untold damage to his fingers and not even realise.

The doctor was therefore dumbfounded when my son had full sensation back in his fingers within 2.5 months! He asked what we'd been doing for him. When I explained the various healing modalities that I'd been engaging for my son, he said, "I really don't understand what you've just said, but whatever it is, keep doing it. This is a miracle." I understood that day that the word 'miracle' simply means that modern science cannot yet explain it. That's all it means!

I'm sure that many of our current, accepted, medical practices would seem miraculous to our ancient forebears. In the same way, I believe that future generations will look back at us and wonder why it took so long for our medical practitioners to integrate more holistic, complementary methods.

I believe that there is great wisdom available in both the conventional medical practices AND the alternative healing methods. To be frank, modern medicine completely failed me. My son required BOTH modern medicine AND various alternative practices to heal as quickly and well as he has. (He will never regain the full use and strength of his right hand, but this has never stopped him from doing anything he's wanted to do.)

There is much more to the human body and health than modern medicine yet understands. In Scotland, doctors are now able to prescribe 'nature' to their patients - eg: walking in nature, bird watching etc - as the connection between nature and human health is understood and respected. While other nations move forward with their integrative awareness of health, it would be shameful for Australia to step backwards in its access to healthcare. If anything, those doctors who are integrative, and who are willing to incorporate 'complementary medicines and emerging treatments' into their work, should be supported and held up as positive role-models for their colleagues to emulate.

I believe it is dangerously short-sighted to consider this proposed change to the guidelines. And I wonder if it is motivated by pressure from the pharmaceutical industry, rather than actual concern for public health?

I consent to publication of my submission.

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:** Thursday, 2 May 2019 11:39:05 AM

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To the Medical Board of Australia,

I support Option 1.

I am writing to ask for support to continue for patient access to integrative and complementary medicine. I have been a yoga teacher and therapist for many years, and know the many dimensions of yoga are becoming increasingly well researched with evidence mounting as to their efficacy at a physiological, mental, and energetic level. I have worked one-on-one with many people to assist them to bring some sense of self-management and care into whatever their health goals were, and encouraged them to use this approach as a complement to whatever traditional medical care they are undertaking.

I believe there is great scope for modern medical science to work cooperatively with natural therapies that may have very ancient roots. Some of the investigations done by the original practitioners of the many aspects of yoga, some 5000 years ago, have in our era become the subject of several evidence-based research trials, with many positive findings. Modern science has such capacity to research in ever-more intricate ways the effects of yoga, mindfulness meditation, and use of the breath to regulate our physiology and mental state, as well as many other 'natural' approaches to health maintenance... Australia is so innovative on many fronts, and it seems a big opportunity could be missed if we block the opportunities for learning and evolution of our healthcare systems by taking this backward step.

On a personal health note - I was diagnosed with Lymphoma early in 2018. I am working with a top-notch specialist to monitor my Lymphoma condition, and have recognised that my immune system is very 'on the edge' right now... it has become a priority to do the things I need to do to keep my immunity as strong as possible. Beyond the care of my specialist, I switched to a new doctor when I realised that my more traditional medical doctor's approach was simply 'wait for a cold and then we'll give you antibiotics', or more invasive treatments.

As a result of consultations with my new physician and a naturopath, a recurring infection that was becoming difficult to manage with antibiotics due to its frequency has become less of an issue. I haven't had a recurrence of this infection for over two months, whereas prior to this the infection had occurred on five separate occasions in the previous two months. That's my personal proof... and whether it's placebo effect or not, I feel the support of these professionals has made a significant impact on me wanting to actively be a part of my healthcare plan.

Let's help patients keep their options open to choose the doctors that will work with them, that see 'healthcare' as an active approach rather than the 'sickcare' that is what the more traditional health system seems so narrowly focussed on.

I consent to publication of my submission.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 3:47:00 PM

---

To the Medical Board of Australia,

I support Option 1.

Tai chi and qi gong have a long tradition of keeping aging people healthy and fit. There is significant scientific research to back up this claim. It helps with delaying and slowing it down of dementia. It is a very easy and cheap way to exercise and it would be detrimental to general well being. After I had back surgery twice and was hardly able to walk, Tai chi got me back to normal again. I teach people with dementia and they like it, it makes them more relaxed and helps managing their anxiety. And, although they can't remember much, their bodies remember, and the movements just flow out of their arms and body.

When I was in great pain, our doctor, who is also an expert in acupuncture would do pain treatment in acupuncture. It helped me much more than painkillers.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 7:56:30 AM

---

To the Medical Board of Australia,

I support Option 1.

After 10 years from one Rheumy to the other I found help from a integrative approach. Please consider your actions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 4:18:31 PM

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To the Medical Board of Australia,

I support Option 1.

I support patient choices in the use of Integrative and Complimentary Medicine. I speak for myself, a Registered Nurse who has worked in general Nursing and Aged care Nursing (still working) for 60 years. I am also a Graduate of Integrative Medicine ([REDACTED]) I have also participated in Evidence based, published, Integrative research programs for Nutrition Supplements run by NIIM in Melbourne. If I had not combined IM and CM with Allopathic Medicine I would have been forced to retire, with a range of health conditions, (managed well with IM and CM), at 52 years of age. My father, grandfather and great grandfather were all physicians and surgeons and none reached my age while practicing medicine in Australia, perhaps due to there being NO science-based Integrative Medicine training in this country. My adult children, aged 54 and 42 have also benefited greatly by their use of Complimentary Medicine, in the form of Nutrition Supplements and Therapeutic Massage. They manage a 60 horse breeding stud. Combined, we three adults have taken full responsibility for our health outcomes and have not added to the burdens of the Public Health Budget other than for Pharmaceutical treatment of Epilepsy, Hypertension and Thyroid conditions. Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:39:16 AM

---

To the Medical Board of Australia,

I support Option 1.

If you change these rules I will die - simple as that. I need their expertise and wholistic view to survive. The MBA's decision is neither based on science nor a mountain of empirical evidence.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:16 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have struggled with different inflammatory diseases for many years.  
The prescriptions of chemicals given to me by Doctors has progressively made my health worse. It is only by using complementary medicine that I have been able to achieve relief from my symptoms.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 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.

I had my thyroid removed 6 years ago, was put on pharmaceutical meds, and got very sick. I found an integrative doctor who put me on thyroid extract available on his prescription from a compounding pharmacy. My health improved greatly. I'm now able to function and even went back to work. My doctor and this medicine saved my life. If integrative doctors and compounding meds are taken away, my life will be severely impacted and for my family as well.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative and Complimentary medicine has provided myself and family with a far greater quality of life and options for a healthy lifestyle.

It is a frightening prospect that a basic human right and freedom of choice may be taken away from us as individuals.

As a mother of three very healthy children I couldn't cope without the support of the complimentary therapies ( backed by centuries of practice) and medicines we require.

I had a debilitating autoimmune diseases that I have managed through complimentary therapies when conventional medicine was unable to longer help.

We need balance and respect for all modalities if healing and health choices.

Who has the right to decide what and what isn't accessible!? It should be a choice in our own hands.

I consent to publication of my submission.

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 choose option one mainly because it's my body, my health and my responsibility. I take top quality vitamin and mineral supplements that are not available through the shops, they are from doctors, scientifically backed, and proven with potency guarantees. I have taken these for nearly twenty years. Before taking these I had an emergency operation for a gall stone shaped like a football stuck in the bile duct. My gall bladder was in pretty bad condition also, after the op I was most unwell and the wound opened up and needed packing it took months to heal a real inconvenience for sure!

A year or so later I started my vitamins.

Had been taking for about seven years when I had to have an op on my right heel I was dreading that as I knew I didn't heal well my last op.

This time however I healed quickly without any problems in fact specialists, doctors and nurses were amazed at how well everything went! Having not changed anything else in my life I put this down to the fact that I was taking these great vitamins!

Vitamins and minerals are food for our bodies so I'm ok with taking them I don't believe we can get the required amounts needed by the body (from our food) to keep us healthy and in optimal health of course a healthy diet is also important.

I have a different view of herbs and herbal medicines however because they can have drug like effects hence affect the body in other ways.

I truly believe there is a place for alternative and complementary practices and the regulations should not be tightened!

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

Holistic integrative healthcare has helped me and my son immensely, when western medicine did not. Taking supplements have helped anxiety and stress and fatigue, along with very noticeable pyrolle symptoms. The knowledge and expertise I was given when looking at blood results, behaviour and tackling health issues, without the use of 'medication' was second to none. people should have the choice to their health care and who they want to receive help from. If something works for so many people, and they choose to pay the extra for that care, because they value its worth, then why take that away? I thought Australia was supposed to be a democratic society?....to me, this restriction that the MBA is imposing suggests otherwise.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:04:12 AM

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To the Medical Board of Australia,

I support Option 1.

