

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:38:13 AM

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To the Medical Board of Australia,

I support Option 1.

I use natural medicine as my 1st choice, with medicine/pharmaceuticals to back up only when absolutely necessary. I have multiple health problems & live in chronic, often extreme pain. I ran my own business as no employer would hire me under the conditions my health requires.

Recently I lost this business thru no fault of my own & was given 3 wks to close it. It was over 20yrs old so the stress both physically & mentally was enormous. I had had surgery only wks before & had been using 30mg codiene & 1mg steroids twice a day on work days (3.5 days a wk) to get thru as the post operative pain, on top of my normal pain under that level of stress was unbearable. My GP was an integrative GP & of course, my natural treatments were adapted for the situation, inc helping with the side effects of the meds.

I pay up to \$20 000 yr in treatments in order to keep me a functioning, worthwhile human being with albeit a v restricted quality of life.

On the day I lost my business, I also lost my job and, as my health has deteriorated significantly from then, my career. I have 3 degrees inc a masters, have spent 5 yrs at university, but can no longer afford basic health care, let alone the \$20 k a yr my health needs. And that was WITH private health care, which I can no longer afford either.

On the day I lost my business, I had run out of pain meds so I went my GP to get more. The coming months of moving a 9 room 20+ yr old business to a skip bin, removalist & fb marketplace was going to be a significant source of much more pain.  
On that day, the single worst day of my life, my GP DENIED ME PAIN MEDICATION.

Why? She said the 'evidence' didn't allow her to prescribe 'post surgical pain relief' any longer & as she was an Integrative GP & with codiene being heavily targeted, she feared prescribing under any other grounds was not worth the risk for her professionally.

Ie, she was FRIGHTENED.

She was denying me controlled pain relief, even tho she had documented my pain for over 20yrs & never prescribed pain relief prior, because she was an Integrative GP!

AHPRA & MBA need to know that the hysteria surrounding moves like this very MBA decision (not to mention the removal of natural health treatments from private health funds & the interim chiropratic ruling re treatment of children etc) creates enormous rebound discrimination which of course, is taken the most seriously by the best practioners ie those trying the hardest to honor the patient's needs.

Whilst I understand the need to regulate, as I certainly have had my

fair share of bad reactions to 'natural' treatments too, (not to mention the ridiculous amount of dead probiotics & rancid fish oils sitting in the hot sun of the [REDACTED] window), this concerted, contrived & draconian approach to regulating medicine & complimentary health has created a frenzied storm of insane discriminatory action that is not only damaging my health, but costing my tax dollars in ways that haven't even been remotely considered.

Since this frenzy began, I have lost 4 homeopathics, 2 practioner only supplements, & my access to basic pain medication.

My use of otc meds & alcohol has increased so I can get thru the day.

My Chiropractor has discontinued using 3 therapies that were extremely helpful to me as well, as she too, has been so frightened by the vigilantly attacks on her profession, the most recent one being that my friend's baby can no longer get the Chiro treatment that was helping with her reflux.

I know of many complimentary health practices that have closed down or staged down because of fear, not to mention the integrative GPs who have returned to handing out antibiotics & writing medical certificates for sick days for patients who could have been helped with a practioner only dose of echinacea & a probiotic, not to mention a normal GP having an integrative approach by working with the patient's naturopath, chiropractor & acupuncturist to increase health beyond living from sick day to sick day.

The stress & discrimination caused by blanket decisions like the recent ones that have scarred our healthcare system so deeply have impacted my life & that of my friends & family significantly.

The resultant frenzied public reaction means I can't even mention my treatments at a dinner party in my own home for fear of rebuke for my choices.

This decision & all the recent attacks on complementary health care have ruined my life & will have dire consequences for the future of healthcare in Australia.

The cost in public health & tax dollars will be catastrophic as most of us will not take the time to write or vote or do anything. Yes, most of the people using these treatments are too scared to say anything so no amount of 'evidence based research' will find out how many are saving the government by paying out of pocket for their own health care from integrative GPs to their yoga class.

And of course, because of the ridiculous push to 'evidence base' everything, we won't even see the consequences for another 20-40 yrs!

Evidence is only a portion of good practice. PATIENT CHOICE SHOULD BE THE GREATEST CONSIDERATION.

Pls note, I have only supplied my online name as I am too frightened to supply my real name.

I consent to 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 12:16:13 AM

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To the Medical Board of Australia,

I support Option 1.

The patient should always be able to access whatever treatment option that they believe in and that will work for them. No one else should be able to impose what they should or should not be able to try when it comes to vitamins and minerals. Any changes would affect my quality of life and be detrimental to the doctor and chemist I support.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] [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.

By My Will don't take away my right to choose alternative health care, that is all I use I am saving the health system money I find the care is of high quality If I need a doctor I want a intergrate alternative holistic care doctor who isn't ruled by a prescription pad Everyone should have a choice and limiting it to just a Doctor of Western Medicine is a diservice to you citizens

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 4:17 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I want to keep option one as I think individual choice is very important I use Osteopathy mainly but if I break a bone or need an operation I will go to a normal or integrated doctor Not one size fits all the Western Medical system seems to be under a lot of stress with doctors committing suicide and a lot of bullying within the staff The treatment from integrated doctors is very good

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 25 June 2019 3:27 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want a doctor with integrity I don't want them being directed and told what they can or cannot do. if they believe something is dangerous but the health system says it's safe I want that doctor to protect me from a faulty Health System. I don't want a doctor who only knows how to write prescriptions for drugs, that's grooming us and our children to be drug addicts. I see a Osteopathy which keeps me from being a drain on the health system. i don't believe in taking prescription drugs. Patients must have choice not one size fits 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:** Friday, 3 May 2019 11:44:55 AM

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To the Medical Board of Australia,

I support Option 1.

Keep alternative medicine available for those who would like to use 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, 21 June 2019 6:23:33 PM

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To the Medical Board of Australia,

I support Option 1.

As a 71yr old ex nurse and currently a Craniosacral therapist, I have maintained a very healthy life by using the 'integrated complimentary services' you are suggesting be taken away...I am furious that you would take away the right to make a choice to support our life by receiving therapies that enhance quality of life. I take no prescribed medication, support my diet with minerals, vitamins and herbal teas, tinctures and i use herbs in my food. We are having our choices eroded constanly, forgive my cynicism, but many of the decisions are based on big money...mostly from pharmaceutical companies. I implore you to encourage Doctors to recommend people to use modalities that support, and enhance 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, 2 May 2019 11:17:47 AM

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To the Medical Board of Australia,

I support Option 1.

I will never be ok with our right of choice being restricted and challenged. If health is what we all want in the end, how dare it be decided for us on how the journey "should" look. We have enough education around us to know that different methods can achieve great things and perhaps we simply put HEALTH as the priority. DO NOT PREVENT MY CHOICE. It's a fundamental human 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:** Thursday, 2 May 2019 10:19:45 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine is a valuable and useful part of the healthcare options available in our community. It is cheaper, often non-invasive, easily accessible and has very low harm consequences. There is no evidence to restrict access to these traditional supportive remedies. The damage done to individuals and the community by restricting access is in no way balanced by the tiny amount of harm these remedies may cause. In a time when we need and must reduce our reliance on harmful chemicals and precious antibiotics, these remedies provide a cheap, stable, reliable and effective element of community and individual care and 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:** Monday, 29 April 2019 3:20:54 PM

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To the Medical Board of Australia,

I support Option 1.

I am 71 years old in good health and take no prescription medicines. For my health needs I prefer alternative methods. For example Alexander Technique practitioner for back soreness and dietary advice for hay fever. Taking lysine got rid of my cold sore and I was surprised to see a wart I had had for many years disappear. Magnesium supplementation for cramps and makes bowels regular. D Mannose keeps me free of UTIs. I stay healthy with diet, exercise and supplements so I am saving the PBS a lot of money, I am not a burden on public health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:25:45 AM

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To the Medical Board of Australia,

I support Option 1.

I want to make educated and informed decisions regarding my health and the health of my family. I want to work with my doctor and other health care professionals to determine what is best for me and my family.

I resent the idea that the MBA is interfering and adjudicating as to what my GP or other health care professional can or cant do in assisting with my health care issues.

I also want to make my own choices with regard to alternative health via my health insurance. That is, I want alternative therapies left on or better still increased, with my health care company 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:** Wednesday, 24 April 2019 7:35:06 AM

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To the Medical Board of Australia,

I support Option 1.

In a time of unprecedented levels of deteriorating mental health and the documented evidence of over-prescribing Anti-depressants as the immediate primary care solution for those suffering depression and anxiety, it seems ludicrous that the MBA would be considering limiting the availability of treatments for people with health issues.

One also has to consider the Discrimination Laws - as actions like this discriminate against people from non-anglo cultures, including our own Indigenous Culture seeking what is considered medical treatment within their cultural context and terms of reference.

Therefore it is Discrimination. This has been raised before in regard to how health care treatments are rebated. If a Polynesian person wishes to seek complementary healthcare options which include their traditional cultural approaches to health care, then they should be able to do so without exception. The same applies to our Indigenous People - and this move by the MBA is in direct contradiction with practices currently being implemented in South Australia with Traditional Healers working alongside Anglo-medical approaches.

So the question is, what is the MBA afraid of? It seems this is another attempt by a white, conservative organisations to preserve their own power base rather than moving with the times and the preferences of the people whom they are here to serve.

If communities are looking for alternative treatments for illness, then the question needs to be asked - why? Why is trust in Anglo/Allopathic Medical Practitioners so low? Why is it that dinner table conversations consistently complain about Drs with no "people skill" or "it's all about the money".

The MBA is choosing to ignore the root problems about its own industry, training and approaches to client and patient care by seeking to understand their own issues and take actions to address them at the core level. Only when this is done can the MBA have the credibility to then review the system as a whole.

It starts within your own organisation and partnerships MBA - look there 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:** Monday, 22 April 2019 7:41:17 PM

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To the Medical Board of Australia,

I support Option 1.

I believe the healthy people of our society take care in looking after their health. Why penalize them. We should be looking at preventative ways to look after our health instead of waiting for a disease which we need doctors 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:** Thursday, 2 May 2019 9:39:23 AM

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To the Medical Board of Australia,

I support Option 1.

I just do not understand the thought process here. You are going backwards. People need be responsible for the management of their health and having doctors that treat both allopathic and utilising alternative complimentary supportive treatments is crucial in the evolution of health. Or do you just want everyone taking pharmaceuticals without treating the underlying cause of the illness. As a breast cancer survivor and with CPTSD from a violent crime committed against me, I have remained alive utilising integrative and complimentary medicine. Please stop this change as it's totally ridiculous. I cannot believe that in 2019, this is happening.

I consent to 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 9:46:43 PM

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To the Medical Board of Australia,

I support Option 1.

I support alternative therapies. I have benefited from non prescription supplements to manage arthritis and asthma issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 5:53:55 PM

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To the Medical Board of Australia,

I support Option 1.

Western medicine and pharmaceutical companies have lost their way in preventing illness and creating a healthy and vibrant approach towards well being fit everyone. This approach is costing millions and growing annually. Complimentary medicine can be part of the prevention strategy to lower illness rates and costs and improve the health of our communities. It's time to be strategic, future thinking and act with integrity. Support complimentary medicine to support healthier communities

I consent to 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 7:38:50 PM

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To the Medical Board of Australia,

I support Option 1.

I wish to keep the hands of my health in my power.  
Natural medicines have been used for 1000's of years with great success  
Pharmaceuticals have no place in healing and only suppress disease.  
Having integrative doctors is a must and you should really be  
educating more doctors to take on a more natural approach to healing  
the body

I consent to 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 3:13:52 PM

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To the Medical Board of Australia,

I support Option 1.

I don't want the MBA to place changes that threaten my doctors' ability to offer me complementary, innovative and emerging treatments, but also their ability to educate, research, and advise me about these treatment options. I don't want changes implemented that are set to impact my doctors' clinical autonomy, as well as their ability to provide fully individualized patient care to me.

I label the new MBA guidelines an 'invasion of civil rights and academic independence'.

I hold grave concerns regarding the broader implications of this proposal for the healthcare sector and patient choice. I fear the proposed changes will restrict medical practitioners ability to provide optimal care for their patients.

Thank you for your support to ensure that these guidelines never get implemented into our 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:** Monday, 22 April 2019 12:37:27 AM

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To the Medical Board of Australia,

I support Option 1.

