

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 4:27:51 PM

To the Medical Board of Australia,

I support Option 1.

It's quite worrisome that my health and how I choose and prefer to treat or complement western medicine with integrative medicine, is to be dictated by someone else. In a world where we are already being censored and nannied, must our right to our health and associated choices be taken away too?!

I have suffered from PCOS, endometrioses, back pain, migraines and a myriad of other ailments whilst a young adult and the practices and choices I made with regards to my health was my choice. It was and still is my right to seek alternative treatment when conventional treatment does not work.

My health, my choice, my right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 5:19:03 PM

To the Medical Board of Australia,

I support Option 1.

I support having an option to use integrative medicine. More and more we see and understand how doctors just prescribe medication as a bandaid to our illness. I want a variation of medical and healthcare professions to help me with obtaining optimal health. Don't dictate who I can and can't see

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 7:52:50 PM

To the Medical Board of Australia,

I support Option 1.

It's our right to choose if we want natural medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:28:55 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:08 AM

To the Medical Board of Australia,

I support Option 1.

I support that there should be no change to integrative healthcare. This type of healthcare has healed me and members of my family from mental health as well as stopped all bouts of flare ups associated with ulcerative colitis. By changing this system you will impact the lives of millions of people that just want to have an option other than prescriptive drugs which in turn have side effects. The domino effects of drugs cause more people to be sick and enter already overflowing hospitals that have no room for people that could possibly be helped with integrative healthcare.

Children with autism have been helped with a variety of integrative healthcare which effectively helps the wellbeing of their entire family.

We don't need this to change so don't change it!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 26 May 2019 4:42:36 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

I am extremely concerned there are moves to reduce the services that integrative GPs, Chinese medical practitioners, chiropractors etc. currently provide.

I have been ill for around 20 years with issues such as thyroid disease, gut problems (e.g. leaky gut, small intestinal bacterial overgrowth), adrenal fatigue, pain issues including fibromyalgia, food sensitivities and the list goes on.

Without the help of these practitioners over my years of illness I would have been unable to function, work and contribute to society. These practitioners have made my life more bearable and so that I can work. They have provided information, guidance, treatment and prescriptions/supplements/herbs that have helped me enormously. I have a few other friends who are in the exact same situation.

If you place restrictions on these practitioners my health and that of thousands of people will go backwards and we will suffer tremendously. Please don't do this. These practitioners help so many people when conventional doctors have not helped. We rely on these practitioners to make our lives worth living.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:37:31 AM

To the Medical Board of Australia,

I support Option 1.

Given we live in a first world country which is supposed to be a democracy is it incredulous to find the MBA wanting to take away an individual's choice of how they receive and access medical treatment.

As someone who suffers multiple autoimmune diseases coupled with cardiomyopathy, and having beaten melanoma, I can honestly say I would not have any quality of life, nor be a contributing functional member of society without the help of integrative medicine and my practitioners who integrate 'complementary medicines and emerging treatments' into their practice. I would not have been able to learn the root cause of my diseases and would have been left with the band aid approach of modern medicine being prescribed more pharmaceutical drugs despite them doing nothing to prevent my degeneration and worsening health. That would have forced me on to insurance or welfare rather than being an executive level corporate employee, a small business owner and employer of 20 staff, and farm owner.

The lack of understanding of the average doctor in Australia as to how little they know about the benefits of functional and integrative Medicine is astounding. It will demonstrate nothing but arrogance, ignorance and fear of any doctor involved and the MBA, if changes are made to the regulations including bans on use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing.

How any educated person can argue that protocols and modalities such as as Accupuncture are 'fringe' or not conventional when they have been used for much longer than most modern western protocols is astounding.

Freedom of choice is a fundamental right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 12:22:03 AM

To the Medical Board of Australia,

I support Option 1.

Our family is healthier, since we have integrative & complimentary medicine. My daughter has a genetic of heart issue and with integrative treatment with Kinesiology and Complimentary Chinese Medicine. She has the level of energy like other kids and she is hardly get sicked. During this year, she caught a mild flu once and that's recovered within 2-3 days. While everyone else at the moment having alot with flu, we haven't get sicked at all for a while. We are happy family and healthy. Complimentary and integrative medicine really really important for us and the community, because it helps our community become stronger and healthier

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:07:42 AM

To the Medical Board of Australia,

I support Option 1.

I choose to have a Choice in my Medical Options whether it is
Chiropractic, Homeopathic, or Accupunture - I support natural remedies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 6 June 2019 5:57:16 PM

To the Medical Board of Australia,

I support Option 1.

I approve of the Holistic Approach to Medicine - there are alternatives to drugs which work

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 7:33:23 PM

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare has definitely helped me with my ongoing health condition. I have lupus and normal medication has lead my body to anxiety, and other horrible repercussions just because I need to take them for the main issue.

If it wasn't for integrative healthcare, I wouldn't be able to live life without anxiety, without feeling shaky and overwhelmed by my adrenal fatigue which gets worse if I don't have the help of integrative care.

I have started to feel like a normal person, I also got to conceive a second child without as many health problems to me during the pregnancy and also keeping my child more safe.

I am forever in debt to integrative care!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:06 AM

To the Medical Board of Australia,

I support Option 1.

We should have the choice to select what is best for ourselves and our families when it comes to our health. Integrative and complementary medicine has healed us when we were giving no hope from western doctors and told there is nothing they could do for us after we exhausted every possible western medicine with no results.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:33 AM

To the Medical Board of Australia,

I support Option 1.

I prefer that my Doctor is able to prescribe vitamins rather than medications if this is all that is needed. There seems to be quite a few GPs who are happy to write a script for anything even when it's not needed. In my opinion a holistic approach is a better option for everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:57:30 PM

To the Medical Board of Australia,

I support Option 1.

These guidelines will limit the options open to consumers. I see it as short-sighted and downright dangerous

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 4:38:42 PM

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines (Option 1).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 11:18:05 AM

To the Medical Board of Australia,

I support Option 1.

Please do not place restrictions on integrative health care. We should be able to make the choice as to how we look after our own bodies and be informed of any types of help available. To stop Dr's from providing us with all the information is no longer giving us 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, 30 May 2019 6:23:10 PM

To the Medical Board of Australia,

I support Option 1.

I choose integrative medicine over pharmaceuticals which I often find toxic and present with harmful side effects. I have benefited greatly from natural medicines in keeping healthy. I am not on any regular pharmaceuticals and have not health issues. Ultimately this saves the health system. Please retain patient access to integrative and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 7:20:37 AM

To the Medical Board of Australia,

I support Option 1.

I am recovering from serious injuries sustained in a car crash. My doctor's holistic approach to my care has been the cornerstone of my recovery. His own knowledge and experience in some complementary therapies as well as support of additional outside therapies such as acupuncture has helped me regain function more quickly than expected. The hospital fixed the framework of my body but it has been a holistic approach that has returned my body to functioning. I don't know where I would be without his guidance.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 20 April 2019 11:03:26 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped myself and family and I believe we should all be entitled to this type of medical care. It is our choice what options we undertake for our health. Removing this option is removing freedom of choice.. We have a right to choose and should be given all possibilities available.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 1:29:23 PM

To the Medical Board of Australia,

I support Option 1.

I have sought out practitioners who adhere to integrative medicine processes irrespective of the cost to me as they have not been easy to access and supplements recommended are also expensive. I have for many years taken the view that we are complex human beings- no two of us the same- and as such require an individualised approach to ill health or disease. We are physical, emotional, social, mental and spiritual beings who need to be in balance for wellbeing and good health. We also live within a system that impacts on our being.

Our approach to challenges to our own system needs to address all aspects of self. The medical profession has its place but does not on its own address all of these aspects....and increasingly so as disease/ viruses become more intense and difficult to treat. We now have scientific research / evidence based research that reflects this view- connection between mind/body/gut health. We need to address our systems from the perspective of prevention as well as cure.

I have used complementary medicine to address my own issues- gut health, trauma related issues and rheumatoid arthritis. I am especially grateful to this option to offset the nasty side effects of the prescription drugs I am now required to take. There were not options within the medical regime to manage some of these things when they first appeared for me and I believe that the supplements and therapies I have used have contributed to decreasing more rapid deterioration of my health. They are assisting and supporting me as I wait to qualify for the newer drugs to address rheumatoid arthritis - according to PBS protocols....which will be more targeted to issues other than broad based and more detrimental to my health.

I have been practising as Mental Health Allied health professional for 15 years now. I see clients who have been diagnosed by their GP with ? and when I have had time to provide a comprehensive assessment there has often been something to add to this diagnosis. GP's cannot possibly "prescribe" "proscribe" in the limited time frames they have open to them.

I feel like a number rather than a person when I join the queue at the medical centre... frequently waiting for a ridiculous time because the GP's cannot possibly deal with a presenting patient in the time available to them.

I live in a democratic society? and believe that this enables me to have a choice in how I live my life without discrimination regarding my health and wellbeing. Already there is discrimination regarding access to reasonably priced complementary practitioners. Complementary medicines/practises also have been used for many years and not as led to believe are new fan dangled quackery.

My goodness the Royal family uses homeopathy!

Please please do not restrict practises further and therefore choices

I consent to publication of my submission without my name.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 2 June 2019 5:40:03 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. I personally have been helped as a rather sickly child by integrative and complementary medicine that helped me overcome years of continual colds, flu and illnesses.

I believe that patients should have the right to choose medical professionals that provide integrative medicine.

There is plenty of evidence that a holistic approach that focuses on more than just symptoms and prescription drugs provides the best long term outcomes for patients.

I also believe that doctors who provide an integrated approach enable patients who wish to access complementary medicine the option of obtaining that advice from a doctor who can advise on the appropriate approach - conventional or complementary or a combination - rather than forcing patients to choose between a doctor and an alternative practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:34 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,
Health is the most important thing to raising the next generation competently. If we restrict a parents right to choose treatments we fail as a people.

Where there is risk there must be choice and to restrict healthy choices goes against all human rights!

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 9:22:28 AM

To the Medical Board of Australia,

I support Option 1.

I am writing to express my concern as to your intent to change the current guidelines surrounding the utilisation of integrative and complementary medicine in allopathic practice. I strongly disagree with this proposal, and believe that it should be up to the discretion of the practising physician to decide with their patient about the best treatment protocol. To enforce rules around what physicians can and cannot prescribe is totalitarian. Health care is broad (holistic), and I think it is wonderful that doctors are educating themselves in integrative and complementary care, and implementing it in their clinic where appropriate.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 11:28 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe a patient should have all health care choices provided to them and then they will be able to make informed decisions about their care- patient centred care. This should include complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:28:49 PM

To the Medical Board of Australia,

I support Option 1.

My health my choice. Sick of doctors not educating themselves in holistic medicine and only offering me drugs which do more damage. Don't stand in our way to get the help we really want.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 8:27:17 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 11:31:49 PM

To the Medical Board of Australia,

I support Option 1.

I value the Holistic approach to medical care as this approach has allowed me finally to live my life free of pain after a serious car accident.

Offered only traditional medicine and traditional analgesics, I spent 10 years in extreme pain – which ended my working career.

After finding a practitioner who offered a holistic and alternative And non-invasive pharmaceuticals /Chemicals, I am now pain-free, and leading and an active and enjoyable life in my old age.

This approach included gentle chiropractic, osteopathy and acupuncture as well as vitamin and mineral supplements – which clinical tests showed my system was lacking following Several doses of antibiotics and continual analgesics prescribed by previous Traditional medical practitioners.

Now I am totally in drug-free and have been for the past 10 years!

Thanks to alternative holistic medical practitioners, I only need to visit my GP once a year for my drivers license check!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 6:46:07 PM

To the Medical Board of Australia,

I support Option 1.

Integrated doctors are the only doctors I visit. Medicine without including natural therapies is a restricted approach to correct health care. I trust these doctors more. I am chemically sensitive and take no pharmaceuticals. I respond better to natural treatments. These integrated doctors service patients who prefer a broader approach to healthcare. Medicine needs to expand not restrict. And, how dare any medical professional restrict my access to the guidance I prefer. Overseas sees a better marrying of the two, what's wrong with Australia? It was an integrated doctor who turned my health around years ago. It appears many health professionals are threatened by these more rounded doctors. Poor form.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:18:07 AM

To the Medical Board of Australia,

I support Option 1.

The use of supplementary medicine, herbs and vitamins, in conjunction with a GP is the best way to well rounded health. Complementary medicine can support your body in ways that can help you recover faster, like taking vitamin C when you have a cold or taking probiotics to counter the effects of long term antibiotic use. Complementary medicine is used by so many people it is not in the community's best interest to remove this support.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 9:04 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am writing with concerns regarding the changes to guidelines allowing medical practitioners to prescribe vitamins and supplements.

I feel that stopping or limiting the ability of doctors, and by association other allied health practitioners, to recommend supplements and alternative treatments, that the alternative treatments will be pushed towards the truly fringe, unsafe, untrained and medically unaware 'practioners'. People who are highly likely uninsured, and incompetent at recognising or assessing for conditions needing full, accurate medical attention.

A broad percentage of the community accesses complementary approaches.

A well educated practitioner aims to provide up to date medical advice combined with research backed complimentary advice. A well educated practioner will also act as a safety measure, ensuring that complimentary therapies are used in a safe supportive way, and guide to the use of medical approaches as neccessary.

Banning medical practioners from using complimentary treatments will force the use of potentially untrained practitioners. It will not stop the use of supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:56:28 PM

To the Medical Board of Australia,

I support Option 1.

I don't believe pharmaceutical companies are working in the interest of good health only. I don't believe pharmaceutical chemical options should be our only course in our health when I know from experience natural alternatives play a huge role in managing my health issues. I use naturopathy and osteopathy and have with both services found relief, where as in the treatment options provided by specialists and physiotherapist either worsened my health conditions or did nothing to improve them

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 1:03:41 PM

To the Medical Board of Australia,

I support Option 1.

The patient should always have the right to use complimentary medicine from GP or a qualified practitioner in those fields. Complimentary medicine is an older and more intelligent approach to the human body. They have less side effects than Big Pharma products. It is obvious that this is another Right being taken away from the public in order to control health. Very ugly and frightening. The 2 medicines should be available. I work as a division 1 nurse and midwife and have a medical Diploma in Traditional Chinese medicine. I value both medicines. I have been to very excellent practitioners over the years which have helped me recover and maintain good health while being in the work force for 45 years. Traditional Chinese medicine and naturopathy Osteopathy have been invaluable, western medicine was the poor country cousin.! Why are you so threatened by excellent medicine. The move by Big Pharma definitely has an agenda.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 11:11:04 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has changed my life where medicines have caused issues from the side effects of the medications. I have been able to walk again helps with breathing when my back is out. Alternative medicines and practices are not for everyone but everyone deserves the right to choose and not be dictated to by pharmaceuticals that sometimes make you worse. I would have thought that the healthcare profession would only want to see people be well and healthy. There is a place for medicines and complimentary practices as well please don't take our choice away and therefore our health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 6:22:31 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicines as they are often medical practices that have been proven to work over many generations.

If it wasn't for the likes of acupuncture as a kid, I would have quite a few different medical issues. Most recently I had a daith piercing which is an acupressure point for headaches and migraines. A year later and I've only had 1 migraine, instead of 1-2 every month, with 3-4 headaches due to other medical issues (sinusitis) instead of 3-4 a week.

I have found vitamins and essential oils to aid my ADHD children in maintaining a better consistency to their behaviours and attention.

I'm not the only one who has found these things to work and think that when referred to along with conventional medication can be beneficial to the long term health of everyone.

If restrictions are imposed it will mean that those who find some assistance from alternative practices, that they haven't found with conventional medicine, will be left struggling with no relief at all.

Isn't it better to have a variety of options that complement each other and work together for the greater good than to restrict to only one type of treatment that isn't guaranteed to work for all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 7:01:04 PM

To the Medical Board of Australia,

I support Option 1.

I think doctors should be able to inform the general public about their options regarding Integrative healthcare choices. Main stream medical treatments are limited to surgery & medications where integrative health care can compliment or be a more appropriate type of treatment for many patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 6:52:44 AM

To the Medical Board of Australia,

I support Option 1.

Please allow medical practitioners to continue to prescribe alternative & natural medicines - they allow for natural healing - whereas medicines can do harm. They do work in cases, including mine & relatives. Doctors know how these interact with regular medicines & adjust accordingly.

Some medicines have serious side effects too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:51:23 AM

To the Medical Board of Australia,

I support Option 1.

I believe it is wrong to place restrictions on my access to GPs that include integrative and complementary medicine in their practice. As a Australian citizen I have a right to my freedom to choose the type of healthcare I like, and it is wrong for the government to restrict this.

Integrative medical practitioners have assisted both myself, my immediate and extended family through mental and physical health conditions which were otherwise not being managed properly by other drs. My integrative GP supports and provides vaccination of my child as well as seeking care from the traditional health care system when required.

Perhaps a good option would be for clearer advertising and education to patients and the public about integrative and complementary medicine to assist with making filling informed decisions.

Thank you for your time and consideration of my opinion.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:12:54 PM

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

Patients require access to Integrative & complementary medicine. Complementary medicine has helped me, my family & friends. If the MBA imposes restrictions on Integrative and complimentary practitioners is a crime against humanity and the rights of the people to choose what is right for them. I know of many people of have had cancer and been left to die by main stream medicine as nothing could be done to help them. These same people have been given a second chance at life with complementary medicine many have made a full recovery being able to return to work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:42:58 AM

To the Medical Board of Australia,

I support Option 1.

I oppose the proposal to limit the ability of GP's and other Drs to recommend and refer patients to natural therapies and other complimentary therapies.

From personal experience I have learnt prescription/pharmacological medicines cannot address all medical issues that occur NOR are they always the most effective or cheapest option! The integration of both modern medicine and many natural therapies have often produced faster healing AND a higher success rate of recovery!

There is a reason many therapies and natural products have been around for hundreds of years, even centuries, it's because they often work and to stifle the use of these options takes away consumers right to consider all options for their improved health. A wise Dr is someone that is progressive thinking, always learning and recognises that pharmacological options are not the one and only way to better health. Better health comes from a multi-faceted approach by individuals to treat their existing symptoms as well as the cause of the problem often by adopting better lifestyle choices.

The removal of rebates from private health insurance is another poor decision that is going to affect the overall health of the population. It discourages people from utilising preventive measures such as Reflexology for reduced stress, anxiety and better bodily function, as well as ongoing therapies used to manage body imbalances and medical conditions from the use of homeopathy and naturopathy.

Our health system is already severely overburdened, I can't even get in to see my own GP anymore if I'm sick as they are booked out a day or more in advance. Don't make things even worse by placing restrictions on Drs thereby increasing their burden when they know a patient can benefit from a referral or integration of a natural product or alternative therapy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:55 PM

To the Medical Board of Australia,

I support Option 1.

People are educated & have a right to choose & require a wholistic approach to treatment to maintaining good health.

There will be more Hospital beds required costing tax payers more money if choice is denied

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 12:10:50 PM

To the Medical Board of Australia,

I support Option 1.

There are countless stories and case studies of people who have been helped by complementary and alternative medicine when conventional or allopathic medicine has offered them no relief. Many of these people wouldn't be able to access these treatments if the MBA tighten regulation. There is so much research evidence in the form of randomised controlled trails that prove complementary and alternative treatments are and can be so beneficial to patients. Please ensure the accessibility of such treatments to everyone who may need them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:18:08 PM

To the Medical Board of Australia,

I support Option 1.

PLEASE DON'T BE HEARTLESS AND NARROW MINDED

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:39 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I value choice in my health and medical care - this includes allowing practitioners to integrate traditional /non western health modalities in their treatment and advice. If this is restricted I and my family will lose the option to see a professional with expertise in both modalities. A recent example has been when a major children's hospital made mistakes with my child's fractured radius/ulna. It was set mal-aligned and tethered muscle caused loss of finger function. There remains a large lump, and abnormal ulnar alignment/radial bowing causes joint clicking and ongoing pain - 10 months post injury. They admitted that they should have operated but left it too late. Alternative therapies and integrative treatment is critical to her rehabilitation and pain management, especially as the hospital has left us without medical options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 26 April 2019 9:53:14 AM

To the Medical Board of Australia,

I support Option 1.

As someone who has sought medical support for illness it has been crucial to also have natural and complementary options without these I would be in constant pain.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 9:27 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that it is a fundamental right for all people to have access to the type of health care model of their choosing & a practitioner's right to offer these services where there is demand.

Integrative & complimentary medicine practices are holistic - treating the whole person & not just the symptoms of a condition or disease as in modern pharmaceutical medicine.

In treating the root causes of illness (diet, nutritional deficiencies, lifestyle choices etc) patients are empowered to take control of their health now & in the future. This can only be a good thing for governments, to reduce the burden on taxpayers for future healthcare needs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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.

Right for medical and integrative care choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 9:21:55 AM

To the Medical Board of Australia,

I support Option 1.

I am an RN who has worked in the hospital system, mental health and with natural therapies. All of these have their place and the individual and their health practitioner should have a choice of which therapy will work best for them.

Personally, I have not even used 1 paracetamol tablet in the last 15 years and can manage my health very well with natural medications but I would not hesitate to seek the help of a doctor or hospital in an emergency or if I needed something more than the natural options I have available.

The cost to the taxpayer for hospitals and pharmaceutical products is outrageous and will only get worse if natural therapies are not permitted to ease the burden of numbers on the health system.

The only group who will gain from blocking natural therapies is the greedy pharmaceutical companies who are pushing this agenda purely for their own profits.

I urge you to let democracy and common sense prevail here and maintain the status quo.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 11 May 2019 9:53:38 PM

To the Medical Board of Australia,

I support Option 1.

Without natural therapies and vitamins my reliance on pain killers and prescription medication would be extreme. My current medication also works 100% better when taken with magnesium supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:27:55 AM

To the Medical Board of Australia,

I support Option 1.

The reason I support option 1 is because I've always found pharmaceutical drugs harmful and damaging to my body. It is over many years of my body becoming steadily unhealthier that I have turned to alternative practitioners and an integrative doctor who is willing to consider herbal treatments and vitamins where appropriate. I've found this much gentler on my body and I'm feeling much healthier because of it. I am 67 and amongst my relatives and friends of a similar age I am the only one I know of who does not have a single regular prescription drug. People who seek out alternative practitioners do so of their own free will and it is very important to keep this option open. Doctors do a wonderful job but please do not impose restrictions that will limit our freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 3:45:34 PM

To the Medical Board of Australia,

I support Option 1.

I use alternative therapies as much as I can and find they work where conventional medicines have not only failed me but made things a lot worse. Alternative therapies have actually reduced my reliance on drugs and medicare and I am happy to pay for something that works. I think the alternative therapy industry is being unfairly targeted by an ego driven medical system. I think to add such restrictions is a lose of my democratic right to make choices to do with my health. I also think by chanelling us through the medical system,not only will it result in a higher medicare bill but definitely impedes any progress in finding new treatments as we're not allowed to look outside the square

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 9:51:19 PM

To the Medical Board of Australia,

I support Option 1.

It is our body & therefore our choice of the health care options which we use, we will not be dictated to about what medical treatments we can or cannot choose!! To force allopathic medical treatment is unethical & immoral of anyone & is an abuse of rights to informed consent, authority & leadership!!

Allopathic treatment of my Celiac Disease, hypoglycemia, osteoporosis & carpal tunnel led to a faster downhill progression of my ill health & numerous pregnancy losses.

Only when i attended a Naturopath & Acupuncturist, & then enrolling in traditional nutrition & medicine courses myself, did I discover how to holistically treat my own conditions from a cellular level & within 12 months of implementing my own dietary changes & starting some natural herbal supplements i am now in remission from all of my conditions & i am again pain free, happy, healthy, full of energy & vitality, with a positive & healthy mindset. I am again whole & aligned mentally, physically & spiritually. Allopathic medicine let me down & has contributed to the demise, & even death, of many loved ones around me, & of the few who found their traditional medicine path, their health improved & remission was also achieved....with no chemical or conventional prescribed 'big pharma' drugs. With restrictions imposed, there would be higher rates of death & increased ill health due to Allopathic medicine being stuck in the old & incorrect Newtonian method of science.

With all the NEW science based on the principles of Epigenetics & Quantum Physics, to impose restrictions on health care choice would be reckless & downright irresponsible of the MBA. We are stuck in a negligent sick-care system based around financial profits & lining the pockets of big pharma & their investors with no regards to public choice, health or safety.

The proposed 'dictatorship' of healthcare options has to stop now! The truth always prevails & true health lays with traditional medicine with 1000s of years of proven success. Allopathic medicine is great in the event of emergency trauma, but is an incomplete model for treatment without traditional integration.

In the best interest of worldwide public health, do NOT take away our rights to health choice....

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:27:41 AM

To the Medical Board of Australia,

I support Option 1.

I am outraged at the amount of corruption I have witnessed since becoming involved with the Cannabis as medicine crusade.

This is more of the same.

Shame on anyone removing our right to heal for financial profit.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 12:11:33 PM

To the Medical Board of Australia,

I support Option 1.

I am writing in support of Integrative Medicine practitioners in their role to promote and support wellness in my community. By keeping longer consultation times, this will increase their ability to diagnose and treat those most vulnerable and utilise the best of both practices of medicine.

I trust the decision to keep or remove integrative treatments will be made taking these issues into consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:03:08 AM

To the Medical Board of Australia,

I support Option 1.

I support thinking outside the box, side stepping the big pharmaceuticals, or using them in conjunction with alternative therapies that have been successful for sometimes thousands of years. Do not change the current guidelines under any circumstance. Back off.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 10:52:05 PM

To the Medical Board of Australia,

I support Option 1.

As a senior nurse clinician with 30 years experience & knowledge I have come to believe with confidence that complementary & integrative therapies play an important role in the wide & varied spectrum of treatment. My relationship with these therapies is one of trust & reliability.

They have been generally been tested over many years and frequently have less side effects & more long lasting efficacy than commercial pharmaceutical medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 1:02:01 AM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because my doctor uses it when it benefits me without using other medications

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:53:08 PM

To the Medical Board of Australia,

I support Option 1.

stop playing god with our health, atheistic beliefs are harming how many ppl.

if wasnt for holistic practices, my life wld have ended long ag.

finding it very disturbing that can do the dirty on us, without compunction compassion as are.

if wasnt for cannabis cbd oil, plus all the other alternatives taken, wld be dead.

plus Reiki holistic massages, that help drain lymph nodes, be worse off.

just because gave in took big pharma's high blood pressure tabs, kidney tabs, doesnt mean liking it.

cant take opiate based medications, so what else is there?

pure unadulterated cannabis, which is illegal, but alcohol others legal?

how do you keep getting away with such neglectful ways attitudes as have and why?

just because theists have different views from you?

yours in unhappiness that want to keep taking away from us the joy of living.

[REDACTED]

I consent to publication of my submission without my name.

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.

Without this option I would not have been able to stop my blood pressure meds so it would be good to have the support of the doctors instead of having to go to 'google' and hope you've got it right ! My husband is a diabetic and without having access to google I would not be able to keep him as healthy as he is so would be nice if doctors could keep up-to-date with the latest treatments that actually work and can save their eyesight and limbs !

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:35 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Drs and patient's should be able to get all options

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 11:37 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

support patient access to Integrative & complementary medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 3:37:16 PM

To the Medical Board of Australia,

I support Option 1.

I and my family have been clients of regular and complementary medicine for over 20 years and have found this to be a very powerful combination in catering for our health needs. These needs have included minor and major ailments and we believe that the outcomes for us have been better having access to both regular and complementary medicine.

Therefore we strongly support option 1 - no change to the existing arrangements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 26 May 2019 7:16:09 PM

To the Medical Board of Australia,

I support Option 1.

I am a cancer patient and have found that complementary and integrative medicines have helped slow the progression of the disease, assisted healing and curbed the side effects of treatments. I am quite certain that without the additional support of complementary and integrative medicines I would not be in the good state of health I am in currently and would thereby be an additional burden on the Medicare and private health care system.

Yesterday's complementary medicine is today's mainstream. Segregating these will see pharmaceuticals as the sole input into mainstream medicine. Medicare and private health insurers will be paying money to private drug companies, not toward improving the health of citizens.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 9:37 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have always used alternative medicine, including chiropractic, naturopathy, acupuncture and dietary based as my first choice of preventative care and healing.

I only ever choose allopathic medicine in cases of emergency or more serious diagnostic situations.

Do not remove any of my rights to continue my ability to choose the health care that is right for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:15:03 AM

To the Medical Board of Australia,

I support Option 1.

A holistic approach to health care is important as no single discipline has all the answers to all afflictions affecting human beings. Even leading medical institutions like Harvard Medical is in support of a holistic approach to health care and the freedom for health care professionals to decide on the best approach for their patients.

This undemocratic, authoritarian approach has no place in this age of enlightened care.

There are more deaths by prescription drugs (approx. 250,000 in the U.S.) than any other means. It seems that MBA is in the pocket of pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:40:37 PM

To the Medical Board of Australia,

I support Option 1.

It Is important to maintain a choice between modern medical practices which are generally based on man made drugs and centuries old proven alternative options for optimal health.

I have been able to gain greater health stability using time-honoured alternative products to improve my cholesterol levels. Whilst taking statins as recommended by the AMA my cholesterol kept rising. once I started using Tumeric and other natural products my cholesterol has continued to decline.

If I did not have access to professionally supervised alternative medical treatment, I know from experience that my health will deteriorate.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 4:35:58 PM

To the Medical Board of Australia,

I support Option 1.

I believe in natural therapies ,I get more relief from a genuine chiropractor for my back than taking a heap of pills that just mask the problem ,Massage is also of great benefit to everyone for relaxation and keeping you calm which helps to eliminate stress ,Some GPs need to get up to date with alternate therapies.I will still recommend going to the doctor as well, we need both.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 8:43:07 PM

To the Medical Board of Australia,

I support Option 1.

I desperately need integrative and alternative medicine in our household. We have had multiple autoimmune issues within our family and have found so much more benefit and even cure to our families health with using this health structure. Without this available to us as at an affordable rate our young family would struggle immensely and I fear we would not be in a great place financially and health wise not only placing pressure on us but also our family, and economy. Please I beg you to reconsider any negative changes that may be put forward.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 11:39:01 PM

To the Medical Board of Australia,

I support Option 1.

I believe the best care for people is the ability to use both the medical system and also integrative health care. When combined they offer a well rounded health care that complements each other. The side affects of chemo can be greatly relieved with the use of integrative health care. I think it's disgusting that you are taking these choices away from people. Rather than creating continuous division and stating that only western medicine works why not start working together and creating a system that actually enables people to get the best mix of care.

It makes me so angry that you feel you have the right to tell me how to care for my health, that you feel you know what's best. I have always used a combination of both western and integrative health care and it has worked brilliantly in keeping myself and my family fit and healthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

In a modern Australia where healthcare is nothing more than a drug peddling industry I was extremely happy to find an integrative Dr who not only helped me gain some sort of control of my insulin dependent diabetes but also gave my husband 4 more quality years after being given 3 months to live with terminal cancer. (All told he fought cancer for 11 years). By using infusions and supplements my husband did not have a requirement to attend hospital in that 4 years apart from the last 5 days of his life. Even the oncologist said that any conventional treatment he could offer would be extremely damaging and it was a great thing that the alternatives were allowing him to have quality of life and still be a productive member of the community. The time the Dr took and the commitment to my husbands health is how every patient should be treated. We deserve to be able to have access to EVERYTHING that is available, not just the drugs that are offered by a pharmaceutical company and 5 or 10 minutes of the Dr's time. Allow complimentary medicine to flourish and people will get healthier.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 5:42 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Alternative therapies are an important part of health care. They often provide relief from pain and other disease symptoms where traditional medicine cannot, and improve patients' quality of life. Patients should always have the choice to access all forms of care and to make decisions about their treatment, and changing the guidelines would impede patient access to many types of care. If patients can't access care that helps minimise pain and suffering they are a further drain on our system because it affects their ability to work, and function within society without support.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 5:11:37 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

I wish to express my strong objection to doctors practicing integrative healthcare being restricted in their choice of care that they can provide.

Personally I have been a user of integrative and complimentary medicine my whole life, with the result that at 48 I only rarely have a sick day, let alone see a doctor.

Mineral and vitamin supplements and herbal and other medicines (eg. acupuncture, homoeopathy etc) have a much lower rate of negative side-effects than pharmaceutical drugs and I want to have the option of seeing a doctor who is skilled in their use so I can keep myself healthy. If they are not effective, my doctor and I can always discuss pharmaceutical drugs later.

Every individual in our society should be able to choose how to care for their own bodies and health, especially when what they choose only rarely if ever causes harm. I find it an extremely worrying trend that that autonomy is in jeopardy.

Integrative doctors usually go to great lengths to be educated in their chosen modality and understand the nuances of physiology and biochemistry better than their conventional counterparts in my experience. Patients generally have to be placed on long waiting lists to access this kind of care. In all other areas of healthcare, there's a strong emphasis on prevention and lifestyle changes rather than "cure". In short, it should be supported not restricted.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Every person in Australia has the fundamental right to choose their own health care plan. Access to unbiased health care truth & options is crucial. Integrative & Complementary approaches are a choice. I can see no reason that is related to actual health care or efficacy, why the MBA would want to block that access. It looks like the MBA are not focussed on peoples health outcomes, but on something else? Why would the MBA do that? Who would this proposed change benefit the most? Not the people choosing a natural less toxic approach to their health care, which they have the right to do, without question. Imposing restrictions on Integrative Medical Doctors & other Practitioners just looks like more control, deceit & manipulation of the truth about the usefulness of natural health care options. Let everyone make their own health care choice, let the enlightened Integrative Medical Practitioners, assist them with that choice. Simple. The right to choose is what is being undermined here, I object to that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

It is vitally important we allow options for patients. I used too many antibiotics when I was pregnant and now my children struggle with microbiom trouble. Doctors tell me they are following science and I am not and they keep prescribing the thing that caused my family disaster in the first place. New practise takes a while to be taken into main stream and some of us have problems that aren't addressed by every doctor. My Autistic son especially needs alternative medicine because most doctors have no suggestions to assist.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:01 PM

To the Medical Board of Australia,

I support Option 1.

I currently see an Integrative gp who has used a mix of complementary medicine and mainstream medicine to treat me. This has resulted in me being able to work and provide for my family. Before I was so unwell I was considering giving up my job. Doctors should be able to use contemporary and integrative Medicines to treat

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 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.

No change to the current guidelines please.

We would like to keep our choice open.

Thank You

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 8:39 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The choice for patients to see integrative practitioners or natural therapists is vital to ones individual well being and the state of our country due to the fact many individuals have conditions including my whole family ,that pharmaceutical drugs can not help treat , my 4 immediate family members have all suffered health issues for many years with no solution or help from a normal dr and now after seeing a bio nutritional doctor have finally been diagnosed and are being treated with prescription vitamins and their overall health is finally improving , this is beneficial not only to them individually but also less strain on the government financially as they will no longer need to access government funded services ie psychologists , gp clinics etc therefore freeing these services up for patients in need still . It will also benefit the community and government with them becoming more functional young community members and eventually being able to find employment as they reach the age instead of suffering ill mental and physical health and being unable to work therefore would have placed further pressure on unemployment and services provided to assist them , so you see it's in the best interest of the government and out nation to continue to allow freedom of choice to all Australians for having access to alternative health professionals to help ourselves, our community, and overall our county to have healthy functioning citizens , afterall we do live in a free country don't we !!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 12:36 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

For the past 16 years I have suffered several health issues, mostly all brought on from a non diagnosed tumor on my parathyroid. My body was struggling to survive by the time it was diagnosed and removed. Some of the resulting problems were helped by conventional medical help, but a great deal of help was need from Integrative and Complementary Therapies. I'm so fortunate to have found an Holistic Doctor who could spend the time to find out what I needed, and this took several years to accomplish good health. I know I'd probably not be alive today without this extra help, as I tried so many GPs who were only able to offer pain relief, and didn't even have time to find where the problems came from. That is my experience, and I can say that the same has applied for 3 of my children and my husband too. So I implore you to make NO changes to the current system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 11:08:31 PM

To the Medical Board of Australia,

I support Option 1.

Patient access to complementary practices through freedom of choice is a basic human right. As Australians we already have access to the best of both worlds, the amazing new advances of western medicine as well as ancient and time proven therapies from the east. If you are truly about representing and improving the health of the nation you should not be removing this choice but encouraging and strengthening it..To date, our medical treating doctors are unable to do it all, why not give them every opportunity to uphold their oath by offering treatments they are unable to give themselves? Doctors and specialists were unable to find a cause, treatment or cure for a rash and bruising all over our sons body, however through using chinese medicine our son is now free of it. Please preserve ours and our doctors freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 6:48 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have been on a long and very expensive journey regarding my health over the last 4 years. I have been to many drs and specialists, had so many tests, and even my GP makes comments like 'the medical community has no answers for you, I don't know how you keep going'. Thankfully I have found an intergrative GP some 2 hours away who has been able to help me, and I am now functioning much better than I was. If you take this away from people like me, my GP is right- I don't know how I'll keep going. It's hard. Please don't change the role of a Medical Dr who looks at the bigger picture. Target those who are doing the wrong thing. You have no idea how this has changed my life for the better.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:34:19 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped both my life and the lives of loved ones, when nothing else could. We deserve a choice, we have the right to seek assistance from knowledgeable integrative doctors and complementary practitioners. How can the best of both worlds, be denied to the Australian public?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 3:53:41 PM

To the Medical Board of Australia,

I support Option 1.

Previously a very bright and ambitious student with the world at her feet and a very sharp mind, at the age of 22 my whole life changed. I spent 6 years struggling with the conventional medicine system that could not get to the root cause of my severe food sensitivities and extreme symptoms. It was only through "alternative" diagnostics that I obtained at year 6 of my Hell via a GAPS practitioner in [REDACTED] that advised me of the bacteria that was missing in my gut and her then advice as to which probiotic I simply needed to be taking to top myself up with that particular bacteria, as well as her advice re GAPS diet (based on bone broth) that finally gave me back my life. Prior to that my life wasn't worth living and I felt like I might as well have had Cancer. Every conventional test came back normal and I was told my symptoms were "in my head". I had extreme brain fog, extreme fatigue, was extremely forgetful to the point I would leave the stove on and forget for hours, extreme anxiety, extreme cravings for sugary foods but could not tolerate any food at all and even got to the point that I couldn't tolerate water. I couldn't pass stools regularly like I used to as a child. I had chronic fatigue syndrome, and severe hormonal imbalances. My teens saw me pumped with The Pill, Roaccutane 3 times and antibiotics regularly. The conventional medical system let me down. And when I tried to fix myself, it let me down again because no one could help me.

I spent \$30,000 over a 6 year period on conventional specialists none of which were able to help me. Top conventional gut specialists put cameras inside my body which advised very very mild gut irritation/inflammation but confirmed that it was 'normal' and nothing they could do. This was an extremely depressing time for me because I had severe symptoms but not even a \$600 per 10min specialist could help me.

It was the GAPS practitioner that saved my life. The best \$180 (consult fee) and \$200 (test) I have ever spent money on.

Other than this, as a side thing to try to see what would work in getting my estrogen levels up for in case I wish to be pregnant in the future, I went to an acupuncturist for 4 months. During that 4 months he stimulated my ovaries with needles. My estrogen levels increased bit by bit from a mere 70 to the minimum ideal number for women of 400. I am confident they would have continued to increase to a healthier level for ability to carry a baby if I kept up the acupuncture and monitoring of levels.

Osteopathy has also helped me with issues after x2 car accidents and a workplace accident.

I don't understand why you would want to impose restrictions on these people. It's extremely worrying to be limiting their abilities to help. I have more knowledge than most conventional specialists because of my journey and often question how they can actually be in practice - the same goes with GPs. The entire system of thinking around conventional medicine needs to be looked into, not alternative medicine. It is just horrific to think of the possible restrictions placed on those who can truly help. Reduced time spent with patients? - why is this a thing? So bizarre. How can acupuncturists and Osteo's

operate under this? How can integrative/alternative medicine whereby they listen to your story, operate under this? Why would they even enter the profession if this is what it's going to be like? If you are so worried about these professions, why not ban them altogether? This is insanity. Please don't dictate our freedom of choice. There are so many people who have gained their health back with use of alternative medicine. Why are you trying to keep us down? It's completely puzzling to the point the general Public will question potential corruption. That in itself is worrying because it will contribute to the current momentum re the thought that we cannot trust our Govts.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 7:28:29 PM

To the Medical Board of Australia,

I support Option 1.

Until medical practitioners receive training in the wealth of information and validated science that is out there in the realm of complementary medicine (which would be the ideal option), it is important that patients have the choice to use such practitioners and have access to said knowledge.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 9:27 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have seen integrative GP's in the past as western medicine has failed to provide the right help for me in treating Chronic Fatigue Syndrome. Having a choice to be able to see an integrative doctor should be an option available because western medicine doesn't always have the answers. Natural medicine has helped me when western medicine couldn't and I am healing from chronic pain and fatigue naturally. I tried medications and they didn't help and GP's said there was nothing more they could do. So as a result I went down a more holistic natural path which has helped me tremendously. As an Australian we should get to choose how we want to look after our health and getting rid of the natural medicine is only going to see more Australians get sicker. Please do not take our right to choose away!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 5:31:15 PM

To the Medical Board of Australia,

I support Option 1.

I am very concerned about the proposal to limit the practice of integrative doctors. These professionals see the benefit of adding complementary medicine options to their patient's care. Every person has a right to make decisions about their health care choices and being able to discuss them with a doctor who is open to other choices allows the patient to advise the doctor of what they are considering or doing and in turn be advised of anything that should be considered from a medical perspective. Closing the door on these practitioners may result in people turning away from conventional medical care and thereby losing the benefit of a wholistic approach to their health care.