My doctor [REDACTED], is a famous pioneer integrative GP. She completely changed my life with her modes of treatment including integrative health practices. I would be dead without her. Mainstream doctors not only missed the diagnosis of my condition but we're keen to get me out of their surgery and onto anxiety medications which would have seen me on a pension for the rest of my life. This would have cost the government a lot of money multiplied by the many doctors prescribing the same sane way. You have meddled with our health benefits for yoga and alternative therapies so please don't take away power from intelligent compassionate doctors like dr [REDACTED].

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:20:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I struggled with Graves disease, miscarriage, acute anxiety and depression (plus a host of other symptoms) for years before I finally stumbled across a functional GP. Regular doctors had me on medication with horrible side effects for years, and I never got better; no one ever suggested diet and lifestyle changes, or taking detailed blood and stool analysis, and supplementation at therapeutic doses - until my functional GP. Only since working with a functional GP (and the alternative therapies she recommended, such as acupuncture and frequency-specific microcurrent therapy) have I finally seen a complete reversal of Graves and anxiety symptoms WITHOUT synthetic medication, and achieved and maintained a healthy pregnancy - I'm thrilled to say I now have a very healthy 2.5 year old who is thriving. I would never have achieved my dream of motherhood without my emerging medical practitioners.

Regular GP's have their place but they do NOT have time in a 15 minute appointment to assess a complete picture of your health, family history etc. They also don't have time to research and know all there is to know about emerging medical science. Please don't make it harder for dedicated emerging health professionals out there to treat and hugely improve quality of life for sensitive, sick individuals like me who have benefited from their knowledge and expertise.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:32:37 AM

---

To the Medical Board of Australia,

I support Option 1.

Good Morning

I support patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped me on a daily basis managing my arthritis.

Integrative & complementary medicine has reduced stiffness and pain and works for me.

If the MBA imposes restrictions on Integrative practitioners this will reduce my choices which work for me.

Please do not restrict my choices.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 4:54:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I and my family have used integrative therapies all our lives & maintain it's our right to have the freedom to choose what is best for our health & well-being. My grandfather who fought in WW1 & suffered from ill health from this sacrifice for his country his whole life also used integrative therapies. I learnt from him the value of free choice to look after ourself, families & friends through healthy living.

When I was diagnosed with cancer at age 53 I sought out a wonderful GP who helped me find the right combination of medical & alternate therapies - 9 years later I still visit this GP when needed.

The doctors & alternative therapists I have visited have always been highly qualified, professional & caring. Such attributes should be encouraged in a community that aspires towards a healthy, energetic and happy world for all. It is no democratic Government's right to legislate against my right to choose what is best for my body!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:06:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complimentary medicine. A good integrative doctor assesses every patient on an individual basis and works WITH the patient to determine the right treatment method(s) for them; sometimes conventional, sometimes a complimentary approach. As a patient, it is so important to have integrative medicine available to me. In my experience this has allowed me to feel heard, to feel respected, and to feel IN CONTROL of my own health. All of which have been vital to the healing process. Before seeing an integrative doctor I had suffered for over 10 years with the symptoms of irritable bowel syndrome. The integrative approaches advised, including acupuncture, nutritional support and the use of meditation, have provided me with the tools to control my symptoms after suffering for most of my adult life. After being referred to a chiropractor I have also been able to heal chronic pain, not only due to the relief provided in session, but from the education provided in terms of self management, allowing me to be totally free from pain without relying on pain medication or continuing appointments.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:22 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 is the only thing that helped my sinus. All the Pharmaceutical sprays made me worse. I do not believe that Doctors or Pharmaceutical companies have health as a focus anymore. It is about lobbying Government to ensure regulations allow them to control the market and increase profit. America is ahead and now its happening here. Good health outcomes need the body treated as a whole.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 25 May 2019 3:10:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I totally support complimentary medicine and cannot believe that the MBA would consider denying the public the choice to continue using these wonderful natural remedies if they so wish. I have been using these remedies for many years with great success including after a massive cancer operation to remove a groin tumour after which I refused radio therapy and chemo, but have successfully remained cancer free for 4 years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:22:18 PM

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To the Medical Board of Australia,

I support Option 1.

I support Option 1 - no change to the current guidelines. The reasons for this are as follows:

1 The health of a nation is dependent upon what it eats, not upon the pharmaceuticals it consumes.

2 Natural therapies and medicines therefore have a key role in the health of a nation and its citizens.

3 Pharmaceuticals may treat the symptoms of disease, whereas natural remedies including the integrative and complementary medicine treat the causes of disease.

4 Integrative and complementary medicine has been successful in assisting me to lose weight, improve my general health and well being, my mental state and overall sense of satisfaction with life, - something that no drug has ever done. Integrative and complementary medicine is successful in eliminating the cause of diabetes and other malignant conditions without the use of drugs. It has assisted my wife to overcome hypothyroidism and iron deficiency without any drugs.

5 We use integrative and complementary medicine because it is effective in eliminating causes of disease rather than simply treating symptoms. It requires a lifestyle change, but that change is beneficial whereas drugs are destructive in the long-term.

6 The MBA in my opinion is seeking to restrict my freedom of choice and constrain me to adopt practices that are more expensive and less effective to line the pockets of medical practitioners and pharmaceutical companies and I object strongly to this.

7 The MBA is most likely completely ignorant in relation to diet and health and natural remedies as all our medical schools neglect to incorporate any such subjects in medical degrees. The entire degree is pharmaceutically based, which is an incorrect basis upon which to manage the health of a nation or an individual. As previously stated, health and well being is far more closely related to food than to pharmaceuticals. The body needs certain macro/micronutrients and vitamins etc to sustain it. There needs to be far more research and focus on delivering nutrition to the body to enable the body to fight disease rather than developing more pharmaceuticals that have destructive side effects.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:26:00 PM

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To the Medical Board of Australia,

I support Option 1.

I suffer from metastatic prostate cancer. Under the care of my complementary health practitioner my PSA has been reduced to zero and I have lived three years beyond the oncologist's prognosis. I have experienced benefits of complementary health care for many years and would hate to see its availability restricted.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:26:36 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone who went through chemotherapy for non-hodgkins lymphoma, complementary medicine was crucial to support my body through treatment and recovery. It is essential for access to these therapies remain open.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:02:50 PM

---

To the Medical Board of Australia,

I support Option 1.

my eminent Cardiologist combines supplements with standard western medical practice and it had produced excellent outcomes for me. Better test results with lower levels of Statins by combining nicotine calories acid and plant sterols

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:28:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Ingergrative GPs have significantly helped my son who until 6 months ago was alllergic to almost all foods.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:09:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Important to use integrative medicine as it is an holistic approach.  
My husband was diagnosed as prediabetic & encouraged to go on medication. He chose to change his lifestyle & reversed his diagnosis with no medication and has been non diabetic now for 5 years....please do not erode the benefits of alternative therapies....maybe more education for doctors so they can help their patients through an integrative approach is what should be happening!

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 7:17:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been using integrative and complementary medicine for 40 years. I currently use Biohormones which have given me a quality of life during and after menopause I would never otherwise have had. I have benefitted from many alternative therapies outside of mainstream medicine and find it appalling our choices could ever be taken away.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 5:53 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Without integrative healthcare I would not be thriving in my health as I am now. For years I had a number of health issues which were explained to me by doctors as separate issues and therefore treated as such. Unable to get relief from them, eight years ago, I went to a naturopath who sent me immediately for some tests as she recognised thyroid problems along with identifying other health issues such as low iron, high copper, adrenal fatigue etc. My TSH came back normal and the dr doing the bloods said all was fine and to go home but the naturopath sent me back to get the antibodies tests. Turned out I have hashimotos thyroiditis. Obviously this wasn't going to have been picked up so early by the doctor. I then found a holistic doctor who together with the naturopath worked with me to get me into great health. I am eternally grateful to both of them and am a living testimony of the power of natural health as I have not taken one synthetic drug to get well yet my bloods are now perfect, my antibodies way down low, my energy levels high, iron in good range, copper reduced, weight stable, etc etc. Please understand this is not pseudoscience but a real and valuable way of working with the body to bring health. I am living proof. Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:19:00 AM

---

To the Medical Board of Australia,

I support Option 1.

As a nation we need to work POSITIVELY to make people more responsible for their own health.

If we do not do this the cost of Medicare will become unsustainable.

Socrates said let food be your medicine.