I support the right for patients to get the treatment they choose from qualified medical professionals, including holistic, integrative and complementary treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:46:07 PM

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To the Medical Board of Australia,

I support Option 1.

I think keeping our options open to incorporating complementary medicine is of utmost importance. This has helped me to manage my endometriosis which standard medicine has failed, only removing an ovary and appendix instead.

I consent to 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 12:33:34 PM

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To the Medical Board of Australia,

I support Option 1.

There is no valid reason to limit what is currently available. I have benefitted significantly from integrative & complimentary treatments. It is draconian to take such options away when they are often more effective than conventional treatments. Also, some of my health issues cannot be resolved by conventional treatments despite my repeated efforts and huge expense.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:26:59 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medical options are valid responses to health concerns experienced by patients and it should be a choice made by the patients.

It is unacceptable that restriction on clinical autonomy to Integrative doctors who typically provide longer consultations to understand root causes of illness being restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans (not because their recommendations are unsafe, but just because they are not "conventional).

There must be space for both conventional medicine AND so called 'fringe'. Regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine and acupuncture (TCM) are valid treatment options and should be available.

After observing the totally unfair and vexatious complaints and harrassment of [REDACTED] by medical and allied healthcare professionals to the Australian Health Practitioner Regulation Agency (AHPRA) common sense is necessary.

I heartily support the MBA Option 1: No change to the current guidelines.

I have personally benefitted from both conventional health care AND a holistic approach to healthcare. It would be far more beneficial if Dr's are supported in their right to provide new and innovative practices, including complementary medicines (Option 1).

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, 20 June 2019 9:04:24 AM

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To the Medical Board of Australia,

I support Option 1.

I'm rather disappointed that the medical board feels that we, as our own persons, should not have the choice to choose natural therapies over big pharma.

As a population we are wisening up that natural therapies and medicines are a very real and needed part of our medical care. Naturopathy for example, picked up dangerously high levels of progesterone in my body from the pill I was taking... the GP doesn't check for these things, if it hadn't been picked up then, 3-4 years down the track when I wanted to have babies, there's a high chance I wouldn't be able to - cue more big pharma, hormones, IVF.

The medical board needs to understand that we have the choice over our own bodies, and it certainly isn't their decision what therapies we choose, the nutrition we choose or what we do with and for our bodies and health.

I support conventional GP's, but I also support natural medicine and preventative therapies. Please don't take my choice away from me, in fact, please allow your Dr's to learn more in natural medicine and use that as a first step instead of 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:** Wednesday, 26 June 2019 3:09:07 PM

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To the Medical Board of Australia,

I support Option 1.

I believe we all need to have informed health care which may involve more than just subscription medication, and doctors need to be able to recommend vitamins, minerals and alternative therapies when medicine is not working.

I consent to 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 1:08:54 PM

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To the Medical Board of Australia,

I support Option 1.

I went to my local GP for years, a lovely lady, who sent me to many conventional specialists to help with chronic "IBS", none of which helped. Then I found a GP who used integrative medicine who diagnosed me with a condition not formally recognized, Leaky Gut Syndrome. From then on things just got better and better until I can now lead a normal life, which I had been unable to do for the longest time. Please don't close off this important avenue for people who may need a new viewpoint on their illness and recovery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 7:50:00 AM

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To the Medical Board of Australia,

I support Option 1.

I am writing to support the use of holistic medicine by integrative medical practitioners in Australia. With the growing burden of chronic diet and lifestyle diseases in our country a holistic approach in healthcare is more important than ever. Our conventional medicine practitioners need to move away from treating symptoms and to assess the causes of disease and treat accordingly by improving nutritional status, correcting physiological dysfunction and improving the lifestyle and dietary choices that patients are making- this is only possible with the use of nutritional medicine and natural supplements (including medicinal herbs) which correct and support appropriate and healthy functioning within the human body. More and more studies are being carried out every which validate the use of these techniques to improve health outcomes, to support good health and to even prevent disease, to make these techniques unavailable to medical practitioners would be a detriment to the public and would only benefit pharmaceutical companies who are the only ones truly profiting from our current conventionally accepted methods of disease "management" ie- use prescription medications to mask symptoms and affect chemical processes in the body; these methods often do not heal people with more and more medicines frequently being used to mask the side effects of pharmaceutical drugs and more and more deaths/ complications from iatrogenic causes. Do you want our citizens to be healthy, well informed people who are capable of making sensible choices about their healthcare or do you want them become more and more unhealthy as they are forced to rely on a system of healthcare (more like disease management) which has its basis in the need for profit by pharmaceutical companies. To restrict access to integrative medicine would be a huge disservice to the public; if anything- the use of integrative and holistic medicine needs to gain more support by governing bodies in Australia in order for the health of Australian citizens to improve.

I consent to 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 6:05:39 PM

---

To the Medical Board of Australia,

I support Option 1.

As a senior citizen I believe I have the right to choose any therapy that improves my general health. I am an 72 yr old with very little health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:53 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me with an under functioning thyroid which was the root cause of obesity and hormonal imbalance. 6 different GP's were at a loss as was the endocrine specialist with what to prescribe and nothing worked, I use integrative medicine as part of my approach to managing my health and as such, have seen marked improvement in hormone balance, thyroid function and dramatic improvement or reversal in other symptoms I experienced on a daily basis.

I consent to 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 12:36:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative healthcare choices. As a person with chronic fatigue I have much benefited from '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:** Sunday, 21 April 2019 8:33:54 AM

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To the Medical Board of Australia,

I support Option 1.

What a ridiculous recommendation. Doctors are supposed to heal their patients recover, if that means that they recommend vitamins, minerals and complementary therapies that is what they should be allowed to do. This is a gross restriction is patients and doctors rights and medical choices. What a disgrace. I vote to keep option 1- keep the current guidelines and keep doctors and patients 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:** Saturday, 11 May 2019 5:48:52 PM

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To the Medical Board of Australia,

I support Option 1.

No change to guidelines! People need to be able to make their own choices when it comes to matters of their health.

As a father of a son with FSHD, I would be open to any alternative medicine if it showed promise to be of benefit without carrying risk.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:30 PM

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To the Medical Board of Australia,

I support Option 1.

My family and I have benefited greatly over the years from various forms of complementary medicine. That's why I support no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:19:32 PM

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To the Medical Board of Australia,

I support Option 1.

My personal experience with doctors recommending a wide variety of treatments has been extremely successful.

My father has had a stroke and vitamins etc have been a significant part of his recovery. I see no harm in keeping as many options available open to patients as possible, and as meets their needs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 9:08:45 AM

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To the Medical Board of Australia,

I support Option 1.

We need to have different options available everyone has different needs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Why can't we use both medical natural therapy's it's already proven that they can work together plus natural therapy's have been around for centuries. Pharmaceutical companies need to be stopped.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 12 June 2019 8:09 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Natural therapies have been around way longer than medical and have been proven to work. But the natural therapies and medical can work together. We should be embracing them all to work together. "This is current my god is better than your god" needs to stop!

I consent to 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 12:46:03 PM

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To the Medical Board of Australia,

I support Option 1.

**PLEASE READ THIS**

This email is to let you know that I believe it is wrong to restrict the Patients Right to Choose how their health is managed. I personally prefer to visit a medical doctor who integrates complementary medicines and therapies with conventional medicine, as I believe it provides a well balanced approach to healthcare, by incorporating the best of both fields.

As a patient, I am intelligent enough to make an informed decision and decide if the doctors advise is best for me.

I do not need an organisation taking away my right to choose and as a TAX PAYER & VOTER I demand to have the right to choose how my healthcare is managed.

The conventional medical system seems to have a pill or procedure for every medical condition, many with worrying side effects. Although there have been some major breakthroughs in the medical field over the years, people seem to be suffering from more and more chronic disease.

\*We are not living longer in terms of thriving, but we are taking longer to die, with many people suffering from chronic disease, which severely impacts their physical and mental capabilities and limits their quality of life.

(They are on a pharmaceutical life support system)

The conventional answer is to prescribe medication full of nasty side effects, which may extend life expectancy, but not necessarily improve quality of life.

My father has a heart disease and is on all kinds of drugs to treat it, however this has caused his kidney function to be severely compromised.

We have to ask, in this instance, are the drugs for heart disease really a cure, when they cause another life threatening problem.

How about targeting the medical practitioners who make their patients so fearful about their medical condition, that they lose all faith in their body's ability to function and heal.

The outcome being that the patient becomes overly reliant on drugs and the medical profession and their entire life becomes full of ongoing medical appointments.

Where's the quality of life in that scenario?

How about empowering people to take control of their own health, instead of disempowering them by taking away their right to choose.

How about finding ways to help people THRIVE so that they don't need so many drugs or surgical procedures. This is where complementary medicine comes in.

Instead of feeling threatened by complementary medicine and banning or restricting patient access to it. How about working hand-in-hand so that the two COMPLEMENT each other.

\*A medical doctor who uses complementary medicine would never suggest a patient should not use conventional medicine, so why is the conventional medical profession suggesting that patients should have limited access to complementary medicine?

Why is the conventional medical profession threatened that there are alternatives, is it a money issue?

We've already seen complementary therapies removed from 'Extras' for people with private health cover, and now we have this proposal!

\*\*I sincerely hope the patient's health is at the centre of these decisions. If not, the decision-makers should be ashamed of themselves! \*\*

Let's put the patient and their health first when making decisions.

\*Let's find ways to make patients thrive, not just be content with extending their life expectancy at the cost to their quality of life\*

Let's take a good look at healthcare and do what is best for the good people of Australia, who deserve the best!

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 8:00:10 PM

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To the Medical Board of Australia,

I support Option 1.

If the access to Dr's who practice an Integrative approach is restricted then in my opinion my family would be worse off. My daughter suffers from PANS. It was an Integrative practitioner who was able to diagnose her, then another interactive Paediatrician who was able to begin to treat her!

We are now struggling because traditional Western medicine alone is not enough and there is no one close to us that can help. People should have the choice if they want traditional medicine or the combination of medical and something more. Without it my daughter would be in a psychiatric hospital now with no hope!  
Do not restrict this!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I use complementary therapies. They work. I do not visit a GP as I am in good general health. Complementary medicines take the burden off the health industry. They are by definition complementary meaning they will never replace existing medical therapies, but complement them. The move to get rid of them is narrow minded and reeks of vested and self interest. It is not a very well thought through argument to suggest doctors should not use them. It is in fact non scientific clap trap to suggest there is no place for alternative approaches to medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:11:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I have personally had a number of health concerns where conventional GP's have told me 'it's all in your head' so have sought out an integrative Dr who not only listens to me but has supported me on my health and wellness journey by deeper investigations and incorporating a multimodal plan. It is thanks to this amazing integrative Dr that I'm now well and contributing to society, not a cot case relying on government hand outs. I know I'm not a one off case and I know there is no one size fits all approach but allow people freedom of choice! We live in the free country so respect our freedom.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:06 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My support for complementary medicine is based on my direct personal experiences and seeing first hand the benefits. It's all about choice, don't take that 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, 29 June 2019 9:47:30 AM

---

To the Medical Board of Australia,

I support Option 1.

Without extra vitamins and minerals, I would be dead, I have my blood tested every 3 months to check my levels. I have 3 autoimmune diseases

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:10:23 PM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine.  
Please do 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 8:26:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Medical Practitioners and Administrators,

I am writing in relation to proposed changes to the provision of integrative medicine. I do not support them.

I survived breast cancer 10 years ago. I had surgery and integrative medicine. I regret taking radiotherapy, which I was persuaded to take by the radiotherapy clinic, as subsequent lymphoedema became a major problem. My GP-Integrative Medicine practitioner prescribed Lymphomyosot, an integrative medicine, which greatly reduced the lymphoedema to almost non-existent.

My surgeon and my GP-IM practitioner were in communication with each other and my surgeon was supportive of my GP-IM practitioner prescribing me Iscador, a life-saving integrative medicine (my informed choice) following surgery and which I continue to take. I decided to take this after some consultations with my oncologist. I was very concerned about the side effects of conventional breast cancer treatment.

During the decade since I was diagnosed with breast cancer I have been free of it. I owe my life to my surgeon and my GP-IM practitioner. My experience is far from unique. I have several friends who had life-threatening illnesses and who are free of them since being treated by my GP-IM practitioner.

In addition to taking Iscador and Lymphomyosot, I have been prescribed immune booster integrative medicine to improve my overall health. I have learnt a lot about general health improvement from my GP-IM practitioner during the past decade which I was ignorant of before.