The Medical Board can govern medical practitioners, but not the behaviour and choices of patients who will seek the treatment they want. As a non practising RN and current practising natural therapist, may I suggest you confer with nursing bodies on this issue. Nursing Associations have embraced a number of natural therapies and you would also be aware of medical facilities eg cancer care centres which embrace a range of therapies for patient's well being and are supported by the medical practitioners. Our world is subject to many influences which we have not had to deal with in the past and we need to be open to new possibilities and the benefits they may bring. Tightening up and limiting the choices of medical practitioners who are looking for the best for their patients would seem to be taking a step back rather than finding a way forward. I would urge you to examine the rationale for your intention and the evidence you feel supports your intention. I feel this should be made public so that we can see what your concerns are.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:00 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and holistic therapies are part of the fabric of our society most of which are centuries older than 'modern medicine' they should remain a choice for the people of Australia.

From my personal experience in relation to ongoing health, conventional modern medicines and therapies have not only fallen frighteningly flat but have also been proven to be reckless, corrupt and sadly protected by appalling insurers who seemingly ensure doctors and surgeons are able to get away with destroying lives for basic mistakes. In no way does conventional medicine come even close to holding all the answers to good health. This is not to takeaway the amazing work of emergency and reconstructive doctors and surgeons those people are amazing and what it is all about.

It is within the rights of each individual to pursue any therapy they wish and that right is not for the MBA to take away.

Doctors of any medicine, whether they belong to the modern medicine world or the integrative holistic therapies world, shouldn't have to be told what they can and can't do to improve their patients health and wellbeing.

The MBA need to realise they are becoming viewed as blatantly corrupt as they work with the government to attempt to own citizens bodies and whittle away our rights. We see it!

Hopefully open minds still exist within the MBA and the acceptance that there are several forms of integrative medicine and treatments that Australians should be free to pursue as their own individual choice.

Bullying, scare tactics, threats and deregistering doctors with differing viewpoints to helping their patients is not humane and an absolute example of misplaced arrogance not to mention an abuse of authority. MBA stop following the money it doesn't make you happier or more superior in any way. It really REALLY doesn't. It is actually serving to make you a board to be less respected.

Let's leave it as it is!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 21 June 2019 9:08 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I was on the PBS prescribed Thyroxine for 11 years and continued to gain weight feel fatigued and and depressed. I also have hyperparathyroidism. Since I've started T3 I feel so much better. Please allow me the right to choose my preferred method of treatment. We are all different.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:13:29 AM

To the Medical Board of Australia,

I support Option 1.

I am asking you to please reconsider changes to integrative and complimentary medicine. It is a concern that these restrictions are being considered as holistic practitioners are the only hope for many who are not able to find solutions to their health problems through standard/restricted practice. Doctors should not just be about ticking boxes, but sadly quite a few of them are. I personally don't know where I would be without integrative practitioners and I know many people who have been helped by alternative medicine blended with the conventional. If you take away the rights of these caring professionals there will be more people with chronic health problems and symptoms in the community. I believe, as a result, there will also be higher rates of depression in the community as sufferers will no doubt find it more difficult to find a solution to their health problems or relief for their pain, leading to anxiety and depression. Please, I beg you to reconsider these restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 4:18:12 PM

To the Medical Board of Australia,

I support Option 1.

Medical treatments are not, and will never be, one size fits all. I would like to make sure that I, my family and my friends have all available choices provided and accessible for them in time of need. This include treatments that are currently considered non mainstream and/or complimentary. Please keep the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:01:35 PM

To the Medical Board of Australia,

I support Option 1.

I have been using natural medicine my whole life and have found them to work very well i would like to continue to do so, it is my choice and I have the right to use natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 2:53:45 PM

To the Medical Board of Australia,

I support Option 1.

Health is about so much more than medication. Health depends on physical and emotional well-being and the benefits of practitioners being able to look at patients in a holistic way and recommend treatments which address underlying causes of mental or physical pain, discomfort, disease etc is essential to an affordable and sustainable health care system. I am absolutely opposed to anything which limits my right to choose what services i can access to support my health. I believe complimentary therapies such as kinesiology, remedial massage, reiki and naturopathy have helped me overcome anxiety and depression and other ailments and i value the skills of the practitioners i have seen over the years. I very rarely have a need to see a doctor and i am not a burden on the healthcare system and yet the value of this to society does not seem to be accounted for.

Please do not take away my choices or restrict medical practitioners who choose to offer integrative services!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:12:31 PM

To the Medical Board of Australia,

I support Option 1.

I regularly use integrative and complementary medicine and it should be my right to do so. By taking it away from doctors limits my choice of using a more holistic approach to my health, which allows a longer term change rather than just a quick fix.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:35:20 PM

To the Medical Board of Australia,

I support Option 1.

I want to have choice in the medicines I use not just those decided by someone else who does not understand what I need. So to take away certain options is taking away my choice and that could have possible negative affects to me both mentally and physically. My body my choice, please don't take away my rights to choose what is best for me just because you don't agree with it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 26 April 2019 6:54:35 PM

To the Medical Board of Australia,

I support Option 1.

I support the inclusion of complimentary medicines and alternative therapies in medical practice as there are generally a healthier option as well as a preventative measure in supporting optimal health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:23 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 has has given me well being , sustenance to keep working in a tough job. I keep up to date on it's research and believe it's research unlike the Gouvernements . You represent me. I want you to truest represent me and my choices. It should be a trained doctors right to prescribe this . I do not want to be forced by you to have to go to untrained person, or via internet and self medicate. I want a professional! Don't take that security away from me for your own financial gain!

Listen to the people who want and choose for this and need it.

There is a university supporting research. Why do you ignore that ?

Because they don't pay you like big Pharma?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:39:35 PM

To the Medical Board of Australia,

I support Option 1.

I am deeply disappointed about the MBA's proposed new guidelines. Complementary medicine has helped countless individuals health when contemporary medicine didn't have all the answers, it just seems cruel to take this service away from patients. I have experienced this personally when I had chronic gut issues and my doctor literally said she couldn't find anything wrong with me, she told me I was fine. I knew there was something wrong so I went to see an integrative doctor and she managed to find out that I had small intestinal bacterial overgrowth, which she treated me for with nutrient and herbal supplements, dietary and lifestyle advice, and after 8 long years of gut issues, (that subsequently caused various mental and physical health burdens), I am the healthiest and happiest I have ever been.

These new guidelines are a step backwards for the health industry and for civil rights! There is so much evidence behind many complementary medicines so it really doesn't make sense to be doing this. We should be focusing on developing more research for various complementary medicines and not just restricting.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative and Homeopathic medicine is healing my breast cancer where conventional drugs were not. Over in Europe and Asia is is law that Drs can be naturopaths and use both drugs and holistic integrative medicine remedies. Why are we holding this process to ransom??? it works and is proven. I would like to be reimbursed for the costs of my herbal medicines but medicare care don't cover it a all. Surely in this day and age healing is the main goal not earning \$ from drug monopolies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 8:40:10 AM

To the Medical Board of Australia,

I support Option 1.

Please don't limit my choice to seek treatment as I deem necessary for my own health. Please don't limit my providers ability to recommend treatment as they, in their professional experience, deem appropriate for my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 10:52:36 AM

To the Medical Board of Australia,

I support Option 1.

Limiting an individual's options for self care and preventative health care would increase the burden on existing, conventional medicine and ready access to health care.

A patient's right to choose health care options is the over riding factor in this matter.

Therefore, restricting access to integrative healthcare is backward thinking and an unnecessary retrograde step. I strongly oppose any change to current access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:41 AM

To the Medical Board of Australia,

I support Option 1.

I support alternative medicine as we have results for all our family over the years. We are all about prevention and treating the root of our problems. We use alternative medicine because we believe there is other way (gentle) than what the medical board teaches us and wants us to believe, like making pharmaceutical a priority. Let's the patient be the priority!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:34:31 AM

To the Medical Board of Australia,

I support Option 1.

With all do respect, I feel the public should have THE choice on where they receive their medical attention from. I highly believe holistic medicine to be far more successful and a way healthier option. Although I know big pharma knows this and so the people in parliament who hold shares in big pharma are greedy and only want more money for themselves and do not think about the health of others. Holistic medicine needs to stay. This should never have been an optio or a question to think about removing it from the public.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:48 PM

To the Medical Board of Australia,

I support Option 1.

My experience with an integrative gp brought to an end years of pain and suffering and has changed my life in a way I could never have imagined. All the drugs I tried with other standard gps never compared to the nutritional regime developed for me over 12 months with my integrative gp.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 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.

My choice for medical treatment has always been with an integrative practitioner. The mode of treatment is to look for the cause and then address that rather than just be given a prescription medicine for a symptom which is the mode of treatment for general practitioners. GPs are not trained in nutrition and do not place importance on what a patient eats. They also only have 10 minutes to diagnose and treat.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Please do not adopt option 2. It is only in the best interests of Big Pharma to do this. There are more deaths from misuse of pharmaceutical medicines than other diseases and this is called conventional medicine. It only addresses symptoms. Integrative doctors look for and target the cause, They spend more time with their patients and use safer methods. I am 57 years old and have never been on any form of medication, do not have any of the typical diseases of people my age, am not overweight and eat a very healthy natural diet does not include processed, toxic food. GPs are not trained in nutrition so they don't understand that a healthy diet and exercise are far more healing than medications. Heart disease and cancer can be reversed by diet. Studies have been done by Dean Ornish and printed in medical journals however it is chosen to be ignored as you cannot patent nature. Shame on you for bowing to those that stand to gain from a ban like this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:45 AM

To the Medical Board of Australia,

I support Option 1.

Do not take our rights away to choose what type of health care we want to receive. Complementary medicine has a role in maintaining good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:40:28 PM

To the Medical Board of Australia,

I support Option 1.

Please leave the integrative practitioner with option one. I have been operating with an amazing medical integrative doctor and have been able to improve my health dramatically, I've come off very expensive medications that the government was subsidising and now take nothing for my RA. Please don't take this valuable option from people who would otherwise struggle to survive with conventional options. Health fund rebates are an important part of natural therapies being accessible to all not just the wealthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 9:51:09 PM

To the Medical Board of Australia,

I support Option 1.

Without the help of our integrative doctor, my daughter would still be very sick with small intestinal bacterial overgrowth (SIBO) and suffering severe anxiety, depression, constant pain and more. Instead 3 years on, she is a happy, healthy vibrant girl who we adore. Before this, we saw a dietitian who couldn't help, 2 immunologists, one being the top one in the state, and the head children's gastroenterologist and his finding was that it was her brain misinterpreting normal movements of the gut and she should have hypnotherapy to make her not think it was pain anymore.

Instead we saw our integrative doctor and within 2 weeks she was pain free. If we hadn't done this I think she may have committed suicide as a teen.

3 generations of my family are now healthier than ever because of integrative medicine and what we've learnt.

Restricting integrative doctors would see many people suffer where there can be hope! Please don't do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:47:41 AM

To the Medical Board of Australia,

I support Option 1.

I have a 'Lyme like' condition - the current medical profession do NOT know how to treat. My GP put me on steroids & cortisone - made me worse!! More training for GP's required regarding nutrition. The current medical profession is creating the current obese population.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 6:09:23 PM

To the Medical Board of Australia,

I support Option 1.

I support option 1 as Integrative medicine has helped me to stay reasonably healthy into my 80's without excessive medications.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:01 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It would be a disservice to the Australian public to limit doctors prescribing natural remedies that have stood the test of time, that do not come with nasty side effects, and in no way further compromise a patient's health. Please don't restrict doctors from using these beneficial methods in their practice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 5:40:15 PM

To the Medical Board of Australia,

I support Option 1.

This needs to be left alone as not every doctor you see can help fix you when you are ill. I have been unable to get threw main stream medicine but have had great success with alternative medicines. I have also had 2 dislocations of my shoulders which no medical doctor including an orthopaedic surgeon could not even see were dislocated. I went to a chiropractor who immediately saw what was wrong and immediately gave me relief by relocating the joints. We need to have a choice available for decent options and changing what we have now is not giving us as consumers choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 7:29:56 PM

To the Medical Board of Australia,

I support Option 1.

This is typical of modern skewing of fairness that is used by all sorts of unions and professional groups to marginalise and limit the opportunities of others, both competitors and prospective customers. This panders to big pharma and reduces choice for many people who find genuine benefits from these forms of treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:32:26 PM

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has kept me well. It has also regulated my menstrual cycle, improved my immune system and assisted with stress. I am a huge advocate of natural medicine as the practitioners try and get to the root cause of the problem, rather than just masking the symptoms with a pill or some other form of prescription medication. I believe we need to have choice as to which professional we would like to see for our health conditions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 27 April 2019 4:33:27 PM

To the Medical Board of Australia,

I support Option 1.

I wish to be able to choose the type of doctor I consult. My health is not based on prescription drugs, and I prefer to use healthy lifestyle and healthy diet to control my health not prescription drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:14:17 PM

To the Medical Board of Australia,

I support Option 1.

For the true health of the public.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 3:47:30 PM

To the Medical Board of Australia,

I support Option 1.

I wish to maintain my clinical autonomy and seek healthcare providers who will continue to support my choices. My GP is amazing, through integrative therapies I have overcome anxiety, depression and chronic pain. I have been able to work in conjunction with my GP and my Naturopath to regulate my hormones and other health issues. These two practitioners support the others education and experience and work together to provide me with a well rounded healing plan. Rather than prescribe pain killers, my GP has referred me to a chiropractor and a physiotherapist to help with chronic pain. It is imperative that GPs are supported in offering a variety of treatments, depending on each individual patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 2:41:57 PM

To the Medical Board of Australia,

I support Option 1.

I believe with the complexity of mental and physical illness, the larger the choice of treatment options the better the outcome. Not every medicine or treatment works for everybody.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 10:36:08 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine allows my family to obtain a wholistic approach to our medical care. We can seek treatment via traditional western medicine and obtain supplements to aid in preventive care in the same consultation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:52:11 AM

To the Medical Board of Australia,

I support Option 1.

I'm a health professional of over 20 years and look at all aspects when it comes to my and my families health. Don't take away any abilities to have choices. Especially better choices
Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 8:05:40 PM

To the Medical Board of Australia,

I support Option 1.

I will always like to know I can decide what choice I have towards decisions of my health. No government should imagine they have a right otherwise.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:18:29 PM

To the Medical Board of Australia,

I support Option 1.

No government shall interfere with the health choices of men. You will only quicken your own end by mandating what intelligent people choose for themselves. Don't persist along this line of interference .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 10 June 2019 4:56:51 PM

To the Medical Board of Australia,

I support Option 1.

I only choose a medical practitioner who is open to Complementary medicine and is using modern predictive screening tools to enhance my family's and my own health. The fundamental flaw of our current disease driven medical system is not good enough and the proposed steps to reduce this kind of care is a step backwards.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 9:24 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

No change, no imposed restrictions. Our freedoms are being eroded enough

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:48:48 AM

To the Medical Board of Australia,

I support Option 1.

As a health professional myself I have seen first hand during my 40 years of practice the value of alternative medical therapies. Not only in maintaining health but as a preventative measure to ensure strong immune systems. Thereby saving this nation millions of dollars in health care expenses. Why would we not promote preventive medicine by using alternative health therapies? It is a no brainer to me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:49:20 PM

To the Medical Board of Australia,

I support Option 1.

Alopecic medical greed is slowing out pricing itself, the current medical system is not sustainable and has caused a decline in citizens health. It's become very clear many in the medical industry are driven by money as the expense of their patients.

Stop pretending to care and allow people to own their own health and use treatments that we know that works.

PS: how many of you are taking money from big pharma? can you look in the mirror?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 11:35:34 AM

To the Medical Board of Australia,

I support Option 1.

Having allergies to most antibiotics it is necessary to be able to rely on natural medicines and has proved successful for myself and others

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 6:14:11 PM

To the Medical Board of Australia,

I support Option 1.

Australia prides itself as having one of the best healthcare systems in the world. Creating narrow minded restrictions will only hamper complete healthcare. Please reconsider, there is room for all modalities to thrive. Come from a place of abundance NOT fear.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:12:36 PM

To the Medical Board of Australia,

I support Option 1.

I'd basically like to choose what I need and what works for my family!
Simply seeing a GP hasn't been enough. Holistic care should be adopted
in all work professions. To streamline care would cause more problems
and a greater economic burden to the community! Continue to monitor
but to remove all together just doesn't make sense!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 5 June 2019 12:10:07 AM

To the Medical Board of Australia,

I support Option 1.

When I visit my Doctor, I don't want her to treat a disease. I would like her to stop a disease from developing by being thorough with my circumstances.

Integrative Doctors understand that risk factors for disease need to be identified before disease develops.

Please don't take my right to see a Doctor who tries to prevent disease rather than wait for a pathological disease to develop.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 7:43:18 PM

To the Medical Board of Australia,

I support Option 1.

Holistic medicine and medical approaches provide a wider range of options to people, especially those who are sick of making the pharmaceutical companies richer because a doctor can't offer alternatives.

The medical profession was founded on the use of natural and alternative practices, using herbs and supplements that weren't mixed with a host of other sometimes toxic ingredients to make a tablet that comes with four pages of warning material literature.

People need to have the right to choose the type of medical care they want and not be limited by your desire to line your pockets and those of the big pharmaceutical companies by dictating what information doctors can provide to their patients.

Western medicine is not the only type of medicine and a pill or other toxic chemical based medicine is not always best for people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 4:48 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 my Dr suggest vitamins and food choices, I have been referred to physiotherapists, dietician and a chiropractor. my retired Dr was also a homeopathic practitioner and gave my son a treatment which was the only thing we found to get him to sleep when young. I believe a good Dr will assist and refer on a holistic basis not as dictated by pharmaceutical companies and restrictive practises.

I consent to 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 12:33:13 PM

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that complementary intergrative practitioners be able to continue as they do now.

I want to have choices in regards to the medicine I choose to undertake and feel the proposed changes threaten my freedom in that respect.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:35:10 PM

To the Medical Board of Australia,

I support Option 1.

I support patients access to integrative and complimentary medicine because it greatly supports the physical body coming back to a state of balance and good health. I have used it all my life (I am now 42) with it in my early 20's completely stopping with no side effects the excessive drug taking that I did. I believe that we are more than a physical body and as such going to traditional western medicine does not treat the other components that make working with the individual from a holistic point of view so necessary. Unexpressed emotions and trauma not fully resolved can have detrimental effects on the physical body left untreated. By having access to integrative and complementary medicine individuals can bring about balance more quickly and also work with preventative care. The reasons to use integrative and complementary medicine are numerous from a family member coming down with cold like symptoms to my daughter with her sore belly to mental health issues. I strongly disagree with any imposed restrictions on integrative practitioners - for me that takes away my freedom of choice which violates my rights as a human.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 12:28:37 PM

To the Medical Board of Australia,

I support Option 1.

I have been working in Natural & Complementary Therapies for 22 years and run a successful practice and college. 1000 of client made a successful recovery & I strongly support each person's right to choose their preferred integrative & complementary therapy! It is important to have access to doctors who are open to combine orthodox medicine with complementary medicine. This combined approach reduces the risk of side effects & supports the natural healing process of the body. If the MBA imposes restrictions on integrative practitioners, many people won't have access to the best treatment options and fall victim to the overuse of pharmaceutical drugs and debilitating side effects. The risk of dependency on pain killers is already a huge problem in OZ & America!!

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 8:14:03 PM

To the Medical Board of Australia,

I support Option 1.

The role of integrative doctors in my healthcare has been life-changing, definitely enabling me to stay employed and healthy and without which I would now be unable to work. Instead I am the Founder and CEO of a medical research foundation working to help children with a rare medical condition.

In 1991 I traveled to South America and returned with a range of stomach parasites, which had made me very ill. I received a range of strong antibiotics to treat these. Over the next 7-8 years I experienced numerous health problems, starting with stomach pain and developing to dizzy spells, fatigue, development of environmental allergens and then onset of severe food allergies at age 28. When I woke in the morning, I didn't want to move due to the severe stomach pain I was experiencing. Every GP I saw told me it was either untreatable or I was a hypochondriac.

An integrative doctor was able to identify blastocystis hominis and arrange treatment (through conventional and supplemental medicine) to address the parasite, solve my stomach pain, return my mental clarity and reduce my allergy sensitivity. I still have a couple of severe food allergies however I am much more tolerant overall (e.g. coffee used to make my eyes it and now doesn't). I hadn't realised the GP was integrative when I made the booking (for travel vaccinations) and was very fortunate to have found him. Absolutely life changing and a massive cost-saving to the health system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 11:45:37 PM

To the Medical Board of Australia,

I support Option 1.

The new Quality Aged Care Standards are rethinking giving control back to a vulnerable group , the aged.

The focus is CHOICE

The consumer outcome is :

I get the services right for me

I choose

I am in control.

So how does the AMA respond please to these new soon to be released Standards that we will be practicing in our care?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 8:37:06 PM

To the Medical Board of Australia,

I support Option 1.

Very strong views in keeping Integrative Medicine. It's the only
Doctor I will go to.
They are extremely beneficial.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:55:22 AM

To the Medical Board of Australia,

I support Option 1.

Conventional and traditional medicines/treatments working together are an essential part of the holistic treatment of patients. The doctors I respect the most acknowledge this and treat patients accordingly. To take away this option of treatment from doctors is not what I want from the MBA and to be honest somewhat arrogant to think one method of treatment only (ie conventional medicines) is the only solution to patient treatment.

Traditional medicines are fully recognized in many areas of South America, Asia and Europe.

Instead of excluding traditional medicines let's embrace them but have a system of FAIR and UNBIASED regulation in place for these practices that are not controlled or influenced by third parties with no expertise or ulterior motives in what they're trying to regulate.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

As a person suffering with a lifelong chronic illness, with only limited symptom alleviation on TGA approved medications, I have found significant improvement in my health and quality of life, afforded by the use of integrative medicine, under guidance of integrative GPs.

These are highly qualified individuals, who go beyond just treating the symptoms of my disease, but looking into the root causation, assisting to correct the body's biochemical pathways where gene/environment have had a negative impact. All the treatments I have received have been based on widely acknowledged, peer-reviewed scientific literature, and have been under strict supervision by my doctor.

I fear that should the ability to complement medicine with integrative treatments be compromised, that people will start to self administer these sorts of treatments, or turn to less qualified practitioners for treatment instead. I sincerely hope that this is not the end result of this review.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 6:45:56 PM

To the Medical Board of Australia,

I support Option 1.

Too much red tape

Leave GPs alone and stop looking after your big pharmaceutical mates!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:04:27 AM

To the Medical Board of Australia,

I support Option 1.

I am appalled at the way government has slowly made decisions that affect Australian's having a choice in healthcare. We are a democracy; we are allowed to make our own choice. Please do not take away any rights for Integrative Medical practitioners and please do not make any changes to current natural therapies.

My body is extremely sensitive to medications and responds better using herbs and other natural therapies. I prefer to see a doctor who is willing to sit down and talk to me about how I am instead of just writing a script to a few symptoms I stated.

It would be ideal if western and natural medicine were allowed to work together, and integrative doctors can provide this to the public - do not take the right of choice away from us!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Why are we always fighting for our freedom and our sovereign rights to health and vitality? The corruption, deception and corporate greed emanating from these governing boards is abysmal. You never have, never will have the true authority to determine an individuals choices over their body and health care. If you had it your way we would all be near dead. Enough of this madness, do the right thing and focus your practise and principles on funding, resourcing and guiding HEALTH care not profiting off sick care. Humanity has woken and the lion sleeps no more. If you think you can fool the rest of them for much longer you are more disillusioned than you think! We applaud practitioners and GPs/MDs that take a whole heath approach i.e that take a humanistic qualitative approach with their clients. They want them to get better, to reach full health and vitality whereas all this abusive, controlling methodology coming out of these governing boards is only fuelling the bonfire - sending a signal loud and clear that you don't care two shills about humanity and human wellbeing, so what do YOU care about? All of you from the top tier down who sit and willingly participate in this madness. Let the good doctors be, they are doing what is right and just by their patients - looking at them as a human, a living being with the capacity to heal. Now what is your duty?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 1 May 2019 11:03:35 AM

To the Medical Board of Australia,

I support Option 1.

I believe that it is our democratic right as Australians to be able to choose what sort of health care is right for us. Each person has a different DNA and needs a different treatment for each condition. You cannot lump everyone into the same box as is the case with most medical doctors, prescribing what are man-made chemicals that do not have the evidence to prove long term benefits and do have many health ramifications. The patient should be able to choose to go to an Integrative doctor who has taken the time to do their own current research and extra qualifications to provide their patients with better alternatives for treatment that have been shown to be effective.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 9:12:03 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complimentary medicine for a number of reasons. Myself and my children have been using integrative medicine for a significant amount of time (my children since they were born). I have found that it has greatly increased our level of long term health and knowledge about what we put into our bodies, as a result we rarely seek medical support, rather we use our knowledge of integrative medicine to treat ourselves. When we have needed to consult our GP, we have used integrative medicine to support any treatment we may be receiving.

I believe it is in the best interests of patient health to continue to include integrative medicine and to allow the patient to make informed choices over their own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:47 PM

To the Medical Board of Australia,

I support Option 1.

Please allow Australians to continue to choose whichever health path they choose, whether it be holistic doctors, chiropractic care, naturopathy, Chinese medicine and acupuncture and many more branches of medicine as they see fit in their health journey.
Please do not place these restrictive limits on my choices in my health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 7:16:04 PM

To the Medical Board of Australia,

I support Option 1.

Please don't take away our medical rights to choose how we'd like to be treated. There's more to healing than drugs and medication. How about we actually give credit to the good vitamins and right nutrition can do for our bodies and how we heal

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 29 May 2019 9:38:35 AM

To the Medical Board of Australia,

I support Option 1.

Complementary medicine keeps me alive. I cannot take medical drugs and my experience with them made me sicker. Homeopathy is the greatest gift to mankind by going to the source of the problem and not just treating symptoms, all without bad side effects. It stopped my asthma in its tracks where allopathic medicine could not.

Have many more illnesses that have responded well to complementary where drugs failed me badly.

Please see we are entitled to choose what works for us and keep complementary available for us all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:21:00 AM

To the Medical Board of Australia,

I support Option 1.

I attend an Integrative Health Practice which I began doing after 15 years of ineffectual treatment for hypothyroidism at a general practice which eventually led me to breakdown.

The simple prescription of a pharmacy provided non PBS additional medication has revolutionised my life and energy.

I encourage you to adopt option 1.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 8:16:04 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has given me my life back. conventional medicine failed. I wouldn't be here if it wasn't for integrative medicine. I believe we have the right to choose for ourselves. taking that away is a step backwards not forwards. Just because a few may not believe in integrative medicine does not give them the right to take away options from others. you will be putting people's lives at risk be doing so. Integrative medicine has saved my life (tried conventional first and it didn't work for me and my health just got worse). then I discovered integrative medicine and I'm back at work and feeling the best I have felt in years. It's my right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 6:18:28 PM

To the Medical Board of Australia,

I support Option 1.

Hands off our right to choose natural complementary healing for our own bodies. It's bad enough that toxic fluoride is forced into us without our consent. There is a place for complementary medicine so please don't try to stifle it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 8:40:19 PM

To the Medical Board of Australia,

I support Option 1.

First, it makes NO sense to reduce the options for the practice of offering NATURAL services, including vitamins and minerals, when most often disease or illness is caused by a lack of or imbalance of. To correct these with natural options versus medicine is GOOD MEDICAL PRACTICE. To remove these integrative options is restricting the solutions to a man made chemical cocktail that doesn't support the patient for their BEST interests, only lining the pockets of the pharmaceutical industries.

Removing these options in my opinion diminishes the value of a doctor for their value in practicing patient care. PATIENT CARE being the OPERATIVE TWO WORDS.

I have had far better healing results by using natural therapies than I have using drugs which I am sensitive to and always seem to have adverse or unpleasant reactions.

If the MBA imposes restrictions quite frankly I lose ALL trust and respect for the medical industry, being only a puppet to big Pharma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:38 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Every person has the right to choose what medical healthcare they wish to use. Australia promotes itself as a free country where people have a choice and for the government to try and control what people have access to with their own personal healthcare, obviously is more proof of how big companies are the ones running the country and politicians are the puppets and do what they say because money seems to be more important then standing up to these companies and keeping Australia as a country where we have freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:33:46 AM

To the Medical Board of Australia,

I support Option 1.

Please keep diversity alive. New legislation is 100% discrimination to minority population. Let people be in charge of their own destiny. Keep people interest first not companies. Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 10:20:58 AM

To the Medical Board of Australia,

I support Option 1.

Please let me choose how to heal myself and my family. Western medics as we call it doesn't have the answer to every illness. Sometimes complementary medicine resolves the issue without a lifetime of drugs. Depression, severe peri menopause, frozen shoulder, hyperthyroidism to mention the main illness I suffered and now I'm fully recovered. Confirmed by blood tests. My health my choice. Holistic approach should be encouraged instead of restricted if you are really interested in healing people. Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 12 June 2019 10:52:36 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is an important part of my husband's and my health care programs.

They have proved helpful for years and we feel we need them still in our senior years.

We feel we should have a choice and if experienced doctors recommend care they have found helpful to others we think we are entitled to try it if we wish.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 3:54:01 PM

To the Medical Board of Australia,

I support Option 1.

Integrative or natural medicine is absolutely imperative to attain health care as against sickness care. It is a worldwide movement and already taught at prestigious universities worldwide. This does not threaten the importance of emergency medical intervention.

I will stop here as I am at a loss to understand the "economic close-mindedness" of general medicine and political affiliations. All the lives lost statistically worldwide on grounds and application of pharma and general medicine ARE AT STAKE.

Open your minds, eyes and ears and start looking at all the peer reviewed research WORLDWIDE.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 2 June 2019 3:22:02 PM

To the Medical Board of Australia,

I support Option 1.

To look at a health issue with some understanding of integration is leading to much broader wisdom and very often to more or even full health recovery than eternal bandaid of 'uncurable' disease until death. Consider all worldwide scientific research on issues of chronic disease, genetics and epigenetics, root causes, nutrition etc, etc. Why would so many 'conventional' doctors with traditional med studies even bother, if not wisdom causes them to further study and reading, and the results speak for them selves. Or witches would still be burned.

Consider this silly... bah bah rainbow sheep... sorry but the mind boggles Where would I be with a spina bifida - without Chiro and neuralign, MTHFR, Thyroid issues, celiac without integrative knowledge and help, even starting with some guidance of a conventional GP? Today I consider myself very healthy and fit without conventional medication. Thanks for listening.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 9:19 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 natural options are the entire basis of my family's health care choices. We choose our current GP because she can talk to us about our options, she can explain why or why not natural and less invasive solutions will work for us. This supports us to become more engaged, more aware and more empowered with our own health. And that means when we choose to see a GP or Medical Specialist we really need to be there which only benefits the health care system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:21:42 AM

To the Medical Board of Australia,

I support Option 1.

I have taken responsibility for my own health my whole life but having a healthy diet and engaging in various forms of health promoting exercise. Whenever I feel that my system is going out of homeostasis, I choose to go and see a practitioner of complementary medicines, including acupuncture, osteopathy, chiropractics which have given me great results over the years. At nearly 60 yrs of age, I have not had any surgery or needing to take any prescription medications, a trend I am hoping to continue as long as I can. I therefore place minimal burden on the public health system. More recently I have consulted an integrative doctor and I have found her thorough diagnostic approach, her openness to new and innovative practices and her recommendations extremely valuable in elevating symptoms I was experiencing. I wish to be able to make my own choices in regards to what type of health services I consult. I absolutely object to the MBA imposing regulations that restricts this choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:24:05 AM

To the Medical Board of Australia,

I support Option 1.

I wish to maintain the current guidelines because I value a holistic approach to healthcare and support doctors' right to provide new and innovative approaches, including complementary medicine treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 3:11:46 PM

To the Medical Board of Australia,

I support Option 1.

All members of my immediate family have found that holistic natural therapies provide good results without having to resort to pharmaceutical products unnecessarily.

I firmly support every doctor being free to integrate natural therapies with Western medicine practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 15 April 2019 5:28:19 PM

To the Medical Board of Australia,

I support Option 1.

Using natural therapies s has put my daughter in remission from
Ulcerative colitis. Please keep these options. We need them as western
medicines are full of side effects and don't treat the root cause of
any illness
Stop being a puppet for the pharmaceutical companies
Our children need them as do us as adults if we are to live any quality of life

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 8:53:07 PM

To the Medical Board of Australia,

I support Option 1.

Our integrative doctor has significantly helped my wife and daughter.
It cannot be under estimated the value these practitioners provide to
their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 8:40:21 PM

To the Medical Board of Australia,

I support Option 1.

My young daughter at the time I first saw my integrative GP was only 2.5 years old. I had been to numerous GP's, Paediatricians, gastroenterologists, allergists (conventional practitioners) who all told me there was nothing wrong with her. She was highly anxious, irritable, pale, dark puffy eyes, distended belly, the list goes on and on. Everything changed when I heard of my integrative health GP. She was able to test for a range of conditions that conventional medicine does not. She spent 1.5 hours with me in the first session and really understood all the issues. She also could see that I was struggling with my health. We had a range of health issues that never would have been uncovered by conventional medicine, some of which require on-going nutritional supplements to manage and other (such as CIRS) that require prescription medications and some other on-going support. I feel like after 7 years of being in a very difficult time in my life and not understanding the symptoms I was feeling, I finally found someone who understood, took the time to listen and validated the way I was feeling and that yes, indeed there were significant health issues that I was experiencing and these are not health issues that are understood by conventional medicine. These practitioners take so much care with their patients, they are constantly researching and attending conferences to be at the forefront of cutting edge medicine and people are willing to pay them for this because of the huge difference they make in peoples lives. Some of these doctors have many months of waiting lists, others are not even taking new patients because so many people need these doctors, when conventional medicine has failed them and they desperately need help. People would not keep going back to these doctors and paying the significant consultation fees if what they were doing wasn't working- wasn't making a difference in their lives. I will be forever grateful that I found my integrative GP. I would hate to think the life my daughter and I would be living if we hadn't found her. Please don't take away the access to these wonderful medical professionals, they are so highly skilled and valued by so many and they truly make a difference when all else has failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 12:18:38 PM

To the Medical Board of Australia,

I support Option 1.

No one should be prevented from seeking a natural or holistic approach to their health and well-being. It's obvious natural therapies work far better than pharmaceutical poisons. If a patient is vitamin deficient are you stopping their Dr recommending the correct vitamin or supplement to fix their ailment? If so, this is not health care in the slightest!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:56:14 AM

To the Medical Board of Australia,

I support Option 1.

There is no relevance at all to what the government wants to do. This is an aggressive and controlling approach with no support or no evidence that integrative medicine poses a risk to patient and health safety. We can all see the reasoning behind this and its about time we started to be real about the health system. Taking this away will only push this into the wrong hands and THATS what we need to make sure doesn't happen. Common lets get real about it!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 5:35:57 PM

To the Medical Board of Australia,

I support Option 1.

[REDACTED]
Since childhood I have suffered from allergies and food intolerances, hay fever, and sometimes eczema and oedema. Integrative and Complementary medicines have given and continue to give me very good support and healing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 7:31:04 PM

To the Medical Board of Australia,

I support Option 1.

Every person is different and therefore people need to be offered a range of treatments when they are unwell. I think it's fantastic that doctors can currently offer patients a range of responses to their health issues (from conventional pharmaceuticals to vitamins and minerals and other emerging treatments) and help them find the best approach for their particular circumstances.

I have suffered from chronic digestive issues for 15 years. I saw a gastroenterologist who prescribed proton pump inhibitors. I tried to take the medication but found that it gave me strong stomach pains during the night resulting in only 1 hour or so of sleep. I went back to the specialist whose only response was that I was "extremely sensitive". He was unable to offer me any other treatments. With time, I realised that if I took the medication every third night I would lose one night of sleep and sleep well for two nights. But after doing this for a year I developed inflammation throughout my gut so bad I couldn't lie on my stomach because of pain caused by inflammation.

That's when I turned to other forms of treatment including naturopathy, chiropractic care and Traditional Chinese Medicine. With time I've learnt to manage my digestive issues and function fairly well in my life. It would have been much easier for me if the gastroenterologist I saw was able to provide me with more guidance on alternative treatments instead of just labelling me "extremely sensitive" and losing interest in my case.

For the reasons above, I fully support a holistic approach to healthcare and support doctor's right to provide new and innovative practices, including complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 2:32:53 PM

To the Medical Board of Australia,

I support Option 1.

My daughter was born 6wks early and with each season change would experience terrible coughing,. We tried every medicine she even had a quart ozone injection, did not help. A visit to homeo practitioner with drops, after 2 nights no coughing, Gave up smoking with hypnotherapy and have fabulous results with acupuncture for siatica and anxiety. Is this about patient care or pharmaceutical companies putting pressure on, or government not getting money from these greedy people. Who are you to decide what medicine or therapies I use, it's my body, not yours. Stop treating people like idiots, if an alternative helps somebody, what is the problem?? Isn't health care about keeping people healthy?? And if you don't want to use alternative medicine you have a choice-DONT. Let's not talk about the pistons and harm that conventional medicine puts into our bodies. I deserve to have a choice, just like you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 4:41 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 a better quality of life now that I have seen an integrative practitioner.
I stopped being unwell as often, which meant I was able to work & give back.
Medicines were not helping until the integrative practitioner was able to run tests that the GP's had not thought of!
I am now well again.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

This would be a disaster if medical doctors no longer had the choice to utilise Integrative Medicine in their practice. I am an allied health practitioner who has personally used such therapies, and send many patients for these services. It gives the patients safe and alternate options rather than surgery and opioids for chronic pain conditions. We all know there are many people who suffer poor outcomes from surgery and long term use of opioids. It would be a backward step in development of medical therapies .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:24 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My family and I utilise both conventional and integrative health practitioners. We find the latter are more helpful to our health and well being.

It would be immoral to limit my family's choices of who we would like to see. It would be an injustice to even consider removing this choice.

We need moral people on medical boards. Moral people care about the community and know who they serve and that is the greater good for the benefit of the patient.

You should see the Truth About Cancer documentary series and read about the Flexnor Report on how Big Pharma controls the training for western allopathic doctors., controls scientists and their fraudulent science reports; for Big Money.

Thank you for your time,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 1 June 2019 6:54 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The Australian public require more integrative doctors. I personally find them very helpful as does my family and under no circumstances do you or anyone else, has any authority to stop me or anyone in my family from choosing who we want to see.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 12:01:59 AM

To the Medical Board of Australia,

I support Option 1.

Natural treatments such as reiki, hypnotherapy, naturopathy, yoga and many more provide healing without the damaging side effects of drugs and many mainstream treatments. No one denies the value of main stream when it is the right option, but when alternatives can be used effectively they should be supported and encouraged

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 10:24 PM
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,

It is imperative that Integrative and Complementary medicine continue to be available together with Mainstream Medically trained professionals, particularly for the following reasons:

1. Many health conditions require multiple forms of treatment simultaneously.
 2. Reasons can include 1. To lessen the severity and/or potentials for unwanted (and at times unnecessary) side effects from pharmaceutical medicines.
 3. To ensure that preventative action where possible, can be taken by the patient whilst the patient has the advantage of the expertise of the GP or Specialist.
 4. For self care responsibility by the patient - collaborative action between the medically trained professional and the patient.
 5. To ensure safety for the patient so that any Natural Health, Complementary and/or Integrative Medicine systems do not interact adversely with the Mainstream Pharmaceutical Medical treatment.
 6. Restrictions on Integrative Practitioners by the MBA does not mean that patients will not continue to use the methods - they will take matters into their own hands if necessary.
 7. Such restrictions will set back the hard worked for safety outcomes that have been pushed for since the 1970's. I was one of the practitioners in training when the Australian government attempted to close down our natural health college. They did not succeed as we all passed the examination presented to us by the government to 'prove' that we were not dangerous to the public. This was an attempted assault then on the peoples' will - and yet we passed through it anyway, despite all efforts by the government to ensure it would be impossible for us, given the late term presentation of the exam designed to have us all fail. All these decades later, few, if any would forget this. It was clear even then, that such efforts by governments would simply ensure the construction of the equivalent of a black market. No one who was studying their chosen fields at that time would buckle and just give up. I believe that people are not so different now. Taking all these steps to ensure that the only available health care for patients is mainstream medicine will not succeed as the government plans.
- Mainstream pharmaceutical care has insufficient ability for preventative medicine care, insufficient ability for countering side effects of pharmaceuticals, insufficient ability to link the connections between each of the human body's systems and the public now mostly are aware of this. We have educated millions world wide since that early time.

Last but not least, if this move continues, the tax that the Integrative and Complementary medicine practitioners pay will disappear. However, their survival cannot disappear. Those who require the services of such practitioners will continue to access them as informal, insufficiently regulated markets will arise.

This is much less safe for patients than the current system enables.

There are also the university and college educators that teach these systems to consider - they work toward high standards for all graduates.

Please do not attack the current system. It works well as it is. The government has access to clear information about what these services do and do not do. Education for these services are well organised.

Regulation for these services are well organised.

As it stands, patients are well cared for. Please do not 'fix' what is not broken.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 22 June 2019 8:22 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am horrified, but not surprised that the MBA is considering attempting to prevent doctors from treating illnesses at their root causes. Treating the causes of illnesses has been done for multiple centuries through non mainstream health disciplines. When modern doctors do so, the patients are much less likely to suffer from iatrogenic disease processes and more likely to fully recover.

This then means less profit for the pharmaceutical corporations that the governments are highly invested in at many levels. Those who do not become a victim to further illness through the mainstream treatment of pharmaceuticals will more often avoid surgery and also be less under the surveillance of government welfare sickness allowance - and therefore less controllable.

Besides this, doctors who do work with complementary and non mainstream methods together with their mainstream medical training do treat their patients as people rather than as diseases.

It is understandable that governments prefer that patients not be treated with respect so that they are more easily controllable by government systems and less able to participate in their own healing with the medical professions concerned.

It is not as conducive to the political power creep beyond the Oligarchy and into Dictatorship when patients participate and take responsibility for their own healing with their healthcare provider, rather than under their healthcare provider. Australia once viewed all Australians as equal and having equal rights to respect and to live self determined lives. Since attempting to copy the social beliefs and political power structures of the USA, anything that empowers the citizens has most often been attacked and attempted to be wiped out. Of course there were exceptions to the equality concept. The Original Nations' peoples - that were viewed as less than human and women that were viewed as threatening were not equal in Australian society.