Growing up I was not vibrantly healthy, but now, at 91 I am glowing with health.

So, if I can do it so can others.

After total hysterectomy and removal of one breast because of cancer I began eating for health, not eating foods lacking in true nourishment, taking some vitamins. So PLEASE get all Dr. To learn about nutrition, how to walk, sit correctly, to have a positive, loving outlook. This will see a huge increase in HEALTH

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 5:37:27 PM

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To the Medical Board of Australia,

I support Option 1.

I have spent many, many years and seen (and paid for) many, many doctors, including a variety of specialists, and none were able to understand and assist me with my chronic illness in the way my current doctor, who practises integrative medicine, does.

To impose restrictions on her ability to investigate and treat my symptoms with a broader range of tools than simply 'conventional, western' medicine is unutterably conceited and short-sighted, not to mention completely ignorant of the needs of patients. Ignoring the benefits of holistic medicine is further evidence of your narrow-mindedness and desire to benefit self rather than patient.

I implore you to support "option 1" which would see no change to the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 1:50:48 AM

---

To the Medical Board of Australia,

I support Option 1.

Mainstream modern medicine as wonderful as it is, is also very limited in its treatment as it relies largely on removing symptoms but not addressing the cause of the problem. Alternative or holistic treatments have their place in patient care as they serve to treat the ailment at its core, often without the side effects of many synthetic prescriptions. I regularly attend deep tissue massage for my asthma and it works wonders for my wellbeing, health, lung capacity and comfort. Without this treatment my asthma worsens. Please do not make changes where there need not be. If it's not broken, don't fix it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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 wish to express my concern regarding changes to Integrative & complementary medicine. I have been the beneficiary of complementary medicine to treat arthritis and also acid reflux. This has resulted in the non use of pharmaceutical drugs that are prescribed and supplied at a cost by the Aust Govt. Initially I was consulted by a high volume doctor working for a practise based on making money and pushing prescription drugs. I reacted badly to the drugs and obtained a second opinion from a doctor who actually listened to my concerns and agreed i should take an alternate approach to my problems involving diet .

The outcome was a success. The health system was saved the cost of drugs, future doctor visits and more importantly i remain productive.

My fear is if the system is changed a minor few will determine whats good for everyone.

The probability of self interest groups benefitting financially from changes to the present system is high and the probability of a lower quality health system is almost guaranteed.

People should be allowed to make their own decision as to the best treatment for their situation ,not be restricted to the prescribed treatment offered by a panel

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 8:36:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 70 years old and have been under the treatment of a Naturopath for a lot of years. I have not had any actual health issues but take the odd natural medication to boost my general health and immunity etc. Neither myself or my wife take any recognised "Western" medications or have had ANY illnesses which would generally be expected at our age.

I am aware of so many cases where people have been treated by GP's and/or specialist practitioners for long periods of time, only to be treated by, and cured by a Naturopath in a relatively short period of time.

Like wise, I am aware of a lot of people who feel that they are simply being used by the current "accepted" medical system as a money making source. My 91 year old mother is currently having injections in the eyes for Macular Degeneration. She started off having them every 4 weeks but is currently having them every 6 weeks, although she was told weeks ago that she would go out to every 8 weeks. The doctor said that they had decided that that 6 weeks would be the maximum spacing. Reading between the lines, to suit his agenda. Patients are charged \$700 per visit, (although the actual injection costs \$6.50) the doctor spends about 10 minutes with each patient and works from 9am to 7pm on the day. DO THE SUMS.... ABOUT \$40,000 for the day.....WHO IS RIPPING OFF THE HEALTH SYSTEM???? As far as I can work out the success of the treatment is still not proven, but patients are told that it "MAY" stop their eyes getting worse. 90 year old great-grandmothers don't stand up to doctors or query treatments.... Doctors treat symptoms whereas Naturopaths treat the actual cause of illnesses.... AGAIN.... I am aware of so many cases where a Naturopath has cured a patient in a short period of time, after long periods of "unsuccessful" treatment by a GP/Specialist... NATUROPATHS are saving the health system a fortune.....

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I work in the health care industry as a registered nurse - 16 years in haematology and oncology - now in that time I have seen people do some crazy stuff !! But I have also seen the benefits of modern medicine working in collaboration with other medicines ! And the benefits and also control over ones health these things have given people - My son is also on the autism spectrum and we have used alternative therapies to help with his concentration anxieties etc - It would be such a shame to disregard these and also do society an injustice to their health -

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:00:58 PM

---

To the Medical Board of Australia,

I support Option 1.

For a very long time in this country Big Pharma has had its own way.

They influence Politicians, Doctors and Specialists..

To the point now that Government is going to rule that we are not allowed to make choices for ourselves, They already have with Vaccinations...

Where do we go from here if these changes come into effect,

We as people should have the right to an holistic approach to our health without being bullied into submission. After all how old is modern medicine and how brainwashed are the medical profession to not seek alternative applications as well as medical. It is our right as humans supposedly in a free country to have these choices...I have been using complementary medicines for over 20 years with none of the side affects modern medicine has, I am even allergic to Penicillin and i am sure i am not the only one that is.. I could keep writing forever but you will make your choice!!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 7:14:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I frequently use other forms of health care including supplements, Ngangkari (traditional Aboriginal healing) and use meditation to treat my anxiety. My doctor supports my choices. I've utilised acupuncture and chiropractic services before on advice from a doctor. The body is not healthy unless it is treated holistically "Mind, Body, Soul". You cannot have one without the others. Don't take a Doctor's rights away. Don't regulate them or we will see people refraining from going into the profession. Pharmaceuticals can't fix everything, have side effects and or are just band aid treatments. Allow Doctor's to offer advice especially with our country being so culturally diverse.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 3:01:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/ Madam,

I write this, being very concerned and also annoyed as this has only come to my attention one day ago. It has not been mentioned in mainstream media. Such an important issue needs to be openly publicised and debated and time provided for fully thought out submissions.

I am a 60 year old female, who has been and also seen many members of my family let down, misdiagnosed and in some cases wrongly medicated by conventional medicine.

My health and the health of my family has been enhanced with the help and advice of integrated practitioners and holistic approaches.

Without them, I would have remained seriously ill and deteriorating.

Thankfully, my health is restored thanks to alternate therapies.

One could be forgiven for assuming this push for change is coming from pressure from large pharmaceutical companies wanting to sure up a monopoly on treatments and medications.

I implore you to leave the medical guidelines unchanged. This is a matter of freedom of choice for patients and for practicing integrative doctors. In a democratic society such as ours, entertaining the thought of removing patient choice is an attack on basic human rights and our right to choose treatments that suit our individual needs.

In addition, part of the effectiveness of integrative medicine is the extended consultation time of up to one hour which provides time to properly discuss an issue and appropriate treatment.

I trust common sense will prevail and present guidelines will prevail.

There must not be any changes adopted.

yours faithfully

in Health

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 4:25:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe the patient have the right to freely choose their medical treatment provider, whether it is simply a bulk billing GP or a chinese herbalist. Many people have been helped on the road to recovery by using alternative medicines and alternative therapists. I regularly use vitamins and minerals to keep my immune system healthy! (I have not had a cold or the flu for at least 10 years even though I am regularly exposed to people who have these ailments) I am already angry about the removal of alternative therapists from private health insurance policies as I regularly use acupuncture and massage to treat my chronic back and hip pain.

I feel that the MBA is overstepping their mark and preventing people from having a say in their own health maintenance. I for one would still seek out alternative practices even if it was outlawed.

We are entitled to have a say in our own lives and what we want and don't want..I am totally fed up with movement to turn us all into conformists.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 3:57:10 PM

---

To the Medical Board of Australia,

I support Option 1.

As a victim of incest and rape on multiple occasions as a child and teenager I grew up as an angry ptsd carrying person. Since 2008 I have been healing myself with the help of complementary medicine and feel that I am completely recovered from all the negative emotions brought about by my childhood trauma. Forbidding the use of complementary therapies reduces the likelihood of others suffering ptsd recovering the way that I have and continue to. This would be a very backward step which is never a good thing. Best wishes to all who have been healed via complementary therapies in the past and may there be many more in our future.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a son who has struggled with his health for about 4 years and i have taken him to conventional doctors( Gp and specialist) who have not provided answers or treatment to help him completely. Usually they have treated a symptom with a prescription drug and even given treatments that weren't necessary. It wasn't until we consulted with a holistic, integrative Gp that we have seen real improvements to how he feels and functions and this has been done with natural supplements and not medication that always has a long list of scary side effects and risks. It was so frustrating and extremely worrying and stressful not having answers and to see him now regain his health is amazing and reassuring. I now have to face getting judged by his school( & my son not getting understanding regarding his condition) because the same integrative doctor who has helped and understands him cannot put the diagnosed problem down on school documentation because the authorities don't accept it as a diagnosis. This seems more important than enabling a child to be assisted with a real and genuine health problem that his only been helped through integrative modes of treatment. The fact that this is now at risk makes me have even further trust issues with conventional methods and the motives of authorities that back conventional medicine completely and shut down other methods that have actually helped people without added side effects. Please consider the peace of mind, relief and happiness that integrative medicine has brought to us and I'm sure many others and please enable this to continue without restrictions and extra expenses. We should have the choice!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:52:07 PM

---

To the Medical Board of Australia,

I support Option 1.