Another essential aspect of my GP-IM practitioner for me is that I am prescribed Whatever Is Appropriate To My Current Condition during consultations, either or, or in conjunction with each other, conventional and integrative medicine.

I was chronically sick for many years before breast cancer, visiting several conventional GPs. I feel extremely fortunate to have changed to my current GP-IM practitioner prior to breast cancer diagnosis and am indebted to him for being given a second chance in life with better quality of health.

I would be devastated if this choice is taken from me. I would be very concerned about the long-term impact on my life and the quality of my health.

I would add that I am on a disability pension and that my GP-IM practitioner bulk bills me, making Integrative Medicine available to me despite my disadvantaged circumstances.

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 3:11:31 PM

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To the Medical Board of Australia,

I support Option 1.

I support Australians the right to choose and access complimentary and alternative medicine practitioners to achieve the best results for their health. Not everyone has success with conventional medicine - in part I believe to minimum time available to see GPs - but also the framework which is designed to treat specific symptoms but not treat patients as a whole. For example, thousands of thyroid patients across this country can report how conventional medicine has let them down and how integrative medicine has changed their lives.

Properly qualified, University trained practitioners of modalities such as naturopathy and chiropractic should be recognised as such. If more strict standards were imposed to prevent unqualified people practising, this would remove many of the concerns as to the risks and effectiveness of treatment.

My personal experience has been that Many GPs generally do not have the time or ability to listen to patients who present with symptoms that cannot be easily explained. They may treat the symptoms but not the cause. Unless they have completed further studies I have by two different GPs been given questionable nutritional advice regarding some of my deficiencies. Integrative GPs and naturopaths however, have studied extensively to give correct information to their patients. I started seeing a naturopath a few months ago who spent a great deal of time going through all my symptoms and medical history and works with a new integrative GP to treat the cause of my health issues. Pathology requests are done so that I can be treated with clinical accuracy and given the correct vitamin, mineral, and herbal supplements. Similarly I have had much more success with a chiropractor who has treated the cause of my hip and backpain as opposed to a GP who advised treatments for symptoms.

By removing the ability of integrative GPs to use different treatment modalities outside conventional medicine the MBA would be putting the health and happiness of Australians at further risk.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:39:21 PM

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To the Medical Board of Australia,

I support Option 1.

I find it disgusting and concerning that that the MBA is even considering putting restrictions on integrative medical practitioners. It is my body and my right to choose what type of treatment I want. I feel that more damage is done by regular gps prescribing dangerous drugs to simply mask symptoms instead of actually trying to solve main health issues. Since seeing my integrative GP, my asthma, eczema and other chronic health issues have become far more manageable without the use of "conventional" drugs.

It would be a breach of my human rights to impose any restrictions on my doctor. As I said before it's my body and my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:19:51 PM

---

To the Medical Board of Australia,

I support Option 1.

In my three and a half years of (sudden onset) debilitating illness, I have seen many general practitioners and specialists. The ONLY doctor to actually investigate properly and who actually has made a positive difference to my health, was the integrative/functional dr.

I have no idea why the MBA would want to remove OUR choice of which kind of medical practitioner we choose to see. But it is and should remain MY choice. Australian doctors are good at diagnosing and managing acute simple uncomplicated illnesses however with chronic and complex health issues, they're just terrible. I have had harmful drugs prescribed to me as a bandaid solution to try and cover up symptoms! So the drugs may or may not help with those symptoms, but they also create a myriad of other health issues via their serious side effects!

Only since being prescribed antibiotics for overseas acquired Lyme disease have I actually for the first time seen my health IMPROVE! I am on my way back to actually having a life again.

Australia seems to be going against the grain of progress here, while other progressive nations embrace functional medicine (with GOOD reason!) we want to go back to the dark ages? Get with the program and let US as the patients choose the type of health care we want!

If option two is chosen and my dr can no longer treat me with so called emerging medicine, I will be forced to become a medical refugee and have to travel overseas to continue the treatment that is working for ME. How fair is that? It should be a human right to have access to a treatment which works for me! Gone are the days of me being a drain to society as I lie in bed all day..... all thanks to my amazing integrative GP.

You cannot tell me that generic (mostly unhelpful) GPs cause less harm to their patients compared to an integrative GP! Where are those stats?!

It's an embarrassment to our country to even be contemplating changes to the guidelines such as those that are proposed. The chronic illness community (who largely utilise these effective integrative practitioners) is large and vocal and we will not go down without a fight.

My son saw my integrative GP for ongoing allergies which other generic GPs could not help with (prescribing antihistamines and other drugs!) and guess what?! He told us to give him probiotics and other less toxic supplements and they WORKED!!!! How is removing this very effective and successful and smart segment of the medical fraternity even helpful? Retain the status quo and allow these clever and progressive Integrative GPs continue to help their very sick patients. No one else is really helping! Or we can go back to the dark ages and continue on the chronic illness merry go round and have super quick

(ridiculously and harmfully quick!) GP consults with 'conventional' practitioners, take useless harmful drugs and never get better. I know which i would prefer and after my experience, my functional and so called 'emerging and complementary treatments ' have saved my life!

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:51:23 PM

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To the Medical Board of Australia,

I support Option 1.

I have benefited enormously from interactive approach to my health care taken by my GP. I would suffer without this choice. Please don't take this away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:04 AM

---

To the Medical Board of Australia,

I support Option 1.

The stealth and insidious nature of having our right to choose being taken away is unbelievable.

I know so many people who stay healthy because they do alternative health therapy such as regular bodywork, acupuncture, diet, herbs, meditation, taking responsibility for health choices etc, but sometimes we do need allopathic methods to combine with natural for best outcomes.

If the holistic Dr's are shutdown, then the art of healing ourselves is removed as we are forced to rely on big pharma to give us magic pills which then cause us to get more magic pills to counteract the side effects of the first ones.

Holistic Dr's can utilize both types of therapy for best outcomes.

I consent to 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 5:08:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary health practices are valuable tools alongside allopathic medicine. Myself and numerous friends have benefited from these types of treatments when conventional medicine has not been able to assist. Having both holistic and conventional provides choice and support a democratic society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:04:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Please allow treatment choices to include so called alternative options

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:51:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I beg you to not impose restrictions on both doctors and patients in regards to integrative medicine in Australia. I have been suffering for almost 8 years with chronic illness stemmed originally by Epstein Barr Virus that 'conventional' medicine ie chemicals cannot help. The only medicines that help are provided by intergrative doctors, and to take this away from me is bordering on a violation of human rights. What is more important in life than your health? I am sure if the decision makers and their family had the same illness as myself and many thousands of other unfortunate sufferers, you would change your minds. So many medical decisions appear to be backed by the greed of large pharmaceutical companies. You are playing with people's lives! This is an outrage. I ask for your support in helping me live a half decent life. Without the help of integrative medicine I would be bed bound and there would be little point in living. Our lives are in your hands.

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.

Dear medical board,  
Western medicine is not the only choice.  
Chinese medicine historically goes back thousands of years, and still used today just as effectively. Complimentary medicines are to support our bodies healthy functions, whilst western medicine is a quick fix, they are both great used in the correct way, Please allow us to continue to choose how we wish to look after our overall health.  
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:** Sunday, 21 April 2019 12:16:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Standard doctors have told me I just need to lose weight and get therapy to fix my gut issues. (Many of them; over many years)  
Integrative doctors have been brilliant at improving my mental health - no longer requiring medication. They have the time to talk through and help me to understand some of the health reasons that can impact mental health ; guide some nutrition choices in initial supplements but mostly food choices or other ways to deal with a stress response/trauma impacts. They are able to suggest reasons; however suggest personal research to see if it is right for me.  
They ask me what i think. And are not threatened by my google searches. (I know more about my body than they can find out in an hour visit) - YES - An hour visit.  
I pay a lot more than a traditional doctors visit and more than happy to pay for good service.  
I do not visit my local doctors- they are rude and think my digestive issues are mental health related. Talking about my problems wont stop my food intolerances. Its a physical response.  
I refuse to pay for bad service - im not paying \$80 for someone to not listen and say 'the test said youre fine' . How do i know you did the right test?  
I visit the hospital for urgent care (takes weeks to see the mainstream doctor here anyway)  
And i fly to see my integrative GP and work my holidays around accessing good health care and support for wellness.  
When i am well i have more to contribute to my workplace and the community. Without a decent doctor i would still have mental health issues that would impact work productivity and i would be unable to be part of the multiple community groups i am involved in...

I consent to 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 8:08:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative practitioners as a way of preventing more serious health problems. Why does this government think it's ok to take that away from people? If we want to make the choice to look after ourselves in a preventative manner then we should have that choice. People in Australia are becoming more aware of their responsibility for their own health and complimentary medicine allows them to take action before things go wrong. It would be a real backwards step in my opinion to change the guidelines. So I implore you to leave these as they are now.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 5:40:40 PM

---

To the Medical Board of Australia,

I support Option 1.

integrative health care is the key to preventative medicine. It can be used instead of addictive pharmaceuticals , and has fewer side effects. It is also a good way to treat some diagnosed mental illness like depression and anxiety .It is the key to good eating.

I consent to 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 9:39:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I support no changes to the current guidelines on alternative therapies. They are holistic in nature, supporting health from an integrative point of view. I believe them to be a strong complement to conventional medicine and should therefore be supported.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:41:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I support access to both Integrative & complementary medicine as they work in conjunction to help people recover from various ailments. 3 years ago I was diagnosed with a Thyroid condition and was quickly prescribed medication by my then GP without the option to even consider integrative options. I continued to get worse and worse and after 12 months I started seeing a Naturopath and slowly came off the medication I had been given. I continued to improve by use of natural supplements and herbal tinctures. These were all instrumental in helping me recover and I would not be functioning today if I had continued on the medication. Since then and due to natural therapies I have also been able to stop taking blood pressure medication and I am back to leading a normal life although there are still supplements I continue to take. I think it is extremely important for everyone to actually have a choice and to be able to use natural therapies, herbal supplements, vitamins or minerals as necessary if that is what they choose. I know many people that have healed via the use of Integrative medicine and from personal experience I also know how helpful lymphatic massage is to my health since my illness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Freedom of choice !!!!!

Why single out integrative practitioners when so many orthodox medications have such severe side effects and/or are not achieving an improvement.

We as a family have had multiple times where orthodox medicine was hopelessly inadequate to help us recover from severe health issues (although we had tried many allopathic options) and it was only after exploring other options and used an integrated approach that our health improved dramatically.

Why do we need to sets of guidelines... shouldn't we all abide by the same ethics???

I consent to 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 7:47:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe as a community we should be able to access complimentary medicine in the same way we access conventional medicine. Our right to choose our own health initiatives should be respected. Integrative and complimentary medicine has helped me and my family immensely, as well as many people I know, reducing our burden on the public 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:** Sunday, 21 April 2019 8:34:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel it's important that we have the freedom of choice in the type of medical care that we use to address chronic health issues.

I have been suffering from:

Multiple gut and hormonal issues and anxiety.

Conventional medical doctors were not able to assist me. They told me it was all in my head and had no idea how to help me.

It was only when I saw an integrative medical doctor, nutritionist and naturopath who included lifestyle change, diet and supplements of vitamins and minerals to address my problems that I began to feel better and improve.

If I cannot see an integrative doctor, or the Doctor is restricted in what he or she is able to prescribe for me, I feel that my health will deteriorate and have a continuing impact on my family, my work, and my wellbeing.

If it wasn't for integrative medical practitioners and other complementary practitioners working with my integrative GP, I would probably have been put on anxiety medication and developed more significant gut issues. Placing a burden on our already burdened health care system.