In many ways, women's rights have improved. It has not gone nearly far enough for Original Nations peoples, still.

And, in fact, attacking ancient healthcare systems that have had thousands of years of on the ground proofs is related to what appears to be the contempt held for both of the latter groups.

Those historically traditional medicines and methods of healthcare predate modern medicine by multiple centuries throughout each part of the world and have been practiced mainly by these groups.

This does not go past modern women and modern day Original Nations' peoples.

They do notice and are awake to the aims of governments and the AMA that are still primarily ruled by Patriarchal concepts and an excuse for science. True science continues to question and does not lay claim to THE ONLY answers.

What is happening now as an excuse for science appears to be a combination of coalitions of power holders linked with pharmaceutical corporations that lay claim to the exclusive rights to take charge of every human being's health care regardless of each person's right to prioritise protecting their own body, mind and life and that of their families as they see choose.

By removing access to utilising the non mainstream health disciplines from the hands of the medical professionals entirely, those professionals can do little except 'manage' symptoms and all too often be bound into co operating in building iatrogenic disease processes.

Most doctors are likely to have wanted to improve society's health when they signed up for medical school. A truly good doctor is also a doctor that is not content to simply do as they are told. They ask questions and critique outcomes of usual treatments and are willing to fully engage the patient in his/her own healing processes.

Please, leave doctors to do the best they can do for their patients and stop attempting to narrow them to a ten minute dehumanising consultation and a prescription for pharmaceuticals. They are professionals and most are there to do good for their patients.

When I see attempts like this, I seriously question if this is why the AMA is there.

I consent to publication of my submission without my name.

Sincerely,

[Redacted Signature]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 7:40:24 PM

To the Medical Board of Australia,

I support Option 1.

I have Multiple Sclerosis and have managed my illness for the past 20 plus years with a combination of traditional drugs plus alternate therapies. It has been and is well known in MS circles that the combination of drugs and alternate therapies works better than a full drug regime. Too many drugs leave you spaced out and unable to be a productive member of society. I have been able to manage and balance a full work life with MS for 20 years, only retiring at age 60 as my disability progressed to a stage where I could not work any more. Without the use of alternate therapies I would have been forced onto a full drug pathway where I would be left in a doped up state and unable to work. I would have been a burden to society and the system. I know many others in this same position who are determined to stay part of the active workforce and therefore rely on natural therapies. Please do not take this choice away from us

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 4:08:33 PM

To the Medical Board of Australia,

I support Option 1.

As a person with chronic health condition who has been prescribed medications that have undesired side effects I have turned to complementary approaches using natural therapies in an integrative approach. My GP helps me in my decisions about these therapies. Changes to an integrative approach would mean that support would change and I would no longer have access to her wisdom and guidance to work out what benefits my situation. Health care has many universal treatments etc but ultimately should always have an individual and tailored use of those treatments to support the best quality of care for the client. Please allow me the freedoms to draw on an integrative approach to my own health care in a supportive relationship with my GP.

I consent to publication of my submission without my name.

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.

Dear medical board,

Consider for a moment that you have a child or loved one who is ill but can be supported with vitamins and supplements in addition to their medical treatment..wouldn't you want that choice/option for them too?? Please do not restrict doctors who recommend them. We went to several doctors for my child's mysterious temperatures and sudden onset of anxiety. It was only when I saw Dr [REDACTED] who did a special test and diagnosed pyrrole disorder. She prescribed high dose zinc supplement taken daily. The symptoms have since gone but we need ongoing supplementation. Sometimes just treating symptoms with a bandaid approach is not enough. Please don't change our access and options. We are all human. Empathy goes a long way, thanks for your support.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 2:27:11 AM

To the Medical Board of Australia,

I support Option 1.

I want to have a choice of treatment offered by my doctors. I want complementary medicines to be available to me through my doctor and naturopaths.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 5:27 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is essential for a drug free health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 7:34:25 PM

To the Medical Board of Australia,

I support Option 1.

Please do not make any changes to the current guidelines. Choice is one of the main benefits of living in the free world. Don't limit it unnecessarily.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 12:54:32 PM

To the Medical Board of Australia,

I support Option 1.

Within both areas of healthcare there are many benefits. If we are truly looking for healing there should be no boundaries!
What can be more important than finding what is most suitable for your particular need...it should be about healing, not about only having half choices!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 3:59:43 PM

To the Medical Board of Australia,

I support Option 1.

Chiropractic, Osteopathy & Chinese medicine along with acupuncture & all other complimentary medicines should REMAIN as a personal choice for Australian citizens to use for the wellness of their families.

I/we as a family have used complementary medicines & practitioners for ourselves & our children for many years now, along with Cranial Osteopaths. These service providers have proven to be extremely helpful and beneficial to us. Especially when used alongside traditional medicine. I/we would be terribly inconvenienced by these options being removed.

When my 2 boys suffered from chronic Tonsillitis & ear infections, on antibiotics every 2nd week, they were about to go on the list to have surgery. I didn't want to do it because my oldest boy had a bad reaction when in surgery when just 1yr old in 2004. I was too afraid he/they would be in danger of something like this occurring again. It was because of the combined efforts of our family Dr, working alongside our family Chiropractor, homeopathy & Cranial Osteopath, that they came up with a combined treatment plan to try as a last effort before surgery. It was easy and IT WORKED!! Now, only 1 of boys has had just 1 bout of Tonsillitis in 11 years, (the other has had none) with NO ear infection this time. What an amazing result. They have been so healthy ever since. There must be thousands of stories across our country like mine or even better.

I feel as a country, many of us deeply appreciate having such options. To not be controlled by our government, to have freedom to choose is a part of what makes this country such a blessing to live in & be a part of. I also believe that the "conventional" 10 min we get at our local Dr clinic isn't enough time, and puts our Dr's under a tremendous amount of stress & pressure, giving us, the patients stress too. Especially when misdiagnosed. Please don't put us in this same situation when seeking our other treatments.

Our bodies & minds require the help of ALL the different kinds of health practitioners out there. Just because 1 type of treatment is good for 1 person, does NOT mean it's right for ALL Australians. Think of your own family, I bet 1 child responds better to medicine "A" than the other children or the parents do. I know it's true in our family.

I also have a child that doesn't sleep. If it weren't for Homeopathic medicine, there would be ZERO options for her. She'd be failing school and running on adrenaline still at the age of 10. You probably know that if you run on adrenaline for too long, your body, mind & adrenal glands come under great distress and the child just can't function properly. Even their digestion suffers. As a result, she also suffered terrible anxiety. We had no options for sleep clinics. Who wants to see their little child suffer like that? not me.

Please reconsider this idea of fitting all Australians, all human beings into the same shaped hole. Because we just won't fit.

This is why I fully support & value a holistic approach to healthcare and why I support our Dr's rights to provide new & innovative practices, including complementary medicines (Option1)

If you'd like to know more, please contact me any time.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:26:43 PM

To the Medical Board of Australia,

I support Option 1.

This is a free country whereby I have the constitutional right to choose how I wish to care for my body's health. It is not the government's mandate to make that choice for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have found "alternative" natural medicine far more beneficial for my specific health needs than pharmaceuticals and medication. Bodily and medical autonomy, especially with oversight from medical practitioners, is essential to freedom of health, and is supported by the charter of human rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:03:02 PM

To the Medical Board of Australia,

I support Option 1.

As a wife of a Naturopath, i live and breathe what my husband does. It doesn't mean that i don't take pharmaceuticals if necessary, or that I'd risk our child's life in any way but it does mean that we have a number of different clinicians that we consult.

Integrative Healthcare is the only way!

Acupuncture

Homeopathy

Naturopathy

Being able to choose these options is highly beneficial to our family and we utilise them with our private health.

Naturopathy and Homeopathy is recognised in other 1st world countries, surely Australia should recognise this too?!?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 3:04:30 PM

To the Medical Board of Australia,

I support Option 1.

Good afternoon. Integrative and complimentary medicine has saved my life and more than once. Complimentary medicine in particular due to the fact that I only knew of one integrative medicine GP who I went to on recommendation. She was able to help me nutritionally with various herbs and supplements and I learned many new things that I hadn't heard about from other GP's. Other examples are:

- going to a very supportive GP who had studied acupuncture and used this effectively as part of my treatment for continuous sinus infections;
- After a major car accident I developed an all over body rash which oozed very badly. I took antibiotics to clear it up without success. After going to a [REDACTED] specialist in Sydney who was unable to help me, in desperation I went to a complementary medicine practitioner who was recommended to me. He diagnosed the problem, put me on herbs and acupuncture and I began to recover and my rash cleared up;
- I was diagnosed with chronic fatigue syndrome and I was bedridden and could not work for months. I was recommended to see a kinesiologist who himself had chronic fatigue and became well after seeing a kinesiologist himself. As a result of his recovery, he was inspired to become a kinesiologist and help people. Under his treatment (which also included counselling and homeopathy) I recovered successfully from chronic fatigue;
- I developed a bad cough and fever which would not go away. I visited two GP's - the first told me that if my symptoms did not go away after one week to take the antibiotics he prescribed (from my understanding I did not have a bacterial infection at that point). I was not entirely convinced. I did not want to take antibiotics and so went to another GP for a second opinion. She said that I did not have a bacterial infection and that was it. I went to see an immunologist (on recommendation). He prescribed two herbal treatments- one for the Epstein Barr virus and one for my liver. I took both and within two weeks I became well. I have not looked back since.
- More recently, I developed kidney stones (for the second time) and went to a urologist. After providing the necessary X-ray's etc I was told that I may require surgery as one of the kidney stones was causing a blockage and it needed to be removed with surgery. The urologist gave me the option of going ahead with the surgery or waiting for another month or so to see if it would clear away by itself. I chose to wait. Using the knowledge of complimentary medicine I had gained over the years (due to my own research and experiences) and with much prayer (I am a Christian), I went ahead and utilised natural remedies. I went back to the urologist one month later with new X-rays to be told that the offending kidney stone was gone. (Thank God) and that he was discharging me.
- I also see chiropractors regularly who help me successfully deal with back and neck issues from which I have also suffered from migraines. One of my chiropractors is also a qualified herbalist who has successfully treated me with complimentary medicine for any issues he picks up during my sessions.

I also want to highlight that apart from day procedures (a colonoscopy and two endoscopies) I have never had any surgery. I have never had to stay overnight in a hospital and have only been in an ambulance once (due to accidentally slicing the top of my finger off using a blender). I believe my success is due in very large part to the utilisation of complementary and integrative medicine I have undertaken over the years. In every case I have gone to qualified and experienced practitioners.

It would be a travesty of democracy if the guidelines were changed to restrict integrative doctors and practitioners the right to treat their patients wholistically and for their highest good. I can say with all honesty that I would not be alive without access to these practices. I respectfully ask that you make no changes to the guidelines and allow practitioners and patients the treatment they deserve.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 7:07:08 AM

To the Medical Board of Australia,

I support Option 1.

We have had a number of health issues in our house and whilst initially we tried mainstream medical options, they had nothing to offer us. We had no choice but to look for other therapies. Whilst sceptical initially we have found that many different therapies such as Chinese Medicine, chiropractic and other alternative therapies have been extremely effective. Please do not take away our access to these therapies. We are not stupid people. We are aware of how to research, how to decide what we will spend our money and time on for the good of our health. Let us decide rather than regulating things that may not be able to be researched or presented by science.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 10:21:52 AM

To the Medical Board of Australia,

I support Option 1.

It is really disappointing that.... you only care about what goes into your pockets \$\$\$ and in doing that - everyone can see that and knows what government is trying to do...people are waking up and seeing the causes that Government is doing - cutting out private health rebates for alternative therapies, cutting out and not supporting sick people but to use drugs to cover up the problems and not curing it.

I have had a lot of side effects to most of pharma meds and it made me very sick. Alternative meds such as Chinese herbs and supplements work well for me due to my body unable to detox naturally due to gene defects.

One day it will be you with no rights and choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 6:36 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

10 years ago I was diagnosed with an autoimmune disorder that western medicine didn't know what caused it and didn't have a cure. I turned to alternative therapy and healed. I am now well. These therapies threatened by this idea contributed to my recovery to a good high tax paying citizen - which is what is really important to you. My health is and always should be my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 8:49:21 PM

To the Medical Board of Australia,

I support Option 1.

We have a right to be offered and use integrative and complimentary medicine if we choose. Let us be the deciders of how we treat our own bodies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 9:04:56 AM

To the Medical Board of Australia,

I support Option 1.

Every person has the right to choose whatever treatment they like.
Not all conventional treatments and medicines work for everyone & it is only reasonable that we should be able to seek and use other options.

No establishment should ever be aloud to dictate or restrict choice of treatment. Instead it would be supported and encouraged to help the patient achieve optimal results.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:41:05 AM

To the Medical Board of Australia,

I support Option 1.

Allow patients to maintain freedom of choice throughout their healthcare.

Allow healthcare professionals to educate patients on evidence based, self management, through exercise and dietary modification, as opposed to perpetual pharmaceutical intervention

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 27 May 2019 10:57:21 PM

To the Medical Board of Australia,

I support Option 1.

Medicine is more than just mainstream medicines. Doctors should take a holistic view of medicines and treatments provided - made up of both modern mainstream medicine as well as alternative medicines

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 1:21:39 PM

To the Medical Board of Australia,

I support Option 1.

Please leave well alone, why would you limit peoples options?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 4:01:06 PM

To the Medical Board of Australia,

I support Option 1.

[REDACTED]
I believe we need all both complementary, Intergrated.
I am alive today because I have had to many different forms of help.
I was born with CVID subclass as well as Hypogammaglobuleamia and
Specialists have said they do not know how I am still alive that is
because I relay on many alternatives methods of healing.
I believe it is my choice not MBA choice.
Regards

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:12:40 AM

To the Medical Board of Australia,

I support Option 1.

The use of complementary medicine, remedial massage, has kept me from an operation I was told I should have more than 20 years ago. Currently the use of essential oils is also helping me stay off anti-depressants which were actually making me worse. This was my choice but I am encouraged by my doctor which is wonderful.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 12:59 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe we as humans have the right to choose what we want for our bodies!
Look at Chinese medicine for example, it is far more advanced than western medicine, we deserve the freedom to choose this or other medicines and healing methods.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 9:26:58 PM

To the Medical Board of Australia,

I support Option 1.

Is this for real? Like actually?

Integrative medicine is not only complimentary to 'new age' medicine
but it is necessary.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:21:49 PM

To the Medical Board of Australia,

I support Option 1.

I have battled multiple chronic health conditions and the only treatment option that has given me quality of life has been integrative health care. With my own body it should be my choice. Do not take this away from me. If a woman has the right to choose abortion as it's "her body" surely this logic can be applied here. I am tired of regulatory agencies feeling they can impinge on the relationship between physician and patient. Leave these physicians and their patients to discuss treatment options and what is best for the INDIVIDUAL. Blanket legislation denies this. My physician though knows my individual needs. The burden on public health services will only increase if this is restricted. I am one of those patients that no longer has monthly admissions and haven't done for nearly two decades. Isn't the system burdened enough without adding further strain? Yes things sometimes go wrong but that happens with everything. Despite the death and injury rate from allopathic medicine we aren't seeing calls for it to be reigned in are we? Somewhat one side I think. If you're truly worried about poor outcomes for patients then reign in all sides of medicine not just integrative.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 2:58:45 AM

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complimentary medicine. If patients chose to seek out particular GPs that align with their health values I believe this a right of every human being.

We currently use an integrative medicine along side our GP. We believe that both sides have beneficial contributions to holistic health care.

I feel this is an attack in basic human choice and rights should the guidelines change. People should be able to choose how they manage their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I believe that healthcare should be based on a holistic approach & maintain that this is a personal choice which should not be taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 20 April 2019 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.

Only change - more access to natural/complementary medicine. Surely natural is best. Surely people that use alternative healthcare relieves pressure on hospitals

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 5:06 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It's my health I should have the choice! Alternative medicine has aided back pain, headaches.
Choosing a natural way should be first point of call for all.
Restrictions will only decrease main stream medicine with people retaliating.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 5 May 2019 9:43:49 PM

To the Medical Board of Australia,

I support Option 1.

[REDACTED] IN PERTH WA PICKED UP TWO MEDICAL CONDITIONS I HAD. I
HAD BEEN TO THE DOCTORS IN PERTH AND WAS NOT PICKED UP BY THEM.
SINCERELY, [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I wish the MBA to take note that I fully support access to Integrative and complementary medicine. As a cancer survivor, the care from ALL my healthcare team, including the oncologist, my GP, osteopath and nutritionist, was paramount to my recovery. Teamwork is paramount in the treatment of chronic illness, because no one approach has the total answer. I am truly grateful for "my team" and I would be devastated to have my choice of healthcare restricted.
Thank you for your attention.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 3:17:04 PM

To the Medical Board of Australia,

I support Option 1.

It's astounding once again that this is even an issue. Removing any facet of healthcare is negligence and you know it. But let's look at some facts.

I am not the average consumer, having done a degree majoring in microbiology, immunity and genetics and I am currently doing a health sciences degree. So do not read this assume I know nothing, I know a lot.

And I am tired, of you running out the same arguments to remove these services. It make no sense and it's not like you are offering a better alternative. It's pretty obvious that "conventional" medicine is failing. Chronic disease is at its highest it's ever been, more people in Australia are in the overweight/obese category that ever before and all this while following the practices you are recommending. We work in a sick care paradigm where it's not about making people truly healthy but about removing their symptoms and keeping them muddling on, which in my mind is also negligence. You have a responsibility to make people healthier but I understand that's not where the dollar bills lie and the more people seeking alternatives means less money going in your pocket. Do not tell me this is in the best interest of all Australians, because we know it's not, its in your best interest and has nothing at all to do with health at the end of the day.

Let's move onto safety. Everyone I read the statistics for Western Medicine it breaks my heart. More people die for medical negligence and medical malpractice and mistakes than I ever dreamed possible. I also find it incredibly interesting on how hard it is to actually find that information. I read once that the average 1st year out registrar will kill 10 people through mistakes, just this morning I read an article about a surgeon who took out the wrong half of someone's bowel! Now let's look at chiropractic, osteopathy, naturopath etc. Their safety record is impeccable, mainly because it pretty hard to poison someone with vitamins (I studied toxicology, it's really hard) and the levels in homeopathy are barely high enough to register. Seeing as all these practitioners are trained to recognise major illness and know all the same red flags and problems not to be missed as the conventional medicine practitioners they are going to know when to refer on, so really there is no danger here.

There is also a lot of evidence to support these types of treatment, and there would be more if the research wasn't blocked and funding stripped away by organisations like yours. If you are saying there is little evidence to support these treatments that's because you made sure there isn't. Not to mention only 35% of conventional medicine practices are supported but proper evidence so you can't really say your way is better there.

I myself got very sick a few years ago, after my one and only course of antibiotics which left me with severe abdominal pain with severe hip pain, I had crippling fatigue and was unable to eat more than a toddler sized portion of food. There was no "conventional medicine" reason behind issues and I went through a lot of testing with very little results. I was then told as far as they were concerned there was nothing wrong with me and to get over it, so basically I was a

drama queen and sent on my way. It took many years of work to fix my gut and with out all the herbal remedies, accupunture and the work of my chiropractors and osteopaths nothing would have changed. Thankfully I ignored the doctors and have been using homeopathy, herbs and vitamins to heal my body for the last decade and thankfully I did or I would still be crying from pain everytime I tried to walk up stairs or get in my car.

At the end of the day, it's MY CHOICE not yours what I put into my body and I tired of you thinking you have the right to choose for me. You know that taking away these services is stupid, why you still choose to do it and hurt so many people makes no sense. You are doctors, the whole reason you exist is to make people healthier and in the best possible way. If this is better than any treatment you have to offer, NOT recommending it is medical negligence and goes against the whole point of you being.

So stop thinking with your wallets and stop coming up with bogus excuses. And please do it soon, because if we keep doing it your way I'm going to be spending the rest of my life paying taxes to support a society made up mostly by people with chronic diseases. And I'm really not okay with that.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

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

To the Medical Board of Australia,

I support Option 1.

My integrative GP has helped me with health issues that no one else has been able to. These results were achieved via a thoughtful combination of mainstream and complimentary medicine. Option 1 please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 12:49 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have Crohn's disease and mainstream medicine has almost killed me twice!!! Your doctors are incompetent and poorly informed when it comes to dealing with this issue. Review your own practices before you condemn and criticise others.

Gastroenterologists who don't study, or know anything about, nutrition is negligence.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 10:11:03 PM

To the Medical Board of Australia,

I support Option 1.

As a healthcare consumer it is extremely valuable to me to be able to visit a medically trained doctor who is also well versed in integrative and complementary medicine. Being able to discuss these options with a doctor and develop a comprehensive healthcare plan has taken out the guesswork for me, and provided me with my better health outcomes as I am able to ensure that all health care approaches I am using are known, understood and managed by one, qualified provider. I implore you to maintain integrity in Australia's healthcare and continue to allow doctors to combine complementary medicine in their practice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 8:51:51 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been important in my recent care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 2:29:52 PM

To the Medical Board of Australia,

I support Option 1.

Please reconsider the stance taken on integrative and complimentary medicine, by this current govt .

I have used complimentary medicine on many occasions after allopathic medicine has failed to work for me or I have used in conjunction.

This is vitally important to me and my family that the choice is there for us to use when and if needed.

I have relatives that have had to resort to going overseas for integrative medicine on a no . of occasions as Europe includes these alternatives as a matter of course .

Please don't take us in Australia backwards on the medical front when so much success had been achieved using alternative and integrative medicine without the horrific side effects of some mainstream medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:22:38 AM

To the Medical Board of Australia,

I support Option 1.

Patient choice is vital in the health care system. With the statistics of adverse effects of pharmaceuticals and the failure of "conventional medicine" to lower the rates of many chronic illnesses alternative treatments may not only be the only option for some patients but a better option as demonstrated in the literature should this review panel look at it. Reducing integrative and complementary medicines appears as a political power play rather than what is the best interest of patients and their health outcomes. And that means all patients, not just the "big enough" majority in a reductionist trial to pass as an intervention.

Even in my short time as an allied health professional I have seen patient preference for more natural therapies that do not have the toxic side effects of conventional medicines.

I have hope that as health professionals we can have open, inquisitive minds with absent bias and ego for the sake of patients. After all they are the reason for our existence, and they need to be the focus.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:38 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Some of the proposed changes discriminate against people with genetic disorders that have ongoing nutrient deficiencies which need testing and correctly formulated treatment. Regular GPs don't know what to do with us, dieticians are clueless, specialists don't want us as patients as we can't be cured and there's no surgeries, hospitals are only interested if we're dying or organs are currently failing. Where will we get diagnostics and nutrition support without integrative GPs & naturopaths? Without this care we will end up in hospitals, with organ damage and in disability care. Even if you don't care about our lives this is economically wasteful as nutrient issues are easily treated if the professional understands the condition, most of us can work full time if we're well and not constantly losing muscle mass and getting severely ill due to severe deficiencies. This is an area the system completely fails in, doctors are exasperated they aren't being trained in this type of treatment. Patients even more so. If these services are removed, there will be patients who end up disabled and die preventable deaths.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:08:23 PM

To the Medical Board of Australia,

I support Option 1.

I respectfully ask that doctors be allowed to continue to practice integrative and complementary medicine. The science of medicine requires strict scientific trials before any medicine can be prescribed. Yet sometimes doctors are aware of things that work even if the trials have not been undertaken - sometimes the treatment they wish to suggest has no value to big pharmacy companies, so getting the trials funded is challenging; sometimes the trials are underway but may take years to complete.

I think it is important for doctors to take a holistic view of the patient. So often specialists focus on their particular specialty, and yet they need to be encouraged to look at the whole system of the body.

I encourage you to consider allowing complementary medicine, and preventative medicine to be allowed under health rebates. In the long term this will SAVE our country money, as well as improving the quality of life for people.

Please do not place more restrictions on what doctors and other medical professionals can do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 12:40:16 PM

To the Medical Board of Australia,

I support Option 1.

I do not believe there needs to be any change to integrative medicine in Australia.

Especially in regards to off label use of medication, compounded prescriptions. Australians have a right to choose the care they feel is appropriate.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:55:20 AM

To the Medical Board of Australia,

I support Option 1.

I am a unique individual, just like every other person on this planet. "one size fits all" never applies. With my integrated medical professional I am looked at as an individual, I may have a physical ailment but an emotional one may have had an impact or visa versa. My GP looks at me as a whole person not just what's wrong at this time. I also stick with her because I have confidence in her ongoing support. I am a person not a number to her and she really does care about me and my treatment is tailored for me over a period of time. We must be allowed to choose what and who is right for us. It is not about cost because often we pay more. I will not stop using an integrated health practitioner even to the point of moving countries. Medical care is going backwards, we're still trying to find cures for diseases that alternative medicines have already cured. 3rd world countries have traditional medicines so why is the MBA trying to restrict it here in a so called modern western country. Because it works and big pharma get no monetary cut from it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:34:13 AM

To the Medical Board of Australia,

I support Option 1.

What is really going on here? Why, when conventional medicine and complementary medicine complement one another, are you trying to eliminate one to allow the other to dominate? Your attacks on complementary medicines really stinks of greed and dictatorial domination. In no way does it look like you are working in the best interests of people. To the contrary! This is a democratic country! Isn't it? The best medical practitioners are those who CARE and who are not blinkered by greed and tyrannical threatening anti-democratic autocrats. I view your attacks as evil, not good.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is very necessary in many cases for the health of many individuals especially where they have bad reactions to conventional medicine, and many of these alternatives have been proven through time to benefit the health of many individuals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 11:47:12 PM

To the Medical Board of Australia,

I support Option 1.

For many years I have struggled with complex medical conditions, some of which require specialist treatment and monitoring. I have used complementary, holistic and alternative therapies, not instead of but alongside conventional medical treatments. Integrative therapies have played a crucial role in treating aspects of my condition that conventional medical doctors could not address. Furthermore, we all know that medical science is always evolving - for example, it is not so long ago that people with Multiple Sclerosis were told by conventional medical doctors that their problems were all in their head. Now we know how cruel, myopic and ultimately incorrect those doctors were. The plain fact is that no doctor, no medical scientist can ever state that now we know all there is to know about human health. Just think of the intense development going on right now in our understanding of the human gut and its previously unappreciated complexity! Qualified and trained integrative medical doctors must be able to explore with their patients a variety of possible therapies, especially with patients who have complex medical needs. My own long-term experience with highly qualified integral medical doctors has been life-saving. I have not been fully "cured", but I am far better able to function in daily life than I was for the ten years when I consulted only traditional medical doctors - who not infrequently told me they had nothing much to offer me in dealing with my complex condition. At least they were honest. Integral doctors, by contrast, used extensive testing and investigative processes to explore whatever underlying issues might be contributing to my presenting health problems. These investigations and the nutritional, hormonal and vitamin-based treatments they led to have literally changed my life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 10:51:13 AM

To the Medical Board of Australia,

I support Option 1.

Simply , i would not be here today without intergrative medicine, i contracted lyme disease some time ago ,which the so called medical profession couldnt and wouldnt treat , so

People have no where to go but try intergrative medicine which has kept me alive and the many people around the world that have this illness and many other illnesses.

This subject will bring to the ssurface what people really want and it will show the power of the people and hopefully bring the government to justice about how sick people are being treated .

In my view the government are responsible for people suiciding because of the lack of help by the australian medical profession

And by bringing this to a head the australian medical association heads will be brought to justice for the lack of help for people in need .

Without intergrative medicine ,people will suicide and die ,which will show blood on the hands of the Australian medical association , remember the old saying

"Dont poke the bear " if you do , be prepared for the repercussions and you the heads of the medical board will be responsible for peoples suffering and should be dealt with accordingly.

I cannot show enough anger that i feel towards the medical board For how i and many other people have been treated

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 20 April 2019 11:03:10 PM

To the Medical Board of Australia,

I support Option 1.

You cannot take away an individuals
decision about their own health!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:20:01 AM

To the Medical Board of Australia,

I support Option 1.

Hi

When I got to my late 50's I was starting to feel my age and so I went to my GP. Checked me out and offered me statins as a basic go to. Well I wanted more so found a holistic doctor who while having a Medical qualification with honours had gone a little further than just pushing drugs. So I am now about to turn 72 and due to wonderful treatments like for example managing biliousness I get from an ongoing result of Ross River fever contracted in my late 40's. By the way the hospital didn't diagnose rather my wife who was a nurse demanded the GP test me for fevers and found the result and of course there was limited treatment

I don't want to go on but it is very important Doctors be allowed to practise medicine with maximum discretion because it is obvious the taint of big money hangs over the medical profession just like so many other aspects of society. Further as an individual I am ultimately responsible for my health and the least possible interference by big brother is ideal. If you doubt my claim about big money then just look at the resistance [REDACTED] is putting up to the ending of their patent on [REDACTED]-disgraceful greed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 11:36 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 great results using alternative therapies including naturopathy, osteopathy & accupunture. I keep myself healthy & our of the public health system saving Australia money by doing so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 8:41:12 AM

To the Medical Board of Australia,

I support Option 1.

For over 33 years I've suffered an auto-immune condition that until recently most doctors refused to believe was real. Among medical professionals, there's still a significant backlog of ignorance. The usual blood tests frustratingly always come back with basically "normal" results, because so little research has been done into this multi-system disease that there isn't even a blood test or biological marker that has been determined for diagnosis. Like other auto-immune diseases, typically more than 3/4 of sufferers are women, so that probably hasn't helped as studies show that medical professionals frequently do not take the medical problems suffered by women with equal seriousness to those of male patients.

Being unable to work at the same rate as others, but not recognised as having a genuine disability has left me lifelong with reduced financial means, and always close to poverty. I've always been extremely wary of any people claiming to offer expensive "cures", aware that the dearth of research and treatments leads to desperate patients being willing to try anything, and unscrupulous people happy to take advantage of that. Their existence is an indictment of the mainstream medical system, and so is the fact that throughout the years, the only real assistance and mitigation of difficult symptoms I've ever experienced has been via decent, responsible, Alternative practitioners - which the majority are.

Almost 11 years ago, I embarked on life-saving mainstream treatment for my cancer. My naturopath strongly encouraged me to follow the advice and treatment plan of my oncologist. She offered dietary advice, supplements and other therapies to make the side effects of my radiotherapy and chemotherapy more bearable, and to speed and assist my recovery. Following her advice I experienced a clear improvement in my everyday resilience under treatment. I've been free of cancer for 9 years now.

My naturopath (like others I know of) constantly researches and updates her knowledge. Having worked on and off with her over many years, I've developed a lot of trust and appreciate her cautious approach. While she obviously believes in the efficacy of what she prescribes, she also happily acknowledges the placebo effect and is grateful for any extra assistance it might offer her patients. I'm yet to meet a GP willing to acknowledge that placebo plays any role at all in successes with their patients, even though it clearly must. Anyone who thinks otherwise doesn't understand what the placebo effect is. For example, look at the research around knee surgery.

I'd like to believe I could safely have blind trust in the medical

establishment, with GPs and in hospital, but this hasn't been my experience, and I don't appreciate attempts to deny all other options for those patients who have reasonably and understandably developed suspicion and caution. Unfortunately we probably all have to use our common sense, especially when a disease is one of those not properly recognised or researched. Eventually I may well not have any choice, but I will continue to do my best to avoid having to trust in ignorant GPs who disbelieve and dismiss my symptoms, or in under-resourced hospitals with over worked staff, which is some risk for all patients but even more so when the training of staff and nurses does not necessarily equip them to properly care for a person like me.

I greatly value a holistic approach to health care, and strongly support the right of doctors to run deeper diagnostic testing, and provide new and innovative practices including prescribing complimentary medicines.

Frankly, I'm cautious dealing with any medical practitioners, mainstream or otherwise. Even the most conservative US figures suggest roughly 5,200 deaths a year due to Adverse Effects of Medical Treatments and 108,000 deaths in which an AEMT was contributory (US figures): <https://sciencebasedmedicine.org/are-medical-errors-really-the-third-most-common-cause-of-death-in-the-u-s-2019-edition/>

In Australia, deaths by accidental drug overdose have consistently increased across the country over the past 15 years and now significantly outnumber the road toll. Pharmaceutical drugs make up a majority portion of these:
<https://ndarc.med.unsw.edu.au/news/majority-opioid-overdose-deaths-australia-are-related-pharmaceutical-opioids>

America is in the midst of an 'opioid crisis' and much of the problem is driven by prescription drugs:
<https://edition-m.cnn.com/2017/09/18/health/opioid-crisis-fast-facts/index.html?r=https%3A%2F%2Fwww.google.com%2F>

I agree that untrained, ignorant practitioners can do a lot of harm, as can profiteering manufacturers of treatments. It could even appear pharmaceutical drugs have a larger death toll than alternative remedies, so I also point out the (often overworked, under-resourced) mainstream medical fraternity is not free of ignorance, errors and problems; and the impact is not insignificant. The right of patients to their choice of practitioner and modality of treatment must not be removed.

Thanking you for your kind attention
Sincerely

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:57:28 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because my patients and myself all pay Medicare levies and we only use them to find out where our health is lacking so that we can correct it with Natural Therapies. We pay for this ourselves, except for the Medicare funded investigations. Other people who do not look after their health cost the Medicare system billions of dollars and we have to pay for them. All of us have not benefited from the sickness approach that Medical Doctors have in this country, so we had to use the Integrative Doctors, who think about the cause of the problem.

I had not been to the Medical Doctor for 10 years until I went recently after a lot of stress to have some blood tests. I had lost faith in Medical Doctors and started treating myself. I had some blood tests done and found I was Zinc deficient and had contracted shingles and anxiety, as a result. It all corrected after proper supplementation. I went to a sickness Model Medical Doctor and he prescribed Antidepressants and Panadol. I cannot take Antidepressants, as they make me tired and hungry, so I then made an appointment at an integrative Doctor, where I received help as to the cause of the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 12 June 2019 8:42:26 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine is a must for myself and my daughter. We have both benefited from this after suffering depression and anxiety. I routinely use naturopathic treatments to assist in day to day life, to deal with stress, hormonal imbalances. I utilise osteopathic treatments for ongoing back and shoulder pain. My GP supports my need for this as long as I am in contact with her which I respect.

I consent to 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 12:58:31 PM

To the Medical Board of Australia,

I support Option 1.

I FULLY SUPPORT PATIENT CHOICE OF HEALTHCARE CHOICE FOR THEIR HEALTH AND WELLBEING, LONGEVITY, LESS COST ON THE HEALTHCARE SYSTEM IN THE LONG TERM.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 3:18:31 PM

To the Medical Board of Australia,

I support Option 1.

What has happened to our freedom of choice, speech and movement in this country we call Australia? It is a free country and you should be able to choose how you wish to be healed.

I have seen many people as well as myself be healed by holistic and alternative paths to the conventional medical profession.

I consulted many conventional medical practitioners to overcome constant inflammation in my body which resulted in not being able to get out of bed in the morning to just not being able to do everyday jobs around the house. To raise myself out of a chair was a chore and painful. I consulted alternative health methods and following a protocol of natural nutrients for the past 12 months my inflammation has reduced and I am back in the garden doing manual jobs. If it was not for holistic and alternative methods I would still be in pain wondering what my next step was to be.

Being a Bowen Therapist I have also seen many people heal through holistic therapy. This has allowed them to stay out of the hospital system and therefore leave the beds for the seriously ill and accident patients. This also saves a lot of dollars in the public system.

Please do not change any guidelines that are set down that will disable the present practitioners from giving holistic advice to their clients. "Every body" is different and the time spent on consultations will always vary, so to only give a 10min time frame to each and every client is not feasible. We need to have a choice on how our bodies heal and we need to consult fully with a medical practitioner, be conventional or holistic, to allow the best healing outcome for the client.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I firmly believe that natural medicines have a very real belonging in an overall medical plan for well being

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:20 PM

To the Medical Board of Australia,

I support Option 1.

It is totally unacceptable to remove the ability for educated people to guide people through a holistic health journey. To remove this ability will only force patients to get potentially uneducated guidance and go to dangerous sources for alternative treatments

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 7:13:39 AM

To the Medical Board of Australia,

I support Option 1.

Patients should be able to have the right to choose integrative and complimentary therapies.

I seek out doctors with extra knowledge in these areas when I consult a GP as I have found this approach more beneficial to my health than doctors who look to fix the symptoms by offering medication.

Many surgical procedures have to be trialled in surgery before there is evidence that they work so why aren't integrative practitioners allowed to try vitamins, supplements and other complementary therapies that they are trained in concurrently with their conventional medicine.

It's my opinion that integrative medicine is where conventional medicine is now heading and therefore not "on the fringe".

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:05:59 AM

To the Medical Board of Australia,

I support Option 1.

I am grateful to have access to integrative medical doctors in Australia and it would be terrible if this choice is taken away from Australian families. These gps have further training and spend time to find the root cause of the problem, instead of prescribing medicine that often only treats the symptoms and come with a lot of possible increased risks and side effects.

Enough is enough, lets bring natural ethical health care to the forefront and put pharmaceutical companies under the microscope. While at it, lets call a royal commission to see if the australain politicians are influenced by rich powerful pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 6:30:23 PM

To the Medical Board of Australia,

I support Option 1.

I believe that it is fair for medical professionals to let patients be aware of or supportive of other options that are around, but that the research is emerging or lacking in those areas. Particularly if those practices are shown to do no harm (but may not necessarily help). There are many, many areas of health that are under researched and patients look to other options for hope. This includes safe alternatives such as probiotics and vitamins, particularly when vitamin and/or mineral levels are properly tested first. If my GP shut me down completely when discussing options then I would simply not tell her anything at all. It's better for health professionals to at least be aware of what their patients are doing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 12:46 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I appreciate standard medical practices. However I include integrative medical practices in my health plan and treatments. They approach my health issues holistically and look for causes as well as treatments. Both practices have been responsible for my health diagnoses and improvements over the years. I see them as complementing each other without need to be exclusive of each other. I would be extremely disappointed and resentful if changes impose restrictions on integrative practitioners. If this is done I imagine that people will tend to self diagnose and treat, which is not as safe as going to a qualified health practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 19 June 2019 10:35 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 holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I have been able to understand my health issues and improved my health using the advice of my holistic medical practitioners. There is room of all kinds of approaches and citizens should have the freedom to choose the best from a range of approaches, including medical and holistic. One approach does not suit every problem and an holistic approach to health may prevent many serious issues from emerging in the future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 7:21:04 PM

To the Medical Board of Australia,

I support Option 1.

Far too often in Australia we are regressing in choice, ignoring modern research and ignoring ancient wisdom.

It is up to each person the doctor they choose to visit and how that works for them. If they are integrative that is their choice. For those who wish not to... they don't have to. Stop governing by the lowest common denominator and allow adults to have agency over their own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 3:17:07 PM

To the Medical Board of Australia,

I support Option 1.

The combination of holistic and integrative practises and modern medicine has been greatly beneficial to many aspects of my overall health. Limiting my choices would be detrimental to my future health and I would expect the government to increase my options and choices rather than diminish them. This is greatly disappointing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have found holistic healthcare to be invaluable in dealing with my health issues and believe we should always have the choice to chose this healthcare. Many excellent practitioners would be penalised by any change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 8:48:37 PM

To the Medical Board of Australia,

I support Option 1.

Please, please do not make any changes to how integrative doctors can help their patients, anyone who does not personally suffer on a daily basis from an autoimmune disease does not realise that a gp doctor will only write you a script for thyroid medication and send you on your way, when any autoimmune disease needs to be addressed by finding out the root cause of the disease and then with the help of an integrative doctor work out what avenue do hi down to reduce the inflammation in your body. I can 100 % say that after suffering still from numerous symptoms over the past 15 or so years I finally decided enough was enough and went in search of a better alternative to work with an excellent integrative doctor who has made all the different to my health with her recommendations and medication that I am now taking. I have never felt this good in years and I know I am not alone in finding great relief in listening to an integrative doctor. I belong to s support group for autoimmune diseases and time and time again everyone has a great improvement in their health by going to see an integrative doctor. Please, please listen to what the general public have to say on this matter, as any changes will severely mess with people's health !!!!!!!!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:05 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 healed my auto-immune condition when modern medicine could not help. I am now symptom free.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 25 June 2019 6:10 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 able to help me return to health where standard GPs and specialists could not. I am the consumer, it is my body and I demand the right to make my own choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 26 April 2019 3:01:24 AM

To the Medical Board of Australia,

I support Option 1.

I think it is useful for doctors to think outside the square. As long as treatments they recommend are safe. My children greatly benefited from dietary changes suggested by a GP. My eldest son has autism and dietary changes improved his frustration tolerance and thus reduced his meltdowns. This greatly improved or family life. I am still very grateful to this GP 25 years later.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:11:08 AM

To the Medical Board of Australia,

I support Option 1.

It is our life. Having to have to have western medicine to be able to claim when natural medicine which has been around for ever will do the job with no side affects. Governments seem to make these decisions for the country. They just don't realise that all drugs have some kind of side affect. They don't realise that the drug companies are ruling the world. We should be looking at prevention of illness rather than drugs. We are not all the same. Big subject. BAN all the preservatives and chemicals from food that is causing most if not all issues. We used to think that our doctor was up on that pedestal. Things have definitely changed , they are being groomed and ruled by the drug companies. Prescription drugs kill thousands every year but because drugs bring so much money for the government it does not make headlines. So much to say, I could go on and on

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 4:09:55 AM

To the Medical Board of Australia,

I support Option 1.

This witch-hunt against natural and complementary medicine is absurd and a waste of tax payer money. One can simply google and find thousands of scientific studies published in reputable journal articles that prove the efficacy of using food, herbs and supplements in the treatment of a variety of conditions. People should be able to make their own choices as to how they are best able to optimize their health. Period. End of story

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:37:48 PM

To the Medical Board of Australia,

I support Option 1.

I believe that the trained health professional has the training, intelligence, interest and ethical responsibility to choose the types of care for the individual person that they choose to treat.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 8:44:18 AM

To the Medical Board of Australia,

I support Option 1.

I have had problems with my hormones all my life. When i was 11 a GP put me on the pill for period pain. Nothing has helped me, I just kept getting prescribed the pill.