We should have a choice as to what options are available for our healing and wellness and not be driven by big pharma!! I have been able to reduce cholesterol levels from 8.5 to 5.4 through integrative medicine and associated nutrition amongst other things for good health.

Sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 15 May 2019 12:14:15 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern/MBA,

It is with incredible sadness that I read the MBA is even contemplating such a decision.

The lives of so very many individuals, I am sure, have been positively influenced due to our Integrative and Alternative Health Practitioners having the ability to offer complimentary medicines.

We personally may have lost to date family members including my father to Cancer and my husband, my self and my two year old son to mould toxicity and/or environmental toxicity. Not to mention, both of my neighbours to breast cancer and young friends also to cancer.

Please do NOT change the current guidelines. This would have catastrophic health ramifications for an unprecedent number of people.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 7:23:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the individual's right to freedom of choice in the selection of health practitioner, regardless of field of expertise, be it medical-based or other.

I have been on the receiving end of various medical and non-medical advice, treatment, surgery and procedures during the first 52 years of my life. All have served me in some way. However, over the subsequent 17 years of my life I have not consulted any general practitioner or medical specialist.

I have seen complementary therapists on isolated occasions but generally work at understanding and resolving the underlying stress and associated unconscious programming that gives rise to any presenting condition.

One of the factors influencing my decision to consider complementary therapies was the diagnosis of MS for my youngest daughter, at the time aged 22, in 2002.

Her MS resolved itself and her health recovered fully, including two pregnancies and births, the first natural, without any medical intervention in relation to the MS and contrary to the advice of her then Neurosurgeon.

Yes it took a lot of work, a lot of support and 'therapy' but no drugs or pharmaceuticals. And No, her condition did not go into remission, her body gradually restored full functionality. She will turn 40 in a matter of days and she is fitter and healthier now than she was before her health decline 20 years ago.

Complementary therapy may not be a consideration for many but it is a viable option for those who have the freedom to choose. Please do not dismiss the fact that some forms have been relevant for longer than modern medicine.

And, if a not insignificant percentage of general practitioners have chosen to study and work with additional, non-medical complementary skills, do you consider they should be banned or banished for thinking 'outside the square'.

The Pharmaceutical Industry has a role to play but is not in control of our medical system not does it provide all the answers.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:42 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter was 15 and had been missing around 60-70% of school for over a year due to constant illness. Any GP we saw did a slew of tests but they couldn't find the cause. Went to an integrative doctor finally who put her on specific supplements and healed her gut biome. She got better and better and now rarely misses any school. He saved her life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:30:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that it is my right to have a choice.

Integrative and natural medicine has saved my life and saved me and my family from a lot of heart ache.

If the member of the MBA want to use conventional medicine let them, but for those who prefer prevention rather than treatment that mask the problem, let them have a right to choose.

What the MBA is trying to do is un Australian. We are meant to be a free country.

The medical system can't cope with the amount of sick people now, why overload it more.

Wake up Australia

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 12:05:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary health care has provided relief for my Ross River Virus flare ups when modern medicine's only treatment option is pain killers.

I also have a significant scoliosis which requires regulars chiropractic and massage treatment for me to be pain free.

The MBA should be looking to expand how it works with complimentary and alternative therapies rather than channel more money to pharmaceutical companies.

The only argument that is regularly trotted out about alternative healthcare approaches is that there is no evidence to support there effects other than anecdotal evidence.

The only reason there is no evidence is that there is limited funding for research and pharmaceutical companies only fund research into studies that support people buying more of their products. They are never going to support research that would support using less of their products.

I consent to publication of my submission.

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.

How Integrative & complementary medicine has helped you, your family & friends

My mum has been taking tumeric for her blood cancer and it has improved her health significantly

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 7:29:15 AM

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To the Medical Board of Australia,

I support Option 1.

I have Hashimoto disease and want to have the option of using integrated medicine. I want my GP to have alternative suggestions to help me. Health should be about choice not restrictions due to cost.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 11:55:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I have numerous complex medical conditions which have been diagnosed by my GP and medical specialists. These doctors treat these conditions individually, but the human body functions as one organism whose organs and systems are connected and interdependent - not a series of isolated parts. I rely on the holistic approach of my integrative doctor to examine that interdependence, treat my body as a whole, and look for root causes - not as a replacement to my conventional-medicine doctors but in addition to them.

My health has only improved with the addition of integrative medicine and I have a right and a responsibility – to myself and my family, and to society generally because of the costs of chronic health conditions – to seek the best medical attention I can afford. I have a right to choose the type of care I want and the professional treating me.

I have a right to take vitamin and mineral supplements such as the D3 supplement prescribed by my endocrinologist to treat hyperparathyroidism and iron prescribed by my integrative doctor to treat anaemia and support my hyperthyroidism.

I have a right to longer consultations, at my cost, to cover more than one health issue per visit to my doctor or discuss a complex issue in greater depth. If I am not able to do this I will require more visits to cover all issues, requiring more time and money than what currently costs me and the health system.

My overall health has improved since commencing treatment with an integrative doctor four and a half years ago in ways that it did not with conventional medicine alone over the previous seventeen years and I have a right to continue to improve and choose my treatment team.

Placing restrictions on integrative practitioners will adversely affect my health and the health of many other people who live with complex chronic health conditions. Medicine is continually evolving and an integrative approach is essential to treating the body as a whole.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:10:35 AM

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To the Medical Board of Australia,

I support Option 1.

As a patient I need good advice on alternative medicines, and, as many practitioners cannot provide this service I choose to go to doctors who are informed on this subject. The literature is very supportive on seeking this type of advice and guidelines ALWAYS say to consult your doctor on the subject. Yet, many doctors know nothing about the subject and cannot offer advice. They are busy with other things, and rightly so. Yet I still want to seek a reliable source of this information. If this choice is taken away from me [and everyone else] we go back to being in the 'dark ages' of medicine with limitations on medical advice that leads to social dissatisfaction and more experimentation with 'unsafe' or 'not recommended' practices and a level of misinformation that could be, quite frankly, criminal in its neglect of the truth.

I urge you not to sideline medical practitioners who choose to help their patients in this way - and offer some of us support that we cannot otherwise access. Alternative medicine has helped to keep me out of hospital and to deal with chronic conditions that conventional medicine does not deal with very well. I do not wish to be a burden on the health care system - and I want good, reliable advice and care in achieving that goal.

Please do not take that away from me.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 8:19:41 AM

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To the Medical Board of Australia,

I support Option 1.

I was very ill after spending 4.5 years trying to wean off steroids following an inflammatory flare up. I had secondary adrenal insufficiency and suffered Addisonian crises over a period of 2 years. A synachthen test pushed me into anaphylaxis and a night in intensive care. Life was precarious for me.

New integrative doctor says Vitamin C supports the adrenal and can wean me off steroids. I thought that was very questionable but went for it - what did I have to lose? Nine months later I was free of steroids and haven't looked back for past 23 years.

For the first few years I heavily supplemented for my nutritional deficiencies and now use REAL foods for health support. Life is much better and i still use Vitamin C daily

I consent to publication of my submission.

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

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To the Medical Board of Australia,

I support Option 1.

Not everything works for everybody , we are entitled to choose. My husband was terminally ill and alternative medicine gave relief when there was nothing else So fed up with the government telling us what to do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 22 April 2019 12:31 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have Hashimotos disease. Although it is a chronic illness no main stream doctors are interested when you say you don't feel well, they say your TSH level is ok. End of discussion. It is a terrible illness to live with but even worse when you are trying to find answers and doors are slammed in your face.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:37 AM

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To the Medical Board of Australia,

I support Option 1.

I support Integrative and complementary medicine. I support freedom of choice. I have found that Complementary medicine has helped the health and wellness of my family. I have so many examples.