Integrative medical practitioners are assisting so many people find new ways in becoming healthier and happier versions of themselves. Don't let corrupt egos get in the way. If you truly care about people, you would give people the choice. It scares me that Australia is becoming such a backwards country. Some countries with the best healthcare systems are open to using many different approaches. Mainstream healthcare don't have all the answers and we can and should all work together.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 7:51:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Practitioners and complementary medicine along with Osteopathy and clinical Pilates have transformed my life and ability to function and work independently over the past decade. After seeing normal GPS, spending thousands at neurologists, thousands on medications that made me sicker with side effects and didn't improve my functionality or quality of life, doing pain management and seeing Physiotherapists who only read referrals and didn't problem solve out the true underlying cause and gradually getting sicker I finally found an Osteopath able to accurately diagnose me. This led to integrative medical referrals and Irlen lenses, clinical Pilates and naturopathy and reflexology and genetic testing as well as supplementation and home exercise programs to appropriately address my health. I have been able to resume some activities and irradiate pain medications as well as reduce inflammation, reduce my autoimmune markers and symptoms, improved fertility (been able to bear children naturally), my hemiplegic migraines are well managed, I don't lose my speech every afternoon (aphasia), I rarely have swallowing troubles, I rarely go blind, the level of left sided tingling and numbness is reduced, I can manage work and family as well as some social activities- rather than only just make it through work and black out or have to be driven home. If more people had earlier access to the knowledge and experience of integrative and complimentary practitioners I imagine we would be a healthier community where more people could participate and contribute. It would be a lesser burden on tax payers, families, communities and individuals if sick and injured people were accurately diagnosed, treated and supported to reclaim their independence rather than given masking agents, fobbed off and encouraged to disengage and give up on a full and meaningful life in the mainstream 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, 28 April 2019 12:18:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine. I believe in Integrative & complementary medicine and that is helping me, my family & friends.

I currently use Integrative & complementary medicine.

I would be really upset if the MBA imposes restrictions on 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:** Monday, 22 April 2019 12:31:32 AM

---

To the Medical Board of Australia,

I support Option 1.

For some, like me, a holistic approach was the last resort after countless years of failed conventional treatment for injuries sustained in an accident.

Since beginning regular osteopathic treatment and occasional acupuncture, I am again able to work and have a meaningful life.

The practitioners I see are heavily booked, as their treatments are extremely beneficial. They also give the time needed to release spasms and restore freedom of movement. They are invaluable to my well being and the quality of my life, as they are to 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:** Monday, 24 June 2019 4:11:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to have the choice over what type of medical assistance I want. Dont take that choice away. There are so many people who rather have more natural solutions and so many skilled practitioners to provide these natural solutions. It seems we are being controlled and manipulated as to what care we need.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:56 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Due to the overuse of antibiotics by drs for the endless colds & flu's I was getting one season, I developed 'chronic fatigue auto immune dysfunction syndrome' + multiple chemical sensitivities & an overactive thyroid...apart from treating my thyroid, they have no help for my other health problems & I cant now tolerate gp antibiotics..only natural medicines can & do help....to put restrictions, on the very natural medicines & treatments, that help me & give me hope is pure criminal! if people were happy with gp's etc they wouldn't be looking for other forms of treatments! there is a reason, why the natural world of medicines & treatments have exploded! far better, to understand how they help & bring the two forms of treatments together!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:46:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Again I expressing my thoughts on the Ned to maintain every Australians democratic right to choose the method of health care they feel is the most appropriate for the health needs.

For every health issue that I have faced and will face I feel that I make an informed decision as to what is the best way to approach the problem. I would like to be able to continue to do this and not be restricted by the additional cost that I would have to incur if the government goes ahead with their proposed changes to what can be claimed. I have, through using a combination of 'conventional' medicine, naturopathy and acupuncture, prevented having to have major surgery. The cost to the health system would have been significantly higher if I had not been able to combine the best from both avenues of medicine. I am just one person who has reduced such costs to the government. If I had not been able to claim for naturopathy and acupuncture, I would not have ably to afford these treatments and ended up having surgery - at a greater cost to the government plus my employer who then needed to pay extra for a casual to replace me during weeks of recovery.

I wonder why the government feels the need to 'prove' that these natural remedies work. Many have already been proven in overseas studies. Also, by cutting out 16 healing methods this will severely impact organisations ability to do further research to improve further on our knowledge of how these natural healing methods can be further improved upon - as is being done with conventional medicine techniques.

I feel also that some of those individuals who have been elected by the people have lost sight of what those electors want. They have not been elected in to push there own agendas - especially those who are members of the AMA and FOSAD.

Please do not diminish our democratic rights even further.

I consent to 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 5:37:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a rare form of blood cancer called Essential Thrombocythemia. There is no cure. I am on oral chemotherapy and blood thinners for the rest of my life. I use complimentary therapies to help support my system and manage the side effects of the chemotherapy and the painful symptoms of this disease. I use herbs and supplements to control my Crohns disease. Without complimentary therapies, my quality of life would be vastly different. Nobody has the right to take away MY choices here. Live in my body without the various things I do to support it, then tell me how, taking these therapies away is helping me. Don't touch them. I am a smart, articulate human being, able to judge what is 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:** Friday, 31 May 2019 2:31:18 PM

---

To the Medical Board of Australia,

I support Option 1.

It is very important to my and my family to be able to access doctors who have a "whole" approach to medicine. We are not interested in doctors who limit their practice to basing their approach on pharmaceutical treatments only. Health is much more than just drugs, when most are toxic and have side effects anyway. Natural medicines were around long, long before the pharmaceutical business and I can't think why anyone would take this choice away from me. My health is my business and my choice, not a politician's!

I consent to 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 8:17:01 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated doctors have given the time to understand my health issues and more comprehensive blood tests to understand the WHOLE picture of me and not just a 10 minute response to a presented problem. Also to allow alternative therapists like Bowen Therapy etc be available for patients who want to have the benefit of drug free treatments that work, and be able to claim medical benefits. Patients should have a choice for what works to keep them 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:** Friday, 21 June 2019 7:27:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I and my family have used integrative and completely medicine because the time they spend taking whole life medical history and test extensively when there is a health issue as opposed to GPs who have 10 to 20 mins and if their tests are inconclusive we have found they tell you nothing is wrong even though you are still ill. Complementary therapies have helped alleviate pain when the use of drugs has not and in fact has caused many side effects. We should NOT have our choice taken from us to stay healthy..

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.

Please do not change. Holistic remedies. This is the only way I've been able to survive over the past 25 years. If I was to take pharmaceutical medicines I'd either already be dead or I'd definitely have more severe health issues to deal with.

I consent to 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 6:53:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me with my auto immune disease Hashimoto's and my Sons Celiac Disease. Along with taking our prescription medicine, taking suggested vitamins to improve our conditions has helped enormously thanks to our Integrative Doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 10:44:09 PM

---

To the Medical Board of Australia,

I support Option 1.

While doing my own research to try to figure out why I have coronary artery disease, osteopenia, and early menopause, I found out about Integrative medicine. I have been fortunate to find and Integrative GP to work with. I appreciate the amount of time allocated for appointments, the thoroughness in gathering my medical history and family background, and the thoroughness in testing that I have never received from a conventional GP or my heart specialist. I believe in a healthy balance of holistic treatment alongside conventional medicine. My experience has been nothing but positive. Conventional medicine puts a bandage on everything, and doesn't address the root cause. I believe I now have a better understanding about my health status and feel much happier and much better as a result of the treatment I received from my Integrative 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, 25 June 2019 7:11:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Hello,

Modern science has brought about many health advancements and yet still remains in the dark about many diseases and ailments that effect our population. I think therefore we need to have all tools and resources, traditional medicines, homeopathy, Naturopathic Medicine, or Naturopathy, is a practice of preventing, assessing and treating conditions of the human mind and body and is filled with passionate and caring people, who use their knowledge to seek the best patient outcome.

Please do not remove or cause natural healing options to become fringe as this will play into the medical monopoly big pharmaceutical corporations already have on the populous.

I consent to 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 11:30:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1, no changes to be made to the current guidelines. I have personally benefitted from expert advice on nutritional supplements from integrative GPs and nutritionists to address deficiencies and disorders identified through testing and clinical history. The impact on my health has been profound and lifechanging and saved me from charging considerably more money to medicare and the PBS for drug based treatments. I also suffered terrible migraines since childhood and during pregnancy i suffered with pelvic girdle pain and other conditions, all successfully treated with osteopathy, chiropractic, and acupuncture, avoiding lifelong use of potentially addictive pain medications. I support the continued access of all australians to these incredibly important treatment options. The proposed restrictions would have a negative impact on my ability to manage my health conditions in a way that provides me with demonstrable results. I will be forced into drug treatments that are not as effective and come with a greater number of side effects and at a higher cost to the public health system.

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.

I support access to integrative and complementary medicines because it is vital that we are able to choose our own health care from all available sources. Restriction on integrative and complementary medicines would see our community suffer from chronic ill health that can be avoided or relieved without the use of harsh pharmaceutical drugs that come with many side effects.

Personally, for myself and my children, allopathic medicine has caused us many adverse reactions. The results of which have been detrimental to our long term health, and have cost us dearly in our quality of life. The only things that have moved us forward and provided healing benefits are integrated and complementary medicines. Without this option I firmly believe I would be dead or living a life of complete debilitation. I certainly would not have been well enough to have had 3 of my four children.

I use integrative and complementary medicines because they are much more tolerable for my body. I experience far fewer and much less severe side effects, if any at all. I find the approach of these practitioners to be very thorough, encompassing many aspects of past history and current conditions. The care ive recieved has been personalised, refined and carefully considered in a way I've never experienced with regular GP's or specialists. The gains in my family's health under integrated and complementary care are unprecedented for us. Allopathic medicine caused us a great deal of physical and mental damage that only integrated practitioners have been able to rectify with their encompassing approach to our individual circumstances.

If restrictions are imposed this will mean our primary means of wellness will become unsupervised, unaffordable and consequently our outcomes will be negatively affected. We will be forced to turn internationally to gain access to many of the necessary items and advice needed. This Is unsustainable and dangerous, but would become necessity in face of restrictions to complementary and integrative medicine in Australia.

The MBA should be incorporating and supporting better recognition and availability of integrative and complementary medicines, not restricting and destroying these modalities. All Australians should have open access to more than just pharmaceutical drugs and allopathic doctors.

It is imperative to the health of our future generations to take on board all of the knowledge that is on offer by these practitioners and keep our minds open to different ways of healing in the face of growing environmental adversity.

I consent to 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, 8 June 2019 6:46:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that patients need access to Dr's who will look holistically at their circumstances and symptoms and provide information and advice based on a diverse source of options that will best meet their patients needs. If this option is limited to known or currently available practices or tools the patients cannot get the best diagnosis or prescribed options for their health outcomes and Pharmaceutical options will have a stronger presence in a health management response.

I believe that too often patients are not given options through the medical system to look at how they can support themselves with complementary or other medicines as a part of their health response but rather abdicate their responsibilities to Dr's. If Dr's rights to support people to make better choices with their health care are impacted by further restrictions on their available resources and the ability to provide an integrative response, patients will get sicker and take even less responsibility for their own health. This proposed system will see a further decline in moving towards helping people return to wellness and will drive more patients into a drug dependant downward spiral where the symptoms are not addressed and a cascade of pharmaceutical interventions loaded up on patients which purely mask the symptoms and create more unwell people putting more pressure on a system that is already failing people and not supporting their rights to make choices which support their return to health.

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.

I support Integrative and Complementary Medicine as it has saved my life!

When I was sick - going through doctors, specialists and hospitals I was given medication after medication - not getting any better.

It was only when I started going to Integrative doctors and Alternative/Complementary Health providers I started to improve in health, and now I am getting off the dreaded Pharma drugs!

I can now go to work and run around with my family - something I couldn't do 3 years ago!

It is important to provide options for people. Everyone is unique, and all treatments react differently to each individual case. Taking away options will kill, injure and cause more unhealthy and sick people.

It is very draconian, something we should be improving on, not going backward.

Also to add, Integrative and Complementary Treatment has been around since the beginning... The Medical system that is currently in place is relatively new.

It's important to remember the truths and knowledge of the past and also embrace the new findings.

I consent to 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 4:38:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Shame on you for scare mongering people in believing alternate therapies should be frowned upon!  
Traditional medicine can have a place but we as consumers are sick and tired of organisations/boards such as yours keeping people sick with traditional therapies! You disgust me with your close minded views and media hypocrisy

I consent to 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 12:15:26 AM

---

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern,

Firstly I ask the medical Board to withdraw the paper for new practice guidelines and consult fully with Integrative Medical practitioners before changing any practice guidelines.

I was born into a medical family, my mother father and grandfather all trained as a Nurse, and Doctor and Anaesthetist in London Hospitals. I qualified as a Natural Therapist in Australia and have a small practice in Perth Western Australia.

I have the highest regard for modern medicine, the wondrous ability of surgical applications in emergency medicine and the acute medical treatments today, saving and improving the quality of life of patients. I also understand the place for complementary and integrative medicine in reducing the pressures on the health system and also improving peoples' quality of life.