On seeing an integrative doctor, with extensive blood testing and a thorough investigation of my overall health, we were able to get to the root of my problems and I feel 1000 times better.

Restrictions to integrative practitioners would be so very detrimental to people like me who have come to them at their wits end. Without having the time to do a proper consult, id have never had the care and help that i recieved, and would still be suffering.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 2:34:43 PM

To the Medical Board of Australia,

I support Option 1.

It has helped our grandchildren with gut problems

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:37 PM

To the Medical Board of Australia,

I support Option 1.

Complementary medicine and integrative medicine works perfectly along western medicine. It's best for the patients to have options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 11:20:03 AM

To the Medical Board of Australia,

I support Option 1.

Please keep the current guidelines. I have close friends who have spent years trying traditional medicines, working with professional and good doctors but who only obtained relief when they attended doctors with a holistic approach to health care. The changes they have experienced have made me convinced that my family and I would be greatly disadvantaged if the current guidelines were changed. We all need to have good healthcare, and this will vary depending on a huge range of things, please let's not limit our options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:32:06 AM

To the Medical Board of Australia,

I support Option 1.

Hi Please don't remove our choice when it comes to integrative and complimentary medicine - you are. Ring railroaded by big large pharmaceutical companies and manipulating you at every level of government

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:04 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I wish to strongly voice my objection to integrative and complementary medicine being banned.

Firstly, it is my health and I am the one who should decide what health measures I choose.

Secondly, natural health remedies have been around for hundreds of years and are proven safe and effective methods .

Lastly, modern medicine is often more problematic than natural methods. There are significant numbers of people who suffer more health problems because of it and many actually die. Check the statistics.

We are meant to live in a democracy with freedom of choice, so let us have the choice. I am sure these decisions are drive by big pharma who want to make money, bottom line. They are not interested in health, just money.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 21 May 2019 8:58:59 PM

To the Medical Board of Australia,

I support Option 1.

If the MBA enforces these rules about recommending someone to complimentart practitioner be sued will be irresponsible. No one has the right to dictate where I go to get should I need help to get better. Complimentary medicine has served me well in some health issues. Mostly my frozen shoulder had healed without the need to go an allopathic doctor with only options of surgery which may not even work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 9:49:34 AM

To the Medical Board of Australia,

I support Option 1.

Picked up parasites whilst travelling overseas but had 'exploratory surgery' for the pain I had though nothing had shown in the scans. Still in pain after surgery went to integrated Dr who asked questions about where I travelled, took blood sample showed under microscope parasites took a course of parasite cleanse supplements was gone in 3 months. That was 9 yrs ago. So allopathic drs sell drugs are never safe as they are toxic.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 2:40 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 yo doctors and specialists many times with certain conditions only to be told they didn't know why it was happening but just take this medication with a long list of side effects for the rest of your life and it will go away, or I'm sorry there's nothing we can do you'll just have to live with it

However after refusing to accept that as my fate I went to many other health professionals, functional medicine gp's, chinese medicine, accupuncturists, naturopaths, chiropractors, kinesiologists and what do you know I was able to find the causes, eliminate them from my life, stop the symptoms and become healthy and vibrant again.

I wouldnt hesitate to go to the normal gp if I was sick. But I also need to be able to go to these other professionals to keep feeling well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:42:44 AM

To the Medical Board of Australia,

I support Option 1.

I support that we as patients & humans should have the right to choose what medical healthcare & medicine we are provided.

Therefore, I would strongly advise you not change or tighten the current guidelines.

I have suffered chronic fatigue for several years, to finally be diagnosed with fibromyalgia. Without the help of integrative therapy, I would not be as healthy as I am today. I continually need the help of natural therapies and if you targeted doctors who use this in their practice you would be greatly impacting my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 20 April 2019 9:41 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We should be allowed to choose our own health practitioner. GP's are not the only ones who can help people. I've had more help from integrated practitioners than traditional over the years.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 8:49:16 PM

To the Medical Board of Australia,

I support Option 1.

I am personally so grateful to the 2x Integrative Medicine Doctors who I have consulted. Both are highly credentialed and have been acknowledged by their peers when they have presented at Integrative Medicine conferences.

How sad now that the profession of Integrative Medicine Doctors is under threat by the AMA. Patients have highly valued these practitioners. Their knowledge and expertise of body systems, diseases as well as medicines & supplements cannot be put into question...Ever! Each of these Doctors has spent additional years studying Integrative Medicine which is really an extension of their knowledge of the body/disease/healing to consult with patients in regard to both allopathic medicine as well as compounded supplements and vitamins/ supplements. How can this be anything but helpful to a patient's health!

Usually patients seek out an Integrative Medicine Doctor because their normal GP has limited time to consult with them plus normal medicines have sooooo many side effects. There are many patients sensitive to these side effects of medicine.

Patients must be allowed CHOICE! It is scandalous that the AMA are after Integrative Medicine Doctors for such petty nuances. Please leave Integrative Medicine Doctors alone! Allow them to continue to do the great work that they have studied for to help the patients in their care!

Why not chase the normal GPs who routinely have 4_6minute and show limited care and respect for the patient during consultations...and many who have no knowledge of Nutrition at all!

Health is more than health ~in this day and age it is Wellness that we all strive for!

Leave Integrative Medicine Doctors to do the job they were trained to do!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:03:25 AM

To the Medical Board of Australia,

I support Option 1.

Healthcare in Australia has always been innovative, informative, accessible and above all, based upon the ideals of democracy. Our medical professionals should not be hindered by legislation that stymies innovation but should instead, be supported in the progressive development of healthcare for all Australians.

Holistic medicine is valued along with other more 'traditional' medical approaches within Australia - to deny Doctors' rights to provide new and innovative practices, with complementary medicines, is a step back in time and will infringe upon the rights of all Australians to have access to all medical options in their healthcare. Restrictions on integrative practitioners will result in fewer options for every individual and infringe on an individual's rights to have access to all medical options, without interference. I support Option 1 - NO CHANGE TO CURRENT MEDICAL GUIDELINES.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 29 May 2019 6:56:16 PM

To the Medical Board of Australia,

I support Option 1.

As Family we use alternative health measures in addition to allopathic doctors
We are convinced that this is very beneficial to our health
We like to consult our doctor with this system and appreciate a doctor
who recommends option one

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:56:52 AM

To the Medical Board of Australia,

I support Option 1.

Over the past few years, there has been a vast amount of scientific and medical studies/reports proving the link between improved nutrition and lower stress to better mental and physical health.

GPs - as the front line of medical care in Australia - are exactly the right professionals to recommend complementary medicines alongside other (mainstream) options for best results.

I use complementary medicines because sometimes it is possible to strengthen the immune system and deflect an illness, rather than wait for it to set in before attacking it through aggressive means.

Both my Mother and Grandmother have suffered with cancer, and in both cases their quality of life was significantly improved (even as they received chemo etc) because their GPs were open to them including complementary medicines.

I sincerely hope you keep the guidelines AS IS.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:25:44 AM

To the Medical Board of Australia,

I support Option 1.

Dear Health Ministry,

As a patient of chronic illness who has gone through conventional medicine procedures without much success, but had significant improvement in my quality of life with functional and alternative treatments - I urge you to keep naturopathy and other treatments within reach of regular Australians. The new regulations only benefit the allopathic industry which in turn suggests it's Big Pharma that may be lobbying this change. We don't need more people getting sick and being on medications but also focus on prevention, that alternative & functional medicine provides.
Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 6:43:18 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine treats the whole patient by taking account of the environment in which they live and work, their diet, their level of activity and their hormonal and gut health. This is so important. If you make it more difficult for integrative practitioners to practice, people will self medicate with alternative medicines and over the counter pharmaceuticals potentially putting their health and lives at risk. If you change the regulations those people who formerly went to integrative doctors won't just go to standard doctors because they've mostly done that previously and found the care and advice given inadequate. Please support your integrative colleagues. They are a vital part of the health care system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 9 June 2019 7:02:32 PM

To the Medical Board of Australia,

I support Option 1.

Conventional medicine aggravated my health issues and only through using complementary medicine was my health improved, to the degree that I could return to work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

We the people have the right to access a better healthcare system. Drs are too busy to get to the bottom of your symptoms, they just want to give you a script for drugs to mask the problem, not to help solve it, complementary and integrative methods work well in conjunction with normal medicine, lets not go back to the dark ages.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:11:01 PM

To the Medical Board of Australia,

I support Option 1.

We need to keep integrative doctors as they seem to care more than the average Doctor. They may charge a little more but they listen to what ever issue you have that General practitioners don't have a clue about. Integrative doctors think outside the box

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:35:38 PM

To the Medical Board of Australia,

I support Option 1.

I wish to express my opinion regarding integrative and complimentary medicine. I personally have seen my mothers health dramatically change after seeing an integrative doctor and taking a more natural approach to her health issues. Every other GP she saw previously could not help her and nothing they did or recommended brought about any positive change. She has since recommended many friends to the same doctor who have all also seen many positive changes in their health. While I have not yet had the need to personally see an integrated doctor as I keep healthy using natural supplements and age old remedies, I would always like to know the option is there should the need arise. This choice and option should NEVER be taken away from people!!!! I plead with those on the medical board to please please please look beyond yourselves and see how important free choice is to the people of Australia. Imposing restrictions on integrative practitioners is another step closer to taking that away and will have a far reaching negative impact on many many people and their health. I ask that the board seriously consider the implications before restricting something which has saved many peoples lives. Having these practitioners available and free to consult means the patient gets the best of both worlds. This is so very necessary given most people's current state of health and I trust is something we will all continue to have the right to.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:37:19 AM

To the Medical Board of Australia,

I support Option 1.

I have the right to choose alternative methods of healthcare and I find it deplorable that the government is taking this choice away from me and all the people that rely on it for wellness and well being. We must have choices for alternative methods not just conventional healthcare which to be honest is keeping most people sick.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 3:28:10 PM

To the Medical Board of Australia,

I support Option 1.

I have been using holistic medicine for my menopause symptoms as my GP did not want to put me on Hormonal Replacement Therapy due to the high risk of bad side affects and family history stroke and blood clots so was unsafe for me to be on .

My GP suggested holistic medicine .

If I was not on this natural medicine I would be suffering from extreme menopause symptoms .

This natural medicine has been the only medicine I have been able to take . I would not be able control my symptoms and this would affect my quality of life .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 26 April 2019 3:14:05 PM

To the Medical Board of Australia,

I support Option 1.

As someone with a history of chronic illness I would likely be incapable of independent living without the knowledge and support of integrative and complementary medicine. This has been expensive for me but not for the taxpayer. Conventional medicine in Australia needs to embrace new knowledge, not restrict practitioners to current often outdated information and limited practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 7:00 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I should be able to choose whom I see for health care ...
I pay my taxes and do my research.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:28:29 PM

To the Medical Board of Australia,

I support Option 1.

No change. Freedom of any medical treatment including natural treatments should be everyone's right. It's personal choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:01:49 AM

To the Medical Board of Australia,

I support Option 1.

I find it outrageous that there should be restrictions on Integrative doctors. My integrative doctor often has up to a 6 month waitlist. This in itself shows that people are more informed about their health and wish to heal the cause of their issue rather than settle for bandaids solutions which more often than not cause further problems. How can promoting the bodies innate healing mechanisms be seen as a negative thing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:39 AM

To the Medical Board of Australia,

I support Option 1.

Please don't change the current guidelines. I value the medical system. I have had significant health problems throughout my life. I sought lots of advice, went to specialist and had lots of testing that would be considered mainstream medicine. Most of the time this did not help me and we found few answers to my health challenges. I was barely existing, chronic fatigue, digestion problems, insomnia etc. It was through these more fringe practices that the drs were able to help me get my life back. Please don't change the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:08:08 PM

To the Medical Board of Australia,

I support Option 1.

Integrative health has saved my life in the sense without it I would not have supported my body to heal. I would be prepared to break the law if it stops me from complimenting my journey to wellness with other than deadly drugs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 3:56:31 PM

To the Medical Board of Australia,

I support Option 1.

Having overcome disease with natural therapies I want to be able to consult any & all therapies I choose. My body, my choice, my experience.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 3:55:43 PM

To the Medical Board of Australia,

I support Option 1.

I suppose not to remove additional health choices. I actually supposed to increase them to include other modalities. Assist the people who you are meant to be serving please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 7:32:57 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine provides a far more holistic form of healthcare and I am so grateful to the practitioners I have seen in my lifetime who have greatly helped me with my health. Having the option of an integrative medical practitioner is a huge win for me and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I believe we all have the right to decide what choices of care are relevant to our individual bodies. To be told what we can and cant include in our own care plan is appalling. Since when is it ok for someone else to dictate what our choices may be. I for one, like to include complementary medicine options to my own care plan. My experience of doing this has allowed me to feel more content in my body, to heal much quicker and to be able to move forward without draining an already heaving Australian medical system. To not include these practices is to ignore the fact that there is so much more to medicine than what the scientists and pharmacologists allow us to believe. Dumbing us down to believe only what is presented and not allowing own exploration of these options is, in my view, absolutely criminal. I want to be able to go to my physician and discuss openly all options of modalities I want to treat my body with. And I want to know that they are in no way threatened by a system that says they cannot support me to make those choices. I find this absolutely appalling to even be considered. I have experienced an injury four years ago, that, had the doctor been able to take more time with me, they would have likely not missed the two broken ribs I now suffer the consequences of. Only my trips to so called 'unconventional practitioners' exposed what may be occurring in my body so it could be pursued. We are not stupid. We know what we need for our body. Stop trying to dumb us down and put us all into a box that suits only the MBA

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:34:43 PM

To the Medical Board of Australia,

I support Option 1.

I wholly support access to integrative and complementary medicines and related emerging treatments and the democratic right of Australians to have the choice of choosing to go to doctors providing these medicines and treatments.

I have grown up using, and still use, the services of integrative doctors, chiropractors, homeopaths, herbalists, Ayurvedic and Traditional Chinese Medicine practitioners and would not be without these services as they are incredibly helpful and proven ways of preventing disease and maintaining good health. New guidelines that prevent or so limit a practitioner to use the knowledge and method of their modality as it should be practiced, will negatively impact all the people who use these services to heal, prevent illness and maintain health, and will also negatively affect the vocation and livelihood of these practitioners.

Based on my lengthy use of these modalities, I am firmly of the view that using plant based medicine and methods based on proven traditional wisdom is not harmful but very beneficial. I am aware of many people who have healed from stage four cancers and other conditions when allopathic medicine could do no more for them and they tried a complementary option as their last hope.

And based on the outcomes of people I know who have been treated with pharmaceutical drugs, I think the use of plants is far safer as these people speak about all the harmful side effects that have resulted from taking these drugs and which then requires another drug to address the side effect.

I owe my good health to these modalities and really think that if more people chose to use these services the burden on hospitals would be eased.

I have no complaints against the practitioners using these modalities that I have used in the past and who I still visit. I have found them to be people who are really passionate and dedicated to helping people maintain good health and heal from their ills, and I strongly believe that they should be able to practice these modalities under current guidelines and they should be free to embrace new complementary methods that may be developed on a sound basis and demonstrated to be beneficial. People have the ability to discern for themselves and decide whether they think any of these modalities may help them. To use the well-worn cliché, 'one size does not fit all.'

Finally, if Australia is a democratic country, please let people discern for themselves and make their own choices. It will be a sad day for democracy if all citizen freedoms are removed through restrictive and narrow legislation and regulation.

Thank you for inviting feed back on this matter and for your

consideration of this response.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 12:41:25 PM

To the Medical Board of Australia,

I support Option 1.

It is our right to have access to natural remedies and treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:00:49 PM

To the Medical Board of Australia,

I support Option 1.

I spent years being treated for an autoimmune disease with various normal doctors and medication was continually increased as my condition worsened . My health was not improving, I was concerned about the dosage of medication I was being prescribed, so I went to a holistic doctor for yet another opinion. I have never looked back, other aspects of my lifestyle and diet were addressed, medication varied and by working with this holistic doctor, I was able to turn my health around and have continued to maintain good health without massive dosages of drugs for the past 10 years. I will not go to a normal doctor because they can't work outside the square - too restricted in their treatment protocol.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:11 PM

To the Medical Board of Australia,

I support Option 1.

I believe that patients have a right to choose to incorporate natural therapies and alternative approaches to health care under the care of general practitioners who support alternatives to prescription medication.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 6:27:47 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine as I have witnessed people, including myself, having phenomenal results through harnessing the power of their mind to reduce anxiety and the symptoms of Irritable Bowel Syndrome, when conventional medical approaches failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 11:28:44 PM

To the Medical Board of Australia,

I support Option 1.

Over many years I have used a holistic integrative approach to health and medicine. I have used complementary medicines and had fantastic results that have helped me and my family heal from a range of acute and chronic illness and supported any other medical treatment I was having.

I believe it is my right to choose my own health practitioner and types of therapies and integrative medical practices that I use for my health. I also believe that doctors and health care professionals need to be allowed to use complementary medicines, natural therapies and integrative healthcare practices if they believe that these therapies will have the best therapeutic advantages for their patients. As Australia is a democracy, not a dictatorship I opt for no change to the current legislation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 5:02:35 PM

To the Medical Board of Australia,

I support Option 1.

I am emailing my concern that the Medical Board of Australia (MBA) are looking to limit and control what Integrative Doctors can prescribe and by doing this, are therefore looking to control and monitor their practice.

As someone who has regularly seen an Integrative Doctor with great success and improvements to my health (after having seen no such success from regular GP's), I feel this is an abhorrent limitation on my rights to seek the appropriate medical attention.

To put these limitations in place is to not only deny my individual rights but will also deny thousands of other patients their rights to appropriate treatment and also to those professionals who have worked very hard to gain their accreditations in their respected field.

I request Option 1 – No Change to Current Guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:29:17 PM

To the Medical Board of Australia,

I support Option 1.

No government has the right to determine what a trained medical doctor what he can or can't suggest as treatment unless they themselves are trained medical professionals. You have no right to take away my choices of treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:39:56 AM

To the Medical Board of Australia,

I support Option 1.

If by law I am responsible for what goes into my body, then by law I should have the right to choose health care. Main stream medicine as well as natural and complementary treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 9:12:17 AM

To the Medical Board of Australia,

I support Option 1.

dear persons, whilst i appreciate to conventional medical community have a lot to offer, especially in the way of testing and diagnosis, i have found that the treatment methods do nothing to reduce my symptomology, the drs assume mental health issues and are not really interested (nor have time) to really investigate and work a solution that does not involve a pill.

by reducing or overtly changing the current symptom removes the only form of help or support that may of us receive. maybe you should spend a week in the shoes of users of integrative and complementary medicine to see his much difference it makes.

medicine in australia has lost its way and trusting dr's is nearly as good as trusting our politicians.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 10:38:07 AM

To the Medical Board of Australia,

I support Option 1.

Integrative Health care is a MUST. The practitioners who use integrative Health Care are providing a holistic approach and should not be dictated to by the MBA. Prescription medication is killing people at worst and at best masks the symptoms and does not "cure" anything very often. No practitioner would encourage their patient to try an alternative if they did not think it appropriate for that person. Choice, taken away, impedes a patient's health and well-being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 2:22:55 PM

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine comprises many disciplines. To remove access to any of these would potentially put patients at risk. Conventional medicine alone has not provided all the answers to disease, and has proven limitations, alternatives offered by complimentary disciplines may meet these needs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:46:34 PM

To the Medical Board of Australia,

I support Option 1.

I am a former general practitioner, recently retired because of a specific health problem. My family and I have used chiropractic for spinal issues- with significant improvement. I have used chiropractic neurology to manage my ADHD (with such great effect that I was able to stop stimulant medication.

I have used vitamin and herbal supplements from a naturopath to recover from an episode of POTS, zinc as an early treatment for colds (also with great effect in my patient base) .Additionally I have had low level laser therapy (which is scandalously neglected by most conventional doctors.

My experience is that there are a very large range of conditions that are inadequately treated by most medical practitioners, and particularly many syndromes such as fibromyalgia, CFS, ADHD, (and most psych disorders).

The current preoccupation with protocol based medicine restrict us to a small range of treatment approaches. Furthermore there is good evidence for only 13% of medical conditions.

Evidence of the sort that is preferred in most medical conditions (large scale, double blind RCTs) is difficult to obtain when it is unlikely to lead to a new, profitable and patentable drug. Therefore the current fashions in evidence based medicine give an unfair advantage to pharmaceutical treatments EVEN though there have been an enormous number of drugs that have been licensed on falsified research, and there have been numerous payouts from drug companies ordered by the courts after those improperly approved drugs were found to be dangerous.

As a rule complementary medications carry risks that carry risks 1-2 orders of magnitude lower.

Doctors practicing complementary techniques have shown themselves to be responsible and keen to maintain their skills and education. Indeed attendance at AIMA educational events have attracted CME points through the RACGP QA and CME program, because of the recognised high standard of the events they provide.

All medical practitioners are expected to practice to a high standard: with concern for patient safety, and out of pocket expenses. We are expected to keep up with our education and document this. We are also very substantially protected by medical defense-- to a degree not seen amongst other health practitioners.

Our Medical Defense Organisations issue strict guidelines as to appropriate practice and can provide assistance to safe practice standards to advice doctors providing complementary medicines. This means that patients of doctors practicing complementary medicine are highly protected.

Finally, the great conservatism of the conventional medical profession means that new treatments are very late to come to market, especially in a backwater like Australia.

The proposal being considered by AHPRA increases the disadvantage experienced by patients and rewards doctors who are not willing to be proactive in exploring new treatments.

As I have said, the proposal also ignores the multiple levels of indemnity and professional oversight which are more than adequate to ensure standards are maintained. It also ignores the low level of evidence for most Medicine as practiced.

There is no need for the current intrusion of AHPRA into the practice of Complementary Medicine by Medical Practitioners and we should simply be sure that adequate Continuing Medical Education. It represents a restraint of trade that should be investigated by the ACCC.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 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.

Complimentary medicine can be very beneficial. I myself have experienced this

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 3:27:08 PM

To the Medical Board of Australia,

I support Option 1.

My son & I were helped enormously after consulting with recommended naturopaths and integrative practitioners. Gut issues, skin issues, mental health issues - all of these problems were addressed with herbals, dietary advice, natural medicines. I would love to see the mainstream medical profession work WITH integrative practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 11:38:14 AM

To the Medical Board of Australia,

I support Option 1.

Dear team,

I, family and friends have received a great deal of relief from Reiki, Kinesiology and Bowen therapy.

I personally have gained more energy, less emotional pain , with relief from post traumatic stress. The person receiving these treatments learn to take responsibility for their own path, instead of blaming (as the healing progresses).

I have had several Psychology appointments as well, to retrain the way I think.

Others have shared their relief from physical pain, quicker recovery from injury, better sleep.

Thank you for reading my contribution.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 17 April 2019 12:00:44 PM

To the Medical Board of Australia,

I support Option 1.

How is any GP able to diagnose a complex illness in any of their patients if they are limited to a 10 minute consultation? The mainstream drug companies seem to put pressure on Doctors to prescribe their drugs with little care for what the long-term side-effects may be. I would much rather use a natural remedy than something which can, with constant use, cause unwanted health issues. Having the same GP is extremely important to any patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:57 PM

To the Medical Board of Australia,

I support Option 1.

Many health benefits are known throughout the world
Australia needs to expand alternatives, not restrict them

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 9:24:06 AM

To the Medical Board of Australia,

I support Option 1.

I believe we are adults and can make up our own mind which preferred treatment we wish- Natural remedies have helped me and my family in so many way- and is always my first choice before registered drugs are involved. I have the right to choose how I be treated , my body my choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 8:57 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I fully support the patient's choice of the integrative and complementary medicine.

I came accross many people who healed because of the holistic healing practices as Reiki, acupuncture etc.

At the end of the day it's patient's body and they should NOT be limited to one option only. The patient must have freedom of choice.

It's not fair what they're trying to do. It's so wrong!

You have my full support.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:13:04 AM

To the Medical Board of Australia,

I support Option 1.

How many 'modern-only' treatments have been used with greater risks than a 'holistic approach' and ended in worse outcome and even deaths? Natural sources and application of them have been used and supported good maintenance & healing of the body for far longer than 'modern-only' ways. Much of modern medication is often based on a natural source. We need more medical practitioners who want to use the widest range of natural sources for the healing of their patients along modern supplies for maximum support of patients illnesses (Holistic Approach). The patient's & any medical practitioner's choice is never to be sent to the sideline and must always remain a legal choice. The use of commercial interests are not always in the interest of genuine treatment for best outcome.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 23 June 2019 6:16:56 PM

To the Medical Board of Australia,

I support Option 1.

Being able to work through my medical choices with my GP is vital to me. I think the Medical Board is becoming too controlling and should trust GPs to make the right decisions for their patients on a case by case basis, tailored to the client's needs. Otherwise the Medical Board is moving away from a patient-centric mode of health to one that is dictated by someone who doesn't know anything about the patient. The Medical Board also needs to stop fear mongering regarding natural therapies, citing the no evidence arguments, when in fact in many cases the studies just haven't been done yet. The Medical Board also does not account for cultural norms where a certain therapy has been used successfully for generations. Just because there is no study completed yet, does not mean the therapy does not work. People should have a right to work out what works for them. In every industry there are bad and good practitioners. People will go with who does a good job, not who is branded as approved.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 8:55 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My health, my choice. Integrating modern medicine with well research and proven natural medicine options is the way forward. What is wrong with the Australian governing bodies, they are trying to take us backwards. The rest of the world is moving forward and acknowledging that natural medicine plays an integral part of the health and wellbeing of a nation. Why is Australia behaving in such a backwards manner. One has to wonder how much politics and pharmaceutical money is at play here because it's certainly not logic or a desire to improve the health of our nation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 1:10 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

All Australians should have the right to choose their own health providers and not be limited by services (natural, complimentary, integrative approaches should all be offered without restriction)

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 22 April 2019 7:33 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 is absolutely essential and patient access to these fields should NOT be restricted, ever! Without these fields I would be extremely unwell and unable to care for my children as I have hashimotos that is unresponsive to mainstream medication. Please do not take our right to choose away from us!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 2:55:36 PM

To the Medical Board of Australia,

I support Option 1.

My daughter has ADHD- inattentive type. She is now 12 years of age and has been under the care of a developmental pediatrician since she was 2 years of age. Recently it was suggested she start on Ritalin. Whilst I'm not against medication I wanted to have the opportunity to have her bloods tested for various vitamin deficiencies. I went to her regular GP who advised that it wouldn't be beneficial. I wanted to be under the care of a doctor with a scientific approach. I was referred to Dr [REDACTED]. Since our first consultant, the tests were recommended and it was shown my daughter did in fact have significant deficiencies. 6 months down the track my daughter's school results have improved and is a more confident child. It would be disappointing if this option was not possible. I would not trust a non-medical person to care for my child. As a parent please do not take the option away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 9:17:11 AM

To the Medical Board of Australia,

I support Option 1.

complementary medicine has helped myself, my family & my friends. It has a place in an individuals treatment. Is my choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Complementary medicine alongside traditional medicine has been wonderful for me. So glad I found a doctor to do both.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:53:27 PM

To the Medical Board of Australia,

I support Option 1.

I wanted to advise that our family has always used the medical system for any serious health problems, but we work hard to build our health on a daily basis, with the correct diet, exercise, etc. Occasionally, we need integrative and/or complementary medicine to "fix" a problem before it becomes serious. I think that is the responsible way to address these health concerns, as we can free up the medical system (which is currently overloaded) for those more needy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 26 May 2019 11:14:25 PM

To the Medical Board of Australia,

I support Option 1.

Making it more difficult for people who are looking for “alternative” healthcare to access it through trained and qualified healthcare professionals isn’t going to stop them getting it from somewhere. The internet exists. People will likely go to practioners who aren’t qualified and get advice that’s even more questionable. People often seek out alternative methods when they’ve already tried conventional methods. If you want to change the guidelines then make it mandatory for doctors to tell their patients if something they’re recommending is not in line with current guidelines/best practice. People will continue to choose the healthcare they want, we shouldn’t be driving it underground.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 3:49:12 PM

To the Medical Board of Australia,

I support Option 1.

Choice of health practitioner is a personal choice and I wish to continue to be able to choose my preferred healthcare practitioner. I use both traditional and complementary practitioners to support my wellbeing and this is vitally important to me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 7:30:00 AM

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine, it has helped me find answers to health issues where the normal doctor could not. I choose to heal my body and find the answers to why, rather than do nothing and take a tablet first, after working on the problem and there is still an health issue then, the doctor will help me find the right medication. Please do not take our choices away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: 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 personally believe that I should be the one to decide how I am going to be treated. There for I want my doctor to give me all the possible options with its advantages and disadvantages and I will decide what to follow. If you take a pack of any medication at the back there will be list of a side effects. Very often by treating one thing you are demiging your stomach , liver or smth else. Choosing the naturapathy or other options , may take longer time but can bring some times the same results without side effect. I would want to be the one to control my body and how I treat it

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:28:11 PM

To the Medical Board of Australia,

I support Option 1.

I support access to Intergrative and complementary medicine , firstly because I think people should have CHOICE .

I think short consultations don't give GPs enough time to thoroughly assess and diagnose patients .

I have experienced great help from both Intergrative Drs and Complementary health practitioners .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:24:44 PM

To the Medical Board of Australia,

I support Option 1.

I have a right to choose and use complementary and integrative medicine . It works for me and so many others

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:13:15 AM

To the Medical Board of Australia,

I support Option 1.

I hold grave concerns for the health of myself, my family and all Australians if complementary and integrative treatments are restricted. My family and friends use many helpful complementary treatments such as herbal supplements, vitamins and minerals, and even chiropractic care and homeopathy that are extremely effective. Restriction on medical practitioners in this area will reduce their quality of care and capacity to help patients who seek the best treatment available. I am personally disgusted at the possibility of this restriction because the patient should retain the right to be given ALL available options to choose for their own health. If a holistic approach to healthcare is restricted, more unnecessary pharmaceuticals (and their long list of unwanted side effects) will be prescribed to treat symptoms whilst disregarding the underlying causes, to the detriment of the Australian people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 18 April 2019 9:36:27 AM

To the Medical Board of Australia,

I support Option 1.

It is important that we as patients be able to have the choice for treatment and not forced to take the normal pharmaceutical route. Not everyone agrees with this route anyway.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 1:14:04 PM

To the Medical Board of Australia,

I support Option 1.

I'm writing to confirm my support for patient access to integrative and Complementary medicine.

This allows patients choice and the ability to determine their own outcomes when a more conventional approach fails.

I am a T1D and my husband is T2D.

We both followed conventional dietary advice and both became obese with BGLs that were difficult to manage. My poor husband was even commenced on insulin to control his BGLs. An end stage T2D measure. I am a retired Clinical Nurse Specialist in ICU, Cardiology and High Dependency Medicine.

We have both regained our best health and experienced massive weight loss following a ketogenic diet, which is currently not the standard of care.

My husband is no longer on any diabetic medications, and my own insulin use has reduced to only 20% of previous usage, with excellent BGL control.

Both of our hyperinsulinaemic states are reversed.

Dieticians appear to be sadly uninformed and educated on how to best advise people with a glucose intolerance problem. They recommend regular processed high carb foods.

This, to me, smacks of ignorance and is not best practice.

The medical community at large also supports this regime of dietary management. Emerging science, or EVIDENCE BASED MEDICINE should be implemented in all areas of health practice.

We both regularly discuss our results and approach with our GP who is open-minded and supportive of our efforts. This GP is happy to work with us.

To shut down access to professionals who can guide one in an integrated approach to conventional medicine will be detrimental and alienating to all of us as a society.

It sets health professionals up experts with all of the answers, when we know this is not the case. As educated as these people are, they are not infallible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine helped me heal my IBS and other related symptoms, whereas GP's who do not incorporate integrative medicine into diagnostics and their treatments, failed to diagnose and heal my many symptoms and illness for years

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

An Integrative doctor has significantly improved the well-being of my son who suffers with Anxiety. Please do not take away the right of doctors to include complementary therapies as part of their practice, as this will be detrimental to the health and wellbeing of all in the community! This also compromises an individuals right of choice in their own healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 1:56:18 PM

To the Medical Board of Australia,

I support Option 1.

I strongly support complementary medicine. I have a number of health issues which I have turned to complementary medicine to assist with, mainly Chinese medicine and acupuncture, as I feel that western medicine cant always achieve the same results. I currently visit my Chinese medicine practitioner once a week and I believe I have a right to choose which doctor I visit, conventional or not. Just because the government does not believe in something, doesn't mean I cant. I am entitled to seek the healthcare I choose, free of restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:52:17 AM

To the Medical Board of Australia,

I support Option 1.

I believe in free choice, I would only ever see an integrative GP I don't believe in the rubbish big pharmaceutical companies feed the robot GPs. By changing things you are only driving them underground.
NO CHANGE

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I fully support patient choice and the freedom of GP's to prescribe and recommend complementary medicines. Chronic health conditions in particular can be hugely impacted through the use of nutritional and herbal supplements, FOR WHICH THERE IS OVERWHELMING EVIDENCE REGARDING THEIR THERAPEUTIC BENEFITS - basic searches re: double-blind, placebo-controlled studies accessed through pubmed confirm this - the Australian public deserves access to healthcare that will actually help their bodies heal in the long term, and not just be given pharmaceutical drugs which mask symptoms, create side-effects, and keep people with chronic health conditions sick. It's pretty clear that pharmaceutical drug companies and profits from drug sales are currently informing medical practise and prescribing, and not the patient's best interest and reversing chronic disease....how would drug companies make money if people were actually becoming well????!!
Please do the right thing and give us access to health care that can actually make us healthy. We will get there eventually anyway...Greed or cure?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 4 June 2019 6:33:34 AM

To the Medical Board of Australia,

I support Option 1.

As conventional Western medicine provides little to no training in lifestyle and nutritional medicine, and generally does not acknowledge spiritual understanding of disease or culturally appropriate integration of traditional methods of healing it is important that those practitioners that have gone through appropriate training in these methods, and are supported by their own Professional Associations who understand how the healing systems work and should be governed, are allowed to do so. To assume that the MBA has greater understanding of how to govern these wide and varied healing systems within its own limited medical paradigm is showing a lack of understanding of the complexity and diversity of the systems and their impact on healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:28:04 AM

To the Medical Board of Australia,

I support Option 1.

I do functional/integrative medicine and cannot begin to tell you the tremendous impact it has on health when we address issues from the bottom up, rather than the top down. We need other disciplines that encourage lifestyle changes, rather than just throw medicine at patients.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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 do not want the current regulations regarding natural medicine to be changed! It is highly effective way of treatment of a lot of minor and major illnesses and I want to have this option when I need.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 4 June 2019 6:59 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My family have been using natural medicine for as a very long time and I find that the results are much better than with traditional approach. Please do not change current guidelines. My daughter's exzema was nearly cured only thanks to natural approach and dietary changes while traditional dermatologist's advice was to keep using cortisol as there is no cure for exzema.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 1:18:51 AM

To the Medical Board of Australia,

I support Option 1.

When I was very ill with chronic fatigue orthodox medicine could not help. I had no choice other than integrated medicine which proved to help in my recovery. We must be able to have choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 11 May 2019 7:46:41 PM

To the Medical Board of Australia,

I support Option 1.

I am strongly concerned about our freedom to treatment and using the treatment that best suits your needs and beliefs.

There are risks with the proposed changes and the following is concerning:

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

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

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

Integrative GPs are highly trained, specialist doctors educated beyond their medical tertiary qualifications. They integrate a range of safe and effective evidence-based interventions for the benefit of patients who do not always benefit from conventional treatments alone, or who benefit most from a combination of both. And this is fundamental and needs to be preserved if we truly live in a democracy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:38:04 AM

To the Medical Board of Australia,

I support Option 1.

I would like to have options while being offered treatment by my GP.
After government already removed support for natural therapies, I do not want to lose another option. I prefer having holistic approach other than forced medical decisions which sometimes are not proven to be good or which are even harmful.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:38 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

[REDACTED]
I support patient access to integrative and complimentary medicine as this holistic approach includes preventative not reactive measures.
Our hospital system is overburdened as it is. Let people take responsibility for their own health and well-being and take the burden off the public and private health system. That means billions of dollars to spend elsewhere! I should know - I worked as an RN for 38 years in the public health system. I use integrative health medicine to stay out of hospital.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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.

No one size fits all! Every individual should have a right to holistic health care options and what is natural doesn't harm like potential side effects from pharmacological therapy! Which only mask the problem. Healing from inside out is much more optimal and holistic approach to healthcare should include alternative methods. Informed choice and not medical coercion into pharmacological only. The government needs to stop being money hungry and a patient's health should be of utmost importance. There is so much anecdotal evidence to support natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 9:04:11 PM

To the Medical Board of Australia,

I support Option 1.

Personal choice in the type of health care we undergo for ourselves and our children is a fundamental right in a democratic country. Attempts to restrict this choice according to obviously biased definitions and guidelines is not only undemocratic, but downright draconian. Long-standing therapies such as acupuncture, chiropractic and nutritional therapy have proven themselves over and over, often helping patients when allopathic (modern) medicine has failed. These therapies are highly beneficial in preventative medicine, which is something which needs to be embraced if we truly want to deal with our burgeoning health care problems. I've been helped more by some of these so-called "alternative" therapies than I ever have by conventional medicine, and see no valid reason why they should be marginalised or discredited. Reviews of our health care system have repeatedly recommended that more emphasis and funding be directed to preventative medicine, an area which has generally been neglected for too long.

As additional, innovative, therapeutic techniques are developed, it would be wonderful for these to be adopted by doctors and other health practitioners alike.

Please support our right to choice in a wide array of health care modalities and the right of doctors to offer these modalities in their practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 1:20:24 PM

To the Medical Board of Australia,

I support Option 1.

The search for alternative health medicine options has saved my life & quality of life. My body cannot process a lot of medications in a healthy comfortable fashion so I seek alternative treatments in order to live a happier life. I work in conjunction with Doctors who are happy with my results & continue their research to keep up to date with all available options. Don't punish them for putting their patients first.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:37:44 AM

To the Medical Board of Australia,

I support Option 1.

Australians should have the choice to use integrative and complementary medicine without government interference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 11:54 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Health choice is not to be biased but inclusive. One size doesn't fit all. Bodies are made with vitamins and minerals, therefore should be tested and rectified with them. We have a skeleton that gets injured from time to time and remedial massage, chiropractors, Oestopaths are trained to help. Doctors need more training on the importance of vitamin and mineral therapy and diet. Why do away with their jobs too?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 9:35:51 PM

To the Medical Board of Australia,

I support Option 1.

Traditional medicine and natural therapies have been used successfully prior to mainstream medicine. Combining mainstream medicine with complimentary therapy works
I am living proof.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 2:40 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I find it amazing that doctors are looking outside of giving antibiotic for everything and using natural therapies such as olive leaf extra and vitamin C. Antibiotic are over prescribed and we now have antibiotic resistance bacteria because of it, it all comes down to the fact that patients want something for there ill health and doctors want to help them but if they loose the option of giving complementary medicine when thing like antibiotic and codeine are going to be over prescribed and then the epidemic of illness will get worse. It time to embrace Complementary Medicine and work together.

There is so much research and so many ways doctors can support their patients more than what is currently happening, the time period that doctor see patient is way too short to understand what is actually going on. It time to move forward into the future and not keep trying to fall backwards because if fear.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Freedom of choice should not be taken from citizens, especially when it comes to their personal choice for health practitioners. Australia is going back to the dark ages and to a dictatorship style of government. It's a disgrace and a travesty.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:10 AM

To the Medical Board of Australia,

I support Option 1.

Firstly, I support patient access to Integrative and complimentary medicine because it has forever changed my health and the health of my entire family for the better. If the medical board of Australia genuinely cares about the health of the people, integrative doctors should not be restricted from recommending vitamins, minerals, herbal supplements, natural therapies and diagnostic testing, it should be encouraging and embracing integrative and complimentary medicines, especially because they work.

My testimonial is below:

I was diagnosed with Hashimoto hypothyroidism in 2016. Many doctors and specialists wanted me medicated for life and threatened that without medication my health was seriously at risk, potentially death. I took thyroid medication for over month with little improvement to my symptoms despite hormone levels normalising. Worst of all I experienced debilitating side effects from the medication which included nausea, vomiting, and dizziness. The endocrinologists only solution was to lower the dosage and gradually build my tolerance to the drug. I was dissatisfied with this strategy. The side effects were signs my body was refusing the medication which I never wanted to take long term. I turned to holistic treatment options and within 8 months, my thyroid function returned to normal and I was asymptomatic. I fell pregnant shortly after and gave birth naturally and drug free to a healthy baby.

I hope MBA continue to support integrative and complimentary medicine because without it, my health would not be the success it is today.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

We have a right to choose from as many options as possible to improve our health. I find the complementary medicine more effective and use it. Natural medicine has no side effects and produces quick permanent results.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 4:13:11 PM

To the Medical Board of Australia,

I support Option 1.

Stop thinking about your pockets and think about the people... Most ailments can be cured or helped with natural medicine. People's choice not big pharmaceutical push to eliminate choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

It is a backward mentality to remove these options. I have used aromatherapy for five years and my family have hardly been for a doctors visit during this time. We prevent illness therefore not becoming a further burden to the health care system! Other countries around the world embrace it and Australia should too. Crazy to try and remove what has worked for thousands of years!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 9:41:06 AM

To the Medical Board of Australia,

I support Option 1.

Please respect everyone's choice, it is that simple...
Science discovery is slowly proving that integrative medicine is
healthier, safer and long term beneficial to patients, than taking
pills from big pharma...

Thanks.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 9:22:58 AM

To the Medical Board of Australia,

I support Option 1.

Hi. I'm really concerned about the risk of potentially losing access to integrative medicine! I'm using it regularly for maintenance for the whole family, kids included! I'm managing my Pyrhole and my husband managed his Crohns that way so it would be devastating to be stripped off that choice. It also would send the strong message that our politics are playing the \$\$ game of big pharma... just saying...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 9:02:18 PM

To the Medical Board of Australia,

I support Option 1.