My husband kept fainting and blacking out. Doctors were baffled by this. A Complementary practitioner was able to pin point an issue in the colon and refer him to a holistic doctor. This doctor sent him for a colonoscopy uncovering an ulcer and helicobacter pylori. Using antibiotics, probiotics and gut repair supplements he was restored to good health. This is just one example and I have many of an integrative health solutions. The synergy of supplements with antibiotics created a better income. The doctor that was prepared to follow up on advice for the best outcome for the patients. Please do not take the opportunity away from us to live the healthiest life possible. Do not take away the opportunity for doctors to offer patients more than prescribed drugs. Often supplements can do wonders for our health. We eat to obtain nutrients from food. Supplements or herbs are filling in the gaps in our nutrition that optimize our health.

There are examples like DR Louis J Ignarro who won the Nobel Laureate Medicine for uncovering that nitric oxide could prevent and even reverse heart disease and stroke. Why would you prevent doctors from recommending this supplement to patients?

N'acetyl Cysteine a simple Amino acid is used in hospital's to prevent patients from dying of liver failure after an overdose of Tylenol.

Why would you deny these options? I hope you will do the right thing.

Thank you for considering these facts in your decision.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:20:25 AM

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To the Medical Board of Australia,

I support Option 1.

If my doctor was not able to recommend other therapies I would have spent years on harmful drugs that would of eventually killed me. My brother passed away last year because of drugs that were prescribed to him, if he had had doctors that suggested natural products he would still be alive today. That is a fact. My brother chose to trust in the doctors advise. There are unfortunately many other people who believe that what their doctors tell them is gospel, for those good doctors who try to guide people away from harmful drugs those people are lucky but not so if your doctor is strictly prescription drugs. People should have a choice. The pharmaceutical companies are getting way to greedy and have to much power.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 12:30:56 PM

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To the Medical Board of Australia,

I support Option 1.

My daughter suddenly weened at nine months. From this point of her little life, to say that she was irritable would be an understatement. She was pale, constantly crying and we struggled to get anywhere on time as we had multiple nappy changes (before 9.30 of a green tinged substance). By the time she was two, she was frantically eating fruit and any form of processed carbohydrate like her life depended on it. Neither of us were flourishing. In between this we had the usual childhood stuff like colds and gastro and while we had a great GP he just wasn't digging deep enough for my liking. I kept flagging that things were not as they should be and I was "there, there'd" and offered anti-anxiety medication. I was exhausted and wanted them. I really wanted them, however as I was now self medicating in the form of one bottle of wine a night I knew I could not risk introducing another masking tool into the mix so I politely refused. I had no idea how to navigate the challenges we faced but I knew that I was feeling the feelings I was due to the fact that my child was not well. I needed to keep feeling these feelings to drive my instincts to keep asking questions. I thought maybe she had some issues with her gut as I had seen an episode on catalist that resonated with me. We also have a family history of auto - immune disease. I pushed my GP and he finally did some deeper tests she came back with an iron deficiency and having a blasto virus. I became fixated on fixing these two problems.

Through my GP's guidance we introduced an iron supplement (which then lead to constipation) and for the virus attempted to combat this through antibiotics. The various cycles of antibiotics did not get rid of the blasto virus and while the iron supplement worked, each time we took her off it she started to fail again. On top of this if it wasn't damaged before we had now we had totally compromised her but bacteria. By this stage things at home had gone from bad to worse, my marriage was under pressure, I was so anxious my hair was falling out and we simply stopped going out due to the dis-regulated moods of my daughter. I had now moved my foggy thinking from not just wanting to get rid of this virus and increase her iron but wanting to know why we were in this position in the first place. To me if we could find this out we might be able to find out what was impacting in such a negative way on her health however this was not a conversation my GP or any of the others who consulted with us during this awful period of time were equipped to have. I remember trying to summarise where we were at and what I was seeking out on that particular day to one of the doctors we were less familiar with, the entire back story was so lost on her and I could see it. She offered another bad aid recommendation. I went to the car with my failing child who was now being flagged as ADAH (which she was, not and is not) and I just sobbed. It was at this point (we are now three years in to this suffering) I knew that I could not come back for another surface level 15 minute consult. That is when we were lucky enough to stumble by chance on some one in the park who listened to my story and recommended an integrated practitioner. This doctor took one look at my child and said. "She is not well, and we can do something to help her". I felt a tidal

wave of emotions come over me, I felt relief, validation and sadness that it had taken me three years to find this doctor and it was through sheer persistence and dogged determination that we were even still asking questions not simply accepting that this is as good as it gets. This doctor picked up the load that I as a mother had been carrying the bulk of on my own for so long. At the age of four we got a full nutrient and toxicity screening. The results of this were devastating - however we now had a reason WHY she was so unwell and we had a baseline metric to start problem solving from. That is what this doctor did. She methodically applied her scientific rigour to systematically balancing our daughters chemistry (and mine). Within two weeks we had a completely different child. She was settled (well relative to how she had been). There was still much work to do however we had someone (with a clear head) driving things forward for us. Our child, who at one stage I could not imagine coping with the demands of a regular school day is now flourishing in her first full year of school. There are still some regulation issues however much of this "residue" is likely due to environmental conditioning as a result of the situation we were in for those early years. We are still supplementing with zinc, magnesium and iron and will continue to do so for the next 12 months before we re-test and then adjust as she enters the next stage of her life. One that we hope she continues to flourish! There are no words that adequately express the level of deep gratitude we feel towards this doctor, she literally saved our family when no one else could. For that I'm eternally thankful.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 30 May 2019 5:56 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I relied on the best of both worlds for my cancer treatment and found that my integrated medical doctor helped me so much with minimising side effects. I also had treatment in Germany where medical doctors at the clinic used a variety of treatments which included intravenous infusions and a variety of different complimentary medicines resulting in no side effects from chemotherapy. I am now currently seeing an integrated medical doctor to help me with brain health and am on the Bredesen programme and have significantly improved my cognitive function. PLEASE do not take Australia backwards instead support funding for some of the natural therapies out there. If not I will not be able to continue my programme. In the end preventative and personalised medical care will save the government millions and we will be a healthier society. Thank you and I pray you think of all of us who are improving our health with the current system

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:11:35 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA

As a person with a difficult body from a major accident, I require a lot of therapy and pain management at times. I am also emf hypersensitive and have a history of difficulties with antibiotics and allopathic drugs having reactions, and allergies from using them. I rely on referral to various types of physical therapies and acupuncture for pain treatment and wherever possible I ask my doctor to recommend traditional treatments avoiding pharmaceutical drugs or otherwise I suffer. I am very grateful to have an understanding GP that helps meet my needs.

As a young adult I had early cervical cancer and realised that a childhood of antibiotic use contributed to that I have avoided all allopathic drugs wherever possible since then. I am now 72 and in excellent health which saves the health care system a lot of money and I rarely need to seek medical health except in the realm of accidents. I am so grateful for the the doctors who have holistic practices. I am also a practising craniosacral therapist and recommend my clients also go to holistic doctors. I think with the huge rise in cancer, immune system disorders and chronic illness both in children and adults holistic medicine is becoming more and more important.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:42:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned to hear that my choice of health care and health modalities is at risk. There are many, many different practices, such as osteopathy, chiropractic, acupuncture and Traditional Chinese Medicine which have decades, years, or thousands of years, of evidence to prove the benefits they have for patients in the treatment of many different illnesses. Allopathic medicine is not always the answer. In fact, in many instances, allopathic medicine doesn't have an answer and one of these other health care modalities does.

My husband was extremely ill last year and his doctors saved his life. But he still wasn't well. It was complementary medicine that has brought him back to full health again.

I reserve the right to make health care and wellness choices for my body. And to see the availability of these put at risk horrifies me. If this was introduced I would seriously have to consider leaving my beloved Australia and living somewhere where natural and complementary therapies are respected for the good they do for patients right around the world.

The treatments I choose for my body are a basic human right. My body belongs to me and only me. And integrative medicine doctors need to be able to provide ALL options to their patients in the interests of something that's fundamental to medicine, informed consent.

I completely support doctors' rights to recommend innovative, nutritional and/or complementary treatments to their patients. Please maintain the current guidelines. To do anything else would be a horrendous decision for the health of millions of Australians.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 4:26:47 PM

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To the Medical Board of Australia,

I support Option 1.

Over the last 20 years the FEV1 of my grade GOLD 2 COPD has deteriorated at a rate of 7 mls per year from post B/D 2.28L in 1999 to 2.16L in 2017. This contrasts with the [REDACTED] Hospital prognosis in 1999 that I would be respiratory crippled by age 70 (I am now 77) on normal medications. Also, from what I can see on the web, deterioration rates taking inhaler medications are around 10 times mine. I have not used any inhalers, have had no exacerbation's and my only treatment is a natural breathing method based on Dr Buteyko. All 18 lung function reports from the [REDACTED] hospital over this period are available if required.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 11:58:28 AM

---

To the Medical Board of Australia,

I support Option 1.