The proposed guidelines appear to be divisive among practitioners which could further alienate the collegiality necessary to navigate the ever-changing challenges in Medical practice. These professional pressures can lead toward negative mental health issues among Doctors and create the potential for loss of income with the possibility of loss of life at a time when the rates of suicide are escalating across our social strata. I would like to ask the board to address the 'safety' of Institutional bullying and stress which could be a possible outcome if the paper is passed.

As a registry it is an obligation to ascertain that medical practitioners are appropriately qualified to practice as a professional. This would be according to the constitution, codes of conduct, ethics, policies and procedures. Integrative Medicine practitioners must also uphold these values in practice as any other health practitioner medical or non- medical. It is my experience there are good and bad practitioners in every field. The practice of 'complementary' and 'integrative medicine' brings best practice to the table and is a progressive option for the board to embrace.

People are choosing health care options that integrate the two systems both medical and allied health care for optimal health care outcomes.

There are many cases that illustrate that patient outcomes are markedly improved using a combination of therapeutics than one therapy alone. Another benefit is that statistically the use of complementary and alternative medicines in health care has very, few iatrogenic effects.

Finally the Medical board would be deficient in denying Medical practitioners equity to use low risk holistic preventative health care treatments.

Thank-you for the opportunity to make a submission

I consent to 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 11:14:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support the practice of using complimentary and traditional treatments in medical practice. These treatments are in fact not complimentary, but necessary to achieve optimal health outcomes. An integrative approach is of benefit and necessary especially with the 3 main health epidemics being cancer, obesity and heart disease in this country.

Without the use of herbal, nutritional and lifestyle modalities our country will continue to have increased number of people that are sick, a lack of education on how to care for themselves and their families and become global leaders in sick care. This places a huge financial burden on our economy exhausting our already overloaded hospital and clinical system as well as affecting families if loved ones require more stay at home care.

Nutritional therapy creates the foundations to helping people heal and prevent disease. It also allows doctors to look at the whole person and understand where the origin of their presenting illness or disease may be coming from.

10 minute consultations do not allow enough time to understand why a person is unwell.

I have seen so many give up on the medical system looking for answers and go to alternative health care and resolve their health issues and have quality of life again.

By removing this option you are taking away peoples right to choose for themselves and are creating a divide country. That is not respecting the constitutional right for people to have body autonomy and freedom of choice.

I was a proud Australian but in the last few years am becoming skeptical about this and the dismal decisions our government are making regarding health.

The medical board should be about offering different options that can help people and offer choice and participation in their health plans and outcomes. This is what complimentary medicine is about.

Follow your own oath ' First Do No Harm'. By removing these options for doctors to practice complimentary treatments you are going against this.

Please keep all treatment options that involve complimentary health open and available to all Australians.

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 4:28:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a serious autoimmune disease which for more than 20 years, has responded far better to alternative therapy than to prescription anti inflammatory drugs and without any harmful side effects. If I had not found 2 GP's who offer this testing and therapy, I wouldn't be living a normal, productive life and caring for an adult son with disability. Both of us would cost the government far more in healthcare costs and supported living. Australia is a democracy and we should have the choice of integrative medical if we choose. Many therapies that start out as being considered "alternative" are proved to be valid and end up becoming mainstream. If money for research studies and medical trials was more readily available, I'm confident that far more would become mainstream. But generally only patentable products are invested in by pharma companies due to the huge costs involved.

I consent to 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 1:13:04 PM

---

To the Medical Board of Australia,

I support Option 1.

As a Natural Health Practitioner who regularly works with integrative complementary medical practitioners I'm notifying you that the rights of the Australian public are being undermined by this proposed legislation. You are further eroding the rights of all Australians by restricting Medical Practitioners to use complementary medicines. I'm proud to live in Australia and fortunate to live in a free country. If this legislation is passed many Australians will lose access to Integrative and Complementary health care which is a civil rights violation. You may think you are protecting the public however I think you are being bullied by Big Pharma corporate pressure to conform to these undemocratic guidelines. Would you like your freedom to choose your type of health care removed if you were chronically ill and needing other options?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:30:08 AM

---

To the Medical Board of Australia,

I support Option 1.

\*Please consider our options, it is our choice, we have our right to decide what we use (as in complementary medicines), for better health, not yours!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:20:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I use complementary medicines all the time. Myself and my family are healthier because of them. I haven't been sick in over a year after combining the two and that's going from being sick every few months. I suffer from SVT and could have been taking expensive heart medication with horrible side effects (I took them for a while) but my integrative doctor suggested an adjustment in diet and to supplement with magnesium. This small change has kept me healthy, out of crowded doctor's rooms and has completely controlled my SVT. I can't imagine where I would be without this advice however heart surgery was very much on the cards.

This is just one example of how CM has helped.

If restrictions are placed I believe that I will be forced to turn to the internet for answers rather than with the trust of a reputable and trusted 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:** Tuesday, 25 June 2019 6:33:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Taking away access to intergrative medicine is like taking a step backward in health care. As the rest of the world embraces the benefits of intergrative medicine and all the benefits they offer people, you would like to get rid of them? I feel this would be detrimental to the medical industry and leave pharmaceutical companies to continue to profit from health issues instead of addressing the underlining issues through more holistic approaches. When I go into an emergency room and a doctor there doesn't understand that probiotics can help restore gut bacteria after having antibiotics I feel as though there needs to be more adoption and education of intergrative medicine, not less.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:32:15 PM

---

To the Medical Board of Australia,

I support Option 1.

We should all have the choice to the different types of treatments available especially integrative healthcare.

My children have benefitted from natural remedies and these remedies do not have adverse side effects or high risks.

Having an alternate option to conventional treatment is a win-win!  
Please do not take it away.

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.

Complementary & integrative medicine has helped me & my family with a range of health issues.  
I support it wholeheartedly & believe it is a necessary part of health care.  
Taking this option away from my doctor would impact my life greatly and most definitely see my health 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:** Sunday, 21 April 2019 8:34:10 AM

---

To the Medical Board of Australia,

I support Option 1.

Keep it as it is. We have a right to choose our medical pathways and a holistic approach to health care is the best 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:** Thursday, 13 June 2019 3:14:23 PM

---

To the Medical Board of Australia,

I support Option 1.

The use of Integrative & complementary medicine should be left to the discretion of the professionals recommending the treatment.

As a herbalist, I have studied extensively & continuously update my knowledge. I know when to use complementary medicine & when a condition needs a general practitioners' advice.

If a GP wishes to recommend complementary medicine they should be able to.

There are thousands & thousands of research papers available that validate complementary medicine.

When recommended by knowledgeable & well educated practitioners complementary medicine is safer than orthodox 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, 30 June 2019 10:16:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Option 1 is adequate and the concerns raised in the MBA's publication are poorly defined, poorly evidenced and confuse a wide range of 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:** Tuesday, 30 April 2019 3:10:16 PM

---

To the Medical Board of Australia,

I support Option 1.

People have freedom of choice. Taking that away is morally and ethically wrong. I use both conventional and alternative systems, they can work hand in hand for the improvement of the health system. I feel the only reason for wanting to change is because the alternative is gathering momentum and conventional may lose profit margin. This should be about health and not profit.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:25 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The reason for my email is same as regarding rebate for complimentary therapies, the MBA is being coerced by the big Pharmaceuticals companies who have been ruling the medical system for far too long, they don't want to find a cure for cancers and the major health issues because they will not be able to peddle there drugs of which many are more than a whole lot of natural therapies, the doctors are now seeing a place for both 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 1:53:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me with my auto immune disease. I'm not fully healed because my integrative GP moved from the area and it's been hard to find another. She got me on the right path to heal from the inside out and though natural medicines as well as prescribed medication. There should be more access to GPS who combine a holistic approach to medicine. I do believe it should be heavily regulated to ensure treatment is effective and safe.

I consent to 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 8:38:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Why support big rich pharmaceutical company's 100% ???? When Gods Garden, Nature has provided for thousands of years and still under researched. Personally I use natural over drug company's any day and how dare you take 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, 25 June 2019 6:03:46 PM

---

To the Medical Board of Australia,

I support Option 1.

It is my right to choose a doctor who is prepared to either offer integrative medicine or prepared to work with the fact that I use complementary medicines/therapies. I have been using complementary medicine/therapies for many years to good effect, particularly in the area of pain management. I have intolerances of many pharmaceutical products, particularly morphine derivatives. At the end, the choice of treatment should be my decision in consultation with my chosen practitioner/s.

I consent to 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 6:47:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare has saved my families life. With two of us with severe chronic autoimmune illness is provided us access to medication and treatments that our specialist were unable to provide. In particular a treatment for my child provided total mucosal healing and complete remission of a chronic illness of the bowel. The medical system failed us and we were so lucky to find an integrative gp who listened and was able to help heal our child. For myself complementary medicine for a heart condition has limited the side effects of medication and allows me to live a full life. We are feeling sick at the thought of these options being taken away. Why can we not have both modern medicine and alternative medicine work hand in hand. There is a place for both or are pharmaceutical companies that scared they need to shut them down. Please do not allow this to happen. IF we didn't have the freedom to seek alternative options my son would still be on dangerous 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, 22 April 2019 12:28:30 AM

---

To the Medical Board of Australia,

I support Option 1.

My chronic illness only found diagnosis and refined after being referred to a wonderful holistic doctor who actually took the time to get a full history. I went from bed ridden to an active participant in my life and the community. GPs have their place in the medical community but the holistic approach is equally or more important when treating chronic 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:** Thursday, 2 May 2019 8:47:31 AM

---

To the Medical Board of Australia,

I support Option 1.

Can you please tell me why you would even consider removing MY choice to use “traditional” healing methods for MY family???

I’m not an anti-vaxer or anything radical. Both kids are vaccinated.

I simply want the choice to allow my body to heal naturally rather than have a doctor be forced to feed me antibiotics for a simple head cold.

You are removing their ability to allow traditional natural earth made remedies to work in harmony with your fake chemical driven world.

So, please tell me, what right do you have to remove my right to choose?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I was born with a bone disease in my both my hips. I had full body case as a baby, calipers as young teen then 6 surgeries over my life time. While regular medicine has kept me upright & walking on both legs I have to say if wasn't for the complement treatments of massage, acupuncture and non Pharmaceutical medications, I really don't think that I would be as mobile as I am today. Pilates has helped me the most as Ive gotten older. It would be a shame If my Dr couldn't recommend these treatments, Id be stuck on the contant merry-go-round that is our health system would become.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 12:32:45 AM

---

To the Medical Board of Australia,

I support Option 1.

For the past seven years I have been dealing with severe gut issues which affected my life in every way. Since then I visited so many GI specialities which none could help & all diagnosed me with IBS & wanted me to take antidepressants! With all the wrong diagnosis, one problem led to another & I started to have so many other health issues because of a bad gut! After losing hope in conventional medicine, I started seeing an Integrative GP & since I have been feeling the best ever in long time! Nothing is better than getting to the root of a problem & fixing both mental & physical issues unlike the conventional! medicine!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:38:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Its really important that the integration of orthodox and complimentary medicine be supported. So many Australians are moving away from orthodox medicine in search for more natural alternatives without the side effects of pharmaceuticals. Banning GPs from providing complimentary treatments and advice would be a big backward step for health in Australia. Australia is already years behind Europe and many countries in terms of its closed attitude to other modalities - Australia needs to catch up and be much more open and progressive.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:53:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to register the most vigorous protest to any change to the current guidelines regarding medical doctors integrating complementary therapies within their practice.

The proposed tightening of current regulations is both an insult to the professionalism and clinical expertise of registered medical practitioners and an assault on a patient's right to have freedom of choice with respect to their own healthcare.

Furthermore, any tightening of current regulations is a reflection of the myopic view that there is only one way of delivering health care and that's pharmaceutical drug-based medicine.

I am a complementary health care practitioner. I have used complementary health care as MY CHOICE of primary health care for over twenty years and I have rarely needed to see a doctor.

Complementary medicine has served me well in this respect and when I choose a doctor, I want to see one who is also experienced and well-versed in complementary medicine and supportive of my choice to have complementary therapies included in my treatment plan as much as possible.

My clients tell me often that they do NOT want more drugs and are frustrated that that's the only option their conventional GP can offer. Therefore, what we need are more integrative doctors, not tighten the lead of those delivering this service.

The role of the integrative doctor is absolutely a step forward in the delivery of health care. Many other countries are more open to integrating complementary therapies in their health care system, whether this be by medical doctors or complementary health care professionals.