As a health professional myself I greatly value to option to see a complementary / functional medicine GP. i vote for option1, no change to current guidelines.

There a many health conditions (such as Fibromyalgia and Chronic Fatigue Syndrome) that are not yet fully understood. When solutions are not found through conventional medicine, many consumers have no choice but to seek alternative treatments. Natural and nutritional therapies may not hold any guarantees, but in many cases neither to pharmaceutical drugs. Clinical trials do not guarantee that drugs do not cause unacceptable side effects. The option to seek natural treatments from a qualified doctor, who bases decisions on available evidence would limit health care opportunities for me, my family and our whole society.

I urge you not to take this backward step

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 10:36:48 AM

To the Medical Board of Australia,

I support Option 1.

I support free access to integrative and complementary medicine because it has been more effective, by far, than conventional medicine in helping me to regain quality of life and to achieve functionality after years of severe illness.

I became chronically ill in 2010. In the early years of my illness I consulted with many conventional GPs, none of whom had any idea how to help me, or how to relieve my devastating symptoms. They were as frustrated and dissatisfied with what they could offer as I was. Despite their best intentions and efforts, none of them could diagnose me. Nor could the specialists they referred me to.

It took 2 years to get a diagnosis of CFS. And that diagnosis still did not help any conventional doctor to find ways to relieve my symptoms, let alone help me to become functional again. I dropped down to 38kg, despite eating well. and as recommended by dietitians and doctors every couple of hours. I was admitted to [REDACTED] in [REDACTED] for a week of investigations and tests. They found weird and inexplicable things, all anomalous to mainstream medical thinking, and none of which could lead to any certainty, or treatment path.

Unable to work, unable to do anything other than get myself the bathroom and feed myself each day, without my husband looking after me I would now be dead.

Desperately ill and without any hope of help, my husband's company financed a flight to the US where I attended an integrative clinic. The impact was immediate and the gains I made under their care have been sustained for the past 6 years. When I returned to Australia I found an integrative doctor here who was able to support my ongoing care. I consult with him once every 3 months now - I am now, thankfully, a very low maintenance patient. Most significantly, I am now able to contribute to society and my family again, and am able to work part time.

Most importantly, I no longer feel dreadful, as if I have a never ending hangover, every single minute of every single day. No conventional doctor had the training or the tools to achieve this outcome for me, or indeed, ANY positive outcome, over a period of 4 years.

My daughter had a similar experience with the limits of conventional medicine. She suffered with chronic UTIs. Repeated courses of antibiotics were the only solution offered by conventional medicine. She suffered under conventional medical care for 10 years. It was integrative medicine that completely resolved her UTIs. She is no longer under any medical care, conventional or integrative because she is completely well, thanks to integrative medicine.

If the MBA restricts access to integrative medicine so that I no

longer have access to the medical support I rely on, I will be forced to travel overseas for care, and if this became financially unsustainable, I would have to consider relocating.

I do not want to waste Medicare resources on testing that is not helpful, and conventional medications and therapies that are not helpful, and indeed, create more complex problems than they solve. Medicare's resources are far better used where conventional medicine shines: acute and critical care.

Based on my extensive personal experience, that of my friends and family, conventional medicine simply does not have anything to offer the chronically ill patient.

The Hippocratic oath to do no harm is not served by restricting the definition of medical care to the narrow confines of conventional medicine. Far more harm was done to me during the years I was under conventional medical care, with severe and lasting negative reactions to medications and testing than has ever been the case during the years I have been under any integrative medical doctor.

Where there is no clinical pathway, no RCT-double-blinded evidence for an intervention or treatment, patients need to have access to those based on anecdotal evidence, traditional medicine, and on new and emerging treatments. It is their only hope. It is what saved me from a life of dependence and continuing illness.

Doctors are well trained and are perfectly able to be trusted to discern safe options beyond the confines of conventional medicine and they deserve to be trusted by their governing body.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 1:57:18 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I am writing to you regarding the proposed Medical Board changes on complementary medicines (CMs), especially general practitioners' ability to offer patients CM treatments, to educate and advise their patients on their use, and/or to conduct CM research.

For myself, I am a CM professional and degree-qualified Naturopath, Clinical Nutritionist and Medical Herbalist with over 20 years of industry experience in a variety of areas, including higher education, technical writing, research and development, and regulatory affairs. Throughout my role I have been reviewing the CM literature, i.e. using PubMed which currently has over 462,000 citations in its CAM subset (from 1966 forward). This demonstrates the presence of a vast body of evidence on the efficacy of many CMs. In this sense, evidence based CMs should be clearly differentiated from 'unconventional' and 'emerging' treatments that have no scientifically proven benefits.

Also, as a Regulatory Affairs Associate, I have prepared hundreds of evidence packages to support indications made on CMs, predominantly nutritional and herbal supplements. These medicines are listed on the Australian Register of Therapeutic Goods and are highly regulated in terms of claims substantiation and manufacturing (GMP). The medicines only contain permissible ingredients as per the Permissible Ingredient Determination (26BB), which the TGA continually reviews to ensure that all ingredients are safe for use in these low-risk medicines. This demonstrates the vigorous regulation of CMs in this country and is further reason to not restrict doctors from recommending and prescribing these.

Use of CMs is substantial across Australia; in fact, Australia has some of the highest CM utilisation in the developed world. These medicines are largely in the prevention and management of many lifestyle-related chronic diseases and therefore save millions in potential hospital costs, while further contributing to the economic growth of this country.

Complementary and alternative medicines (CAM) combined are estimated to be used by up to two out of three Australians, and accounts for \$3.5 billion in expenditure every year. Furthermore, CM users (especially women) have been shown to be highly educated and have a higher annual income. This clearly demonstrates that Australians are intelligent and informed CM consumers who have a right of choice when it comes to consulting a suitable general practitioner who not only understands the important role of CMs, but is free to prescribe these if they chose to. Restricting this freedom of choice is archaic and ignorant.

I urge you to not restrict doctors' choice to recommend, research or prescribe evidence-based CMs to their patients.

Regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 8:35:13 AM

To the Medical Board of Australia,

I support Option 1.

I have multiple autoimmune conditions which respond extremely well with the care and support of my integrative medicine team including vitamin support, remedial massage, bloods and diet support. I pay 4 - 5 times the regular fee to access this support. It has taken nearly 20 years to get answers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 9:20:34 PM

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complementary medicine. It is our basic right to choose the manner in which we would like to manage our health and treat any illnesses. Integrative and complementary medicine has helped me and my family with a range of issues including precocious puberty, diabetes, peri-menopause, auto-immune diseases and food allergies. We all turned to integrative and complementary medicine at various times when conventional medicine alone failed to provide a cure or a viable method to manage our health issues on a daily basis, as well as long term. While conventional medicine seems to offer many benefits in situations involving physical trauma such as bone fractures, my experience has been more positive with integrative practitioners in terms of getting to the root cause of illness. They take a holistic approach looking at all the imbalances in my body, lifestyle and mental wellness, rather than merely treating the symptoms. I want to be able to choose who I see for my medical care. I want the medical professional I see to be able to recommend herbal supplements if that is what I need, or vitamins, or any number of 'alternative' therapies that might benefit me. It is my basic right, my choice.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 25 May 2019 11:55:04 PM

To the Medical Board of Australia,

I support Option 1.

I believe that holistic therapies are an important part of medical treatment. We are encouraged not to take antibiotics unless necessary. Being provided advice on healthy diets, vit and mineral supplements and how they can help is part of the valuable treatment from a GP.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 9:32:11 PM

To the Medical Board of Australia,

I support Option 1.

As a sufferer of chronic health issues and autoimmune issues, I would not be where I am today without the patient care help and support of my integrative doctor, my chiropractor, my naturopath and other holistic practitioners. I choose to live a quality of life which enables the body to heal and regulate. My general doctor misdiagnosed me, neglected treatment and overlooked all symptoms and testing where Only an holistic/alternative practitioner/GP was able to find the root cause of the illness and provide patient care without resorting to a lifelong of heavy drugs. if more doctors and health practitioners choose the path to learn and practise complementary medicine, it would mean more people would be on the road to wellness. I support no change to the current regulations.

Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 7:18:56 PM

To the Medical Board of Australia,

I support Option 1.

Please don't change or remove affordable access to Integrative & complementary medicines.

After 22 years of illness, I have significant experience in a wide variety of traditional and non traditional treatments. Integrative & complementary medicines have regularly been a highly valued part of that treatment. The impact of removing affordable access to integrative and complementary medicines will directly and negatively impact the lives of our most vulnerable- the countless disabled, sick and suffering Australians.

We rely on these treatments. These are treatments that experience has shown to improve our lives and decrease our suffering. Why would it be ok to take that away?

I am a university graduate in Communications. I understand the pro's and con's of different types of treatments and medicines. I am grateful that our government provides access to treatments that give us better quality of life and we are not forced to be reliant on pharmaceutical companies that do not provide treatments or provide inadequate treatments with frequently untenable side effects.

Thank you for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 5:19:10 PM

To the Medical Board of Australia,

I support Option 1.

It is outrageous that the Board would suggest that Australians can't have a choice of Integrative & complementary medicine as well as conventional medicine. Drugs are toxic and while they have a place with some serious illnesses or accidents, they only suppress symptoms and do not deal with root cause of chronic illness such as auto immune diseases. Drug companies want the population to be sick and dependent on the drugs that they push on us. Drugs are not the long term answer in a lot of illnesses and in a lot of cases have not been proven to be safe. It is a move toward socialism rather than the free democratic society we are supposed to be. The same problem is happening with vaccines being forced on the population. Vaccines are toxic also and set children up for chronic illness as they become adults or even while they are children. We want to choose what is best for our health and our family's health. We should not have big brother tell us what we can and can't do with our health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:40:25 PM

To the Medical Board of Australia,

I support Option 1.

NATURAL MEDICINE IS OLDER THAN CHEMICAL ONE

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:59:21 AM

To the Medical Board of Australia,

I support Option 1.

My personal experience with integrative and complementary medicine is that it is an excellent adjunct to traditional medical treatment to assist with resolution and management of a number of conditions. I use complementary medicine and therapies in many aspects of my and my families lives, to great benefit. An example is in the management of my anxiety, supported by mainstream medication and consultation as needed. That is jut one example of many.

Now that I am a single parent, the imposition of restrictions on integrative practitioners would mean that I would find it hard to afford visiting other natural therapy providers which would disadvantage myself and my family. I strongly implore the MBA not to make any changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 9:57 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My body, my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 8:07:53 AM

To the Medical Board of Australia,

I support Option 1.

Integrative doctors are so much more knowledgeable on symptoms and underlying causes of disease. They also offer, where relevant, safe and non chemical solutions, the way nature intended.

If Australia is truly a democratic country then people should have a choice and unobstructed access to all kind of health practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:50:13 PM

To the Medical Board of Australia,

I support Option 1.

The integrative and complementary medicine has supported myself and my family well, with great results, for many years. Freedom of choice is what our democracy is about. Let's hope Australia remains a democratic country.

Regards,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 6:20:14 PM

To the Medical Board of Australia,

I support Option 1.

I believe Australians should have access to all aspects of wholistic healthcare, including evidence-based practices such as acupuncture, chiropractic and some vitamin supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 8:53:55 PM

To the Medical Board of Australia,

I support Option 1.

I have used complimentary medicine together with conventional medicine for 46 of my 66 years. Complimentary medicine on many occasions has helped me tremendously where conventional medicine failed. We need both and if a Doctors role is to help a patient heal as quickly as possible and with the minimum of intrusive procedures or side affects then they should be allowed to incorporate both. Please do not take away our human right to be treated in the best possible way that we as individuals choose. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 8:21:16 AM

To the Medical Board of Australia,

I support Option 1.

for over 40 years I use natural therapies with great success.
I am nearly 80 now and a witness of the effectiveness of these therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 2:30:35 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madame,

Why complementary medicine is constantly attacked? It gave back million people's health and improved millions lifestyle. Much much better to use for example homeopathic medicine than taking the Pharma's shit- they likely cause a second disease! (extrem situation, death) .What is the reason of multiple attacks on natural medicine? I think many doctors had income reduction because the patient choose complementary medicine; it caused a huge impact on drug sales, too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 9:37 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I prefer to take responsibility for my own health and make my own choices rather than be dictated to by bodies that have a vested interest in removing this freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:44 PM

To the Medical Board of Australia,

I support Option 1.

I want to express my disgust in hearing that the MBA might restrict doctors from using integrative health medicine! My words fail in being able to convey my disgust at such a restriction in my rights! I have used both integrative & complimentary medicine as well as traditional medicine and believe there is a place for both! I also believe in my right of choice and control over my own health and medical choices which a change in legislation would take away!

I vote for no change to the current guidelines and would appreciate my opinion to be counted in this matter!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

We each have a right to decide how we live our lives both in sickness and in health. Life experiences , study , research and choice all combine throughout our lives to enable each of us to decide how we wish to handle the many situations that come our way. It is no other persons right to determine / limit my options where choices and a variety of approaches exist

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 11:01:06 PM

To the Medical Board of Australia,

I support Option 1.

My health, my choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 10:39:22 AM

To the Medical Board of Australia,

I support Option 1.

I want the right to choose my own medical care.

I'm not religious.

I'm not uneducated.

I'm a tax payer, who has the right to choose, how I spend my money in relation to my health.

Pharmacy drugs arnt always the answer.

I want my freedom to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 11:28 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 change the current guidelines. People need to choose what is best for them. They should be able to have the right to choose for themselves which path and treatment options they wish to take.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:37:14 PM

To the Medical Board of Australia,

I support Option 1.

To be offered choices for overall holistic health support including
Reiki, Chinese medicine, Ayurvedic and more

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 7:17 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

This country is trying to prevent peoples right of choice to the type of healthcare they recieve.

Australian's are slowly loosing many rights and freedom of choice, its getting stripped away from us and its not right. The Government has already stripped away natural therapies from those included in private health insurance, they shouldn't have the right to take away people right to decide the type of treatment they recieve.

Natural and alternative medicines and health remedies have been successfully used for many centuries. Long before modern medicine came onto the scene.

The fact that the government thinks they have the right to control what type of treatment people recieve is not a good sign and the future will not look good for anyone if the Government has the final say on what medications and ways of healing or treatment.

I do not concent to only one form of treatment determined by the Government!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 20 May 2019 8:55:38 AM

To the Medical Board of Australia,

I support Option 1.

My family and I wouldn't have been where we are today with our health if it wasn't for integrative medicine. My first child and myself will still be having constant diarrhoea, brain fog, fatigue and the child will still be having his temper tantrums. My second child will still be constipated (bowel movement once every 2 weeks) and suffering from severe eczema. My husband will still be suffering from cold and flu every month and fatigued. I'd read books and research on integrative medicine based on science and claiming that integrative medicine is not based on science is simply ignorance. Doctors who can practise both conventional and integrative medicines are the best doctors. 100% support that my health is my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 6:58:47 PM

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

I support patient access to integrative and complimentary medicine as I have greatly benefited for having access to it. I have been suffering from debilitating migraines, fatigue and chronic pain and many more issues for at least 15 years. I have initially seen GP practitioners who Prescribed me with medications that never made a difference or helped only a little. After many years being sick every day I turned to alternative treatments and help of integrative doctor and naturopath. It's been only 6 months since the first time I saw a naturopath and my pain has been reduced from 10 to 5, my migraines are reduced by 70%, my CFS is now 5 out of 10. I started functioning and am not a zombie anymore! Thank you!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 9:06 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Stop taking away our rights
Our bodies our choices what we can and cannot put into it...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 12:16:19 PM

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to my healthcare. I have experienced the results when traditional Medical doctors provided no healing whatsoever.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 22 May 2019 10:44:29 AM

To the Medical Board of Australia,

I support Option 1.

I have recently experienced positive outcomes in my health using integrative medicine. It must be my right to choose my healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:40:07 PM

To the Medical Board of Australia,

I support Option 1.

I support having NO change to current guidelines.

I strongly believe we all have a right to make choices about our own healthcare. If we are choosing to see an Integrated healthcare provider, then this a fundamental right we should have.

Many Australians are making this choice for various reasons. I personally chose this path as I have read enough research and am of the belief that conventional medicine, while very important, does not address aspects of health care that I consider to be vital for fighting and preventing disease.

If I choose to try new and innovative practices and treatments, then I should be allowed to. It is my body and my choice. I can accept this approach is not for every one. But it is a choice we should be allowed to have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 5 May 2019 3:59:52 PM

To the Medical Board of Australia,

I support Option 1.

Patients need to continue to have a choice in their treatment in consultation with their doctors it is essential to continue to have the option to be advised & to be able to have the option for complementary medicines & to trial new emerging treatments. Every person is an individual with a very unique genetic makeup whose health is affected very differently from the next person exposed to the same environment. To ensure the best possible health outcome this requires sufficient time to look at a complete medical history & usually requires a very personalised treatment plan with may also require complementary medicines, supplements, compounded medications & other newer treatments. Current research shows that no longer does one size fit all medical treatment result in any kind of good health outcome & short consultations are only useful for minor health issues. Generic treatment & medications only available through the large pharmaceutical companies are usually not helpful at all. If I had followed conventional medical treatment & medications prescribed for treatment of long term pain & poor thyroid function after a total thyroidectomy for cancer with complications from the surgery I would now be a drug addict, likely addicted to painkillers & antidepressants & suffering multiple side effects due to the generic treatment & medications with severe dizziness, nausea, bombed, severely constipated etc

Thankfully with the option of having special compounded thyroid medication & other complementary medicines that have had no side effects I am in a much better health status despite ongoing pain because of the surgery complications.

Also if only the conventional medical options for many illness/cancer are available then medicine & health will never progress & result in likely very sick individuals such as only provided with chemotherapy rather than the option of immunotherapy etc.

We need a balance in everything and it seems that medicine is becoming more & more restrictive and dictated by the large pharmaceutical companies. It is my body & I should be allowed to have the option of what I am prepared to try for my health not be told there is only one option as allowed by the AMA & the drug companies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 11:29:13 AM

To the Medical Board of Australia,

I support Option 1.

I suffered with severe symptoms that have greatly impacted my quality of life for 15 years. FIFTEEN years of 10 minute GP appointments where they didn't have time to properly assess my symptoms. 15 years of struggling through each day. 15 years of trying to be the best parent I can be, while in pain and extremely fatigued. 15 years of trying to run a business while suffering with my health.

This year my life has been changed by a single long GP appointment where we had time to look into my symptoms properly, and the addition of complimentary medicine to my health care.

GPs need to be able to offer longer appointments to patients who need it. I, and every other Australian, deserve well rounded healthcare. We also deserve choice.

I have now been diagnosed with multiple auto immune conditions. There is NOTHING my GP can do any further to improve my quality of life.

My naturopath has changed my life by looking at nutrition - the building blocks of health. Vitamins, herbs and supplementation have helped me to rebuild my health, and changes to my diet & lifestyle have helped make these changes long term. Without these options my health would have further declined over the coming years, and I would be a burden on the health care system - not to mention unable to work anymore.

Had I been given an option for a comprehensive appointment many years ago, I might have one very manageable auto immune condition, but now I have many. My life would be completely different.

Had I have been able to afford the services of a naturopath many years ago, I would have lived the last decade in wonderful health. With energy to volunteer at school regularly, with the energy to run around with my kids at the park, with the energy to socialise with my friends. It's VERY difficult to afford these consultation fees when you are sick and unable to work very often.

Chronic illness has affected my life in so many ways. It affects relationships with family and friends, it affects my ability to care for my house and garden, it affects us financially. My health declined so much in the last 2 years that I had to cut back on work, leaving us unable to keep up with school fees. We now have a \$10k debt with school. The stress of this is extreme and we will be paying it off for years to come.

ALL OF THIS could have been different if I had access to a comprehensive appointment with my GP when my symptoms started AND a rebate on naturopathic care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 11:31:19 AM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because Integrative & complementary medicine has helped me and my family greatly over the past years with my chronic conditions. I use Integrative & complementary medicine because it provides a holistic treatment solution and also addresses the cause of the problems. Modern drug based medicine does not have effective treatments for chronic conditions and only treats symptoms. If the MBA imposes restrictions on Integrative practitioners that will greatly affect my access to receive effective treatment for my conditions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:56:22 AM

To the Medical Board of Australia,

I support Option 1.

Once again, our Government is set on limiting our 'freedom of choice' to health care and wellbeing. One only needs to watch a few minutes of 'free-to-air' television (also a dying service), to notice what the public is being fed in terms of being and staying well!

Thank goodness that Integrative and Complementary Medicine exists because these are the people who have decided not to remain in the clutches of the ruling pharmaceuticals and big business who have a firm grip of the mainstream medical practitioner and allopathic medicine on offer today.

It is those who are considered 'alternative' in their approaches and thinking, that are aware of the new direction that science is moving, including - epigenetics, energy medicine, quantum physics and a resurgence of preventative medicine.

Everyone can benefit from more choices - and, on the downside for those GPs and medical practitioners who do not support 'the new science', they will be even more overwhelmed than they already are, if people are forced to go to them with questions and conditions that they want addressed in a non-traditional way. It's not the fault of these practitioners, and they cannot know what to recommend in areas for which they have no training.

The benefits of allopathic medicine are many, and especially in emergency situations where life hangs in the balance, interventions and medications are essential. That said, one would hope that people are not living in a constant state of 'emergency and stress' and the idea of approaching life proactively and preventatively is not new - yet, for some reason the idea of taking responsibility for one's health and wellbeing and making better choices on all levels - physical, mental, emotional and spiritual, seems to have been subjugated by a model of care that is based on taking pills and dependency.

I have used alternative and complementary services all my life. I have benefited greatly by my choices and the knowledge and advice of medically-trained practitioners who are also open-minded and willing to respect my choices and suggestions.

Already, I pay out-of-pocket to see practitioners for whom I have great respect and who have been part of my journey to maintain good health - which means, I am less of a burden and expense on society as a whole.

There is a limit to what is affordable and by making it more difficult to access integrative and complementary practitioners than it already is, means that people like me, will not be able to access these services as readily. These practitioners will suffer since their clientele will shrink.

Medicine and politics do not mix - they are a lethal combination. Stop making the choice of healthcare a political football!

I'm all for 'patient choice' and high quality care. This is not about something political - it is about 'first do no harm'.

Patient choice matters and must be preserved!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I totally support Doctors who use integrative medicine and offer alternative therapies to modern medicine. These doctors have done the additional study and can best advise a combination of therapies to support their patients to wellness

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 5:28:51 PM

To the Medical Board of Australia,

I support Option 1.

Substantially healed of major mental illness 30 years by using vitamins, nutrition, flower remedies and homeopathy. Chronic fatigue condition 18 years requires complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:26 PM

To the Medical Board of Australia,

I support Option 1.

I am 35yrs old and a mother of two. For my entire life I have suffered from chronic diseases and health Conditions. I have seen many doctors and experienced many hospital visits and surgeries for unexplained medical conditions. And this trend was beginning with my children's health too until someone suggested I see an integrated GP that had helped them with some similar symptoms and conditions.

This GP was the first GP I had ever seen that had asked about my whole health history (and not just the current symptom that a 10min consult allows). The GP spent time explaining to me how the body responds to different conditions and how simple things like a deficiency in iron (and other minerals like magnesium etc) and hormones and even allergies could affect and influence and even cause some of the conditions I had experienced my whole life and had been over looked by every other GP and surgeon I had seen. He did conventional blood tests that confirmed his suspicions and gave me information regarding for my diagnosed health conditions recommended some options for supplements (no specific brand) that could help and also educated me what to look for when deciding on effective forms of elements to look for that wouldn't cause side effects. As any good doctor would he made referrals to see other health specialists that could further assist in information and treating our conditions such as an integrated dietician etc. For the first time in my life I feel like I have my health on track and living a better and healthier life.

I have had extremely bad experiences with doctors and medications in the past. I had my appendix removed as a precaution for severe stomach pains I was hospitalized with and they suggested a laparoscopy to investigate and took my appendix while they were in there (to save on the need should it occur in the future). It turns out I found on my own investigations and confirmed by the interested doctor that I had low levels of progesterone and PCOS. None of these had ever been picked up let alone thought of to investigate before. I can't help but think of the wasted government funds on unnecessary surgeries, scans, tests, drugs etc that could have been saved if the doctors had simply had a more holistic investigation approach and treatment knowledge. Considering that medications I was prescribed ultimately caused seizures and a pneumothorax which put further financial burden on the health system and caused severe conditions and trauma for me personally.

Integrated GPs I feel simply have more tools, information and approaches to deal with conditions than conventional doctors or specialists have been trained with. The major difference I find integrated doctors to have is an understanding of nutritional training and essentially biochemistry. There is evidence available in abundance about nutrition (vitamin and mineral) influence on health maintenance, illness diagnosis and preventative health. These things simply save lives and money. Saving the financial burden that simple undiagnosed or wrongly diagnosed illnesses put on health care and the well-being

of individuals lives.

Simply put, intergrated health is necessary. It is advancing the approach to health care. Not undermining it.

I sincerely hope that mine and I am sure countless of other testimonies of improved lives will be the evidence needed to consider the significant importance of integrated treatment. It may not be necessary for everyone but it is certainly a necessary option for some. The ideal is for all health professionals to acknowledge it works best when we work together... Not against each other. It only impacts the patients negatively.

My children already have much better health outcomes from what I had. And the hope is that we continue to improve and advance our medical treatment moving forward rather than restrict and regress it!

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 1:41:14 PM

To the Medical Board of Australia,

I support Option 1.

FROM MY PERSONAL EXPERIENCE, MY HEALTH HAS IMPROVED SIGNIFICANTLY FROM RECEIVING INTEGRATIVE AND COMPLEMENTARY MEDICINE. PATIENTS SHOULD BE ALLOWED TO CHOOSE AND NOT BE LIMITED TO ONLY PHARMACEUTICAL DRIVEN TREATMENTS. ALTERNATIVE TREATMENTS SHOULD BE CONSIDERED AS COMPLEMENTARY AND ARE NO WAY A THREAT TO TRADITIONAL WESTERN MEDICINE. BOTH CAN WORK WELL SIDE BY SIDE (AS I HAVE EXPERIENCED) BUT MOST OF ALL, I SHOULD HAVE THE RIGHT TO CHOOSE. I AM SO GRATEFUL THAT I HAVE BEEN ABLE TO USE THE APPROPRIATE TREATMENT FOR THE APPROPRIATE CONDITION WHICH WOULD NOT BE POSSIBLE IF INTEGRATIVE AND COMPLIMENARY MEDICINE WAS NOT AVAILABLE. ALLOWING DOCTORS TO PRESCRIBE SUPPLEMENTS etc WOULD BE A LOT SAFER THAT SEEKING ADVICE FROM GOOGLE!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 9:12:37 AM

To the Medical Board of Australia,

I support Option 1.

The proposal to curtail medical practitioners freedom to use Integrative medicine with their patients suggests a sad lack of respect for Australia's Doctors. Doctors who are working in the best interests of their clients. No evidence has been presented to suggest that medically qualified doctors are prescribing complimentary medicine at the expense of client safety and necessary allopathic treatment.

Integrative medicine is particularly valuable to those dealing with chronic conditions.

Forcing medical practitioners to ignore integrative, complimentary options, with which they have experience, asks them to knowingly provide substandard care.

It also condemns patients to fragmented care where their medical doctor is unaware and/or unsupportive of their complimentary treatments. At best this is inefficient and detrimental to outcomes and at worst it is genuinely dangerous as the interplay of treatments is not understood.

Allowing patients to access an integrative practitioner maximises their chances of effective treatment and the safe use of both standard medicine and complimentary treatments.

Integrative practitioners should be supported to practice safely, not prevented from acting in the best interests of their clients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:41 PM

To the Medical Board of Australia,

I support Option 1.

Please keep the integrative & complementary healthcare

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 9:49:34 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine play an important part in overall healthcare. They may not be for everyone but all doctors and patients should have the right to choose their approach to healthcare options from conventional through to innovative and complementary. I am concerned that proposed changes will limit people's choice in how they approach their healthcare

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 9 May 2019 10:08:37 PM

To the Medical Board of Australia,

I support Option 1.

If homeopathy is available to the Royal family and a preferred choice for their pathway to recovery from illness, then I can't see how any government can come out and say that it is not a valid option for the general public.

To legislate alternative therapy's out of reach of Australians is to take freedom of choice away from all and move Australia onto the Orwellian "Big Pharma" conveyor belt medical system.

How can Yoga, Osteopathy, Vitamins, Chiropractic care, Naturopathy, Acupuncture, etc. be any more detrimental than "Allopathic" medicine. The like of which kills people in far greater numbers that one never sees sensationally reported in the media. As those statistics would no doubt drive people away from this form of medical treatment. I fear that this bill is for the benefit of Big Pharma market share and Big Pharma alone. This Bill is certainly not for the Australian people and freedom of choice as to how we would like to investigate and choose which modality would give us the best outcome for our health.

Having a certified allopathic doctor who embraces alternative choices in their practice is a doctor that can provide a more holistic approach to any patients illness. This is also the type of doctor more and more people are looking for and is a positive move forward in health care on all fronts. This Bill will put an end to that approach as well.

Nothing in this Bill inspires confidence in our politicians actually acting for the Australian public benefit. Our politicians are confirming that they are bought and paid for by big corporations. If our politicians are serious about reducing the pressure of health care on the public purse, how can they seriously consider limiting the Australian public's choices of treatments? To do that would funnel everyone into one system and that one system is also subsidised by the government.

Option 2 will increase the cost of health care exponentially, how can any politician not see this or have our politicians blindly accepted some statistics and modelling bought and paid for by Big Pharma. I object strongly to this Bill and say that Option 1: No change to the current guidelines is the only choice to make for the Australian people and to safeguard the Australian Governments future health budgets.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:29:02 PM

To the Medical Board of Australia,

I support Option 1.

I believe it is important for both medical practitioners and patients to have access to integrative and complementary medicine. As the name states its complementary, I undertake treatment with these type of practitioners with the full knowledge and support of my Dr. When i had an overgrowth of Enterococcus in my intestines which at the time could only be treated with large amounts of penicillin (which i am allergic to) i underwent a treatment with diet and herbal preparation (my Dr was across this) and when i was tested again not only had the symptoms gone but the overgrowth had gone. Western medicine was unable to assist me but my Dr together with a complimentary practitioner was. I use my Dr for all the standard things but i also use complementary practitioners to get a more holistic approach to what is going on for me. I am currently working with my Dr and a complementary practitioner to rebalance my hormones. A test has shown that there is a significant imbalance in my production of too much cortisol and not enough estrogen or progesterone, I am working with both my Dr and practitioner to address this and if you changed the rules the way i work with these would not be allowed. They constantly learn from each other and my health improves when i do this.

I dont believe its the role of the MBA to restrict and narrow the focus of Drs, they should be encouraging them to broaden their learning to ensure they are able to get the best outcome for the patient. They can apply critical thinking to alternative options for their patients. If you close off this option and relationships the critical thinking that the Dr is able to provide will be limited as they wont be exposed to the additional information in any meaningful way. How does that help them make an informed choice about their patients health? In my humble opinion, it doesn't.

I strongly advise against this change

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 3:48:35 PM

To the Medical Board of Australia,

I support Option 1.

I am 71 years old, lead an active life and enjoy good health. This is a result of valuable visits to an allopathic medical centre when needed and the added PREVENTATIVE assistance I receive from trustworthy and excellent alternative practitioners...a homeopath, a naturopath and a chiropractor. It is unbelievable to think that the preventative element could be withdrawn as it would inevitably result in adding more strain on an over-worked and under-funded medical system. Prevention is a far better option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 20 April 2019 11:03 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine should be allowed to continue as at present, while this may allow some questionable treatments which may only have a placebo effect it also allows patients to explore low cost, low risk treatments- many of which have formed the basis of pharmaceutical developments in the past - willow bark, foxglove, elderberry are a few examples of natural treatments that were developed into aspirin, Digitalis and Tamiflu.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:26:02 AM

To the Medical Board of Australia,

I support Option 1.

I feel that Doctors who take a wholistic approach to our health have the right. We also have the right to choose decisions about our own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:06 PM

To the Medical Board of Australia,

I support Option 1.

It is important that we continue our democratic right to have access and acceptance of complimentary medicines. As a teacher and body worker the importance of holistic medicines not only support the natural systems of the body they also support the psychological problems helping people who have stress or depression which often leads to illness or in extreme cases suicide. I wholeheartedly reject MBA restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 8:46:34 AM

To the Medical Board of Australia,

I support Option 1.

Over the years I have often sought complementary medical and integrative medicine for both my family and me. Looking at the whole body, mind and spirit - I believe we have addressed our health. I have had acupuncture treated by my GP when i was breastfeeding to help with mastitis rather than antibiotics.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 9:59:41 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 such as acupuncture and chiropractic treatments herbal, vitamin and mineral and other supplements. I and my family and friends have been assisted by these approaches. In addition to helping increase well being and longevity, they have also helped prevent more drastic medical interventions such as tonsil removal.

I sincerely trust access to these approaches is not restricted.

Kind Regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Saturday, 20 April 2019 11:03 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has greatly helped me in my life. I was healed from excema and parasites in my blood which mainstream doctors provided no cure for let alone even find the parasites. I believe this option included WITH mainstream medicine health care provides more options and therefore more chances for healing available to people who genuinely need help. As a first world country we should give our people the best options in healthcare, not cut them back.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 11:26:05 PM

To the Medical Board of Australia,

I support Option 1.

I believe holistic patient care requires a broader view of health & wellbeing, rather than narrower. Efforts should be put towards increasing research and evidence rather than restrictions based on lack of knowledge or understanding.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 8:09 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please do not remove the basic right for people to choose their medical path to good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 12 June 2019 9:50:22 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine are of great benefit to many people and many health issues. By working with or along side of doctors patients have a complete approach to their health concerns. My husband has meniscus issues but they are not bad enough to warrant surgery. With the support of Bowen Therapy, to release muscles and prevent further progression of movement restriction, nutritional supplements, to support the body to heal and physiotherapy he has seen great improvement. To treat any medical condition a complete approach is much more beneficial than a singular take panadol for the pain and wait for surgery.

By restricting integrative practitioners the MBA risk over loading an already overloaded medical system with unwell people that could have been over wise helped and healed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I support freedom of choice for people to be allowed to treat themselves and their own families according to their own beliefs and research.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 10:07:21 PM

To the Medical Board of Australia,

I support Option 1.

Medicine is about getting people healthy not just about how reliant you can make them on the pills produced by the pharmaceutical industry.

Until you can produce pharmaceutical products that do not enhance chronic diseases and produce new diseases and actually help an individual return to optimal mental social and physical wellbeing; you will continue need complimentary and alternative medicine and the public has a right to consider these alternatives in as a part of their rights to autonomous decisions regarding their health and that of their dependants.

Your time and money would be better spent supporting research into complimentary and alternative medicine and establishing specialist practitioners and departments within our healthcare institutions that allow us to value and benefit most from these selfless, ethical doctors and healthcare practitioners.

I am very concerned that all of the recent changes and proposed changes to healthcare in Australia are not being made with the Australian public's best interests at heart, but that it is instead being done to support certain private individuals and organisations with their political and economic interests and that the Medical Board of Australia is being used as a tool at their disposal to effect changes that best suits them.

Please remind yourself of the oath that you took upon graduating all of those years ago and of the aspirations that you had to "above all, do good " and make a decision based on morals and what will support the public in their right to autonomy and to optimal health and don't make the unethical proposed changes to the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 6:32 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine as I believe the body can and does help boost its own immune system when not weighed down with drugs that can hinder its own natural function.

Myself, my partner and my daughter are all using this as our preferred way and we have been applauded at my daughter's daycare for building her immune so well that she rarely gets sick. If we didn't have this option and had to use antibiotics or something that would hinder my daughter's immune system I would have been off work and not be able to afford life as it would use my sick leave and affect my wage when that runs out. One of my friends is in that exact position and I've advised her to start boosting her child's immune with a natural way instead of fabricated drugs that hinder.

If this is introduced and restrictions apply, I guarantee you will see an increase in sickness, people won't be able to take sick time off as they will use it up and either suffer wage loss or going to work sick & children will constantly be in need of medical attention because their bodies can't clear sickness or infections by themselves anymore.

This will also cause a massive divide in the communities as people will be "anti-vax" or "pro-vax" and berate each other for an unnecessary imposition of care that everyone should have a choice to implement themselves.

Thank you for choosing not to impose this on the community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:41:32 PM

To the Medical Board of Australia,

I support Option 1.

The GP is the first port of call when most people are unwell and ideally makes a thorough holistic assessment and response. My experience is this rarely. Integrative and complementary medicines are necessary for a holistic response to physical and mental well-being. Restrictions on integrative practitioners will deprive many of knowledge of effective (and often cheaper) solutions to their health problems.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 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 prefer to travel more than 3 hours to see an integrative GP who provides holistic care that gives results and I have no qualms about paying to do so. Incredibly should be allowed to have this option if I so choose. If this is taken away from me then my only alternative would be to order supplements and/or medications from overseas via the internet. Seeing an integrative GP is a much safer option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:39 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is imperative that choice and control of a person's health remains with them and that ALL options be presented for consideration and uptake. Having been on the mainstream medical treadmill and ending up chronically unwell - I was fortunate enough to have a supportive medical practitioner and have used alternate therapies in conjunction with mainstream practices to arrive at a place of wellness. You CANNOT take choice away!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 12:35:40 PM

To the Medical Board of Australia,

I support Option 1.

I only use doctors who utilize integrative therapies as I find these work best for me and welcome the choice of being able to do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:15:48 AM

To the Medical Board of Australia,

I support Option 1.

choices under threat

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 9:57:13 PM

To the Medical Board of Australia,

I support Option 1.

My family and I have been using complimentary therapies for many years
and we would have major hardships with the proposed changes.
Please do not change the rules.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:12:44 AM

To the Medical Board of Australia,

I support Option 1.

Intergrative medicine has helped my family in beat and assist many of our ailments. From back pains, asthma and general well being. Where pharmaceutical medicine let us down with more health issues then where we started.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:40:11 AM

To the Medical Board of Australia,

I support Option 1.

I strongly oppose to the government not supporting the choice for people to seek alternate medicine opposed to 'conventional'.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 7:50:49 AM

To the Medical Board of Australia,

I support Option 1.

Access to integrative and complimentary medicine is a choice to be made by individuals not the medical board of Australia. Leave things as they are please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 11:17:46 AM

To the Medical Board of Australia,

I support Option 1.

Over my lifetime I have been prescribed regimes of Vitamins by expert, professional specialist doctors - some Professors - at the top of their field. These professionals were not even traditionally described as "alternative health" practitioners.

They are/were specialists who recognised the research and literature on the benefit of certain supplements in areas of treatment.

Whether this be B1 and B6 for menstrual health, flaxseed oil and evening primrose oil for rheumatic pain, magnesium for cramps and constipation, oral Vitamin D supplement and regular testing for severe Vitamin D deficiency in a person who has had multiple BCCs removed and for people with MS, Vitamin C for nerve pain post orthopaedic surgery, acupuncture for pain relief, breath testing for bowel dysbiosis, chiropractic - not for manipulation, but for specialist Ax and direction in exercises to treat severely impaired balance, yoga, guided relaxation by exercise physiologists, meditation, mindfulness, tai chi and hypnotherapy. Specialist dietary interventions such as GAPS and FODMAP, prescription of cranberry juice, cranberry supplements and melatonin.

All of these and more have provided helpful and sometimes essential and the most definitive assistance even when parallel "mainstream" treatment either failed, was less effective or indeed caused harmful/unnecessary side effects through conventional medicine.

It is essential that all health professionals be able to openly treat with and recommend so called "alternative" medicine. It is probably way past time that actually more "alternative" medicines be added to the approved medical schedules, than any be taken off. Eg acupuncture provided the only pain respite for me when I was first diagnosed with Fibromyalgia. I had it through seeing a chiropractor who was also trained in Chinese medicine and acupuncture, and was only able to afford it via some Medicare supplement. I had to stop it after the few Medicare supplemented sessions because I couldn't otherwise afford it. That left me in unremitting, unrelieved pain with no respite.

Alternative medicine has developed in scientific and/or evidential knowledge exponentially over the last 20 years.

The capacity to measure epidemiology and epidemiological trends has become immense - and for example has led to the identification of higher rates of MS in areas of low sun and areas of active sun exposure reduction programs. Which led further to it being identified that some people, including obese people do not absorb Vit D from the daily recommended sun exposure, or even higher exposures, and some disease groups need Vit D at higher levels than the bog standard "satisfactory" level.

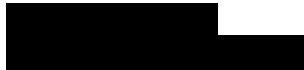
Science and medicine's capacity to measure epidemiological data, and trends and observe and measure useful and effective relatively low cost interventions, before they are triple blinded, and published in the Lancet or BMJ or AMJ and certainly before they go through the snail pace "approval" trials and processes.

To quote one very scientific, rational mega mainstream surgeon "We know high dose Vitamin C helps with nerve pain. We don't know how it works, but we know it works." I still had Lyrica, Endone and others,

but the long term one with no side effects was the Vitamin C.
Please do not take the hugely retrograde step of limiting or even
disallowing such advice and treatment.
We are in a world where science, epidemiology, data collation and
collaborative medicine can develop beyond the pace of past processes.
To limit the public use, recording and recommending of so called
“alternatives” will be to limit the development of medicine in our
modern world and/or to drive it underground- as in my childhood.
We should be moving forward, not moving anxiously, and with fearful
conservatism, backwards.
Thank you for attending to my submission.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

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

To the Medical Board of Australia,

I support Option 1.

I rely on my GP to provide natural health care advice and treatment options as this is what is in alignment with the core values of me and my family. It has the best results that support my overall wellness and do take this option away from us is absurd!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:56:29 AM

To the Medical Board of Australia,

I support Option 1.

Patients deserve the right to choose the type of medicine which best suits their needs. They require integrative and complimentary treatments to address health issues that either CANNOT be successfully managed with standard medical approaches or where conventional approaches produce unwanted adverse effects.