My husband had a massive heart attack whilst overseas in 2012. The main artery (called the Widow maker!) was blocked. He is and still is very fit. He subsequently received a stent after having excellent treatment from ambulance officers and a Dr who happened to be close by. After leaving hospital my husband was prescribed a variety of medication, the same medication that is prescribed for all heart attack patients, from the Cardiologist. We contacted our Naturopath in Australia as regards these prescriptions and was advised of the serious side effects of some of the tablets prescribed. We decided, after doing our own research to omit a couple of the prescribed medications and continue with the rehabilitation program advised. We also added some nutritional supplements advised by the Naturopath. We had been seeing this Naturopath in Australia for some years and had complete faith and trust in her.

My husband made a wonderful recovery and upon returning home we made an appointment to visit a local GP who was also a Holistic Dr. We had excellent reports regarding this man. We had to wait three months to see him. It is the best choice we have ever made as regards to our health. My husband has recently undergone an Angiogram where they found his heart in excellent condition with clean arteries and good thin blood flow. It was discovered by this wonderful and very capable GP by having the amount of inflammation tested in my husband's body, able to use supplements and diet to correct the amount of inflammation.

By taking the advice of this Holistic Doctor and our Naturopath we have avoided the side effects and ultimate health issues from taking a myriad of medical pills. My husband is aged 77 as I am. He only takes one aspirin three times per week and I only take half a blood pressure tablet three times weekly. We are both in excellent health, sincere thanks to our local Holistic Doctor.

If the guidelines outlined by the MBA are implemented, we truly fear for our health and that of many others.

Your sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:21:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I would appreciate it if you would cease and desist from interfering with the practices of Integrative Medicine General Practitioners. I am currently using bio-identical Hormone Replacement Therapy and had I not had a GP who took the time to explain the intricacies of hormones, I doubt I would have embarked on the treatment. This particular GP has also taken the time to explain hormones and contraception at length with my daughter allowing her to make good choices along with the doctor's advice with regard to contraception. My husband has also had major health issues, and the support of the Integrative Medicine GP has been invaluable to him. I, and my family, have been using an wholistic approach to our health for many years and in the past would mainly have visited the Naturopath for most of our healthcare needs. Occasionally the naturopath would recommend seeing a GP for certain conditions. It has been great to be able to see a GP who has the time to really listen and asses what is the best approach to take for the various conditions we have presented. I think it is unconscionable that you would take this choice away from patients. Please leave things as they stand currently.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:28:31 PM

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To the Medical Board of Australia,

I support Option 1.

This is a grave move to even consider in that doctors do not have all the answers to patient's problems and it takes a complementary or integrative medicine practitioner to look at all possibilities as to the cause of any illness. For myself if I had not had complementary and integrative practitioners available I would have been dead by now. I know through my own experience that giving my power away to doctors will not help me be healthy. I have taken all opportunities to safeguard my health and my family's health over 50 years to explore all options and have found complementary and integrative practitioners the only ones who have the answers. I understand how the body works and also know taking drugs does not bring forth healing but disguises the problem so it often becomes another larger problem along the track. If complementary and integrative practitioners are restricted there will be an escalation in even more serious health conditions which we all cannot afford.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:18:58 PM

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To the Medical Board of Australia,

I support Option 1.

My first reaction to this information is what is wrong with the MBA to even be considering such an idea.

Since having being diagnosed with an Auto-immune condition, I have taken complementary medicine. Initially I was on cortisone and the gut destroying anti-inflamatry medication. These drugs all have so many side effects.

I gradually weened myself off with the help of highly trained health professionals over a period of time.

Because of this my health and lifestyle has greatly improved and I manage to live a productive life.

Having spent many years working as a RN and Educator in Aged Care i have seen people improve after some of the drugs are reduced. For each drug taken mostly another is prescribed to overcome the side effects of the first and hence the escalation.

If the MBA were thinking about the health of the people of this nation they would be working to encourage Drs to move towards and learn more about integrative and complementary medicine so as to encourage wellness and healthy lifestyles thus maybe preventing people becoming ill rather than introducing another drug to the cure illness. This would also ultimately save the nation money.

Why don't the MBA look ahead at what is happening in other countries where Chiropractors Osteopaths and Acupuncture are considered to be valuable members of the health profession.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 16 May 2019 3:12:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative practitioners and therapies. Conventional medicine was not able to support my thyroid disease,. By following an integrative model I have been able to eliminate thyroid medication. My thyroid has been stable for 9 years, supported by nutritional and herbal medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 12 May 2019 7:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want the Option 1 and I use alternative medicine, as that was always the medical treatments before the Governments got

involved in peoples health. I treat myself or go to alternative Integrative Drs because the main stream Dr's have let me down over my life.

I was given the artificial hormone by a Specialist because I had a really painful right breast even though I told him I had bad veins in

both legs, he said take it, then I had the worst thrombosis which needed antibiotics to heal. The breast pain was caused by a neck injury which was fixed by alternative practitioners.

I was told I needed a hip replacement, went to an alternative practitioner and now am pain free with my own hip.

I would not have used alternatives had I not been let down by the "real medicine"

I am 76years old and now am pain free and well all because of integrative and alternate practitioners

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 8:55:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I regularly see a Kinesiologist (I am one myself), Chiropractors, Naturopaths and Integrative Medicine Doctors.

If fact, an Integrative Medicine Doctor saved my life when he requested tests for Lyme Disease with Australia Biologics in Sydney, where I tested Positive.

I was then able to effectively treat the Lyme Disease and eradicated it in 15 months, by following the correct protocol to do so.

Had it not been for this Integrative Medicine Doctor, as I may not have lived. There was Blastocystis Hominis in the local water where I lived, which is life-threatening with Lyme Disease. Another Integrative Medicine Doctor - my GP in Melbourne - knew exactly how to treat this with a prescription from a Compounding Pharmacy and Pharmaceuticals, and saved my life. I had come close to dying with this, and had several nights where I did not think I would live through the night.

I have referred many clients over the years to these doctors, to naturopaths, Chiropractors and other Complementary Medicine Doctors.

Many of my clients went from doctor to medical specialist to another, and often saw a dozen or more practitioners, before they come to see me for Kinesiology where I was able to resolve their health issues in a very short space of time. If it wasn't for me working with Complementary Medicine, they would not have resolved their health issues.

I saw this over 25 plus years in clinical practice, both overseas and here in Australia. I transformed the lives of many, and referred them to other Complementary Medicine practitioners and Integrative Medicine doctors, where we all worked together to achieve results for these people.

Complementary Medicine is definitely required in our society, as it is a way to address the cause of health issues, rather than putting a band-aid on the with drugs and pharmaceuticals!

Please please allow Complementary Medicine and Integrative Medicine to be an option for us all to choose, now and always.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 9:53:09 PM

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To the Medical Board of Australia,

I support Option 1.

I am concerned about what appears to be an aggressive and evidence free attack on doctors who approach medicine with a whole of patient focus.

We are not machines; nor do we all have conditions that are simple to diagnose and treat. Where chronic, complex conditions with confusing and/or overlapping symptoms occur, standard consultation times with standard tests and treatments are often inadequate.

Many of us have suffered from debilitating illness for long periods without diagnoses, or endured miserable conditions with no universally effective protocol. Doctors willing to work with us as individuals, and thoroughly explore all reasonable treatment options, are often able to help where others have failed (and left us, very sick patients, feeling that we have failed them).

Pretending that thorough assessments or non standard treatments by qualified, highly motivated doctors are unnecessary or unsafe is ridiculous. To base policy changes on such prejudice is plainly not a rational change, or one that protects patients.

I don't understand the rationale here. The doctors involved are fully qualified, thorough, willing and able to think more broadly than is usual. They follow current research and emerging evidence with interest, and share it with people they treat... many of whom have been badly let down by conventional practitioners.

There is clear evidence that nutritional support can have significant value in optimising the health of folk with difficult health challenges. To claim otherwise is bizarre.

My own health has been a misery to manage for many years. In my experience, the most dangerous doctors are those unable to take the time to investigate symptoms and keep considering possibilities until something fits, yet who insist that their inability to find a cause means the patient is not ill.

It is demoralising, offensive and injurious to our health to be told "good news, your tests are clear," and expected to revise our lived experience to soothe the ego of doctors too fragile to accept that they don't know everything.