Homeopathy, for instance, is considered primary health care in India, with some homeopathic doctors seeing 400 patients per day.

In parts of Africa, traditional herbalism and homeopathy are integrated within the delivery of Western medical strategies.

Hands on energy healing techniques are being taught (to doctors) and used in conventional medical settings in Germany. Nutritional therapy and the strategic use of vitamins can play an enormous beneficial role in health care strategies.

Yet, what do we want to do in Australia? Restrict doctors who choose to think outside the box and can see that there is more than one valid way to deliver health care.

If our health care system is truly person-centred, values our freedom

to choose our health care and holds the view that restoration of health-and not profit for the pharmaceutical companies-as it's primary aim, then there should be no change to the current rules. There are plenty of non-integrative doctors catering for people who do not wish to use complementary therapeutic strategies in the management of their health issues..

Sincerely



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:** Monday, 22 April 2019 7:34:17 PM

---

To the Medical Board of Australia,

I support Option 1.

It is acupuncture, naturopathy, and the chiropractor who keep me healthy not being a burden on the hospital system

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

People must be allowed to access complementary medicine and Drs should be able to recommend where they see fit  
I believe that prevention is best and that you should be able to be advised on different options to recover and or stay 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 5:45:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Preventing doctors from doing what they consider right for their patients, puts patients at risk of not getting the best outcome & potentially costs the patient & country more in the long run. Patients will lose faith in the medical system. The trends show that more Australians are turning to complimentary treatments as part of their health management, regardless of what the MBA thinks. Doctors also need their patients to be honest about what complementary treatments they are involved in, otherwise they are diagnosing based on half the information.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:43:03 AM

---

To the Medical Board of Australia,

I support Option 1.

As a chronic migraine sufferer I have tried a number of modern medications prescribed by a neurologist with little or no success in reducing the severity of my migraines. However a combination of B group vitamins, Q10 and magnesium prescribed by my naturopath quickly and effectively reduced my symptoms. Doctors should be encouraged (not discouraged) to look at natural, effective, historically proven treatments alongside modern medications. For those, like me, who have side effects (including anaphylaxis) to many moderns medications, natural therapies are sometimes the only choice of treatment and sadly are much more costly (for those of us on a pension) than “regular” medication. Not only should Doctors be encouraged in their knowledge/prescription of natural alternatives but the cost of these needs to be looked into and available to those on limited income at a subsidy as are drugs on the PBS.

I consent to 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 10:53:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Please retain choice for individuals who may wish to pursue alternatives to the mainstream. If anything, changes could be made in the system to support the community to access these alternatives options at a lower cost. As it is, these options are only available to those with financial resources to pay for what they choose to manage their health issues. When the money runs out, so does choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:41:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like my integrative healthcare choices to continue to be affordable and accessible via my GP. I have found that this healthcare approach is the only care provided that relieves me from my symptoms of my chronic condition. I would not be able to keep my job or care for my family if I did not have access to this type of health management as my pain symptoms would be too severe, as they were before trying this wholistic approach and following only conventional health care advice.

I cannot imagine my life without the excellent care I have received from my integrative GP. Please do not take this option away from me and my family.

I highly recommend that an integrative approach to medicine becomes a standard all GPs should uphold, it is a better model of 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:** Wednesday, 1 May 2019 11:51:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I work as a Naturopath, and prefer to work along side doctors, so as to offer the best possible support to the patient. Integrative doctors have both training and interest in looking beyond crisis management. This is essential if we are to make Australia more healthy, rather than just waiting until everyone is sick, then treat them acutely and symptomatically, under the medical model.

I consent to 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 10:14:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Taking away doctors who have chosen to study further and educate themselves in helping the health of their patients, rather than just relying on drug companies to supply their version of managing symptoms, is not helping serve the needs of the public, the doctors or the economy.

I consent to 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 7:50:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't take away the people's right to choose how they look after their own health. Integrative and complementary medicine has been around for centuries and has many health benefits alongside western medicine. We should be looking for more ways for these to work together, not adding restrictions.

I use integrative and complementary medicine to treat many ailments, common colds, headaches, muscle pain, and insomnia. There are so many natural healing options to try first before you pop a pill.

Please do not place restrictions on and limit our options for healing in more holistic ways. It should be our choice, not the choice of a government body.

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 am writing in response to the proposed changes to integrative and complementary medicine. First and foremost patients should have the right to choose whichever mode of treatment that best suits their needs. I support complementary medicine strongly - I attribute the good health of myself and my family to it and feel that it holds a vital place in 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, 23 April 2019 10:01:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Why does the MBA seek to reduce access to therapies that keep people ALIVE and WELL? .... namely complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support maintaining current practice - I have personally benefitted from Integrative practices, and would be left without a GP I trust if these changes are implemented.

I consent to 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 8:28:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Every person has the right to have a choice in their healthcare. I have used complementary medicine with success to have a healthy baby where traditional medicine could not help or give answers. There is so much that can be addressed from the root of the problem with complementary medicine that drugs cannot fix. We shouldn't be governed by drug companies, we should always have a choice. There's enough evidence out there about complementary medicine, we only use evidence based products. Since using complementary medicine and seeing the successes I am very passionate about their use. We live in a democracy, we should always have a choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 8:26:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe regulation should be the same whether it's integrative medicine or a new cancer treatment . The same ethics of practice apply . I think it's discrimination to pick on one speciality . If you want to tighten regulation it needs to be done across the board . Patients have a right to choose and that right shouldn't be restricted .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 6:30:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I request no change to the current regulations to allow people including myself the option to access medical assistance from quality integrative, registered medical practitioners.

I have suffered with Endometriosis and IBS since I was a teenager, 30 years in total. I was diagnosed by laparoscopy surgery only 5 years ago.

Conventional GPs, gynecologists and gastroenterologists have provided limited options for management of symptoms over that 30 year period. All options have had unintended, uninformed and unwanted side effects, most impacting of which has been anxiety and depression which required further treatment and caused unwanted weight gain from medication. This was the best conventional doctors could do for me. I lived with IBS pain every day, frequent migraines, fatigue often spending weekends sleeping to recover from my working week, incredibly painful menstruation and ovulation, back pain and the list goes on.

I started seeing a functional medicine doctor 4 months ago. She changed my diet from a healthy food pyramid approach recommended by my GP, to a restricted eating protocol cutting out certain food groups which can wreak havoc on the gut and inflammatory disease. I have had a massive reduction in pain, no migraines at all, and I've lost 10kg in 2 months so I'm much healthier, happier and feeling well.

Please don't restrict integrative medicine as an option for patients. Conventional and pharmaceutical medicine does not work for everyone and it fails to explore and identify the root cause of disease. Integrative medicine plays an important role in addressing the cause of disease and improving health outcomes and quality of life for 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, 27 June 2019 7:59:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I have great reservations about the validity of studies undertaken to discredit the value of complementary medicine. however aside from that, it concerns me that while complementary medicine practitioners are willing and able to work in tandem with western medicine towards best outcomes, western medicine proponents seek exclusivity, to the detriment of many patients' wellbeing. medicine is as much an art as a science, and complementary medicine can offer many patients, including myself, relief and help where pharmacological solutions have either failed or exacerbated 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:** Friday, 31 May 2019 11:40:45 AM

---

To the Medical Board of Australia,

I support Option 1.

I have struggled with poor health for 10 years. And discovered integrative medicine after 13 specialists, and a deterioration in my quality of life to the point of desperation. I am a health professional myself and had always had faith in conventional medicine alone, that it should be able to provide the help I would need. I would describe my experience as being brutalised by the health care system. Noone taking you seriously, labs coming back negative and even though it is so clear I was struggling to function no treatment options offered. I was no longer able to work more than part time 19 hours a week, and had a period of 3 months of being house bound. I found my integrative GP via a support group online and it changed my life. After just 12 months with my integrative GP I have a dramatically improved in my quality of life, my consistent viral infections, heart tachycardia and postural hypotension, constant flare ups, debilitating fatigue and inability to thermoregulate. I can now work 30 hours a week and have goals to return to full time work. I have work life balance and hope for the future. I haven't had to spend every month at the doctor sick with flare ups or viral infections. For the first time in my working career I actually have a sick leave balance with hours in it rather than having to take leave no pay. My symptoms are still improving but I can see what I need to do to maintain the life I want for myself.

My integrative GP is the first Dr who has made me feel like she believed me. Took tests that were not covered by medicare but actually showed how my body was not maintaining homeostasis and why I couldn't maintain a functional life.

It has been expensive and a big lifestyle change, not because my doctor charges unreasonably but because our medicare and health care system refuses to acknowledge the benefit to the holistic approach to a person's health. I have friends who want to try the same approach to their health and can't because they are relying on rebates.

It is my opinion that not only is this attack on integrative medicine an affront to holistic patient centred medical care but that it is taking away my right to choose the only person who has been able to help me. I will be devastated if the medical board change in a detrimental way my access to supportive health care. In fact it is my opinion that the rebates should be increased to allow greater ease of access to integrative GPs, as holistic and patient centred care is the way forward for better health for all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:26 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please consider a more holistic approach to medicine. I have RA & often other conditions pop up that are masked by the RA or I'm more susceptible to with a weak immune system.

Treating patients as a whole person & not looking at a symptom as a silo is so important for overall health & quality of life.

Thank you for the opportunity to have my say.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 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 do not understand why the Fair trading Commission has not been brought into this debate - Complementary medicine must be protected and enhance and researched more - Modern Allopathic medicine is FAILING miserably - we have more chronic disease than ever before - more auto immune disease than ever before. The infant mortality rates are rising in highly vaccinated countries - US being the worst - so if it is so great why are our kids now getting diseases that we very rarely saw in children before And many of these damaged people are only finding results within the confines of Complementary and Alternative medicine and Integrated medicine. This whole thing is a push by the pharmaceutical industry via the AMA and government holding our health care system to ransom - and making it a monopolised system with one of the worst players at the helm. Falsified and biased research has been behind the medical profession (esp in vaccines) and yet no one is pushing for more and better research into main stream medicine yet it is the 2nd biggest killer in USA (would likely be here to if they ever kept the statistics where we could find out). Who in our government has some financial agenda in pushing for this monopoly as if it was truly about health of people - they would be calling for further investigation - rather than removing any competition.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 4 June 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.

I support integrative medicine accessibility to any and everyone who wishes to use it, study it and use it along side main stream medicine and alternative medicine. We should have the right to choose the treatments we want - most people who use integrative and alternative medicine have come to this because they cannot find answers in the main stream paradigm. Not all of us want a surgical or pharmaceutical outcome, not everyone gets a satisfactory outcome from the main stream medicine and considering that in the USA - main stream medicine and pharmaceutical are the third biggest cause of death - it is no wonder people are looking elsewhere. Much of the usage of integrative medicine comes from personal recommendations by those who have found answers in this area. The same as alternative health practitioners. A large proportion of my patients have come via referrals and are for patients who have been failed - big time- by the medical profession - they feel that they are treated like cattle - not listened to - not given enough time to be heard - and are given heroic treatments when much more gentle approaches can be found. When Chemo has only approx 3% efficacy why has it persisted - if an integrative practitioner used another more alternative treatment - like diet or supplements or hyperthermic treatments the patient could be legally coerced into their Oncologists recommendations - children have even been removed from their parents because of refusing more chemo and radiation even when they child was pleading to be allowed to go home to die with his family. They have been removed because their parents have chosen to use medical marijuana for their seizures and it is working - and working so much better than the toxic anti seizure drugs that leave them like Zombies. I feel our medical system has been sold out to the pharmaceutical company blackmails and the patients are losing out.

Medicine has been bought out lock stock and barrel. It amazes me that there are some of the best brains in the country in this profession and yet by the time they exit med school they are so indoctrinated they can only spout the pharmaceutical line and cannot even critically appraise much of the faulty research that is being touted as 'gold standard'. I use integrative and alternative medicine because it saved my life. It was an integrative Dr that showed me there is much more to health than taking a toxic pill. We should have the right to choose. It has also been shown that many of the users of these modalities are far from ignorant - in fact many are highly educated - so it cannot be inferred that they are used only by morons who don't know any better or have been duped. The proof is in the pudding and I don't want anyone telling me I must only use toxic medicines when I have been shown and am also living proof that there are better methods out there in many cases.