Access to integrative and complimentary medicine is absolutely vital for myself as a patient. I suffer debilitating symptoms (fatigue, pain, insomnia, depression, anxiety) due to an autoimmune disease that conventional medicine cannot cure and is poorly managed with medication. In fact standard medication actually made my condition worse. It wasn't until an integrative GP offered nutritional supplements, compounded medicines and diet and lifestyle advice that I had improvement in my condition and regained my health. It saved my life.

My sister suffers from histamine intolerance - a condition that most GPs have never even heard of. There are no conventional medicines or treatments for her condition but with advice and treatment (diet, lifestyle, supplementary nutrients and enzymes) of an integrative practitioner she is able to manage her condition and regain quality of life.

I am also a qualified nutritionist and many of my patients have found similar benefits from using integrative and complimentary medicines. Many of them suffer from intolerances or allergies which actually make it impossible to use standard pharmaceutical medicines as most contain excipients that they react to. Being able to use nutrient supplements or alternatives made by compounding pharmacies without excipients has literally saved their lives (and improved their health).

If the MBA imposes restrictions on integrative practitioners, the public health system will be burdened with more and more very ill patients who have no prospect of improved health due to the limitations of conventional treatments. These alternative approaches are irreplaceable. So many ill people have no other options and rely on them to gain and maintain quality of life.

Please uphold the patients rights to holistic healthcare and the doctor's right to provide new and innovative practices including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 10:02:19 PM

To the Medical Board of Australia,

I support Option 1.

I totally support patient access to integrative and complementary medicine practitioners. I have had 'chronic fatigue' related issues for the past 20 years and have been told many times by 'conventional' doctors that there is nothing wrong with me. I was told I was attractive and I should stop thinking about my health. I was told there is no such thing as chronic fatigue by a number of doctors. I was told I was eating too many rice cakes and that's why I was tired. Clearly that was not the case. For the last 5 years I have consulted with integrative medicine doctors who have provided many answers as well as treatments and strategies for dealing with my ongoing health issues.

I am now able to work full time while managing my health using a number of holistic practices.

I believe it is very important to allow patients a choice when it comes to managing our health. Had I not had access to integrative doctors I would be unable to work and I would be certainly not able to live the happy and fulfilling life I have now.

Please do not change the current guidelines in relation to integrative health doctors and practitioners.

Yours sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 8:51:38 AM

To the Medical Board of Australia,

I support Option 1.

I have seen first hand the benefits in Patients seeing GP's who use integrative medicine. All treatment should involve getting to the cause of the problem and trying to rectify this. You cant do this in a 10 minute consultation. Ultimately a patient who wants an integrative approach is motivated to make changes, become healthier and be less burden on the health care system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 3:56:21 PM

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine provides a more rounded approach. It has great focus of lifestyle diet, exercise and nutrition which traditional mainstream doctors have no training or understanding. I currently see doctors that prescribes natural alternatives he as a much higher success rate with patients as it is not just treatment with drugs that have terrible side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 8:21:55 PM

To the Medical Board of Australia,

I support Option 1.

I think it's a fantastic thing to be able to go to a GP and get advice on vitamins, alternative therapy referrals, or anything else that my GP has done research into and deems valuable to me. As a matter of fact, I chose the GP I am seeing because she has a vast knowledge of what's healthy for her clients.

Who exactly is funding and governing this new reform? If the answer has anything to do with pharmaceutical companies, then those that are currently in power need to put health before greed.

Leave it up to the individual GP to know what is best for their patients!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:31 PM

To the Medical Board of Australia,

I support Option 1.

Through wholistic care I have been able to regain my sense of self without resorting to prescription antidepressants which would have seen me putting a strain on our already buckling Medicare system. I wholly support Medicare but without professionals who seek to fix a problem rather than treat a symptom through myriad avenues including complimentary medicine our medical system will crumble and people will remain sick.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 3:41:18 PM

To the Medical Board of Australia,

I support Option 1.

To Hom it may concern,

I support Integrative medicine because I believe we should have a choice. When my GP couldn't give answers to the pain I was feeling all over my body, I resorted to finding someone who could.

It is supplements like Vit D3, magnesium , Activ B, Oestradiol and Progesterone, that under supervision, have restored my energy, health and more important, have helped me to manage my pain.

For all the above reasons, I strongly support Option 1.

Kind regards,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 10:13:53 PM

To the Medical Board of Australia,

I support Option 1.

Please don't take away practitioners rights to integrate alternative/complementary medicine or modalities into their general practice and advice. It's obvious that it works and people want it. Don't take away peoples choice, as well as practitioners who have gone the extra mile to broaden their services and knowledge, to better the health of their patients. There is a place for both ways and I personally use both. The result is health and less burden on the medical system, isn't it? Medicine all began thousands of years ago, these modalities and medicines are long standing traditional practices that are still around for a reason. [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 5:33:44 AM

To the Medical Board of Australia,

I support Option 1.

I write to strongly support Option 1 - no change to current guidelines.

Value based care requires moving toward improved patient experience and choice, rather than restriction. I personally prefer a blend of complementary and mainstream treatments. Complementary therapies are used to maintain my family's wellness (highly effectively). Illnesses are treated with both complementary and mainstream treatments as relevant.

We have accessed a range of health care therapies including Chinese medicine and acupuncture, herbal supplements, occupational therapy and so on.

Chinese medicine and acupuncture cured my lifelong eczema. Since childhood, I had been afflicted with moderate but ongoing eczema on my arms, legs and face. In my mid-30's I consulted a TCM practitioner, and within ~6 months of herbal treatment and acupuncture, my eczema was resolved. Nearly 15-years later, I remain eczema-free, versus 30-odd years of steroidal treatment to treat symptoms rather than cause.

Complementary medicines are safe, valuable, effective and a contribution to patient experience and choice.

I strongly support Option 1.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:44:23 PM

To the Medical Board of Australia,

I support Option 1.

As an Australian citizen we have always had the right to choose how we care for our own body. These changes limit and deny the use of treatments that have previously been available. Your decision to limit access to integrative therapy will cause harm to the livelihood of many and it is completely unproven that it is necessary to take measures to prohibit access to such treatments. Is the Australian government for the health of its people or are it's loyalties invested in the Pharmaceutical industry - which has proven time and time again to be a harm not a help to human life. A government should be upholding the rights of its people and this decision directly harms the people's ability to choose what is right for their health. Freedom to care for one's own body in whatever way one chooses, is a God given right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:33:58 AM

To the Medical Board of Australia,

I support Option 1.

Before our family found Integrative Medicine Doctors, we were going to be burdens on an already strained healthcare system and NDIS. Instead we now have children winning education awards. The AMA should be questioning why they're so threatened by Integrative Medicine. How dare you try to prevent people from getting needed medical treatment and Healthcare. Before limiting our healthcare access, perhaps investigate why people are choosing to pay above the Medicare threshold to see Integrative Doctors and Practitioners. Why people have been unable to get adequate medical care from their General Practitioners. Our Son wouldn't be here today had the restrictions you want to put in place prevented his access and treatment provided by Integrative Medicine Doctor. How about you focus on improving the services and knowledge base of regular General Practitioners. Rather than restricting the treatment options of those Doctors and Practitioners that are clearly more invested in positive treatment outcomes for their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 6:19:34 PM

To the Medical Board of Australia,

I support Option 1.

Please choose wisely in allowing integrative and holistic practioners to continue their positive work. What they provide to the wider community that are seeking practical effective treatment alternatives is phenominal and as a paramedic interacting with patients myself I've witnessed so much positive already.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 1:27:10 PM

To the Medical Board of Australia,

I support Option 1.

I have been informed that the Medical Board of Australia (MBA) is seeking public feedback on new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. This is my submission.

I have been suffering from anxiety & depression for a number of years - it is often debilitating forcing me to take time off work & greatly affecting my personal life. I tried mainstream treatments with little success for various reasons. Because of this lack of success, when my local bulk-billing doctor suggested an alternative therapy - I agreed to try it. I am very happy with the results & feel I have found a suitable match for my personal situation & healthcare needs. I thank my doctor for informing me of my choices regarding complementary medicine.

Because of this experience, it is obvious that mainstream treatments are not suitable for everyone - some conditions require complementary and unconventional medicine and emerging treatment. If this is not offered as an option by medical general practitioners there will be people who do not have access to suitable healthcare.

The Medical Board of Australia is in place to ensure Australian citizens are provided the correct medical care for each individual - and through this, for the entire population. It is the right of the Australian citizen to have access to healthcare & all options need to be included for the correct choice to be made. Removing options removes the possibility of finding the right treatment and will forfeit the citizen's right to healthcare.

Tightening regulation of medical practitioners who integrate "complementary and unconventional medicine and emerging treatments" will forfeit the Australian citizen's right to appropriate healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 8:44:04 AM

To the Medical Board of Australia,

I support Option 1.

I am strongly opposed to the proposed restrictions. I have visited integrative doctors to help me deal with Rheumatoid Arthritis. I choose not to take prescription drugs as I do not want to suffer the side effects.

Planning a treatment that includes vitamins and dietary changes gives me another option for reducing my symptoms. I have had great success with this approach for the last 20 years and do not intend to change.

If I did not have the assistance of an integrative doctor, I would be doing my own research and making decisions based on that. By consulting a trained medical professional I believe I can make better choices. The restrictions will make it harder for me to make those fully informed choices.

In the end it is all about choices. My health is my responsibility and I will continue to choose the treatment that is the best fit for myself. I am not alone in this. There are many people who currently use natural treatments for health issues. They will not stop doing so if you restrict access to integrative doctors. They will, like myself, find other ways of gaining the information they seek and the medical profession will miss out on a growing market.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 12:19:32 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine assists me maintain good health which enables me to keep up with life. I need access to these therapies through registered practitioners who can ensure my individual needs are met.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I believe that people should have a choice in their and their families health. Doctors who see the need for nutrition and healthy lifestyle as an important part of of persons health are doing their job.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 7:43:39 PM

To the Medical Board of Australia,

I support Option 1.

When the body is sick, it has a nutritional deficiency, not a chemical deficiency from not enough drugs. Quit trying to push “modern medicine” on everyone. We all have a right to choose what we put in our bodies and how we deal with sickness. Please remember this when considering these proposed changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:06:49 AM

To the Medical Board of Australia,

I support Option 1.

I support alternative medicine and the right of registered practitioners to practice as they see fit. The use of Natural medicine is safe and effective. The NHMRC had to ignore that every culture in history, many of them independently have concluded that plant based medicine have a favorable physiological effect, to conclude there is no evidence to support it. It had to ignore that a large percentage of patented pharmaceuticals are based on the active components in plants. They also had to ignore large amounts of research proving its benefit. This is nonsensical and is scientism not science. The practice of health care shouldn't be dominated by the whims of the massive multinational pharmaceutical corporatocracies. Practitioner experience is evidence in itself. The public and the health care professions should have the right to choose their health care free from domination and interference. I will personally encourage people to grow their own plants for health if you succeed in this denial of personal freedom.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:58:03 AM

To the Medical Board of Australia,

I support Option 1.

Australia cannot afford to rely solely on conventional medicine for our growing health problems and complementary/integrative medicine requires and involves the patient in their own healing - not a word used by conventional doctors. And what a progressive approach that would be - expanding the health services instead of restricting them. My experiences with conventional doctors has been dismal over the years for chronic fatigue, postpartum issues and health issues that are not just physical in origin. In conventional medicine, each aspect of an illness is compartmentalised requiring seeing individual physicians with each doctor charging the health system and my family, until we could no longer afford to go. Our experience with integrative doctors and complementary medicine has been exemplary - detailed diagnosis, extensive questioning of my life history to pinpoint the CAUSE of issues, encouraging change in diet and nutrition as well as providing information putting responsibility on me for LIFESTYLE choices. After many years I am 100% better. I would be on anti-depressants if I listened to the first Dr who spent 10minutes with me. I see a conventional Dr if I need a prescription for drugs or I'm wounded. I ONLY see a complementary/integrative medicine specialist if I want healing and real change. My current GP couldn't even read my blood tests asking me to go and see a specialist - my integrative Dr asks to see a full history of results to help paint a full picture of me as a human being! I pay \$500/mth in private health. I will be dropping out soon due to it not even reflecting the services I want and most certainly will be dropping out if integrative medicine options are removed. Shortsighted thinking Australia! No wonder we're getting as sick as the USA!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 3:50:09 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine as a human right to choose the medicine that works best for the health condition.

I use mostly Integrative & complementary medicine for my health and that includes supplements.

I find it hard to believe that a democratic government would restrict the choices of its citizens. Democracy implies 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, 9 May 2019 2:44:40 PM

To the Medical Board of Australia,

I support Option 1.

I seriously do not understand the drive to abolish or diminish integrative health practices. Integrative health is used by people who have tried the traditional medical system to no avail or those who are being proactive in regards to their health. These individuals are for the most part incurring 100% of the cost for any treatment they choose so I believe there is far more discernment around their choices.

Our current medical system is clearly not working and we are constantly reminded that it is unsustainable so to my mind it makes complete sense to be seeking cheaper, more sustainable and more effective treatments and modalities.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 27 April 2019 12:42:18 AM

To the Medical Board of Australia,

I support Option 1.

It is an outrage to want to restrict doctors from providing what they and their patients deem to be appropriate strategies including integrative and complimentary medicine. It is clear that there are sinister financial motivations behind these restrictions. Too often, the medical industry pushes the patentable money-making medicines that manage symptoms only to create more symptoms onto patients and neglect to offer alternatives. Although some doctors won't take the time to offer alternatives, how dare anyone stop those who care enough for their patients to try and get to the very root cause of problems and offer integrative and complementary medicine as options. Although herbs, vitamins, minerals, natural therapies etc. can not be patented and offer little financial gain for the medical industry, they have a long history of success - longer than allopathic medicine has existed and with far fewer casualties than the alarming number of patients harmed or killed by pharmaceutical drugs and harsh treatments such as chemotherapy. I have personally found integrative and complementary medicine to be more effective and without harmful side effects in my own health and have observed the same many times over in the lives of loved ones. They are not fringe medicines and every person should have access to all types of medicines available. All doctors must be able to recommend without threat or coercion the medicine that they deem appropriate for the patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 1:54:31 AM

To the Medical Board of Australia,

I support Option 1.

There is such a wealth of evidence across the world that complementary medicines have positive benefits, it seems unbelievable that they would not be included in our healthcare system. Please respect the rights of all patients to choose such complementary practices, as is the case in many other countries such as Germany and Switzerland.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 5 June 2019 7:16:52 PM

To the Medical Board of Australia,

I support Option 1.

I strongly object to the argument that we need to tighten regulation of practitioners providing integrative treatments. The doctors who would be affected by any change are already fully qualified in conventional systems, and are qualified to make sound, medical judgements. They do not need restrictions on their ability to advise on what is likely to be the best treatment for their patient.

Re "Off label prescribing". While drugs may be marketed for one particular illness, they have multiple effects. The drugs have been proven to be safe to use, so they should continue to be allowed to be used for any of their effects.

Compounded medicines can be useful and should be available when a conventionally qualified doctor advises their use.

Vitamins are essential for life and medical doses are appropriate support in some illnesses, so there should be no restriction on doctors advising their use, or that of other non prescription medicines, including herbs.

It is extremely shortsighted to believe that conventional medicine has all the answers.

It is impossible to overstate how highly I value being able to consult with conventionally qualified doctors who also have a broader knowledge. I have found the "non conventional" treatments I've listed above to be essential to treating my severe, disabling illness that has affected me most of my life. Conventional medicine offers virtually no help for this illness, and doctors with only conventional medicine to call on are helpless in the face of it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support doctors being able to give integrative & complimentary medicine to their patients. Patients have free choice whether to take it or not, THAT is democracy. Government has no right to take that choice away from people. It is becoming increasingly aware that the pharmaceutical's are funding & dictating & they must be feeling threatened to get behind the government to implement these changes. Money & greed will be the downfall of these companies, does the government really want to be connected with them??

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 11:29:22 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine allows you to take your health into your hands. This approach allows you to find the right approach for your own unique health concerns and situation. Some people require different types of treatments at one time, others need only one. By allowing the people to choose for themselves you are allowing them to take their health into their own hands and help to regain that health and continue to be a productive member in there community and society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:28:17 AM

To the Medical Board of Australia,

I support Option 1.

I have used integrative and complimentary therapies my while adult life for all different illnesses and injuries with great success and outcomes.

I am disheartened to think these services will be dictated to the community by MBA believing they have no benefit to MY CHOICE of health care.

I believe the MBA is extremely naive in thinking these services are out no benefit to my health and wellness. Some of these services have been in practice for thousands of years (acupuncture & the like from China and India). For the MBA to highly restrict these services or to attempt to abolish them altogether is unbelievable.

Clearly big Pharma has a huge financial interest in the MBA making changes to the current system as they want full control of societies health care to continue keeping society addicted to drugs and to keep them living in fear that they need to take their medications in order to stay alive, sick, unwell with multiple co morbidities living long lives with NO quality of life what so ever.

I've been nursing for NSW health for 25 years. I've seen first hand the quality of life people are living now. Big Pharma DON'T have all the answers for my health.

It should be my CHOICE as to what I chose for my health care.

I will continue to call on the services of integrative GP. They are of huge benefit to mine and my families health care.

Sincerely [REDACTED].

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 1:11 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is crucial to a useful medical consultation- without it people will bypass the GP and use only a naturopath or similar- which is likely the opposite result of what you are wanting to achieve with this change in legislation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 3:31:29 PM

To the Medical Board of Australia,

I support Option 1.

I only use natural therapies as I feel all prescription medicine in the past has not helped my cholesterol and depression I use yoga essential oils to keep this under control with any adverse effects as I get with prescription medications

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:27:19 AM

To the Medical Board of Australia,

I support Option 1.

I vehemently support the right to choose my own health treatment
Including integrative and complimentary treatments.

I am a fit healthy over 45 because I utilise natural supplements and
do lots of exercise with the assistance and guidance of my GP,
chiropractor and naturopath. I believe in the centuries old Chinese
medicines and acupuncture techniques to heal and treat ailments
without pharmaceuticals

If the MBA imposes or restricts our choice to access - there will be
just an underground approach instead which should never be something
human beings should be faced with to protect their own bodies and
choices in how to keep healthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Please, realise the importance of intergratiive medicine. No one ever died of an oxycycontine deficiency but people can die from vitamin deficiency & these doctors can help.

For years my symptoms & problems had gone unresolved by 'traditional medicine', to point where I took myself to hospital because I wanted to commit suicide.

Since being referred to an intergrative doctor I finally feel like I am being supported & I am feeling so much better. He hasn't thrown all my 'traditional' meds out. In fact he encouraged me to stay on them when I wanted to come off them. BUT the difference is, he takes the time to get to know me, offers holistic support to me. And this has saved my life. Literally saved my life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 1:01:20 PM

To the Medical Board of Australia,

I support Option 1.

I have used integrative and complementary medicine most of my adult life as well as traditional medicine where appropriate. I use acupuncture for pain relief, osteopathy for back issues, Chinese herbs to help lift my energy levels (successfully), massage for relaxing my back when it's in pain, vitamins such as B for stress and C when I can feel a cold coming on. I have a son who has suffered anxiety. I did not want him to go on medication and sought other types of approaches through the doctor.

Your new proposed guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice, facing restrictions in the future, is, I believe a step backwards. The efficacy of many of these complementary medicines and approaches such as hypnotherapy is well evidenced. Surely we want to have the broadest range of possible treatments available to our doctors and that it is up to the client which doctor they choose and whether they align with the approach.

I am concerned that this pathway is not in the best interests of the public.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:23:29 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary medicine as I believe it can be useful. Acupuncture, herbs, vitamins and minerals, kinesiology and hypnosis are examples for evidenced therapies that can be integrated. The efficacy of hypnosis is evidenced in many medical papers for chronic pain relief, IBS and habit breaking. Micro vitamins are at the leading edge in treatment of depression and anxiety as evidenced by Doctor Julia Ruckledge in New Zealand. We have a society moving toward more holistic means of treatment in tandem with the medical model -Shouldn't we leave it to the users to decide?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:30:15 PM

To the Medical Board of Australia,

I support Option 1.

Surely, for the overall health & happiness of this nation - access to any & all complementary, integrative medicines...a multiprong approach if you will, allows for optimal chances for full health & well being? Isn't a healthy [of mind //!body & soul] nation of contributing individuals, the ultimate end game?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:52:24 PM

To the Medical Board of Australia,

I support Option 1.

I believe patients should be able to support integrative and complimentary medicine.

I have benefited significantly from these types of treatments and believe it is our right to make decisions for ourselves and in relation to our health and preferred medical care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 8:20:50 AM

To the Medical Board of Australia,

I support Option 1.

It is crucial to me (for one) to have choice in the care of my health. I have followed alternative choices for most of my life and although I sometimes follow medical guide lines, I need to be able to choose the modality/ therapy that best suits my individual, personal needs. To be forced into the restrictions by doctors would be wrong, and could cause further medical problems needing further unwanted treatments, expense and complications. Surely in this age and time we must have choice, according to our rights and needs. It is so important for doctors to have the right to choose complementary medicines and modalities according to individual patients' needs and preferences. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 1:19:33 PM

To the Medical Board of Australia,

I support Option 1.

Proper access to complementary and integrative medicine from qualified practitioners is so important as they each approach health from different angles. While more immediate and symptomatic relief can be offered with both natural and medical pharmaceutical treatment the correct application of these together actually improves the treatment process.

For example if a patient is recurrently sick, constant treatment with antibiotics can quickly lead to a development of antibiotic resistant bacterial infections. Whereas if there are severe immune "strengthening" approaches that can be used with complementary medicine you can assist the patient by improving their body's own ability to fight off infection or reduce the severity of their infection, thus ruling out the need for the use of antibiotics. This would mean that if the patient's condition worsens and antibiotics become absolutely necessary, their efficacy is likely to be greater.

This is quite a simplistic view but it is difficult to condense years of research and study into a simple blurb as it is also doing so many people a great disservice to ignore so many elements of their health and condense in depth application of knowledge into simple 10 minute consultations if guidelines are to change.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:56:51 AM

To the Medical Board of Australia,

I support Option 1.

Hello.

I'm on a disability support pension and have three autoimmune conditions. Mainstream, Western medicine has been of great help to my condition but on its own it wasn't enough. I needed integrative medicine to work in conjunction with mainstream medicine to keep me well. Like many patients I need the complementary as well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 4:02:08 PM

To the Medical Board of Australia,

I support Option 1.

Why do I support patient access to Integrative & complementary medicine?

It has saved my life, literally. Having many autoimmune conditions and illnesses that were undiagnosed for decades, that the medical associations couldn't diagnose, integrative medicine kept me alive and functioning. Integrative & complementary medicine has helped me. For 20 years I was unable to work, sick in bed most days, unable to move, vomiting and in extreme pain. Mainstream medicine could not diagnose or help me. I have about 6 autoimmune conditions, and it was integrative and complementary medicine that kept me going.

The reasons why I use Integrative & complementary medicine, is for the extreme pain I suffer and for the brain fog and the difficulties with my mobility.

It will be devastating if the MBA impose restrictions on Integrative practitioners. I have needed the complementary practitioners to deal with my complex health issues. General practitioners were unable to help me. After 20 years of illness I finally found relief with integrative doctors. If restrictions were placed on integrative Doctors, I would no longer be able to get the help I need.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:25:57 PM

To the Medical Board of Australia,

I support Option 1.

I have a high sensitivity to medications and use complementary therapies to support my overall health and wellbeing.

I also work in the medical field. Many patients have described benefits of both medical treatments and therapies as we know them in the 21st century and complementary therapies for getting well and staying well.

There is no one size fits all for people's health and wellbeing.

Restricting doctors/practitioners or any other title you choose to use will have a detrimental effect on treating fellow human beings with what is best for them, not what a board, who in my opinion, should have the experience to know that modern medicine cannot help everyone and that even if you don't like it because it may effect egos or reveal an ignorance of the benefits of complementary therapies, tells the treating doctors what and how they are to treat their patients with no lateral thinking allowed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 11:05:14 PM

To the Medical Board of Australia,

I support Option 1.

I have always used integrative medicine with great results Many friends and family also use it for their benefits. This is a personal choice as it is non invasive and I feel the choice should be mine. No side effects!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:02:38 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine gives me options on how I want my doctor(s) to treat me as well as looking at ways to prevent and manage illness without drugs. There is no reason why the current guidelines should be changed especially given integrative and complementary medicine is evidence based. In fact, it should be supported and practised by all doctors!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 10:57 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that diet is fundamental to health. I prefer my health to be looked after by someone who thinks outside the square. Not just the medical model. Holistic health care which may include changes to diet, supplements, and medical intervention are all part of my plan. By narrowing the terms and making new rules I see a diminishing of choice for people seeking help. There will always be practitioners who do not act in the best interest of the patient but these people are already held accountable with the existing framework.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 9:48:44 PM

To the Medical Board of Australia,

I support Option 1.

When I made the choice to see a holistic doctor, my health improved without the negative side effects from pharma pills! Instead was given herbs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:40 AM

To the Medical Board of Australia,

I support Option 1.

I have chronic health issues n have used both western n integrative drs n found that in long term the best approach was the integrative dr n naturopathy n chinese medicine that helps me to wean off my medication slowly. It is an impt choice n we all must have a choice in choosing the best for managing our health. Many clinical evidence n latest global research shows acupuncture, naturopathic n integrative supervised supplements n compounded supps, chinese medicine, clinical naturopathy, microbiome n gut health link to mental health

Please do not restrict the integrative drs n compounding supps n all the other allied natural therapy as they do all play an integral role together with the conventional medical dr for a wholistic health. Thank you for your understanding n the power of choice in health!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 8 May 2019 4:45:09 PM

To the Medical Board of Australia,

I support Option 1.

I am very saddened that this is happening, what happen to be able to have FREEDOM of choice, it's our Health. I suffer with Rheumatoid arthritis and Osteoporosis & Natural Medications helped me enormously & having Acupuncture too. Let us decide what we want to put into our Bodies, at least taking Natural Medications, you don't suffer the side effects like normal western medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary healthcare is essential to people like me who frequently have serious, even life threatening side effects to pharmaceuticals. Doctors and patients need the right to administer and receive safe treatment for each individual. Both my father and I nearly died as a result of pharmaceuticals and I have had life threatening side effects on other occasions. (heart attack, liver failure, debilitating dizziness, memory loss, ineffective pain management even with opiates.) Only by administering alternative herbal and or vitamin treatment was I able to recover. If this right is taken away from doctors and patients, more people will no longer seek professional help from doctors and will self medicate to try to cure themselves, which is inadvisable without professional knowledge. One can only presume this proposed change is being pushed by big pharma, who are afraid of losing profits even though they make billions and don't care if they put people's lives at risk. Or are doctors who don't use holistic medicine afraid they will lose patients to integrative practitioners because they can't be bothered educating themselves in holistic therapy? It is essential for many people to have access to the best natural and non pharma treatment available. A good doctor who cares about his or her patients will be happy to use the best of both worlds. PLEASE DON'T RESTRICT GOOD DOCTORS FROM USING THE BEST THERAPY APPROPRIATE TO EACH PATIENT.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 5:11 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a mature professional who values preventative medicines and holistic therapies, I am strongly against removing complementary and integrative medicines access. I have often utilized therapies for my family that have negated the need for surgery or pharmacological interventions that are offered by western medical practitioners. I do not wish for these to be taken from me or my family

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 8:02:50 AM

To the Medical Board of Australia,

I support Option 1.

I'm writing to you because I am concerned about the future of natural & complementary therapies. I have used natural therapies for years for my health & well-being resulting in infrequent visits to the doctor. I believe that restrictions should not be placed on doctors or natural health practitioners in prescribing herbal treatments, vitamins & mineral supplements. These natural therapies & practices have been used for hundreds of years & many are incorporated in pharmaceuticals & medicine. I believe the restriction of prescription, whether it be from natural practitioners or doctors, is a violation of my right as a patient to be offered options regardless of whether they are natural & complementary or not.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 3:43:07 PM

To the Medical Board of Australia,

I support Option 1.

My name is [REDACTED]. I suffered for very long from 2008-2015 with vitamin deficiencies I didn't even know I had. My body had problems with under-methylation and stress also added to the depletion of minerals. I went to "conventional" doctors that gave referred me to doctors that gave me anti-depressants, mood stabilizers without knowing the root cause of my mental issues was the lack of vital nutrients.

I could say that without the specific compounded capsules my integrative doctor gave me, I would have committed suicide by now. My decline in physical health led to the decline in my mental health. The blood tests and integrative medicine approach of my "alternative" doctor changed my life. I can work without having to take days off, my relationships with other people have improved and I have hope.

I was given the diagnosis of Pyroluria and High-Histamine. I had the symptoms and healed with the treatment, even though conventional doctors would classify this as quackery. The compounded capsules worked. After so much suffering, trying prescription drugs and visiting psychologists, I finally found the root cause.

I write this letter to you, to let you know how grateful I am for my integrative doctor. In the future, health issues related to electromagnetic sensitivity may also arise. This illness is addressed in the UK parliament in the video below. (Please forward to 16:35:30.)

https://www.parliamentlive.tv/Event/Index/6e555c76-9f87-4c47-ae3f-33d1a68e9fc6?fbclid=IwAR0Hd8NWHWn4Q0M_GlH5mbi6g31bB0R4zVXtpzO0KxUxImE6Zh_ym0Fi4rk

Thank you for your time. I wish for the best health for every individual, as different as we all may be.

Kind Regards
[REDACTED]

I consent to publication of my submission without my name.

Sincerely,
[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 9:00:39 PM

To the Medical Board of Australia,

I support Option 1.

I believe that attempts to restrict the practice of integrative medicine will severely compromise my health. Four GPs in the last 15 years have failed to diagnose my Hashimoto's disease and try to treat my underactive thyroid with no success because they did not take the time or have the expertise to delve deeper or test more than one metric. Without integrative medicine I would still be suffering. You must understand that integrative medicine is not the same as naturopaths and other crackpots, it is a medical discipline practiced by highly trained and skilled doctors with university medical qualifications. It is important that patients have the right to choose health rather than be confined to suffer from disorders that are more complex than a 10 minute consultation with a GP allows.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:08:16 AM

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to integrative and complementary medicine. My family and I have been using these effective, natural approaches for over 30 years. I have no doubt that family members would still be suffering from conditions including asthma, skin conditions, and musculoskeletal disorders if we had not been able to access doctors and other allied health professionals who use integrative and complementary medicine.

From my extensive experience with these forms of medicine, it is clear that the underlying cause is addressed, in natural, and cost-effective ways. Positive rather than negative side effects are delivered. This is indeed a commonsense approach to health and wellness, rather than many "conventional" medicine approaches, that merely treat symptoms and do nothing to restore the basis of health and prevent further problems.

These integrative and complementary medicine approaches are an accepted, even lauded part of the healthcare systems of many countries. It is our democratic right to choose the type of healthcare we want.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 9:59:31 PM

To the Medical Board of Australia,

I support Option 1.

The first and most important rule of healthcare is to do no harm. While modern western medicine continues to harm thousands of people every day, the low risk and often underrated efficacy of natural therapies is a worthy avenue for many people seeking answers for their ailments. Removing these forms of therapy not only threatens our basic human right for freedom of choice, it continues to serve the monopoly of the largest and most powerful lobbyists in the world: the pharmaceutical industry. Modern western medicine bears a large share of the demise of human health in the past century, so why should we make it the only choice available to our people?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 10:15:08 AM

To the Medical Board of Australia,

I support Option 1.

I fully support integrative and complementary practitioners and the treatments they give. For me I have found healing and renewed health with their support. Something mainstream Doctors did not offer. They integrative dr and naturopath I see use natural medicines as far as possible. I believe God made these for us to use and to heal our bodies. Sure there is a place for mainstream medicine but it is often full of undesired side effects and doesn't work for some people. I believe the two modalities can work side by side. I do this and it works so well. Placing restrictions on natural therapies and integrative doctors will have a negative affect on so many people's health. I feel it is also disrespecting them and their professional qualifications and experience. I believe my health will suffer if restrictions on natural practitioners are put in place.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 5 May 2019 5:00:55 PM

To the Medical Board of Australia,

I support Option 1.

I am writing to share the journey of my son and why I am grateful to have had access to an integrative GP. When my son was 3 months old he had a major gastroenteritis. He recovered well as I was breastfeeding. However in the months following that his growth was affected, his behaviour became very hard to manage, his immune system was very weak and he was sick all the time. Our doctor just said that he seemed overall healthy, that there was nothing to worry about and no treatment was required. When he was 5 years old he became extremely aggressive. A friend recommended that before seeing a psychotherapist we should see an integrative doctor who specialises in gut health. They did Bioscreen stool tests and discovered he had 97% bad bacteria in his gut (instead of 5%). I was told this was affecting his brain and behaviour and his immune system. She recommended a diet, some supplements and kinesiology. The results have been amazing. He is no longer sick and he is settled. I am really grateful that we had access to a doctor who directed us in the direction of true healing. I really value a holistic approach to health and think it is the way for the future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 4:43:05 PM

To the Medical Board of Australia,

I support Option 1.

I need to keep the right to choose which way I want my family to be medically helped. We have always used a combination of western, eastern, modern and ancient medicines. Not overusing, wisely choosing. This is my right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 11:28 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Medical doctors are trained (or should be) in all aspects of patient care. If a doctor has decided to complete further study into alternative/complementary/ supplemental medicine then they should be allowed to utilise these in the best interests of their patients.

I have a family history of being allergic to, or not reacting well to many pharmaceuticals and have previously obtained great benefit from a large range of treatments including, but not limited to, acupuncture, chiropractic and so-called alternative medicines.

I deserve the right to receive the best possible medical care, and am comfortable that I am currently getting that. These potential changes will only benefit pharmaceutical companies and will leave many Australians, like me, suffering as we cannot tolerate medications.

By all means make changes to improve patient safety, perhaps by implementing a stringent licensing system for practitioners and their clinics with appropriate signage for patients.

Please allow us to retain our legal right to decide for ourselves what treatment we can have- please do not take that option away from us.

Many thanks,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

We need to keep integrative GPs! Without ours, my 9yo would be on antidepressants and not the joyful life giving child that he is! We would be a burden on Medicare and he would be struggling. The extra testing and vitamins given to my son has been life changing for our family. I also love that when the time is right he prescribed my 10yo antibiotics for a infected tick bite. The mix of modern and tradition methods works so amazingly!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine because it doesn't require drugs which often have severe side-effects, such as Anti-inflammatory drugs.

If the MBA restricts integrative practitioners, many people won't be able to receive treatments which help them live with their health problems. Integrative practices and treatments, just can't be replaced by drugs and medications.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 27 May 2019 6:40:17 PM

To the Medical Board of Australia,

I support Option 1.

I implore the medical board leave the guidelines as they are. Any change will be devastating to our medical choices. As an Australian I value choice. Democratic choice. General Practitioners are trained well and we honor their knowledge, but it is a well known fact that in the area of nutrition their education is very limited. If general practitioners take on further study to enhance their knowledge for holistic, healthy and natural remedies in order to be of help to their clients...they are to be applauded wholeheartedly. Not penalized. Not debarred.

Those of us who choose integrative doctors, or GP's that are willing to work alongside a naturopath or homeopath of choice, value our health, and value our freedom of choice to find the people who best support our quest for health/recovery. We are motivated people. We value knowledge. We value an integrative doctor's quest to learn more.

That is to be rewarded, applauded, and valued!!!

It is very easy for many patients to visit a GP, get a script, and leave feeling that they must do as is recommended. I abhor the first line of defense being medication if there is another way around improvement of health. Integrative doctors will go the extra mile with me, and I am prepared that it may cost more. But I have always had lasting improvement in each condition when following this path. I am prepared to work hard on my health, and I value that integrative doctors and allied health professionals (properly qualified) support me in that quest and work hard themselves to be educated on alternative health approaches.

It would be a travesty if the guidelines are changed and integrative doctors are prevented from practicing from their knowledge base. This would narrow our field of medical choices enormously and punish those that are doing good in the community. There is ample room for freedom of choice between general practitioners and integrative general practitioner.

Don't change the guidelines!!! To what end would you choose to do that? What a backward step that would be, when as a medical board you could embrace and encourage this expansion of knowledge for the greater good.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 8:53:57 AM

To the Medical Board of Australia,

I support Option 1.

I believe there is an important place for complimentary medicines and emerging treatments. I want my doctors to be able to correctly diagnose health issues for myself and my family, and that may mean taking a holistic approach.

I value the 'alternative' health care I choose to use.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 5:52:46 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complimentary medicine. As a woman it has helped me immensely in my own life with hormonal health and anxiety/mental/ emotional health - where conventional medicine couldn't help me to thrive. I truly value it in our society and I know many others do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:40:55 PM

To the Medical Board of Australia,

I support Option 1.

I wholly and emphatically support integrative medicine doctors using natural and complementary medicines to treat patients. It is imperative that we have the choice to select treatments that are safe and effective without the worrying and necessary side-effects that inevitably come with pharmaceuticals.

I have found complementary treatments to work well for me over the years where pharmaceuticals have not. My medical conditions which have improved and/or been cured include Granuloma annulare, bad sinus infections, osteoarthritis, high cholesterol, anxiety and depression, chronic pain, and chronic fatigue. I continue to use natural medicine to maintain my health and keep a lid on the chronic conditions as they work well and often have beneficial side-effects as an added bonus. My doctor is very happy with how I'm going and if he were unable to provide the advice and treatments that he has, then my health would be a lot worse and I would end up being far more of a burden on the medical system because I would lose my mobility and independence. Pharmaceuticals have either not helped, not been available or have caused undesirable side-effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 7:39 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There is not a one size fits all. Even in conventional medicine we are continuing to learn new things all the time. You can't discount alternative ideas. Everyone is different and there is still so much we do not know. How will we improve ourselves if we do not look at alternatives. Conventional medicine is too closely tied to pharmaceutical companies and this is not always the best approach.

After 5 years of conventional tests and doctors my husband has found no answers. The conventional doctor prescribed anxiety medication. It was doctors giving up on him that caused it. Reading alternative literature he has swapped his diet all done naturally and is better than he's ever been. We need to allow ourselves to safely explore other options. There are many good doctors out there who have so much alternative knowledge. Let them explore it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:13 AM

To the Medical Board of Australia,

I support Option 1.

I would not have my the miracle of my three beautiful boys without alternative health practitioners/lifestyle changes. Western Medicine said their was nothing else they could do, I would not have children. Having said that it was a beautiful Doc and nurses that helped deliver my boys and save my life. The world needs BOTH, they don't take from each other, the enhance each other. When they (western/alternate medicine) work together miracles happen. Isn't that the reason they became doctors int he first place to heal/help sick?

It's commonsense, a Wholistic (whole body/lifestyle approach) is in the best interest of everybody. People have to own their health, be empowered to choose what's best for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 2:34:51 PM

To the Medical Board of Australia,

I support Option 1.

As a patient who suffered with IBS, scant periods, polycystic ovaries and infertility for 14 years. I saw 7 conventional medical doctors in that time including a fertility specialist. It was not until I was consulted with practitioners (who would be affected by your proposed changes) that I was able to get my symptoms largely under control- things started to improve within 3 months of dietary and lifestyle changes + supplementation. Once the bloating, gas and diarrhoea/ constipation eased, I got my periods back regularly and within 5 months, I was pregnant.

I support judicious guidelines and regulations, but the way this is all worded, I suspect the baby is being thrown out with the bath water.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:39:08 AM

To the Medical Board of Australia,

I support Option 1.

I always thought Australia was a free country. I chose holistic treatment for myself because the father of medicine Hippocrates says let food be the medicine and medicine be thy food. In fact it's more than that I believe the medical board is scared because if people took up the holistic integrative medical approach they would be out of a job. You pledge to not cause harm to your patients but they are sick and because they are sick they return to you. How can you be so selfish as to put yourselves before the health of your patients. Shame on you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 11:49:29 AM

To the Medical Board of Australia,

I support Option 1.

People need to be able to choose the type of health care they want. If this passed we will be getting a medical sickness industry controlled by corporations whose only concern is profits. Look to the united states and the opioid epidemic. Where are these people getting the drugs from? The doctors. Isn't it scientifically proven that these drugs are addictive? Yet still we have an epidemic. Everyone does not want to relieve their symptoms with drugs only. There are lots of other natural remedies that work. There is also nothing mentioned about prevention from the medical establishment only drugs to take care of the symptoms

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 10:52:41 PM

To the Medical Board of Australia,

I support Option 1.

I have been using an Integrative GP in [REDACTED] since 2017 for digestive issues. My regular GPs were unable to get to the root cause of my digestive problems and were only able to prescribe reflux medication (which I was told was ok to be on for the rest of my life!). Unsatisfied with this I sought to investigate further. My integrative GP was able to recommend further tests which discovered the cause of my digestive issues. He then gave advice on different treatments including pharmaceutical and herbal.

To have someone who was willing to dig deeper to find the root cause rather than just giving a prescription was invaluable.

Please do not impose restrictions on Integrative practitioners. The amount of digestive and auto-immune diseases in Australia is wide-spread. Patients need to be able to have quality healthcare with Drs that are knowledgeable about these types of health issues, the latest research and treatments. In my experience, your average GP knows little about digestive diseases and will simply prescribe medication.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:35:55 PM

To the Medical Board of Australia,

I support Option 1.

I am of Asian decent and take a holistic approach to my health and general well being incorporating both traditional and conventional medicine. Chiropractic, osteopathy, especially Chinese medicine and acupuncture are a part of my culture's traditional medicine which has helped me heal my body in the past and will do so in the future.

I do not consent to the Medical Board of Australia changing the guidelines which will mean integrative doctors will face restrictions on treatments they currently offer that are not considered "conventional" medicine. This will greatly limit and impact my health outcomes in a negative way as my family, friends and I have used chiropractic, osteopathy, Chinese medicine, acupuncture and other treatments with long term positive health results. Having the option to see a integrative medicine practitioner mean I have the options that is best suited to treat the cause of my current and future ailments and not just the symptoms.