I would far rather be told that a doctor was stuck, but still thinking; or consulting with colleagues who might suggest a referral; or willing to partner me in educated guesses and experimental treatments.

This looks to me more like professional jealousy than patient support or professional standards. Is the fear that patients will be harmed, or that some doctors will be revealed as not sufficiently interested

to persist with problem solving?

How much harm is done by failing to help patients, while minimising their problems? And does anyone imagine undermining access to integrative medicine will enhance the reputation of its mainstream critics?

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:37:14 PM

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To the Medical Board of Australia,

I support Option 1.

I am deeply concerned about the lack of professionalism being exhibited by the MBA. It is basically saying the doctors are not trained professionally. If alternatives to current thinking can not be prescribed by a professional person who has spent years in training than what you are saying he is nothing more than a glorified nurse. Alternatives must be able to be considered from artificially compounded substances to naturally produced substances . As a recipient of treatment I must have the right to choose from a person who is professionally trained otherwise they are not professionally trained if limitations are placed upon what they can or can't do. This smells of authoritarianism or money grabbing or both more likely. If this was imposed it is moral wrong that is trying to hide under legitimacy. My wife suffers from chronic pain from an operation that should not have been done . Some professional drugs work many of them don't. She gets tremendous relief from some natural products. It's great to be able to discuss this with our doctor who may or may not agree. To do what you want to do will destroy any trust we have in what they may want to say. You are undermining their professional standing.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:51 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I value a variety of health choices for both myself and my family.

With so much contradictory information about diet and nutrition I have found it exceptionally helpful to get advice that is specific to each individual family member which has impacted us all in ways that are so much more than just the physical (although that too, of course).

Acupuncture has helped all of us with physical pain, emotional issues and much more. Healthy, well-functioning individuals place far less stress (if any) on government health services, freeing up that resource for someone in genuine need. This is common sense. I value my choices and yearn for more choice, not less!

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 1:43:02 PM

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To the Medical Board of Australia,

I support Option 1.

I believe all Australians should have the right to CHOOSE whether they utilise integrative and complementary health care practitioners. I personally was very sick from a tick bite when I was 16. I went to 20+ Medical doctors over 10 years and no one could work out what was wrong with me. Many of them prescribed me anti depressants (which I did not use) and recommended I see a psychologist. Two actually told me it was all in my head. Even if it was a mental illness (which it was not), this is not the way we should be treating sick people. It wasn't until I consulted a integrative GP 20 years later that I finally got to the bottom of my long term PHYSICAL illness. It then took a couple of years of treatment to really get myself well and that included specific testing, vitamin infusions, supplements, Chinese herbs, detoxification protocols, infrared saunas and antibiotic protocols just to name some of the treatments my holistic doctor recommended and coordinated in combination with alternate health care practitioners such as TCM, Massage, chiropractic, kinesiology, Bowen therapy and reiki. These integrative GP's are doing extra study, have a wonderful bedside manner and really go the extra mile to get people well. They are changing lives for the better. To take away their holistic tools can only see our population get sicker in an epidemic where Australians are already sicker and more obese than ever before. Imposing restrictions I believe will only spiral this trend out of control. Please leave us with the choice to choose which practitioners we want to see. For those who don't believe then they still have the choice to see a regular GP for 5-10 minutes and be bulk billed. I personally would rather pay for a longer consult that's an out of pocket expense in order to get my health back on track. At the end of the day if we don't have our health then what sort of life are we really living?

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 3:47:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrated medicine helped my son when he was diagnosed with leaky gut syndrome when he was 2 years old. Through the help of the doctor we were able to stop him having asthma attacks and negate the need for prednisalone which is a nasty steroid with many side affects. Modern western GPs to not ask about diet, they don't understand the importance of gut health. Look at how you've treated Pete Evans for trying to show the world that their is another way to eat. Doctors take an oath to help people, too many don't and let themselves me paid off by pharmaceutical companies.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 10:20:36 AM

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To the Medical Board of Australia,

I support Option 1.

I am nearly 84 years of age and still walk about 2 km per day. All my life I have been a chronic asthmatic and attribute my current good health to the use of conventional and alternative medical care. The Buteko breathing system allowed me to cut my asthma medication by 75% which reduced side effects of ventalin.

The identification of a mineral imbalance and use of mineral and vitamin supplements has cured my restless leg syndrome.

Family experience has shown how Yoga can improve mental health and anxiety without the use of drugs.

Please do not change the medical regulations to reduce or eliminate the use of a remedy that could be a useful alternative to drug. Instead doctors should have more training in alternative to drug therapy and should also have a more detailed knowledge of the biochemistry of nutrition. (We are what we eat)  
Large medical centres could benefit patients by incorporating a nutritionist, and yoga specialist as well as a physiotherapist who understands the Buteko breathing system.

While understanding the benefits of alternative treatments I am also grateful for the standard treatments I have received and for the amazing modern drugs. I just do not want to see doctors prevented from offering different methods of treatment to those patients who could benefit from them.

Yours Sincerely [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 10:51:23 AM

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To the Medical Board of Australia,

I support Option 1.

I am the mother of a 39 year old woman who has been extremely ill for over 10 years.

During this time she was living in NSW and I was in SA. On each occasion that I visited her I could see that my beautiful, intelligent and talented girl was slipping away. Over the years she had lost weight, had dark patches under her eyes and sores on her face. She had lost weight, was constantly tired and not surprisingly depressed and somewhat morose.

She saw regular GP's often. They gave her antibiotics, sedatives and advice - usually that she should see a psychologist.

She attended hospitals in Sydney too. On one occasion I had a phone call from her in the evening. She was crying and distraught. She was losing her vision and had numbness down one arm. I rang an ambulance and she was taken to [REDACTED] hospital.

I flew to Sydney and when I was there she said that she did not feel they were taking her seriously until I arrived.

Unfortunately her illness had taken its toll and to others she appeared to be a drug addict.

The doctors did many tests and they suspected MS. That was ruled out, however, so their answer - see a psychologist.

They did say that the blood tests showed that she was "fighting some sort of infection".

I am sad that, in those days, I believed the doctors and thought that they must have checked everything. How wrong I was.

Thank goodness my daughter had the will to fight and she knew there was something serious attacking her body.

When she reached her lowest ebb a friend was seriously concerned about her. Unbeknown to me her friends had noticed her decline and eventually persuaded her to come home to Adelaide. I got a phone call to say that she was on a plane, a friend would collect her in Adelaide and could she come to my place. Of course I agreed.

I took her to more doctors in Adelaide. All they could do was give her anti depressants and suggest a psychologist.

My daughter never doubted that something was attacking her body and started to research her symptoms. It seemed, at the very least, that she had a mould infection. We went to a pharmacy and got the tablet commonly prescribed for thrush. It did actually make a small difference so after a week she took another. She was still ill, but

that was the first thing that had made any difference at all.

We got a list of doctors who might know something about this sort of condition and found a doctor in Melbourne who practised integrative medicine. My daughter, through her research, had been trying some natural medicines and I was concerned about what effect this could have on her. We had also seen that, with patients who have a mould infection it is often as a result of being infected by Lyme Disease.

The wonderful doctor in Melbourne treated her respectfully and, for the first time, my daughter had a doctor who noted all her symptoms over the past 10 years.

They commenced treatment for the mould infection and the doctor confirmed that my daughter had been on the right path with many of the medications she was starting to use - but cautioned her appropriately about some of the side effects and made some suggestions of some alternatives she might prefer to use.

Numerous blood tests were taken and before our flight back to Adelaide we were given one test to send overseas.

On return to Adelaide my daughter kept in touch with her doctor by skype. The test results confirmed that she had Lyme Disease and once the mould infection was gone she started on treatment for Lyme.

I was shocked that doctors generally, and especially at a hospital like [REDACTED], are so ignorant of Lyme Disease and how prevalent it is in Australia.

In this modern world, how could they be so stupid as to not know anything about it. In fact, I would go further, why is there no research into it in Australia?

With the help of the "Angel" in Melbourne my daughter, for the first time in many years, has returned to the beautiful young woman she should be. We have found another integrative doctor in Adelaide who is also aware of Lyme Disease and she has been very supportive also.

My daughter should have been able to receive treatment in Sydney. She should have received that treatment free, like any other patient living on Newstart and suffering a debilitating illness.

Even now she has to continue an expensive regime and is still prone to exhaustion. Without the help of her family she would not be able to afford the medications.

Too many doctors rely on chemical drugs and know nothing else. Are they in the pockets of the pharmaceutical companies? We need doctors who understand integrative medicine as antibiotics are not always the answer - and in fact may eventually not be effective at all.