That does not mean that I feel there is no case for pharmaceutical ever - what I mean is that we should be working towards integrating all forms of medicine for the best outcomes for all the patients. In truth the MBA should be more looking at why they are not before the Fair Trading Commission for trying to stamp out any competition/alternative to the Pharmaceutical industry and this push to outlaw integrative medicine is exactly that - Unfair trade practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has provided effective and timely support for a serious chronic health complaint I have. Also for numerous others I know, for whom the reductionist system of symptom management- I.e western medicine has proved ineffective or unable to assist anything but treatment of symptoms. Nutritional medicine, herbal supplements, vitamins, acupuncture, chiropractic and Osteopathic treatments have been vital to my wellbeing. All Australians deserve the right to choose which therapies they wish to access. This should not be dictated by authorities.

I consent to 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 1:34:27 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. Who the hell do you think you are trying to restrict people's 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 6:52:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 71 years old and I have been very sick for the last couple of years. I have had help in one area and healing in another, so I and many others need to have all 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 10:01:58 AM

---

To the Medical Board of Australia,

I support Option 1.

If people/patients want to be treated with complimentary medicine it is their personal choice, it should not be decided upon by anonymous members of the MBA who do not know the circumstances of the patients...there maybe many reasons why the patient seeks and prefers complimentary 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, 24 April 2019 9:17:52 AM

---

To the Medical Board of Australia,

I support Option 1.

It is very important to maintain the status quo. Patients need a full picture approach. Please do not make changes

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:38:57 AM

---

To the Medical Board of Australia,

I support Option 1.

It is important for a society to be able demonstrate freedom and responsibility for it to not become a Dictatorship. Having access to alternative and Integrative Medicine through both GP's and specialised Practitioners is at the crux of community health and well being. We, as humans are not one size fits all in any aspect other than the basics of food, shelter & water, and unfortunately even those basics are challenged due to current systems for Industry financial gain. We need to be able to choose from our own sense of responsibility to ourselves, for ourselves, our own health & those in our care, not be dictated to by an agenda driven regime. In changing anything in our access to integrative/Alternative medicine people will be robbed of highly beneficial treatments, modalities, therapies, wisdom, and care that have in many cases saved their lives, physically, mentally, emotionally. They are distinctly addressing the whole person not just the symptom or condition that presents. I have used Acupuncture, Massage, Homoeopathy, Naturopathy, Chinese Medicine, Herbs, Chiropractic, Osteopathy, and Anthroposophical Medicine throughout my adult life, my pregnancies, births, and since with my five children. I have had access to amazing professionals in these fields that have helped all of us restore, balance and enhance health and well being. When Drs are also trained in complimentary, Integrative Medicine they are able to address the underlying issue and causes that often create the presenting problem. I am extremely grateful for the general Drs who have studied further to include this. One discovered my son's heart condition, which no other GP had found and it had been there since birth. It was his wholistic, integrative, innovative approach that allowed him the time, knowledge and wisdom to explore and address it. My son has since had necessary surgery and continues to be supported post operatively by this Dr with fantastic results for overall well being. I think the motivation for changing current access and freedom of choice in health care avenues and information is of up most interest and importance. There is a mighty big, billion dollar industry in Pharmaceuticals that seem to be extremely powerful and pushy in how our healthcare is framed, limited and delivered. It is paramount that this does not happen. In protection of our human rights, bodies such as MBA and AHPRA have a crucial role in maintaining our health care choice, accessibility and freedom, for the sake of the best, healthy future outcome of Australian people. Drs and Practitioners of Integrative and Alternative Medicine are adding wisdom, care and a greater understanding more in alignment with the initial oath they took on as students of medicine... 'Do no harm'. They offer a broader range of content on the human being as a whole, nutritionally, emotionally, psychologically, and the physical connection and synergy than our current base medical training provides alone. Again, what or who gains from the general medical system based on treatment of conditions with pharmaceuticals? Unfortunately when massive financial gain, power and control become an over arching influence on training, research and delivery, the original intention may be compromised somewhat. People deserve the right to choose their health care and that of those in their care. The human body is an

amazing, self healing organism given the right environment, ecology and opportunity, is always seeking homeostasis and equilibrium. Integrative and Alternative Medicine I believe is currently demonstrating the most understanding and complimentary expression of that science and needs to be upheld as a beneficial, functional, accessible choice for all Practitioners.

Thank you

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, 30 May 2019 12:54:35 PM

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To the Medical Board of Australia,

I support Option 1.

There are many ways to go for our well being, our health is one and many professionals that assist the body of disease to being targeted as outside the frame of care is not a fair way to go. It has been proven over the years that a preventative approach on our health has many benefits not only to our own health but to the purse of the health industry. To take freedom of choice away from the people is not a healthy way to go.

I consent to 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 10:14:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly urge the MBA to consider the health of Australians to have the choice of their health service. We are not misguided dullards blindly following trends. We do research and evaluate what works and what doesn't, in the long term. Therefore treating the symptoms only rather than focussing on prevention has proven to me to be deleterious in the long term. Australia's health budget will only get worse with this focus on short term symptom alleviation. Please allow intelligent doctors to prescribe advice which is much, much safer than pharmaceuticals track records. Look at the figures. People who are willing to pay for quality treatment are healthier. And the health budget will be happier.

I consent to 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 4:09:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to voice my concern about doctors who are fully trained intelligent people being retracted in the use of complementary or integrative medicine.

It is of benefit to the patient to have their doctor use whatever modalities they have been trained in to help them.

That these doctors have spent their own precious time and money to learn more ways to help shows how dedicated they are to healing their patients.

I, as a medical scientist have had to turn to integrative medicine and naturopathy to deal with my health issues. Thank goodness for that.

This area of health is very strictly controlled and I have no fears for my safety.

We must think ahead to allowing medicine to move with the times and look forward to Australia being a country revered for preventative medicine and the amazing health levels of the population.

Our budget then doesn't need to tend to falling health levels, but to other more important areas eg education etc.

The health of the population is the sign of a healthy medical 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, 26 June 2019 12:46:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Everyone needs to work together to help sick people. Why are we going backwards.

I consent to 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, 12 May 2019 5:34:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with Rectal Cancer at age 50, after testing and analysis from a team of 'conventional' professionals, a recommendation of Chemotherapy followed by Chemrads followed by operation and more Chemotherapy over a 12 month period with a chance of surviving 5 years low.

My questioning of alternatives including diet to help the process was quickly squashed as there are no alternatives.

When you are faced with a life or death scenario and only given 1 option by the specialists in this field with no guarantees, that is to poison and radiate your body which will cause long term issues in an attempt to also kill the cancerous cells and tumour, you find yourself searching for options.

My personal searching online and discussions with others found many options, most of which were based on a natural diet, removing all processed foods and sugar. This seems to be a solid start to health, eating organic natural foods that come from the earth and not disrupted by man made chemicals. Nutrition based alternatives based on a natural diet, which includes speeding the process to health with vitamins and minerals (Orally and IV) to build your natural immune system to fight diseases seems logically to be a better alternative to the only options provided by what is being classified as conventional medicine, which is pharmaceutical drugs and highly dangerous radiation. It seems unusual to me as a professional in another field, that as a civilized 1st world nation, our medical professions position is that pharmaceutical drugs developed over the past 50 years as the only remedy is considered conventional, while nutrition and other natural remedies that have been developed and in existence for centuries are considered unconventional or complimentary, just think about the treatment for scurvy.

My personal experience when I carried out the first 3 rounds of Chemotherapy was a loss of appetite, loss of 15kg (I was not over weight to begin with), hair loss, no energy and a general unwellness. I completely changed my diet to remove all processed foods and added sugar and stopped the conventional treatments, my weight stabilized, hair loss stopped and people are commenting around how well I look. The tumour has shrunk by around 30% from the last scan. I now have a choice to go alone using guidance from overseas practitioners, or obtain the support from 'complimentary' or integrative doctors locally as the 'conventional' practitioners will not support me as my actions are not in alignment with their training.

I have a family friend who's daughter contracted Lyme disease or "lyme like disease' from a tick bite, the fact that our country denies the existence of Lyme disease and conventional medicine has limited options and offers no alternatives, has unfortunately damaged this girls life. After many years of deterioration under conventional means in Australia, she did have relief for some years, needing to spend tens of thousands of dollars overseas for some 'complimentary' treatment. The family can no longer afford this treatment and back in the hands of our system, she is again deteriorating. It saddens me that families must go to this level for their loved ones because our

system has let them down.

While I agree some form of regulation should be in place for all medical practices, in Australia it is already like finding a needle in a hay stack to find alternatives to 'conventional' drug based practices. This leaves the public with no option other than to spend thousands of dollars and look overseas where restrictions are not so great, greater levels of research is practiced and patients can find alternatives to pharmaceutical drug options. Please understand that there is a growing population in Australia and globally that are not supportive of pharmaceutical drugs as the only option for all medical conditions. As a first world country, I would like to see us supporting this industry as a reputable option, training practitioners and supporting the research rather than further restricting patient choice. There appears to be many exciting breakthroughs in natural 'complimentary' medicine overseas, it would be great to see these options made available in Australia and not blocked.

The public consultation paper talks about the cost of 'complementary' medicine, I completely agree, however has this not been created by our system that allows for pharmaceutical drugs to be covered by tax payers and health funds while nutritional and other natural therapies have been removed from any cover.

It appears to the lay person based on my personal experiences, that the powers that be in your industry are looking to squash this alternate industry in favour of pharmaceutical drugs as recently demonstrated by the changes to the health benefits scheme, removing many of these options. As a result I personally reject option 2 until an acceptable and supportive position is put forward that will provide the general public with options that support 'complimentary' alternatives. The alternate will be forcing Australian residents who are looking for alternatives to pharmaceutical drugs to look overseas and spend many tens of thousands of dollars in the process.

I would ask that the MBA support and embrace this industry as complimentary to or integrative with 'conventional' or pharmaceutical drug based medicine and allow the public's right to options rather than contain and or prevent it. Personally should the current practices be further restricted, I will be forced to travel overseas, I would see this as a blight on our country.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

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**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.

Freedom of choice and informed choice should ALWAYS be available to 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:** Wednesday, 26 June 2019 9:34:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I used a variety of different health care options which may not be deemed as traditional. The practitioners I use are well qualified and accredited so I feel they should be included as options to more traditional medical services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:49:53 PM

---

To the Medical Board of Australia,

I support Option 1.

You guys are bloody crazy, you sit and make discussion on what is best for society, hence, why you are asked to sit on this board.

Now, when people are asking you, to stay where you are, but, please allow us, our individual choice, of what medicinal path we want to choose, it's like your position, has lead you to have a 'big headed' attitude. Now, please, I realise you each are individuals, and undoubtedly been crook at some time, you may be all of the conventional method, 'ask the doctor' and do as they tell you. That is your free choice, to be that way, please choose your way to get better and keep the freedom of the public's choice, for them to choose.

Sadly, if you don't, the way you choose to get well, could be yours, and other peoples undoing, but there will be no choice to try alternative methods.

The alternatives do work, too,

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, 13 June 2019 8:31:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that the practice of integrative medicine is extremely important to the health and care of patients, including older patients, patients with cancer and other illnesses which benefit from a holistic approach. We are not talking about 'quacks' here, but caring doctors who understand the importance of considering all aspects of a patient's condition, lifestyle and stage in life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative health has been extremely helpful for mine and my children's health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 2:31:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that wholistic health care is the way of the future. Not just prescribing medication but supporting lifestyle changes. Most GPs just go the quick and easy way of writing prescriptions without looking at the whole picture. This pill popping mentality must cost our government a lot more than some natural therapy especially for older the 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:** Wednesday, 26 June 2019 12:11:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because i believe everyone deserves to be able to explore all medical options. I feel as my religious reasons I prefer to seek holistic advice AS WELL as modern medicine advice to suit me and my familys personal beliefs.

I consent to 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 5:30:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi I am writing this email to ask you not to change regulations to integrative medicine. Besides the fact that people should have the right to choose what type of health care they have; integrative medicine and complimentary services can help where conventional medicine sometimes fails. I regularly seek alternative care and without it all I would be able to do is take a tablet. Definately not ideal. Instead of making things harder why not try making it easier. It's time that alternate and conventional medicine practitioners started working together so people could really heal from these illnesses and injuries and not just be treated with a bandaid approach.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:53:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I often use complementary and integrative medical practice as I have a condition that is unable to be treated effectively by standard tradition medical practices of prescription drugs. I find great relief without side effects from integrative medical practice. Please help more doctors understand the benefits so we have more choice, and also it would be best if more of these practitioners could use Medicare for their 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, 3 May 2019 3:10:27 PM

---

To the Medical Board of Australia,

I support Option 1.