I fully support "Option 1 - no change to the current guidelines" as this will not infringe on the rights of the doctors who wish to apply the knowledge of other healing methods and techniques and also will no infringe on my rights to choose an integrative doctor who has a broad holistic knowledge and apply health solutions that resolves root causes of illness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 5:51:22 PM

To the Medical Board of Australia,

I support Option 1.

I support the freedom of choice for complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 9:20:57 AM

To the Medical Board of Australia,

I support Option 1.

I would like to affirm my complete support of Option 1 - no change to the current guidelines. I should have the right to choose my healthcare, which includes access to integrative and complementary medicine where necessary. In fact, it has only been since including these methods into my healthcare that I have seen more results than I ever have previously.

If the MBA restricts my access to these services then I would be unable to maintain the level of health I currently have.

We should ALWAYS maintain OUR RIGHT to seek what is best for our health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 6:06 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like to strongly voice my opposition to any restrictions on the current practices of integrative practitioners who adopt a holistic health approach to health care.

I would be dead if it weren't for integrative practitioners. I became chronically unwell several years ago, with my health significantly declining over a year, to a point where I am now on the disability support pension. Not knowing about integrative medicine, I blindly followed mainstream medical advice, taking dozens of various types of medications over a number of years, some of which made me significantly worse and which took quite some time to recover from after their discontinuation. I was labelled as a hypochondriac and belittled by several GPs and specialists in my attempts to seek answers and support, over two years. At a time when stress levels were extremely high as I unsuccessfully attempted to find out why I was having a sudden and debilitating health decline, this minimising, invalidation and lack of support only compounded the amount of stress and trauma I was going through. It caused disbelief and fracturing of my immediate and extended family, reducing my level of support even further.

When I finally learned about integrative medicine (through my own research and after stumbling across a national support group for the condition I was ultimately diagnosed with by an integrative practitioner), a whole new world opened to me. It was a huge relief and suddenly I felt there was someone who (a) knew and accepted what I was trying to tell them in terms of what I was experiencing and (b) was willing to work with me on that. I was tested for (and had confirmed) multiple mineral and vitamin deficiencies. Of the latter, I had one deficiency so severe I was at a 400% higher chance of heart complications than the general population and I still require periodic injections years later and re-testing to make sure this is adequately addressed. As soon as I stop the injections, the deficiency recurs. I have another vitamin deficiency that requires regular monitoring and supplementation as, if unaddressed, can lead to an eye condition that can ultimately cause blindness. Integrative medical tests also identified a few other problems that have since been addressed, that mainstream GPs did not.

Most integrative practitioners (and I use the term broadly, referring to both doctors and alternative therapy providers) I have met are not anti-conventional medicine. They are merely seeking to compliment it and provide their clients with as much information as possible so that clients can make informed choices about their own health and have the best chances of regaining it. I strongly believe that so many more people's health would be better than what it is if mainstream medical egos could put aside arrogance and work together with integrative and alternative practitioners.

As someone now on a disability pension, the recent elimination of health insurance and/or Medicare rebates on a number of alternative therapies has had a huge financial impact. This is on top of the high cost already incurred by my need to use compounded medications due to inability to tolerate most standard medications, with compounded medication not being eligible for Medicare.

The proposed changes would take things much further. Instead of having alternative options open to me to maintain my health (where other standard attempts have failed or instead caused harm) albeit at a high cost to myself, I am now facing the possibility of having relatively simple treatments essential for my health management withdrawn completely. This proposal horrifies me, not only for myself but the many other people out there in a similar position to me.

As someone who managed a State government policy unit for a number of years before I became unwell, the proposed restrictions on integrative practitioners make no sense from an overall government policy perspective. Removal of treatments and therapies that are actually helping keep people well, or at least help them to manage chronic illnesses, is guaranteed to result in a significant increase in the rate of occurrence, and severity of chronic illnesses. I have mentioned two just in my circumstances alone - I have no doubt there are countless others.

In addition, removal of a number of these treatments are highly likely to result in increased mental health issues such as anxiety and depression flowing from a reduced lack of support and help in managing what is already often a debilitating condition. For myself, the thought of being forced back solely into a mainstream medical system and

having the services of my current integrative medical team on which I heavily rely withdrawn, is extremely traumatising and for good reason, given my past experience.

The flow-on financial and operational consequences for government from what could be a significant increase in physical and mental health problems across the community are immeasurable. With our hospitals and health services already often overburdened, I can only see a consequential increase in the minimising and turning away of people in genuine need of assistance from the proposal currently on the table.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 7:10 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 always used complimentary medicine first and foremost with myself and my family. This is a personal choice that I have always made as these practices have helped my family heal at the very beginning of any illness or condition that develops. Complimentary and natural alternatives have always proved to be powerful and successful healing tools for our family.

I have children with autoimmune conditions who have used specific natural supplements after tests (that straight allopathic doctors won't offer) have shown where there are major deficiencies in their bodies. These supplements have made a huge impact on their bodies healing time and ability and therefore made a positive difference to their quality of life.

I myself have been very unwell and after my allopathic doctor not finding an answer I turned to an integrative doctor and again they ran tests that my previous doctor did not offer. These tests came back with results that located the origins of my health issues and with supplements and complimentary therapies I am well on the road to recovery. It has always been my choice to look at the whole body as every person has the right to do. Complimentary and natural therapies have proven many times over with my family and friends that they work and are beneficial in healing our bodies.

Taking these therapies away will definitely disadvantage myself and my family as these are the practices that created true healing for us. It would be a huge backward step for our health if we could not access alternative modalities.
Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 10:43:40 PM

To the Medical Board of Australia,

I support Option 1.

I choose Option 1: “no new regulations are required for doctors practising in the areas of complementary medicine and integrative medicine.”

I have chosen to see Integrative Medicine doctors because I suffer from a number of complex and chronic health issues including Chronic Inflammatory Response Syndrome (CIRS) due to water-damaged buildings and multiple stealth infections, including tick-borne infections. Prior to seeing my first integrative doctor in 2016, I consulted with a number of conventional GPs and allied health professionals about my health issues, none of whom were able to effectively diagnose or treat me. It is only because of the knowledge and skills of the integrative doctors I have seen over the last three years, along with the extra time they have been willing to spend with me at appointments, that I now have a clear understanding of the root causes of the health issues I have been struggling with and am finally on the road to recovery.

Working with integrative doctors has enabled me to be far more involved in my own care. Integrative doctors have more in depth knowledge than conventional doctors about topics such as functional nutrition and gut health, and are able to effectively advise their patients on the many things they can do outside of appointments to support their recovery and prevent other health issues from arising in the future. The knowledge I have acquired from my current and previous integrative doctors has helped me feel more empowered and positive about my ability to influence my own recovery. This has improved not only my physical health but my mental health as well.

One of the many consequences of the health issues I am dealing with is an increased sensitivity to chemicals and pharmaceutical drugs. As a result, I much prefer non-drug approaches for managing my health. While the integrative practitioners I have seen are willing to prescribe pharmaceutical drugs when necessary, they have in most cases given me a choice between drugs and suitable non-drug alternatives. They have clearly explained the pros and cons of each so that I have been able to make an informed choice. In most cases, conventional doctors do not have knowledge of safe and natural alternatives to pharmaceutical drugs and are not in a position to offer patients with complex and chronic health issues anything other than drugs to help alleviate symptoms. I am far more interested in treating the root causes of my illnesses and making a full recovery than being on drugs for the rest of my life and dealing with a host of unpleasant or harmful side effects.

While I'm happy to see my conventional GP for simple treatments and routine tests such as pap smears, my complex health issues require a much wider range of diagnostic and treatment options, not to mention longer appointment times, than my GP could ever hope to offer. Without access to integrative doctors and the tests and treatments they provide, I have no doubt that both my physical health and mental

health would be considerably worse than they are, and that I would have long ago lost hope of ever making a full recovery and once again being a contributing and engaged member of society.

I have concerns about the proposed regulations because:

- There is no demonstrated need to regulate Complementary Medicine or Integrative Medicine. These are safe practices that need no further regulation.
- The only concern of the Medical Board of Australia in this process is, and should be, safety. The Chair has said this publicly. Questions about how effective Complementary Medicine and Integrative Medicine is should be a decision left to me.
- The Medical Board of Australia includes members of the Friends of Science in Medicine, a political lobby group opposing Complementary Medicine and Integrative Medicine. This is a clear conflict of interest. The Medical Board of Australia should cancel the current consultation, and go back to the start with all current and past members of the Friends of Science in Medicine lobby group excluded from Board participation.
- There has been no transparency in consultation process. Freedom of Information requests as to how these proposals originated have been denied or redacted. The Medical Board of Australia has acted in secrecy and a failure to disclose the details of why the new regulations.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 27 April 2019 2:38:00 PM

To the Medical Board of Australia,

I support Option 1.

I have received some amazing integrative treatment through my health practitioner and so has my family. Allowing me to chose how I manage my own health and lifestyle with an effective and comprehensive approach. It would be a great loss if restrictions were out in place dictating how I receive medical treatment. We should be able to chose who and how we are treated for our own health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 11:44:55 PM

To the Medical Board of Australia,

I support Option 1.

Stop trying to limit my choices. I use both conventional and alternative medicine as it suits me and you have no right to take away that choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I believe we have the choice to decide what type of health care we use. I personally see a mix of both "standard" and integrative practitioners who have a holistic approach to my care. I feel like I'm really heard and treated as a whole person with this approach and my health has never been better! It would be such a shame to lose this service and to have the autonomy of the patients taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

freedom of choice! Our bodies our choice. You can't take away a persons choice to choose what's best for their bodies especially when ya supported by integrated Drs who have done extra studies to have natural options for those people. So many children and adults have allergies and intolerances and sometimes the holistic way is the only way.

Thank you for taking time to read this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 2:05:56 PM

To the Medical Board of Australia,

I support Option 1.

To whome it may concern.

I am truly disturbed to see that the possibility of holistic health procedures and integrative and complementary medicine being pulled from public use in healthcare. I personally have benefited from using natural treatments that no pharmaceutical drugs could have given me with out terrible side effects. Also my children have totally benefited from such natural remedies and integrated medicine and have even seen tremendous recovery with my nephew who has autism from these means of treatment. It would be a great shame and disservice to the people of this country to remove such an essential part in healing and treatment of conditions that pharmaceutical drugs and medicine could not help. Or do so without other side effects and trauma occurring. Please do not restrict practitioners that offer these services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:34:47 AM

To the Medical Board of Australia,

I support Option 1.

From The Physician's Oath 1948 - amended in 1968:

"I will practice my profession with conscience and dignity; the health of my patient will be my first consideration;"

I have always believed that the role of a health practitioner is to put their patients' needs first.

To find the cause of a health problem in their patient, and then provide the best treatment options for them.

When we have a good Doctor treating us, sometimes that initial process takes longer than ten minutes, and sometimes the treatment option may require diagnostic testing, or a more suitable treatment plan may be an "unconventional" (by the MBA's standards) treatment.

Not all of us want to put pharmaceutical drugs into our body. Oftentimes, (and in my case), we must also take ANOTHER drug to counteract the negative effects of the initial drug. If there is an alternative treatment available, which has been shown to offer more positive benefits instead of negative side effects on my body, then I WANT my Doctor, my GP, to be able to recommend, and offer that to me.

I have spent, (and lost), thousands and thousands of dollars seeking alternative/natural treatments for my illness, only to find that these people and their promised "cures" were charlatans and false. I cannot afford to go to an alternative/natural therapies practitioner.

Please allow these doctors, who actually WANT to help their patients, to continue to offer the best treatments available for the patients' individual needs - even when and if these treatments are by your standards, "unconventional".

For the ageing population, we need to be taking a proactive stand to help them to want to help themselves to better their health. For the younger population, we need to be setting them up to look at how they can nourish and take care of their own bodies. If our Doctors are allowed to provide these beneficial recommendations toward holistic medicine and a holistic treatment and lifestyle for patients, where that would be helpful for them, in my mind, that would make so much more sense than to just prescribe them pills.

Again, I will include this line of the oath that Doctors used to take when entering the medical profession:

"I will practice my profession with conscience and dignity; the health of my patient will be my first consideration;"

"The health of my patient will be my first consideration"

When these health practitioners are stifled by demands and rules put on them by governments, or in this case, the MBA, then they are no longer serving their patients, but their servitude is to the "Board".

This can not be allowed to happen.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 6:38:56 AM

To the Medical Board of Australia,

I support Option 1.

I feel no change to the current guidelines as every individual has a right to choose whether other may not feel it is the right way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 4:12:13 PM

To the Medical Board of Australia,

I support Option 1.

Integrative & complimentary has helped myself & many other family and friends to lead a healthy happy fulfilling lifestyle. With no side effects from medications.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 5:38:29 PM

To the Medical Board of Australia,

I support Option 1.

I have been using complementary medicine for over 20 years with great success and would think it a backward step to prevent me from going to the same medical practitioner for both mainstream and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 2:32:53 PM

To the Medical Board of Australia,

I support Option 1.

we need to have the ability to CHOOSE complimentary therapies and treatments and not harass doctors who suggest or practice these therapies. sometimes the complimentary therapies work better for some people without the side effects of big pharma. it doesn't mean they should not all still have a code of conduct etc but don't stop our ability and right to be able to access these things - including new ones coming out.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Access to integrative & complimentary medicine is important to ALL Australians.

It is better to spend extra time to find the root cause of any illness and treat this rather than just treating current symptoms with drugs that may have side effects and cause more problems and still the root cause is not treated so will still be the problem.

If this can be done using integrative & complimentary medicine as well as then that option is very important.

Down the line if root causes of illnesses are not investigated & treated it also causes more issues in the health system with people not getting well and putting more pressure on the system because they have ongoing issues that need treatment, some of which is caused by treatment of symptoms only. This also encompasses increased drug use which in many cases is unnecessary.

For people to get the best out of health care and treatment ALL possible avenues of treating the root cause must be available.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 11:36:05 AM

To the Medical Board of Australia,

I support Option 1.

My family (husband, 2 young children and I) rely on an integrative approach to our wellbeing. We see Western Medicine such as antibiotics and vaccines important, yet also highly value the integrative approach with alternative/natural medicine when looking at disease prevention, wellbeing and root causes. If I wasn't able to do this with my trusted doctors and dentists I would have to go to separate naturopaths/homeopaths/nutritionists etc and feel I would miss out on the expertise of my medical professional giving me their advice. I believe you should keep supporting doctors, dentists and specialists in having an integrative approach so that we can be supported holistically, focus more on prevention and get the best care for our families.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Not one size fits all, patients need to have a option of healthcare that suits them!!!! Not some strict version of what someone else thinks is best

I consent to publication of my submission without my name.

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.

My choice should be part of our democratic freedom, choice of treatment and not to restrict educated health professionals in providing that info.

My health And wellbeing was in a serious way, no doctor could help until one suggested a natural approach, this was the answer that turned my health around, now I'm fit and healthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:25:28 PM

To the Medical Board of Australia,

I support Option 1.

the current western medical model is failing with chronic and complex diseases. There are epidemics of diabetes, autoimmune diseases, and neurodegenerative conditions such as dementia. The current symptom-drug model is outdated and does not work for multi-factorial conditions where lifestyle, toxins, infections, genetics, and nutrition all need to be considered.

This is where the complementary and integrative model works so well, and can lessen the burden on the public health system into the future. Supporting these open-minded practitioners will help manage these conditions and help reduce the strain on our over-worked GP's.

This is well researched, safe, evidence-based medicine and has a place in modern healthcare. To place further restrictions on the use of herbs, vitamins, and minerals by integrative GP's is hypocritical compared to the safety data comparison of most commonly used drugs for the same conditions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 10:01:07 PM

To the Medical Board of Australia,

I support Option 1.

I have been using a wide range of proven, beneficial alternative therapies for the past 40 years and have raised my family TEACHING them the power of prevention and self care and our family's medical records will only highlight the success of this. The limitation of alternative therapies will also create serious employment issues in the community and I believe will also cause more harm than good as people will go "black market" to unregulated providers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 2:20:05 PM

To the Medical Board of Australia,

I support Option 1.

Medical Doctors have finite training in a variety health disciplines. As general practitioners they need to refer to other professions including allied health practitioners (eg Chiropractors) whom have specialist training in their field. Medical doctors require further training in the expertise of other health care practitioner so they know when and whom to refer to. Additionally, medicine needs to be safe, progressive and inclusive. This means having networks with all types of practitioners. This needs to be about the benefits for the patient and for patient care, not based on historical and erroneous bias that has pervaded the medical profession for year. Medicine doesn't have all the answers. They require a collaborative approach to healthcare. Encouraging patients to adopt a healthy lifestyle and by adopting practice that will result in a reduction in medications can only be a good thing going forwards (unless you have shares in listed pharmaceutical companies and are concerned about ongoing dividends!).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I cannot believe what I am reading that you are actually considering reducing the availability of natural alternatives as a medical practitioners right to suggest or prescribe.

I loathe to see a doctor because I prefer not to poison my body with chemicals and would prefer to try something a little less threatening first.

Please let my doctor and I decide on what's best for me

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:21:48 AM

To the Medical Board of Australia,

I support Option 1.

Only someone that hasn't suffered chronic illness would believe that western medicine is the only pathway to optimal health.

Patients should have the right to utilise complementary to improve health outcomes and preventative health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 5 May 2019 9:08:44 AM

To the Medical Board of Australia,

I support Option 1.

I strongly believe the doctors who I have seen over the years who use a holistic, integrated approach to medicine, to be the most informed, progressive and helpful for diagnosing and treating illness or unusual conditions. I have found that often a 10 minute 'conventional' doctor will either pass you off (no help) or subscribe medication that doesn't help or target the root cause of what is going on. It would be a great loss to patients if these doctors not to be able to use a broad range of approaches. Conventional medicine is great, but does not help every condition or root cause. Please do not change the guidelines. Many patients will not receive the best treatment they need. These doctors are a credit to their profession. Thank you for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 6:18:06 PM

To the Medical Board of Australia,

I support Option 1.

People have the right to choose which healthcare to access. People practicing those methods also have the right to time to amass evidence and grow as a profession just like modern medicine did over time. Do I have to point out the hypocrisy in MBAs lack of action regarding barely evidenced common mainstream medical practices and some medicos bigoted views of other health professionals. Australians are deeply unhealthy and what does the MDA actually do about that? Will this proposed course of action actually serve the liberty and health of individuals?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 9:15:31 PM

To the Medical Board of Australia,

I support Option 1.

I use a doctor when needed(not often I'm pleased to say!!) but quite often I have Accupunture , also I see a naturopath for my thyroid , which has been under control now for 3 years. My daughter fell pregnant with the help of a naturopath. Please do not take our choices away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 3:01:22 PM

To the Medical Board of Australia,

I support Option 1.

I am writing to express my sincere concern over the attacks to integrative medicine that are being proposed.

The right to choose integrative medicine as a treatment option is of fundamental importance to citizens of a free and open democracy.

It is well known that medicine (like all sciences) is a field of constant progress, and sometimes ideas that are many years before their time of fruition are not thought to have merit by the current scientific, or unfortunately, as the case may be here, political opinion. The obvious example here is the well known fact that smoking cigarettes was once thought not to be harmful.

Once a political or cultural ideology becomes hegemonic, not only do those who benefit from procedures outside what is considered mainstream suffer, but society broadly suffers as institutions that provide health care are unable to quickly adopt new and effective methods.

Even viewed very sceptically, even if integrative medicine only provides benefits for a small minority of the population, as it does not harm anyone (except perhaps the politically motivated agents behind these proposed changes), the proposed changes will do no more than rob the small number of patients for who integrative medicine is effective of a treatment. This is unacceptable and must be rejected.

Thank you for your time and careful consideration of all the users of integrative medicine and how the proposed changes will negatively impact them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 12 June 2019 9:47:56 PM

To the Medical Board of Australia,

I support Option 1.

Please keep guidelines as they are until there is a proper way to separate proven treatments vs actual harmful treatments! Nutrition and integrative treatments are the future, please do more research.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 9:31:42 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern!

I am for freedom of choice. We have the ability to heal ourselves and keep ourselves healthy. We are using Homeopathy, Tissue salts and other integrative and complementary medicine. We would like to keep our freedom of choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:28:33 AM

To the Medical Board of Australia,

I support Option 1.

As a patient with multiple health issues I have struggled for many years to get the medical support I need to give me a high quality of life. I have had my gall bladder removed, a hysterectomy, and my thyroid removed among other things. Unfortunately my GP and endocrinologist were unable to provide the medical support I needed to get my life back and feel 'normal' again. Western medicine is too restrictive in what it offers to be of much use to me, particularly following my total thyroidectomy. My endo thought that once my thyroid was removed and I was placed on regular thyroid medications, that's it - magically cured. Unfortunately it hasn't worked that way for me, nor for a lot of other thyroid patients who cite poor quality of life following total thyroidectomy. Tiredness, lethargy, aches and pains (all unexplained by my GP) were a regular part of my life and something I was told I just had to get used to - that was my new reality. I was devastated. This is not how I wanted to live my life.

Then someone suggested that I look into an integrative medical practitioner. Apparently they look at the underlying reasons for illness and don't just go by symptoms or standardised test results. They take everything into consideration. It was worth a shot - I had nothing to lose. I was already living a nightmare.

That first appointment was an eye opener. She asked me so many questions and was genuinely interested in the impacts on my life. She ordered a stack of tests to determine hormone levels and levels of vitamins and minerals. I had to go back and see her a few weeks later. I had hope but also a little bit of cynicism based on many years of doctors not being able to help me.

However, over the course of the next 6 months her and I worked together to get my hormone levels where they needed to be and to get my vitamins and minerals to where they needed to be. She discovered I was producing RT3 and started me on T3 (something the endo should have discovered if she had cared enough). Over the course of 6-12 months I got my life back.

I cannot thank her enough. Her expertise, care and persistence to help me has changed my life - actually given me my life back. I feel normal now. I don't struggle through each day wondering how on earth I could keep working full time when I could hardly put one foot in front of the other each day.

If I had not discovered this amazing integrative Medical practitioner I don't know where I would be right now.

We MUST keep functional/integrative medical practitioners - this one gave me my life back when no one else could

I consent to publication of my submission without my name.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 1:19:37 PM

To the Medical Board of Australia,

I support Option 1.

Please maintain the current guidelines for integrative practitioners.

My family and myself benefit greatly from the regular use of several natural therapies, benefits which we have never been able to gain from mainstream health providers. Our health over the past 25 years has been better than it ever was prior to using natural therapies. It has not always been easy to afford but we have made sacrifices to ensure it has been maintained because we know the difference it makes. While mostly using natural therapies we also value the advice and support of our gp and his "conventional" approach when needed. He is open to other therapies and uses a holistic approach for the best health outcome for his patients.

If the AMA and drug companies would put holistic health and wellness ahead of profits and pride and work with our natural therapists instead of trying to silence them, we would undoubtedly have a healthier nation. Our hope is to see a complementary approach to health in Australia, and indeed the world, practitioners of all "codes" working together.

Thank you for the opportunity to "speak" on this issue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 2:21:03 PM

To the Medical Board of Australia,

I support Option 1.

I believe complementary medicines provide valuable and real benefits for people's well-being. Chiropractic and other complementary forms of medicine and treatment are a much healthier and natural way to assess and provide interventional strategies than the allopathic model of mainstream medicine - see a symptom and prescribe a pharmaceutical for it or operate on it.

I have been receiving chiropractic assistance for over 30 years. In that time I have also accessed GPs and specialists and had operations/procedures that were necessary and very beneficial - shoulder reconstructions and colonoscopies.

A pragmatic and holistic approach to a healthy life should be a combination of mainstream medicine and complementary medicine. To eliminate people's choice is therefore ignorant and controlling - some could say Machiavellian.

To move to Option 2 where Integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine would be a huge mistake.

It is a fundamental human right to be allowed the freedom to practice a pragmatic and holistic approach to one's own health.

I believe that should be a combination of mainstream medicine and complementary medicine. Hence my skepticism (and horror) when I see mainstream medicine with hugely vested interests seek to corner a market or reduce options and choices.

Modern medicine has huge issues in regards to the detrimental side effects and indeed fatality in drug prescription not to mention the thousands of lives lost every year due to medical / surgical mistakes.

Perhaps the statistics should be compared against the known detrimental effects of complementary medicine in order to have a balanced debate.

I am a 61 year old man who is not on a single pharmaceutical product - I have adjusted my lifestyle diet and supplementation as well as exercise to maintain a healthy existence.

Every time I speak with a GP I see a cornered professional pharmaceutical prescriber rushing through a consultation with limited time. One GP actually told me that she felt like a pharmaceutical Rep.

Another GP struggled to explain what was meant by the preventative side to his practice that was listed on the door.

Restricting options and valuable complementary medicines is a backward step and certainly not in the interest of the nation's health.

In the Dr's defence, people only see them when they're sick and most people are after a magic pill to save them - they're not interested in looking at their own lifestyles.

Why are we experiencing an epidemic of obesity, diabetes and depression? Why are we prescribing more and more pharmaceutical drugs? If mainstream medicine was working within a holistic preventative (not just treatment) paradigm our hospitals wouldn't be bursting, our people wouldn't be suffering the amount of diseases we are. So before you restrict complementary approaches look into the mirror and perhaps stand back and look at the declining health of our

people and admit we need to have holistic and diverse ways of ensuring good health.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 9:19:04 PM

To the Medical Board of Australia,

I support Option 1.

I believe the guidelines need not be changed as they offer people a healthy choice in their lives. My son has benefited immensely using complementary medicines to help his asthma & I also have benefited in my recovery from non Hodgkin's lymphoma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 3:27:42 PM

To the Medical Board of Australia,

I support Option 1.

I am already suffering from the changes to guidelines for Allied Health Practitioners. My life and Health cannot afford to loose any further access to personalized and targeted treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 1 May 2019 10:09:20 PM

To the Medical Board of Australia,

I support Option 1.

I strongly support integrative and complementary medicine as a persons inalienable right to freedom of choice regarding their right to choose alternate treatments for themselves and their families. To take away this freedom to choose the alternate option is to take away basic human rights to take control over ones own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 17 May 2019 2:01:02 PM

To the Medical Board of Australia,

I support Option 1.

We want choice for our health. We want you to value the Doctors who are integrative and offering preventative and complementary health services that support their patients. 10 minute time slots do not suit everyone or all ailments. Let the clients choose their service and their doctor. The health system is under extreme pressure and your doctors are under extreme pressure. I value a Dr who can offer a wholistic approach and sees what me and my body system needs. Traditional medicine is safe , provides best practice and prevention.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 9:55 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my family immensely. The government should not make changes and allow doctors to practice integrative and complimentary medicine freely.

If they make changes the health of my family will suffer as my kids have responded to complementary medicines better than any other treatments.

Stop this madness of being bought out by big pharma and allow families to make informed choices when it comes to their health!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 4:09:42 PM

To the Medical Board of Australia,

I support Option 1.

Not only as a patient who has sought the services of doctors who include complementary and natural medicine into their services, but as a practitioner practitioner of complementary-to-medicine therapies myself, I strongly object to the notion that this valuable service be further constrained.

There is much to be gained from the marriage of conventional and traditional or emerging treatment protocols – mainstream medicine is critical to our care but entirely misses the mark in terms of supporting health overall and preventing ill-health. It provides a holism the mainstream cannot or will not; it is concerned with healing protocols around food and diet, the judicious use of supplements and the like.

Rather than ham-stringing and maligning these important tools, they need to be further explored, understood and developed.

As a consumer I also strongly object to having my health choices curtailed where there is no compelling reason to do so, other than what seems to be a bias against any form of healing that is not conventional medicine.

If an evidence base is what is required for emerging practices, invest in the research. Conduct a literature review on the plentiful research already undertaken on established CAMs.

Broad-minded doctors should be celebrated, not dismissed as crackpots.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 10:48:02 AM

To the Medical Board of Australia,

I support Option 1.

Doctors who choose to integrate mainstream and non-mainstream medical practices are to be celebrated. My experience is they are deeply interested in all facets of human health and able to address issues that purely conventional medicine does or can not. Restricting their practice is antithetical to the first principle of medicine – it would be harming to do so.

I have personally benefited and continue to benefit from the support offered, and have had multi-faceted conditions successfully treated – conditions I know a mainstream-only doctor would have not identified let alone known how to treat. This is not to decry the excellent work most conventional doctors do, simply to acknowledge the gaps in their education and the system.

My question to the MBA is why would you want to restrict doctors who integrate, particularly given the increasingly multi-symptomatic nature of the health issues facing many members of our community?

There is a cost here that includes and exceeds people's right to choose and a doctor's right to practice as they see fit. There is a cost to human health.

I urge you to support the work of integrated practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 5:20:36 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is an important part of my health journey. Conventional medicine on its own hasn't worked for me, its only after consulting an integrative medicine Doctor and naturopath and then changing my diet and taking herbs and supplements they recommended that things changed. I believe we should have the right to a second opinion, integrative or not!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has had so many benefits for both myself and my family. I don't believe it's fair to force restrictions on these medical practitioners who are prepared to study and look outside of some of the Outdated medical books. There are so many complementary treatments and more natural therapies to assist our health and wellbeing that doesn't always include pharmaceuticals. These people are trained medical professionals that us as patients trust to use combined medical and natural remedies. Restricting these fantastic doctors will deny us of our choice and health potential as well as force further strain on our already empty wallets.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:21:59 PM

To the Medical Board of Australia,

I support Option 1.

It has been my choice to use integrative and complementary medicine for over 40 years.

I believe it's only fair and just for people to seek the healthcare that is right for them. Conventional medicine and pharmaceuticals are not the only way to approach your personal health. There's more to an individual's health than a few prescribed antibiotics, anti depressants, statins, pain killers etc.

I'm disappointed with the 'powers that be' think they have the right to take choice away from people.

I don't understand this?

Must be about the threat of losing control of the dollars.

If the concern for an individual's health is truly of importance to whoever you are, this would not be happening.

Integrative and complementary medicine is my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 6:40:01 PM

To the Medical Board of Australia,

I support Option 1.

In relation to the proposed guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. I strongly value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. Therefore of the two MBA presented options, I support Option 1: No change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 8:07:06 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine gave me true choice and control over my health. I want to continue to maintain that right and ensure my children and grandchildren also have this choice. My health at times has failed and to have the choice of integrative care has meant i have not had to take addictive medications with side affects to long to read and deal with core issue. I do not believe this government has the audacity to choose my health care for me its an act of the most basic human right being provoked and taken i will fight fir integrative care because it has saved my life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 10:16:44 AM

To the Medical Board of Australia,

I support Option 1.

To the MBA,

We must absolutely retain alternative, complementary and natural therapies and practitioners within the wider health system in this country.

Mainstream Medicine has almost completely failed our family, and now we can no longer afford it even if we wanted access to it. Where we live, there's no bulk billing for us, it's \$85 for 5-6 minutes to see a GP (that's \$850 an hour – we earn less than \$30). The AMA is complaining to the government about the freeze on Medicare – yet doctors are the ones putting up their prices while our wages have not gone up for years - not even with CPI. So we must have access to alternatives which are affordable and that do work for us.

Without alternative complimentary medicine (osteopathy, naturopathy, nutrition, supplements and home remedies) we have no other health options. We cannot afford health insurance, but for those who can, and who wish to access alternatives, these should be supported by the "system" if they work for that individual. Everyone's body responds differently to all treatments, mainstream medicine seems intent on finding only one-size-fits-all remedies for every ailment. This does not work for everyone.

And can I add, I am old enough to remember when my GP prescribed things like diet changes, exercise, nutrition & vitamin/mineral supplements, long before all the pharmacological drugs of today were introduced (which mainly mimic the effects of all the "home remedies" my GP used to suggest, which worked!) Back then my General Practitioner could take bloods and even look at them under his own microscope - only sending on what he couldn't identify, he could cut out small lesions, do Pap Smears, and even take my blood pressure. I kid you not, one of our last GPs was unable to do any of those things, wanting to refer us on to specialists for the most basic of things my GP used to do in his own office, and even wanting to send us on to a cardiologist for the blood-pressure check!!!!

What on earth have we done with General Practice in the last 30 years? Shame!

Because of our previous experience with what works and what does not, for us, we now use integrative & complimentary medicine as a first option. When my husband had depression years ago (which we found out since was PTS - not a "disorder" but a normal human reaction to a traumatic event which needed counselling, and changes to diet, nutrition, some mineral support and plain old exercise - not medicating!) and instead of recommending complimentary treatment - counselling - the GP did what he was trained to do - the GP's first and only line of treatment was a pill. The GP actually gave my husband a sample pack of anti-depressants from a pile on his desk which a Rep had left with him - no prescription up front - "try these". We learned

from painful experience you can't just start taking these drugs and then stop. There's side effects going on them, and side effects staying on them, and side effects coming off them. The Pharmaceutical company's 54 page booklet on this drug – which we sought out and downloaded after my husband started having all kinds of strange side effects once he was taking these meds - listed one side effect as being "death", another is "suicidal ideation", and yes, for the first time in his life, my formerly stable husband was now contemplating suicide while being on these drugs - something he'd never even had enter his head. Did the GP tell us any of this? No, he didn't know this either, he'd relied on the drug-rep and the very short info sheet in the drug pack – which is nothing like the full information sheet we got from the drug-company website, which then explained to us all the strange side effects now happening to my husband. In the USA we've learned that some of these anti-psychotics MUST have black box warnings - why not here? The "drug-rep" had assured our GP these meds are "safe". He trusted them. We had to educate our GP on the dangers of these drugs during our experience with them. He was horrified when we shared the information with him!

I then worked in the Mental "Health" field for 4.5 years. I was equally horrified to see how that works, and how many people are being failed by the system as a whole. What we are doing is just not helping - medicating people as a first line of treatment is not the answer to this huge social problem..... this is an area where all the complimentary fields related to nutrition, exercise, socialisation etc. could be immensely helpful.... but I will not digress into all that here.

Mainstream medicine - to us - seems to all have boiled down to just money, money, money - and has failed our family completely. We need access to alternatives, when needed, and the MBA's proposed changes could curtail that access.

Again, we can't afford the Health Insurance in the first place, even to be re-imbursed for them, but access to health supplements, natural therapies, and diagnostic services for professions such as chiropractic, osteopathy, Chinese medicine and acupuncture need to be supported by the system so that all people will have access to the services which do help them.

Complimentary therapies and natural treatments help people in ways that much of mainstream medicine simply cannot. We are yet to meet a GP who has had any formal training at all in the important role of nutrition in a person's health. This needs addressing as a matter of urgency. We truly are what we eat – my old GP used to say that all the time....

With all due respect, we have also recently seen all the protests over abortion access in the lead up to changes in the law in Queensland. All those women declaring "my body - my choice!" won the day, they get to have access to the medical services they want under the banner of "women's health" - publicly funded mind you, so they can end the lives of their unwanted unborn children (anyone with an ultrasound scanner can look and see that is what we are talking about here).

Well I am raising my banner here - "my body - my choice" - for my health, because when it comes to complimentary therapies and natural treatments, they have helped me and my family, and while they may not help everyone, I still want that same choice to be made available for everyone. But if the MBA tightens regulations on medical practitioners

who provide complementary therapies and emerging treatments - the MBA is placing my choice at risk – ultimately making the services I want to access harder to access.

That's all I have to say.

Thank you for taking time to read and consider my concerns.

Kind regards,

A black rectangular redaction box covering the signature.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 12:57:01 PM

To the Medical Board of Australia,

I support Option 1.

I am very concerned that the MBA is threatening to remove integrative health care choices from patients. As a patient I have received enormous benefit from my doctors non-conventional recommendations and discussions. I do not want this ability to have this conversation and recommendations to be removed. I sincerely hope that you continue to support freedom of discussion and choice to remain a major part of healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 11:28 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Holistic care is vital!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:40:39 PM

To the Medical Board of Australia,

I support Option 1.

I have worked with many GPs over the years and the only 1 I see is a complementary GP. She is fantastic and before seeing her my family (including a child with a disability) did not have a regular GP. We would have to front up at emergency if I couldn't handle things at home myself and waste everyone's time and money. This is because I don't trust the 'conventional' doctors to understand our health challenges. Many GPs I worked until the start of this year did not know what the MTHFR gene mutation is and how it has already significantly affected our family, they did not know what SIBO is let alone how to test for it or even begin to manage the after effects that it's had on myself and 1 child. They didn't understand what gluten free really means or proper testing for coeliac disease and so we are coping with the damage that was done in the time it took to get that under control. This lack of understanding and diagnosis created some very difficult years that nearly broke my marriage and caused years worth of gut damage and broke my trust of conventional GPs.

When I started seeing our complementary GP I finally started to relax. Which means I fully disclose the situation, not just parts because I am not looking for personal judgement but clinical assistance, I seek medical advice a lot sooner or at all in many situations where I would not have previously.

Our GP has healed, in 1 appointment, some strong trust issues. She not only understands who we are and our values as a family, but our health challenges and has created a sense of partnership. I am much more likely to take her advice because we are never rushed in appointments and I have been able to get my husband to ring into appointments to discuss the outcomes of testing on our children because there was enough time to do so- which eased a lot of tension in the house as our GP was able to explain to him the results in a way that I could not.

If she is no longer able to work as a complementary GP I worry quite a lot that she will move away and our family will be left with no support, no understanding, no trust again. We will go back to not seeking medical advice until it's an emergency and I will have to see our naturopath more to try and keep my family well.

Our GP doesn't just talk about 'alternative' methods. She puts all of our options on the table ranging from very conservative to alternative/complementary and does not pressure me to choose but has a balanced conversation with me about each option, what the risks are, what the advantages are, what are the likely outcomes of each option. This is what good medical practice is all about- we treat each other with respect rather than the condescension and narrow mindedness that caused a lot of harm to my family and created significant distrust in me. I am sure I don't need to find all the journal articles stating the improved health outcomes of a trusting and open relationship between GP and patient. I am also assuming that like nursing, these are part of the language of codes of conduct and professional standards?

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:12:45 AM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine as it is in our right to be informed of all options to then make a calculated decision for ourselves and family based on the information we trust coming from someone like a gp. If this means less medicinal intervention especially for our children then it should absolutely be communicated.

We've been seeing a chiropractor for both my daughters, one who was showing signs of colic. Colic drops didn't work - we tried to use natural ones as to not mess with her digestive system at such a young age however we saw no improvement. After seeing a chiro we've seen huge improvement in her irritability & crying in the car & all round demeanour. We were not referred by anyone, we went on our own accord but I can't understand why this wouldn't be recommended, especially with so many babies being put on reflux meds and chiropractic care having lots of positive results with reflux symptoms. I have personally seen it with friends children.

We're not talking life or death situations here so why can't we be offered a range of options & advice that include natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 3:27:40 PM

To the Medical Board of Australia,

I support Option 1.

As a registered Midwife , I think it is of the up most importance that there be a choice for patients to have access to intergrative & complementary medicine, research has proven that there can be benefits to better health outcomes. We must not be dictioral in the way healthcare is provided.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:18:17 AM

To the Medical Board of Australia,

I support Option 1.

As a veterinarian natural medicine is important in giving a patient that extra release of endorphins

Whilst sometimes it may be a placebo on some occasions it does give that extra positive attitude in some cases

I am not in favour of excess use of vitamins where proper diets are essential

There are quacks who capitalise on such practices and it is important that professional care is supervised whether it is a Doctor or properly trained health personal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:22:12 PM

To the Medical Board of Australia,

I support Option 1.

I am writing in response to your proposed changes to integrative medical practitioners.

I believe health and wellness needs to be addressed holistically and integrative practitioners are able to do this.

I spent the best part of 5 years very unwell and without going into all the details at this stage, went to a number of different doctors to seek advice, underwent many 'standard' tests and investigations only to be given a script, told to come back if it didn't work. It continuously didn't and my symptoms kept getting worse and greater in number. Out of desperation, I went to the internet in attempt to find out how to help myself and discovered an 'integrative' gp. Made an appointment and this was the first step in my path to thriving health. Since this experience I have recommended these doctors to others who were like me at the end of their tether with 'standard' doctors and no answers only to find relief and improved health under the guidance of an integrative practitioner.

I also work in the medical system and have done for over 15 years. I have seen a rapid increase in obesity, diabetes, and inflammatory diseases. These are all lifestyle illnesses costing our taxpayers many dollars to help manage and treat. Keeping integrative practitioners will absolutely help decrease pressure on the public system and save tax payers as well as allow options for those seeking thriving health. If it wasn't for integrative practitioners, I am not sure where I would be today.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 1:41:36 AM

To the Medical Board of Australia,

I support Option 1.

I am a patient of an integrative doctor. I like that this doctor is prepared to discuss how my actions are affecting my well-being, and make suggestions to better ways to eat, sleep, exercise. When a natural therapy is likely to help me, I am offered suggestions as to the best treatment to use - for example Vitamin D in winter, as I stay indoors a lot and there is not a lot of sunshine or bare skin, to stimulate my system to make enough. When aches and pains prove to not be serious, I am encouraged to have massage therapy, Bowen or chiropractic - whichever is most appropriate for the symptoms. I have a lot more confidence in Integrative Doctors, as they spend time treating my body as a whole, rather than as a set of symptoms. They also include me as part of the solution, and not simply as the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 4:35 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am extremely concerned of the impact of this, my husband has cancer with the support of numerous integrative professionals and treatments he's has been able to tolerate the side effects treatments provided at Peter Mac better and support his immune system in his recovery.
We truly believe he would have not have made it this far or have the quality of life he has (16years since diagnosis) if he did not have access to Intergrative Medicine.

I strongly urge you to please please reconsider this action!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 6:23:24 PM

To the Medical Board of Australia,

I support Option 1.

Please do not mess with integrative and complementary medicine. A holistic approach is what keeps me healthy and out of the medical system, which is clogged up enough as it is. Chiropractic and other natural remedies have helped me enormously in maintaining a strong body and mind.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 3:00:37 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because people know how their own bodies respond to different treatments. This alternative treatment has been crucial to me in terms of keeping my body strong and mobile, and assisting in keeping off long term pharmaceutical medicines which have an adverse effect on my body. This holistic approach has kept me out of already over-crowded medical centers and allowed me the dignity to remain true to myself. Taking this away from me will create just another statistic who is unable to access and get any relief from the ridiculously overcrowded Heath system. MY HEALTH, MY CHOICE!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

It is not your right to remove basic 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 9:16:14 AM

To the Medical Board of Australia,

I support Option 1.