Her blood test results have improved incredibly but there is still a way to go.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 2:42:02 PM

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To the Medical Board of Australia,

I support Option 1.

Medical doctors who have undergone training in drug-free nutrient therapy say that because vitamins, minerals and amino acids can't be patented by pharmaceutical companies to profit from their use, as a result there is insufficient funding to pay the tens of millions of dollars needed for clinical trials, despite the large databases established by centres like the Walsh Research Institute over the last 30 years.

I commenced drug-free nutrient therapy in 2014 after 17 years on a substantial dosage of Zyprexa. Within 3 months my psychiatrist was able to reduce my Zyprexa by 25%, easing the burden on the pharmaceutical benefits scheme, and preventing hospital admission and diabetes side-effect. I believe that preventing my medical doctor from prescribing nutrient therapy would result in extreme hardship for myself with a possible relapse in 3 months, and also deny new patients the life that I have enjoyed along with my family and wider community.

Please allow medical doctors to continue this vitally important drug-free approach which I believe is the future for psychiatric medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 7:15:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I am an Oxford graduate who has worked as a lawyer, and I am also a published author. I always undertake detailed research before trying out any alternative therapies. So please hear me when I tell you that alternative medicine, particularly the Feldenkrais Method, as well as working closely with an Integrative GP has helped me recover from 2 decades of chronic pain, which the mainstream medical establishment was unable to cure.

If you cut or restrict funding to alternative and integrative therapies, you will be condemning thousands, maybe even millions of people, to lives of interminable suffering.

Please do your research into the benefits of the many different alternative therapies. Even if one or two of them are flakey, the vast majority of them are effective modalities with long track records and detailed case studies of people who have been helped by them.

It would be a tragedy if people were unable to avail themselves of such therapies because of an across-the-board determination that they have no value.

Yours,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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**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.

Yes conventional medicine is important however as a chronic pain sufferer for a long time, I have found that complementary medicine and alternative treatments are a lifestyle, while drugs is helpful acutely, as ongoing daily treatments it has had the opposite effect on me and made me more sick and more in pain....

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 6:52:20 AM

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To the Medical Board of Australia,

I support Option 1.

I am saddened and worried by the notion that you intend to decrease the availability of healthy options to the public. As a community we are varied and are entitled to seek health professionals who are committed enough to do all possible to provide as much information as possible about our health, how to prevent problems when they are presenting symptoms considered by single modality doctor, who traffic cops patients to specialists instead of covering the wide range of options available. As the medical system we have now doesn't fulfill the needs of the many seems disrespectful. Too many people I know have been diagnosed way too later because the system passes you around ordering test that you have to wait up to a year for by then the point is mute. I know without the availability of vitamins and minerals and other informed alternative medications I would certainly be in a depleted state of health my thyroid would have been deteriorating instead treated early on with compound medication, it has rebalanced and you are now telling me it's not ok to have health care that works.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:27:17 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel GP's should be able to continue to advise complimentary therapies to their patients.

I have used Acupuncture for headaches, migraines, PMS for years without having to use any prescription drugs. They all have side effects. Gp's should have the right to offer their patients safe and effective solutions

I consent to publication of my submission.

Sincerely,

[REDACTED]



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

---

To the Medical Board of Australia,

I support Option 1.

My son had suffered severe depression...tried several mainstream medications from more than one psychiatrists. It wasn't until we were eaten by an integrative doctor & psychiatrist and received nutrient therapy medication that my son was able to overcome his depression and the hell he was living in. Cannot shout this from the roof tops loud enough as this saved his life and our sanity as we watched on helpless as he was slipping away from us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:19:43 PM

---

To the Medical Board of Australia,

I support Option 1.

Functional/integrative medicine practitioners have made a big difference to my chronic fatigue condition to the point where I am feeling the same if not better, before my diagnosis in 2007.

Unfortunately all what was mentioned by a medical doctor was to get some rest.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:29:51 AM

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To the Medical Board of Australia,

I support Option 1.

If I hadn't had the choice to see a holistic integrated health professional, I wouldn't be 30kg lighter and healthier than I have been since I was a teen.

Based on information coming from Dr. Michael Moseley from the UK, a once more traditional doctor who through his research and self experimentation has concluded that diseases, for the main part, start in the gut and can be healed with nutrition. I went and had tests done with my local practitioner who used, blood, fecal and spit tests; my own bodies fluids etc to determine scientifically what was happening in my body. Based on that information a plan was made to heal my body. 18 months later I'm now better informed and healthy.

I know I would not have received a natural approach from my GP as the information they use is outdated and flawed.

I fully believe both types of "medical" practices are valuable and necessary.

The functional medicine practitioner I saw will have saved Medicare a great deal of money and me a great deal of discomfort.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 9:04:35 AM

---

To the Medical Board of Australia,

I support Option 1.

All of my immediate family are currently undergoing some form of complementary medicine. Especially one grandson who has multiple issues that require treatment. After multiple visits to GPS and specialists his condition was deteriorating ,in a desperate attempt to arrest this complementary treatment was sought. This course of action has resulted in a marked improvement in his condition and with this ongoing treatment continued over an extended period he outlook is positive. This would not be the case had he had continued to rely on standard medicine to first diagnosis and treat his condition.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:30:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to intergrstibe and complimentary medicine be kept available to patients. I have been severely injured in an Motor vehicle accident 27 years ago. without accupuncture, and regular Chiropractic adjustments and Bowen Therapy I would not be walking now. I have soft tissue damage to my spine. My GP treated me with Bowen Therapy and acupuncure and he worked with a Chiropractor and together I regained most mobility. Not every condition can be best treated by scalpel or prescription medication. I also take supplements that make a vast difference to my general well-being . If these treatments were restricted by the MBA I could not be able to afford treatments.

Please do not impose these restrictions as myself and thousands of people will be severely crippled and develop further health problems by needing stronger pain relief prescription medications that are reduced while receiving integrative treatments.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 16 May 2019 2:25:24 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly believe that not allowing medical practitioners to use complimentary medicine is a move in the wrong direction. Is the role of a doctor not to help a patient become well.? If doctors are being told how to practice and what care to provide in a very restrictive way, there is no room for a broad spectrum of human conditions and makeup. Not all mainstream care models work for everybody. Not all doctors have the ability to diagnose and treat all Conditions. There are so many times that my family have visited a doctor with conditions that have either been misdiagnosed or treated poorly. My husband is currently dealing with long term damage from misprescribed antibiotics. He now has a condition that cannot be treated, doctors have tried all they have to offer with no effect. It has only been since he accessed treatment through a naturopath that he has found some relief.

Last week he visited an integrative doctor to see what would be provided on the alternative spectrum of treatments, only to be prescribed a heavy steroid prescription, which he will refuse to use due to the side effects. So from that perspective, the “integrative doctor” seemed to offer nothing different to a regular doctor. The other issue is that mainstream doctors have such a short appointment time with patients, it feels very rushed and impersonal when you know you only have 15 minutes. As opposed to an integrative doctor; who you can pay for more time with.

Please don't stop us, the citizens of Australia from being able to access alternative treatments when there is nothing that mainstream medicine has left to offer. We are left in a very desperate situation if that is to happen.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 6:09:54 PM

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To the Medical Board of Australia,

I support Option 1.

I have a health condition that does not even appear on the 'list' of known health conditions that GPs use. Adrenal fatigue. The closest thing is 'adrenal insufficiency' and I have had to explain what I have to 'standard' practitioners who have no idea. I spent months trying to find a doctor who could tell me what was wrong, before I found a GP who knew.

This journey started over a decade ago and continues. I have chosen to consult with a number of consultants and will continue to do so, because I will not be dictated to by someone who doesn't understand.

The changes proposed smack of control and a push by pharmaceutical companies.

Please allow adults to choose our own health care. My body, my choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:27:10 AM

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To the Medical Board of Australia,

I support Option 1.

The Australian public widely enjoys using CAM therapies at present. Based on a 2007 survey, 68% of Australians had accessed a Natural Therapy in the previous 12 months. That is a large percentage of people who have a right to medical choice. I myself have accessed CAMs as a patient, I accessed Acupuncture when my child was overdue and felt an immediate result. Had I accessed the hospital system this would have come at a cost to the Tax payer, and involved drugs. The Government, via a dubious report produced by, Friends of Science, have already removed many Natural Therapies from private health, I say enough is enough!

As a practitioner myself, I wonder where this will stop? Next you will be taking away nutritional options from us  
Health care choice is a human right! Stop this draconian behaviour,  
STOP taking away our healthcare options!

I consent to publication of my submission.

Sincerely,

[REDACTED]