I have been in the care of an Integrative GP for 15 years. I chose this option because my usual GP + other GPs in the same practice, acknowledged that they had no understanding of bio-equivalent HRT and could only prescribe tablets which left me feeling significantly unwell. I have also been prescribed supplements which positively support Chronic Fatigue Syndrome, a service not available from my usual GP.

It is no exaggeration to say the change in approach, coupled with the supplements also recommended, literally changed my life. They allowed me to return to work and resume activities that I had been forced to give up.

I still maintain contact with my regular GP who is interested in what I am taking, acknowledging that they do not routinely do some of the tests which were requested by the Integrative GP and which were pivotal in identifying deficiencies now addressed successfully.

My daughter also consults the same Integrative GP who has been able to devise a thyroid supplement only available through compounding chemists and which gives her far better support for an underactive thyroid than any pre-prepared pharmaceutical and which is additionally supported by supplements.

Our Integrative GP has thoroughly investigated background events during a longer consultation, allowing time to discuss issues at far greater depth than any 10 min consult could possibly allow. As patients we feel genuinely heard and acknowledged. This is especially important when facing complex issues.

Access to Integrative GPS has provided medical support to members of my family far superior to anything available through traditional channels.

I would urge MBA not to impose restrictions which will have a severe detrimental effect if we can no longer access the medications we currently use. We will both be severely negatively impacted, to the extent of my daughter possibly being unable to work and having to rely on Government subsidy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 9:35:56 AM

To the Medical Board of Australia,

I support Option 1.

Intergrative and complementary medicine is vital to me as I have strong sensitivities and allergies to pharmaceuticals and simply cannot use them. If these treatments are stopped, people like me (there are many) will be forced to go overseas for treatment with untested and therefore unsafe products.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:41:40 AM

To the Medical Board of Australia,

I support Option 1.

I am contacting you because of the current proposal to limit access to complementary and integrative medicine. This drive is unscientific and parochial, not least because not all complementary and integrative medicines are made equal. Some have been found (in peer-reviewed studies published in respectable medical journals) to be useful for specific conditions. For others, not enough scientific research has been done to have much of an idea of their efficacy, but assuming that everything positive about complementary medicines has been discovered is the same degree of perspective that had humans in the past assuming the sun revolved around the earth.

If you do want to regulate, then use regulation where it matters most—regulate against things that are proven to be harmful, in a specific, targeted fashion. Be aware that the range of scientific knowledge is not sufficient to support a broad-based ban on all complementary and alternative therapies. It would be a regressive and risks appearing as (I don't think this is the case, but there is a risk of it appearing so), a corrupt and self-serving one for mainstream medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:10 PM

To the Medical Board of Australia,

I support Option 1.

I have an integrative medical practitioner whom has supported me with my health for years. As an example - I had insomnia. Regular Doctors and expensive Sleep Specialists had been unable to provide any treatment or recommendations that have helped me, they just prescribe sleeping tablets as a bandaid, never investigating the cause of my problem. I choose to see an integrative Doctor as he is interested in seeking the cause of any of my health problems and treating the cause . Ultimately this has improved my overall health and means less trips to the Dr and decreases my reliance on pharmaceutical products and my burden on the healthcare system overall. Taking this choice (to see an integrative Dr) away from me is removing my right to decide how I manage my own health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 7:06:51 AM

To the Medical Board of Australia,

I support Option 1.

My whole family have been using complementary and integrative medicine for the past 20 years. This journey has been ever changing and has developed in many holistic fields. Now I have my own family, my children have rarely been to doctors as I use homeopathic medicine for colds and flu, sore throats, coughs, stomach upsets, bruising, etc. They are rarely sick and have never been to hospital. I have found others turning to natural therapies due to not finding answers in the current medical system and the medicine causing more problems in other areas.

If the MBA imposes restrictions on integrative practitioners they are taking away the holistic approach to healthcare. All human beings are different and react differently to all types of medicine. We should be able to choose practitioners that work in a variety of fields and have a more wide scope of knowledge and experience and choose what works best for us. The Australian people need to be able to take control of their own health. By taking away the rights of integrative practitioners you are taking away the rights of the public to be able to follow their own path back to health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:16:12 AM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine
Integrative & complementary medicine has helped me, my family & friends as conventional medicines have inherent risks and the traditional approach seems to favor big pharma without the patients best interests in mind

I use Integrative & complementary medicine all the time as more and more research shows that pharmaceutical methods sometimes have little or no impact with huge associated risks

If the MBA imposes restrictions on Integrative practitioners, then it's a step backwards when a more natural approach will alleviate the already overworked medical industry

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:03:46 AM

To the Medical Board of Australia,

I support Option 1.

To the Medical Board Australia,

I would like to express my support for the continuation and in particular the further development of integrative and complementary medicine.

I have 2 sons at school one of which has autism. He is a very clever child but has faced much difficulty and many knock backs already in his life. Through conventional medicine he was prescribed Risperidone which at the age of 5 was frightening but did work for behaviour management for a few years. Our paediatrician at that time recommended conventional treatments. So with much intervention (speech therapy, psychologist and occupational therapist) and medication he progressed well until he turned 10 and then the meds no longer worked and in fact made him significantly worse, developing tick like behaviours, becoming withdrawn and feeling tired and unwell. I was advised it was peer a related issue by our paediatrician, despite there being no real evidence of this. Soon after we found this to be incorrect and that the meds were causing more harm than good and we tapered off risperidone. After choosing to eliminate gluten, sugar, eating low carb and including some vitamin supplements he has improved significantly (beyond our expectations!) without the horrible side effects of medication (dribbling, weight gain, loss of motivation and drive). We are so pleased we now have a paediatrician who supports not only this way of life, but encourages mindfulness, yoga, and nutritional support along with what are considered conventional therapies. Finally I am pleased to say he is excelling at high school both academically and socially and I'm convinced none of this would be possible if we didn't have access to, knowledge of and support from our Dr in complementary therapies.

I feel that drugs are so often used as a first approach (which I understand in many cases is necessary in acute and chronic illnesses) but in many cases drugs can just mask the symptoms of people's illness. Sadly I don't often hear of Drs getting to the root cause what is going on. I have both parents who are diabetic, mother-in-law with Vasculitis, a friend with Hashimotos, another friend with spondyloarthritis, a brother and other friends with IBS, a friend recovering from cancer, a brother-in-law with cancer and multiple friends suffering from infertility and the list goes on!! I know that much of our conventional medical treatment is imperative for these people, but what if some of these things could have been reversed (eg diabetes!!) or prevented having Drs who supported a more holistic and preventative approach. I hope that one day our medical system will become fully integrative, being open minded to the less conventional and innovative practises so we can all have the potential for wellness rather than just waiting until we are chronically ill before relying on expensive drug therapies. This in turn may well even reduce the burden on medicare in the long run!

Please, I implore the MBA not to add further restrictions to Drs in regards to complementary and integrative medicines. Thank you.

I consent to publication of my submission without my name.

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, 28 June 2019 10:57:48 PM

To the Medical Board of Australia,

I support Option 1.

I highly value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines!! I have used integrative medical practitioners for the past 15 years and have since experienced a dramatic improvement in my health and wellbeing. I was suffering from chronic fatigue, IBS, hormonal issues and serious nutritional deficiency due to poor absorption, all of which have caused a reduction in my capacity to work and live a normal life. Since seeing an integrative medical GP and taking vitamin and mineral supplementation and compounded hormone supplements and receiving treatments from traditional health practitioners, my health improved significantly. To have this restricted is nothing less than an invasion of my civil rights and a violation of democracy. This is a very serious situation for this country! If our choices are restricted and we are "forced" to accept 'conventional' medical intervention only (which has proven to be ineffective in my particular circumstances) because restrictions are imposed and rebates have been removed, we are entitled to the reasons WHY, with evidence fully supported by research!! This situation has caused a serious lack of trust in the authority that governs our health system. Any Government or authority that limits people's choices and freedoms will be viewed with suspicion. I repeat this is a very serious situation for this country. I expect that justice will prevail and no change is made to the current guidelines (option1). Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 3:28:05 PM

To the Medical Board of Australia,

I support Option 1.

I believe that patients should have the right to choose which medical treatment they receive, whether conventional or complementary medicine or both. If a medical practitioner feels that in his/her professional opinion that a combination of conventional and complementary therapy is warranted in an individual case, then this should be allowed without any penalty or restriction. By using this approach, the pressure on conventional medicine and the healthcare system would be eased, while patients would be gaining healthcare that is individualised and is best for them. I feel that which ever treatment plan is suitable for patients which includes complementary medicine, should be encouraged rather than restricted - every body is individual, therefore an individual treatment plan, which may or may not include complementary medicine or therapy, would bring that individual closer to optimal health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 10:25:26 PM

To the Medical Board of Australia,

I support Option 1.

I have a medical condition which is not well understood by traditional medical practitioners. I should continue to have the right to seek appropriate medical assistance by a practitioner that has chosen to gain extra knowledge, whether that involves pharmaceuticals or alternative holistic approaches. I believe there is value in both traditional and alternative practices, and have used both in the past, either one or the other, or sometimes together and complimenting each other. I believe it is my right to be able to choose the path that suits me the best.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:12:02 PM

To the Medical Board of Australia,

I support Option 1.

It is critical we can maintain integrative health treatments. They have assisted in both managing and contributing to management of my blood pressure and thyroid conditions and in managing stress that contributes to these. Restriction of doctors in using these is going to be detrimental economically and to health outcomes for our society

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 7:15:18 AM

To the Medical Board of Australia,

I support Option 1.

I believe people should have a choice to choose whatever treatment they prefer.

I have tried conventional

Medicines with no success (hormonal) and found natural medicines to work.

Why squeeze out natural medicine just to support large medical suppliers so they can have it all their own way.

I see no risk with natural medicine.

I would think that there is more risk

with people using Botox and fillers than natural medicine. Are you going to stop this too? I believe this to be an issue not natural medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:08:52 AM

To the Medical Board of Australia,

I support Option 1.

I totally support doctors being able to offer their patients, as part of their medical practice, alternative, lifestyle and forward thinking, preventative treatments. This can only support healthcare risks and lessen costs to an overburdened healthcare system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 3:25:12 PM

To the Medical Board of Australia,

I support Option 1.

I just don't understand how preventive medicine is a problem within the system. Surely any prevention is better than a belated so called medical cure. You are threatening to penalise people who seek to care for their own health and those who responsibly can advise yet still offer appropriate medical care and knowledge. This is not okay in my book.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 9:43 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I do not agree with the proposed changes to the current guidelines.

These changes will put unnecessary restrictions on doctors which ultimately is restricting what patients have available to them.

My family all use a variety of integrative and complimentary medicine and I don't think it would be in the best interest of anyone to limit access to these options.

I consent to publication of my submission without my name.

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.

Please do not tighten the regulation of practitioners who incorporate holistic and complimentary medicine alternatives into their practice.

These are choices that everyday people should be able to make freely and discuss with their GP openly. If patients are considering holistic and complementary approaches, GPs should be educated on the research around these alternatives so that patients are provided with the best possible information. If people are not able to discuss these options freely with their GP then they will probably go ahead with exploring vitamins/supplements or complementary therapies on their own without the guidance of a GP. This regulation will place unnecessary and potentially harmful restrictions on patients health care.

This is such a backward step when I am just beginning to find younger more modern GPs are discussing these alternatives with patients. A progressive step would be to provide further education, rather than create restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 12:15:36 PM

To the Medical Board of Australia,

I support Option 1.

Doctors need to be knowledgeable about complimentary natural medicines. Not all of us want drugs and it would be very helpful if our doctors were able to advise us on alternative natural remedies. At the moment doctors do not practice preventative medicine and that, in my opinion, is wrong. Dentists have been practicing preventative dentistry for years. It's time doctors did the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:44:56 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

We are shocked to hear of even discussion regarding these preposterous proposed changes. This sounds like a very backwards step in the evolution of health care in this country and stands at opposite ends of other 1st world countries who fully embrace and execute excellent health programs through the complementary and integrative health modalities. Health care needs the holistic and all-wise approach. We come from nature and require access to natural holistic treatment, for some of us sometimes, for some of us ALL the time.

Personally, if my GP had not been able to recommend a compounded hormone product, my health would not be near as good as it was today. Traditional medicine was not able to provide the correct treatment for my preventative and ongoing health.

I cannot implore emphatically enough, how utterly absurd and closed-minded these proposed guideline changes are. They make a mockery of the Hippocratic Oath and do not enable embracing healthcare in this country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 3:46:26 PM

To the Medical Board of Australia,

I support Option 1.

I believe every person has their own right to their own choice of healthcare.

I wouldn't be in the best of health now if it wasn't for Integrative and Complementary medicine.

I use alternative health practices everyday of my life, and I would be lost without them. They have saved my life!!

Complementary medicine is a healthy and safe alternative to the drugs that are so readily prescribed by certain doctor's.

I completely support Option 1, no change to the current guidelines!!

Please consider the rights of everyone!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 6:44:01 PM

To the Medical Board of Australia,

I support Option 1.

I strongly demand that integrative doctors are permitted to continue providing their valuable modes of complementary treatments and diagnostics.

I have used doctors with a broader view than the mainstream 15 minute consultation which usually end with a prescription for pharmaceutical drugs.

I am a very healthy 78 yr old who has used herbal medicine, acupuncture, chinese traditional medicine, chiropractic and other modalities to PREVENT ill health and see no reason why the two systems can't operate beside each other under one practitioner.

I don't want the government dictating to me how I should manage my own body. Remember this is an OPT IN not an opt out situation.

I will never. One for a Government which is hell bent on reducing us to pawns of ill advised policies to satisfy Big Pharma and vested medical practitioners ho fear losing trade.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am appalled to think these choices are being taken away. There are hundred of clinical studies that support the efficacy of herbal medicine and other CAM therapies. I would be sick and on multiple pharmaceuticals if my only option was biomedicine. I believe optimum healthcare is one that uses a variety of therapies. There are times when biomedicine is the best answer but many chronic conditions in particular benefit from this integrative approach. Instead of taking options away more effort should be made to regulate these therapies so that the best and most qualified practitioners are available. This will be one more step backwards for the Australian health system if this moves forward. Please reconsider.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I highly value the work of our integrative medicine practitioner. When conventional medicine is called for they will prescribe but when a more holistic approach is required they have the skills and knowledge to administer this as well. To place restrictions on the length of the consultation and/or treatments that they are able to offer would only serve to be damaging to people's health. Our integrative doctor saved my mother in law from getting diabetes and a lifetime of insulin injections through dietary advice and supplements. I strongly urge you not to change the current system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

It's fairly obvious as a naturopathy student that my degree is veering away from traditional healing to utilising an allopathic medical model of treatment using medical science.

It's quite obvious that the fatalities and side effects of pharmaceuticals will eventually tip allopathy in favour of nutraceuticals and traditional herbal medicine to keep patients and money coming in.

People won't tolerate pharmaceuticals for much longer as a wave of the wellness industry takes a hold in healthcare and people choose preventative care over treatment measures.

Why are you trying to control something you won't have control over?

Supplements will become the new big pharma in the future. So just leave the option of their use for GP's please.

Thankyou.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:55:59 PM

To the Medical Board of Australia,

I support Option 1.

I am writing to ask that you please don't make any changes to the current guidelines. Please allow us the freedom to choose the health care we find better suited to us. The medical institution has a place and so does the holistic system. We are not a one fit all society and we should be allowed to choose our own

Medical path.

Please don't allow big pharma to control you and us.

Our bodies know how to heal given the right environment and I believe the holistic path is far more beneficial than a pharmaceutical one.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I see importance of intergrative medicine and think important that modern medicine and natural therapies co exist so people have choice in their healthcare needs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 6:34 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People should be able to make their own choices over the types of healthcare they use

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 12:10:26 PM

To the Medical Board of Australia,

I support Option 1.

For as long as I can remember I suffered with mental health even as a young child. When I was around 45yrs old my mental health was so bad that I feared moving I was paralyzed with fear. I was advised by a friend to see a integrated medical practice near where I live. This changed my life. I had test done that most gp,s no nothing about which revealed I had low zinc, high copper and high pyroles. Once this was addressed and supplements adjusted within six months my life turned around. This is the short story of it all but I so very grateful for my integrated gp.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 21 May 2019 6:12:58 PM

To the Medical Board of Australia,

I support Option 1.

I support traditional complementary integrated medicine (TCIM) as it is a medicine that works for many people. Biomedicine is great with acute or trauma or emergency medicine but does not offer everything to everyone. TCIM has helped my self and my family for over 20 years. We use TCIM for mild and chronic illness while biomedicine for emergencies, trauma and severe acute illnesses. TCIM helped my mother during her cancer treatments for my children with respiratory infections and myself with menopause. TCIM is effective and preventative. It keeps us healthy and away from the GPs and hospitals, saving everyone time and money. If you impose your new restrictions we will spend more time at GPs offices and emergency rooms. Your restrictions will cause more of a burden on the current health system and you will have a lot more unwell people. Let people be healthy and use TCIM

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 9:03:26 AM

To the Medical Board of Australia,

I support Option 1.

I have had complex medical challenges due to childhood abuse this includes gynaecological, physical and PTSD, including at a young age having to have double hip replacements. For many years I went down the purely western modern medicine path and I received help. Although it helped me, it was limited in its ability to heal me and I struggled big time to have quality of life. For example complementary medicine would not fix my hips, that required surgical intervention. However my post operative complications (allergy to anaesthetic, post operative pain and muscle weakness etc,) failed to be helped by conventional, mainstream medicine and it was complementary therapies that enabled me to heal. Without these alternatives my life would have been very limited. Squashing my choice to have these therapies would have impacted my life to a place of immobility and compromised health and an ability to function. I started integrating a wide range of complementary modalities into my personal health care. My health and well being has improved massively. I have been a nurse for nearly 30 years and value the importance of that role. I also saw the need for other modalities to treat the patient as a whole so I studied complementary modalities as well. I believe that health care should be preventative as well as reactive to illness, should address the source of illness and symptoms not just the symptoms. I am allergic to many pharmaceuticals with life threatening reactions, this means I am very limited this way and complementary medicine has been my only option. I am a contributing member to society and mankind and to continue to have my optimum well being complementary medicine is important. We are all individuals, unique and need to be viewed as such. As such one model or philosophy of medicine eg traditional western may not suit all. One person is no more important than another. We are all of value and as such our individual health needs, preferences and what suits our individual being should be respected and our right to personal choice must not be diminished. Limiting our health care to one philosophy, one modality is dangerous. Firstly as it denies an individual the right to care for their health in the way that gives them optimal wellbeing, it assumes that because one way of doing something is right for all and it limits the individual's opportunity to have ultimate well being. Secondly it creates a very narrow view of thinking and denies we as humans are multifaceted. Integrated health care is a very good way of helping individuals reach their best possible way of being. Instead of right fighting about which model is right, personal, society, cultural and national health would be best addressed by each modality respecting that all may have something to offer a patient for well being and work together in respect for the best possible outcome. Limiting choice, limits our ability to be a healthy nation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 8:40:31 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because I believe each person has a right to choose their path of health which means more than just a written prescription.

Integrative & complementary medicine has helped me and my family with knowledge of nutrition, ancient practices of health and to heal us without drugs.

If the MBA imposes restrictions on Integrative practitioners Myself and my family will stop going to doctors because I refuse to be treated by drugs only.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:32 AM

To the Medical Board of Australia,

I support Option 1.

I choose doctors who think holistically! I don't want to be treated like cattle going through every 10 mins. I want a doctor who can advise me on all sorts of non chemical treatment! My doctor spends all the time I need with me and offers me a range of different treatments including simple things such as meditation and non chemical pills such as cohosh root to treat my menopausal symptoms. No one should dictate what I should and shouldn't choose to be advised on.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:42:24 PM

To the Medical Board of Australia,

I support Option 1.

Medical care should continue as is done under current best practices.
The acceptance, investigation and research into a variety of other integrative and complimentary practises should be a priority.
My family and friends have benefited from complimentary medical practices and the wisdom of medical professionals who have accepted and used integrative and complementary practise methods and skills.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:56:03 AM

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine as it has helped me immensely, that is acupuncture, chi kung, acupressure, chinese herbal medicine. I cannot take strong or medium pain killers even aspirin. So I find alternative medicine my support along with doctor consultation and advice. Chinese herbs help my gut, and acupuncture helps osteo. Sincerely [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 6:00:00 PM

To the Medical Board of Australia,

I support Option 1.

I have used complementary medicine for myself and my family for about 26 years, when my daughter was diagnosed with asthma.

I did not want her to have to use medicine or carry a puffer in her handbag for the rest of her life so I went looking for a cure; something which was not available from the doctor. I found it in homeopathy. I have since used many natural remedies and am continually amazed and disappointed that most conventionally trained doctors know nothing about these safe and effective cures.

This agenda to limit access to these therapies is undoubtedly being pushed by industries that benefit financially from making and keeping people sick. Mainstream media are complicit in keeping people unaware of our health system being changed into a 'disease industry' as Big Pharma is, judging by the increasing number of ads for medications on TV, their biggest advertisers.

When are doctors going to be trained in integrated treatments, both allopathic and natural? When will the 'so called' scientific proof for allopathic medicine be independently tested to see if it is truly safe and effective?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:46:16 AM

To the Medical Board of Australia,

I support Option 1.

I am 71, single & have been a sickly person my entire life, suffering from headaches/migraine with vomiting. The head ache would build over a period of a week to the point of vomiting - rendering me useless & bed ridden for up to 3 days. At the age of 47 I changed my doctor who suggested I had a food intolerance. After an elimination diet & 18months later I was a new person. More recently, 2013, I had other health issues with nausea, terrible back pain & dermatitis covering my entire back, scalp, elbows etc. My Immunologist, Dr [REDACTED] threw his hands in the air saying he didn't think it was food related & referred me to Dr [REDACTED] a Dermatologist. Dr [REDACTED] said it was most definitely atopic dermatitis & had nothing to do with food. I underwent 5 days of treatment at the [REDACTED] hospital which taught me how to treat the condition at home. NIGHTMARE. I was suicidal as could not sleep because of the itch. I was taking so manying antihistamines, antidepressants & pain killers that I rattled & NOTHING HAD CHANGED. In desperation I searched on line for some magic cure. There was none. Then I happened to come across a Naturopath near me - made an appointment, had some tests done after which she put me on a special diet. This was the first time in 3 years I had any relief from my skin condition. You can imagine how I felt. I would have had 75% improvement but I wanted 100% so more investigation led me to Dr [REDACTED] of [REDACTED]. The reason I'm mentioning Dr [REDACTED] is, because his charges are covered neither by Medicare or private health, which in this day & age is terrible because he IS giving people hope & faith in Western medicine which I had all but given up on. A blood test was taken which showed what foods produced anti bodies in my system. It's a really hard thing to do but when I eliminate, eggs, nuts, beans, wholewheat & whey from my diet I'm able to be completely comfortable in my own skin. For the pain I tried Acupuncture, Osteopathy which have been extremely helpfull for me. If you have read this far, I thankyou. [REDACTED] from [REDACTED].

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 7:22:34 AM

To the Medical Board of Australia,

I support Option 1.

Over the past 30 years I have specifically sort out Doctors who use integrative medicine along side allopathic medicine for myself and my family. With a more holistic approach we have succeeded in managing physical and mental health issues arising with minimal drug use.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am 59 years old, and in excellent health.

I have found that the best support for my health I have received from doctors who are open to embrace integrative and complementary medicine as well as the pharmaceutical approach.

I strongly support option 1 (no changes to the current guidelines).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

This is supposedly a democracy, not a dictatorship!!!!. Back off, it is a personal choice to use complimentary medicines and treatments. I have used herbals medicines for 20 years, and will continue to do so. What are you scared of? People actually being healthy without modern medications, with multiple side effects, and half the time not actually helping patients????

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 5:09:56 PM

To the Medical Board of Australia,

I support Option 1.

I am writing in response to the possible ban on doctors utilising and prescribing CAMs to patients who require this as a supportive, adjunct or sole treatment. Where it is indicated CAMs has benefitted myself and my family either alongside pharmaceuticals or as a stand alone therapy by my doctor. GPs and specialists have access to MIMS and other tools to also advise contraindications and cautions which other practitioners may not. Even more reason for patients to turn to their doctors for advice on evidence based CAMs.

Regards. [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 12:28 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please don't not do this. Big pharmaceutical already control too much and a lot of the time can't/won't help.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 9:37:36 AM

To the Medical Board of Australia,

I support Option 1.

The first rule in medicine is to do no harm. Many pharmacological and surgical interventions necessarily cause harm and side effects. I reserve the right to attempt to heal and health issues myself or my family experience with traditional, non invasive, holistic and nutritional based options as a first line of treatment to minimise our exposure to harm. If and when these options fail us we will wholeheartedly consider more invasive measures or those associated with greater risk of side effects. But ultimately, it's my health and it should therefore be my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

My choice to use an integrated health GP has been the best thing I have done towards solving my anxiety and allied complaints that I have suffered for a lot of years. By seeking out someone who would not only listen but also gave me the time I needed to look at why things were manifesting both physically and mentally. With a combination of prescription medication and vitamins and other complimentary medicines my life was finally back on track. The idea that these doctors work on the fringes of medicine is ludicrous as a wholistic approach has seen an improvement in my health not a decline.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:19:13 AM

To the Medical Board of Australia,

I support Option 1.

I have suffered from knee problems and recurrent UTI's for at the least 5 years. After combining conventional knee advice from a competent Orthopaedic and Acupuncture advice I am able to be pain free and mostly more active than acquaintances who have had total knee replacements. With the regards to recurrent UTI's after visiting conventional specialists I finally got relief from a pelvic floor physio and nutrition expert who has solved the problem with herbal medicine and tablets from a German clinically researched product. The tablets are expensive and I cannot claim these tablets through Medicare or my health fund. These tablets save constant visits to a G.P.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:04:35 PM

To the Medical Board of Australia,

I support Option 1.

I gained great improvement in using complementary medicine ie acupuncture and herbs to cure my mastitis which was repeatedly unsuccessful with antibiotics. This allowed me to continue breastfeeding.

In addition, I was notified by my doctor about acupuncture with relation to fertility treatment. I elected to try this method along with conventional IVF treatment which resulted in discontinuing IVF treatment as I already succeeded in conceiving after having acupuncture.

Further, acupuncture has been successfull in delaying need for a knee replacement for my mother in law. She has still good use of her knee and reduced pain due to acupuncture treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 3:54:20 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

I am writing to express my support for medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. While mainstream medicine has an important role in the acute care and emergency setting, alternative and complementary medicine play an important part in the management of many chronic illnesses caused by many environment toxins and pollutants.

As a GP and also a patient, I am well aware that many patients suffer from chronic and debilitating illnesses such as heavy metal toxicity, chronic fatigue syndrome and intestinal issues such as IBS(which our mainstream doctors have no answer). Just like many of my mainstream medical colleagues, I have no answer to the many questions posed to me by many of my patients who suffer years and years of chronic health issue until I opened my eyes to the field of functional gut health, nutrition and alternative medicine.

My own mother in law suffers from chronic cough for 15 years for which she attended 4 different mainstream respiratory specialists for many investigation and treatment. Unfortunately, none of them knows what was wrong with her despite many imaging study and spirometry; they could not offer any solution. It was an integrative doctor who manage to significantly improve her quality of life with the use of nutrition. While the mainstream medicine focuses on treating infection, reducing cholesterol, blood sugar and blood pressure, our acute care health care model is NOT suitable to address many environment illnesses that are caused by environment toxins and pollution. For example, mould illness, heavy metal toxicity. In recently time, fluoroquinolone antibiotic toxicity syndrome and gadolinium toxicity have added to the list of chronic illnesses that mainstream/conventional medicine has no answer. Indeed, many patients have been insidiously injured by the indiscrete and widespread use of many pharmaceutical such as strong antibiotics, long term unsupervised PPI use and statin medication. The use of pharmaceutical agents, which are chemicals foreign to our body, in my humble opinion, should NOT be the only option for our general public.

While it is also true that vitamins and minerals and many antioxidants can be found naturally in fruits and vegetable, the use of supplements are indicated in cases where it is impractical to eat 5kg of kale a day when one can more conveniently supplement with a capsule. Vitamin and mineral supplements, just like pharmaceutical counterparts, have their place and role when used correctly in the skilled hand for the correct indication.

I hope that the MBA can kindly consider that many patients will be left within any option if MBA imposes restrictions on Integrative practitioners.

When treating any patient, first, we do no harm.

Then, we remove the cause if we can: mould, infection, heavy metal, toxins, poison or stress

After the cause is removed, we try to help the body heal itself with optimal nutrition; the way our mother nature intends it to be.

I am confident that most well-trained integrative practitioners can contribute positively to the health and well-being of our general public and therefore our nation.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 18 June 2019 6:44:41 AM

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines and do not want this right taken away.

Without complementary medicine I may not even be writing this e-mail. It has had a massive impact on my life and the life of friends and family.

Just because you may not understand something does not mean it is wrong. Educate yourself rather than living in fear. It will be the best thing you do in your life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:05:57 PM

To the Medical Board of Australia,

I support Option 1.

I and my Family have a lot of allergies to a lot of prescription drugs. For us it is very important to have access to medical doctors who integrate complementary & conventional medicines and emerging treatments into their practice. We have always had good results with use of vitamins, minerals, herbal supplements, natural therapies, diagnostic testing & a traditional approach. The Integrative doctors who provide longer consultations to understand root causes of my & my Families illnesses are valued. We like to support those Practitioners and Integrative doctors who typically provide longer consultations to understand root causes of illness. A conventional 10 minute consultation by a GP can never find the root cause of the Illness. I feel it is a guessing game! We value a "holistic approach" to healthcare and support doctors who do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:09:21 PM

To the Medical Board of Australia,

I support Option 1.

I and my Family have a lot of allergies to a lot of prescription drugs. For us it is very important to have access to medical doctors who integrate complementary & conventional medicines and emerging treatments into their practice. We have always had good results with use of vitamins, minerals, herbal supplements, natural therapies, diagnostic testing & a traditional approach. The Integrative doctors who provide longer consultations to understand root causes of my & my Families illnesses are valued. We like to support those Practitioners and Integrative doctors who typically provide longer consultations to understand root causes of illness. A conventional 10 minute consultation by a GP can never find the root cause of the Illness. I feel it is a guessing game! We value a "holistic approach" to healthcare and support doctors who do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have the right to choose the type of health care that is right for my body and my family! Supposedly this is a democracy but I see no evidence of that here. Why is it that the MBA and FOSM Feel so threatened by something that 'apparently' doesn't work. First do no harmthe integrative GPs are the only medicos that take their promise seriously.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 7:21:12 PM

To the Medical Board of Australia,

I support Option 1.

I have been using complementary medical options for a number of years (acupuncture and herbal medicines) as I have found that in most cases they are more effective and have no side effects compared to products from the pharmaceutical companies.

Nearly all prescribed medicines had side effects (some very bad) so I rely on my doctor to give me alternate options and I do not want this choice taken away from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:53:58 PM

To the Medical Board of Australia,

I support Option 1.

Having worked overseas where "standard" healthcare was unavailable, it was necessary to seek alternative solutions. The first was the use of acupuncture for initially pain relief on damaged shoulder ligaments. The effectiveness of the treatment was staggering in that the pain was comprehensively reduced and the healing time was weeks rather than months. The treatment was undertaken by a qualified Russian surgeon whose ability in the field of acupuncture was totally accepted on all levels of patients.

This treatment was undertaken whilst I was working in Kazakhstan. It was subsequently used as neck pain relief after the flights to that country (approx 30hrs flying). It has also been used in Oz for pain relief as it appears to be a great deal more effective than drugs and does not have the same side effects. Thai massage has also been used with considerable success in cases of back pain where the properly trained masseuse has also demonstrated considerable knowledge of the nerve and muscular interaction and has used this to allow freedom of movement again. I would far sooner use such treatments rather than use any form of drugs for the same purpose. The relief gained from drugs, in my experience, has been minimal and certainly not without side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 12:46:38 PM

To the Medical Board of Australia,

I support Option 1.

Medicine is not a “one size fits all” and most illness/disease does not require pharmaceutical products to resolve them – in fact quite the opposite. Integrative and complementary medicine has as much place in the healthcare system as any other medicine. I have used integrative and complementary medicine for over 30 years and enjoy much better health than many of my peers. Pharmaceutical products do not offer cures or solutions and side effects can be devastating. If restrictions are imposed on Integrative practitioners it will not only be a further erosion of our freedom of choice but will also possibly put many practitioners out of business.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:17:17 PM

To the Medical Board of Australia,

I support Option 1.

I believe very strongly that people have a right to seek whatever treatments they want or need, be that orthodox medicine or complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:49:38 PM

To the Medical Board of Australia,

I support Option 1.

Hi, I am in my 60's. Most of my life I have been suffering from dry facial skin plus constipation taking various medicines and prunes to keep me regular. Some years back I had a test done by a complementary person. This test showed that I had intolerances to wheat and dairy. Since giving up these foods my skin is normal and my bowels are regular

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 2:44:30 PM

To the Medical Board of Australia,

I support Option 1.

I had bursitis in my shoulder. I sought help the traditional way from my GP who first suggested physiotherapy. Seven visits to the physio saw a 20% improvement in movement and pain reduction along with a massive reduction in my wallet. Then the GP sent me for a cortisone injection which had absolutely no effect whatsoever. I then sought out a second GP who practices acupuncture. This is the therapy that provided me with absolute pain relief and regained movement in my arm. Alternative therapies have helped many of my family and friends with health issues big and small. Being able to make an informed choice about my treatment or therapies should always be an option. Taking that option away to make sure that the pharmaceutical industry maintains a stronghold over peoples health is wrong in so many ways. I also have many friends that are alternative therapy practitioners. Taking away peoples choices will affect their livelihoods. They care very much about their clients and would never offer a practice harmful to someone's health.
Don't take away our choice. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:02:57 AM

To the Medical Board of Australia,

I support Option 1.

As we live in a free country, surely we should be free to make our own health choices. Having access to integrative and complementary medicines and practices helps us to make these choices and take control of our health.

From my own health experience, I have found complementary medicines and practices to work more effectively. I have had stomach problems for several years, with several conventional medical doctors treating me with antibiotics over and over again resulting in more problems with my stomach and bowels. Because most doctors stick to the 10 minute consultation, they never investigate further. Sick of being sick all the time, I looked for a holistic approach to my health (my choice)

I went to see a naturopath, who consulted with me for over an hour (not 10 minutes), to get my health history and run tests, such as live blood analysis - which showed I had an infection in my system, iridology - which showed I had a very sluggish liver and stomach, and several more tests. From these results I was given a strict diet to help my liver and stomach as well as herbal and homeopathic medicine. After 2 more visits and sticking to my diet and medicine, within 2 - 3 months I was feeling better. These issues have not returned since. I also had acupuncture to help with cramps etc.

I have now been diagnosed with reflux (not related to my previous problems), which medical doctors want me to take medication that have side effects that can cause liver damage (not going back there), reduce bone density (I already have osteopenia) and it can also cause strokes if taken for long periods of time. The manufacturers of these medications advise they not be taken long term because of the side effects, yet doctors prescribe them as a long term medication. I will not take this medication because of the side effects and the doctors have not provided me with an alternative. I'm controlling my reflux with chinese herbs and a diet which helps to reduce stomach acids (my choice).

Unfortunately, I have not been able to find a integrative doctor in my area, but I feel good caring integrative doctors are probably already under enough pressure, where in most cases they cannot treat their patients to the best of their ability and in the manner they were trained to do, without putting more restrictions on them.

Many of the alternative and natural therapies have been used for thousands of years in other countries with long term benefits to their nations health, so I'm unsure why they are called unsafe and unproven ???

As a nation with ongoing and growing health problems and no clear indication that some conventional medicines are helping these health issues, surely allowing us all to make our own health choices by provided a holistic approach to healthcare will only help us as a nation to became healthier.

I consent to publication of my submission without my name.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:16:12 PM

To the Medical Board of Australia,

I support Option 1.

I believe people need to be able to choose the treatment of choice. I have a chronic illness and have used both complementary and conventional medicine with excellent outcomes. I am a trained nurse and CEO of a natural therapies academy. I have made informed choices and the outcomes have been positive.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 12:39:31 PM

To the Medical Board of Australia,

I support Option 1.

When my child was being treated for ALL, I found it extremely beneficial for her whole health to have vitamins recommended by her doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 12:07:15 PM

To the Medical Board of Australia,

I support Option 1.

Holistic Health care, functional medicine and alternative practices should receive greater levels of support from our government not less. While there is a place for pharmaceuticals, surgery, oncology etc.. there is a greater need for working with health care that enables people to become more educated through holistic practice to facilitate the growing need for practitioners who work with patients to facilitate shifts and changes in their health and care in ways that encourage health options toward regaining and restoring the bodies natural ability toward self healing as a viable option in preference to health practices that filtrate dependency on pharmaceutical drugs which potentially cause the next lot of side effects and ongoing prescriptions of drugs.

In my view there is a greater need for complimentary medical practice where functional medicine and general medicine are working together in a way so that we are not even calling out alternative medicine.

Definatly not fringe.

Practices that work toward functional wellbeing and holistic health work at levels to respond to the cause of dis-ease and not just the symptoms. Removing symptoms is just that.... obviously if the cause is not dealt with the symptoms will recur again or manifest in some other way.

My support is for even greater integrative healthcare choice and options.

Thank you for listening.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 10:45:55 AM

To the Medical Board of Australia,

I support Option 1.

In early 2018 I was diagnosed with Hashimotos Thyroiditis and sought treatment and management through a specialising endocrinologist. I was prescribed synthetic thyroid hormone and sent on my way. I attended a few follow up appointments and my endocrinologist laughed at me when I advised my symptoms were getting worse. I requested a thyroid ultrasound and when I told her that cutting out gluten from my diet had helped me she laughed. She eventually agreed to request a thyroid ultrasound, but it was reluctantly, and she said she would be the laughing stock of her colleagues if they ever found out she requested a thyroid ultrasound for a patient. She also said gluten intolerance had nothing to do with Hashimotos and told me to test for coeliac disease, despite my offerings of reading and studies which linked gluten intolerances to auto immune disease. The results of the ultrasound showed multiple nodules on my thyroid and I had to go back for a second scan as the initial radiographer suspected thyroid cancer. My endocrinologist was wrong on a number of occasions and dismissed me as making symptoms up and being oversensitive about symptoms that "must have been caused by something else" and told me they had nothing to do with Hashimotos.

As I grew sicker and sicker I did some research and found a functional practitioner who ran further diagnostic tests and discovered I also had h.pylori bacteria, along with leaky gut and some nutrient deficiencies. He also discovered that my body was not absorbing the synthetic thyroid medication as it should have been. The functional, or integrative practitioner changed my thyroid medication from synthetic to natural dessicated thyroid (NDT) which assisted me greatly and my fatigue has now diminished, I am also prescribed low dose naltrexone (LDN) to reduce inflammation in my body and this has been a game changer, it has changed my life for the better and I am now able to live my life as I did before auto immune disease - like a NORMAL person. I continue to see the functional doctor as a private patient and have been back to see an endocrinologist since being prescribed LDN and NDT to ask if I can access these medications as a public patient and was told, no, that there aren't enough studies done to warrant their effectiveness and that an endocrinologist will not prescribe me these, only synthetic thyroid hormones which do not help me.

Without access to functional and integrative doctors, people like me suffer. Not only do we suffer, but when we suffer, we suffer greatly. Please do not cut back the functionality of these doctors, they are integral to providing good health care to people like me with auto immune diseases.

The MBA should be looking into expanding coverage and government rebates through Medicare for these medications to make them more accessible and affordable to the public.

If it wasn't for functional, integrative doctors, and the medications they can prescribe, my children would have a dysfunctional mother and society would be a person down.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 23 June 2019 5:14:00 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

I support patient access to integrative and complimentary medicine, and believe that this is most safely monitored by medical doctors trained in integrative and complimentary medicine (IM doctors). I am very concerned by the Medical Board of Australia's recent public consultation on clearer regulation of medical practitioners who provide complementary and unconventional medicine and emerging treatments. The definition of 'complementary and unconventional medicine and emerging treatments' is poorly defined and appears to be more political than a scientific definition. Grouping integrative medicine (IM) with 'unconventional medicine' and 'emerging treatments' implies that IM is fringe. As more than two thirds of the Australian population use complementary medicines as a part of their self-care, it seems nonsensical to label complementary medicines as 'fringe'. All medical schools and many Specialist colleges such as the RACGP have well established curriculum designed to educate doctors about the basics of complementary and integrative medicine. IM doctors with further training from established organisations such as ACNEM, Biobalance and AIMA provide evidence based training to IM doctors. With this additional depth of knowledge, these doctors are better placed to improve patient safety further with regard to the use of complementary medicines. The reporting of Adverse Drug Responses (ADRs) via the Therapeutic Goods Administration shows that only 1% of ADRs are from complementary medicines, suggesting that the relative risk is low and does not warrant the proposed guidelines.

And yet, two thirds of complementary medicine users don't inform their healthcare provider about their use of complementary medicines, due to perceptions that their doctors will judge them negatively. Doctors are charged with maintaining and improving the health of their patients and require a broad understanding of available therapies to best advise their patients. Patient safety is best served with a well informed/ appropriately trained doctor who is willing to discuss the risks and benefits (based on available evidence) of a patient's therapy in a non-judgemental way. By enforcing an additional set of guidelines for IM doctors, the implication that complementary therapies are 'unconventional' which could increase risk to patients as they decline to disclose their complementary medicine use to their doctors.

I strongly support the MBA continuing with its current code of Good Medical Practice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 8:39:06 PM

To the Medical Board of Australia,

I support Option 1.

Please keep your minds open, respect free choice, value effectiveness as a measurement of truth - even when labs maybe can't "prove" it. We humans... are so much more than we are led to believe. Please don't abuse your authority by going backwards and leading us into regimented control! How will you be remembered?? I hope as progressive, inclusive, respectful of free choice and free will??? Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]