Apart from my recent visit to a G.P for a Typhoid Vaccination I choose to see a Dr providing a holistic approach to my healthcare once a year because I feel I get better care, I am not just a number with a 10minute time limit and I feel the reason I hardly ever need to visit a healthcare provider is because I choose to put in the extra effort to stay healthy and have my yearly holistic check up. I feel I should have this choice and be able to get the right advice from a professional. I do not cost the Government as much as someone who goes to a GP every second month and chooses not to put in any effort to stay healthy. At almost 58, I am on no medication and occasionally supplement with natural therapies when I need to. If this is taken away from me, I will have to rely on Dr Google, import from other countries or make and grow my own.

I consent to 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 12:34:08 AM

---

To the Medical Board of Australia,

I support Option 1.

We cannot risk the medical world be ruled and run by pharmaceutical companies.  
Please support patient choice as to the practitioners they engage and  
the treatments they choose and consent 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 2:59:47 PM

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To the Medical Board of Australia,

I support Option 1.

Many people have benefited from integrative & complementary medicine. Personally I have avoided having to have a knee replacement through the use of complementary medicine. In addition I use a number of vitamins and minerals and have done for over 30 years when I first became aware of how depleted in these nutrients our Western Diet is. If we take the example of Non-Steroidal Anti-inflammatory Drugs (NSAIDS), they are responsible for 4000,000 hospitalisations and 16,500 deaths per year in the USA. Am not aware of the figures in Australia. They are said to be a factor in the increase in Osteoarthritis surgeries for knee, hip, and spine for figures taken out between 1997 and 2005. More than 23% of such patients will develop a gastrointestinal ulcer and there are so many more alarming statistics for these drugs. Tumeric (Cucuma Longa, a natural substance, when taken at 100mg a day for 12 weeks was as effective as 75 mg/d of diclofenac another drug often prescribed. There are other examples but these will suffice and can be referenced.

It should be adequate to point out that if a natural product prescribed by a qualified practitioner can alleviate and treat the pain of osteoarthritis, it is much safer than drugs which have been known to cause injury and even in some cases death. Don't try to fix what isn't broken, and allow patients to make their own choice. After all they can choose other health professionals.

I consent to 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 9:00:42 PM

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To the Medical Board of Australia,

I support Option 1.

Please consider the effect on the greater good of ALL when making decisions now. Please do not restrict Integrative practitioners or put limitations on our access to them.

I have used integrative approaches for the optimum health and wellbeing of my family and myself for decades with positive results whether that be for the simple happenstance situations or the life-threatening ones.

A few examples:

My son had an allergic reaction to Amoxicillin with body rash and extreme swelling for the entirety of his body. Who knew eyebrows could swell? And he was in immense pain. He was prescribed Phenergan, to which he also reacted. The doctor was then going to give him a further drug to counteract this; a steroid of some kind I recall. He was 4 years of age I felt great reluctance to put yet another drug into his struggling system.

The doctor mentioned the word urticaria and I recalled it from a conversation that I'd had with a local homeopath. On contacting her she reminded me that I had given it to all 3 of my children when they developed Chicken Pox (all at the one time) and that I would have the remedy still at home from that previous event. Which I will say just here (re Chicken Pox) was managed so much more effectively without issue when using the urticaria homeopathic for the children during that episode of Chicken Pox.

And now back to the allergic reaction to the Amoxicillin. My son had just 2 small doses of the homeopathic remedy and every one of the physical symptoms was gone in under 24 hours with zero further side effects from the drugs.

He is now 21 has not had an ear infection nor need for antibiotics since that time because I use natural remedies. To this day our local doctor supports this as his health and wellbeing are the evidence of natural remedy effectiveness.

My daughter had major abdominal surgery at the age of 5. Although she was on Morphine for the first day after surgery her pain was managed with Reiki and Vibrational remedies. The nursing staff at the Melbourne Children's Hospital commented on her extraordinary recovery and ability to be as mobile as she was so soon after her surgery. Her doctor supported my choices in supporting her with natural therapies as it was evident that it was so effective. He even wrote 'medical miracle' on her record one day when seeing that jaundice had disappeared in less than 24 hours without medical intervention.

My daughter and I were in a car accident in 2011, struck from behind. She had her foot on the car seat and thus her knee up at the time which struck the dashboard upon impact. Within 2 hours she had been seen by a Kinesiologist/Chiropractor and the displacement of the knee bones was remedied without the necessity of medical intervention and

she has no residual issues with her knee from the car accident. Trampoline mishaps, sporting injuries, strains, sprains and such have also been remedied by the same practitioner; paid for by me and as such no drain on the local overextended medical system.

I was diagnosed with Hashimotos Disease however with herbal remedies from a local herbalist, supported by my local doctor, I no longer have this. The doctor commented ' we never see numbers like these ever change and yet your herbalist has worked a miracle because yours have'.

In 2005 I was placed in a medically induced coma, on life support, after emergency surgery for internal heamorrhaging and was transported to a larger hospital. Whilst on route the ambulance was totaled in a car accident with 2 vehicles T-boning it. The exceptional actions of the medical staff and particularly the surgeon saved my life, I was told at the time, and I have great respect for the medical system we have in Australia. However, there has been nothing that the medical fraternity has done, nor has at its disposal beyond drugs, that has assisted me to manage the layers of trauma and the resultant PTSD from that event. It is here that I can say without a single doubt that the quality of life I now lead is 100% because of the natural and alternative therapies that I have accessed to aid that recovery. I have paid for it all and there has been no drain on the medical system. My doctor has monitored every step of my recovery and supported my choices. She has been a first-hand witness to my recovery, and I have had professionals within the medical field comment on how remarkable it has been; my application of those therapies being evident. My father, a Policeman, not open to the natural therapy world, once commented that it was like watching me come back from the dead after each weekly visit with the relevant natural therapist at the time. This also included a GP who administers acupuncture and homeopathic nosodes.

What more can I say? I and my family have lived with freedom of choice, and access to quality freedom of choice to our absolute benefit!

It is our health, it is our choice. Who has the right to tell me what I can and cannot do with my body? Who has the right to tell my doctor how they can and cannot support me in building and maintaining quality of health and wellbeing, for myself and my family? Who has the right to even try to interfere with a system that is evidently working for myself, my family and many other people?

Please allow the continuation and development of such an excellent relationship between contemporary medicine and integrative approaches and practitioners. Everyone benefits.

Thank you ... in full faith that benevolence for the greater good will prevail.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 2:01:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should all have the choice of medical practitioner and whatever healing methods they entail. To be given no choice in your own health would be against the best interests of 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:** Thursday, 30 May 2019 8:20:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I like to go to doctors that look at the most natural ways of treating my sicknesses first and foremost and it has paid off as I have just received a good health report at 62. My Doctors in the past have prescribed fish oil and vitamin D as well as magnesium supplements that keep me on track.

We need to be able to look at health in a very holistic way and not have doctors working for the pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:28:59 PM

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To the Medical Board of Australia,

I support Option 1.

I am supportive of there being no change to the current guidelines regulating the medical doctors who integrate 'complementary medicines and emerging treatments' into their treatment plans. I am a middle-aged woman who has spent many years looking for answers to an array of complex medical issues and auto-immune illnesses. Whilst I value the assistance of my regular GP, I was unable to regain control of my health by following conventional medical pathways. Indeed I often found various specialists to provide conflicting advice and suggest medications that were contra-indicated with others already recommended. Even those treatments that supposedly worked were simply treating symptoms and not addressing any underlying causes - my list of medications was becoming formidable. I finally found answers when I began consulting with a medical practitioner who was able to look for the root causes of all my medical complaints. This included long consultations, many diagnostic tools, reconsidering many of the medications I was already taking and a holistic approach to my healthcare. Some of my treatments now extend to the use of vitamins, minerals, and herbal supplements. These are complementary to some other conventional treatments. I am feeling better than I have in a long time and feel I have my life back on track. This is, of course, pleasing for me and it also reduces my need to continually seek medical treatments and my burden on the medical system.

This is simply a case study, of which I am sure there are many and it can no doubt be argued that the same result would have eventually been achieved via conventional medicine - but it wasn't. Perhaps most importantly, I made a series of choices, informed by my many years of being me and knowing my body, my level of intelligence and all the advice I had been given historically along with the right to make my own decisions. I resent the implication implicit in the move to tighten restrictions applied to holistic and inclusive medicine that I am somehow not suitable to make informed health care decisions for myself. I would ask that you make no changes to the current status quo and preserve a patients right to seek out and pursue the health care they want for themselves and that that not be restricted by bureaucracy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 4:20:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Unfortunately, no one modality (conventional or natural) has all the answers, therefore options are always going to be necessary.

If one kind of medicine could effectively provide all the support needed by patients, the others would naturally fall away.

This has not happened.

Where conventional medicine alone has been unable to help a patient - what should they do - if these restrictions are put into place?

Personally - I use integrative and complimentary medicine because I'm allergic to much of the conventional medicine that I've needed and have been forced to seek alternatives.

I need to be able to access both kinds of medicine to stay alive.

I consent to 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 10:54:30 AM

---

To the Medical Board of Australia,

I support Option 1.

After western medicine had me knocking on deaths door, it has been natural or should say traditional medicine that has saved me on the road to health again. my body my health my choice end of subject.

I consent to 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 7:25:20 AM

---

To the Medical Board of Australia,

I support Option 1.

People have the right to choose alternative therapies to compliment medical practice. I vote no change 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 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.

Australians need access to a wide range of healthcare. Healthcare providers and GP's deserve the right to provide insight, referrals and prescription for alternative therapies and nutrition, beyond the allopathic healthcare model. This change will further divide the complimentary and allopathic medicine fields. Wouldnt it be smarter that our educated and registered members of the healthcare field can provide educated, quality care, rather than the lay public who want these treatment options, taking research and prescription into their own hands.

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.

Complementary medicine has been proven to be as effective (in some cases ~ more effective) to assist in healing the human being.... many are ancient methods with long documented records of their usefulness and safety. Therefore I strongly object to the MBA's threat to remove these options for patients...I am pro-choice and support all complementary medicines and practitioners ~ we as patients (customers) deserve the right to freedom of choice within our healthcare system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

As an individual with coeliac disease vitamin and mineral supplementation is an important part of the management of my disease.  
In addition to this the use of a supplement recommended by my doctor has helped reduce my histamine levels that has allowed me to eat more foods without reactions.

I consent to 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 10:16:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the right of choice to select the treatments I have faith in !  
While I respect the medical profession I don't believe the government  
has any right to take away 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 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.

I want doctors to have the choice of providing holistic medical treatments and complementary medicines Patients have the right to choose treatment/medicines right for them

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 was diagnosed with Hashimotos 8 months ago and I personally chose a integrative and complimentary medicine approach. This approach helped me tackle the root cause of my illness and helped reduce the amount of medication I need 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:** Wednesday, 26 June 2019 9:16:31 PM

---

To the Medical Board of Australia,

I support Option 1.

There are many different medicines and treatments available to us and they all play an important role in diagnosing and treating ailments. Just because one is different to the other does not make it any less valuable or less effective. By restricting and removing some of these therapies, you are removing choice. Everyone should have the right to choose what therapy they wish to use. No one has the right to deny 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, 8 May 2019 2:51:48 PM

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To the Medical Board of Australia,

I support Option 1.

I support the freedom of choice for patients to be able to access integrative and complementary therapies. It's vital that they have options to access conservative and complementary methods alongside their medical care.

Integrative and complementary therapies has supported myself and my family from a preventative perspective. Allowed me to access tools to help keep me well, physically, mentally and emotionally.

If you impose restrictions on integrative practitioners, this will be promoting a sickness based healthcare system rather than a wellness or preventative based system. Causing more pressure on the medical system, leading to less personalised and limited care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:47:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a son with autism ,several gut issues and vitamin deficiencies. Integrative doctors and their prescribed vitamins helped him to overcome his deficiencies and he made huge improvements in speech, cognition and learning . He is at much better shape after his treatment by integrative doctor and also he is physically more active and healthy. If restrictions are imposed on integrative doctors I see my son's health and his life skills at risk.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

It is a patients right to be given alternative treatment and remedies if they don't feel comfortable with certain drugs, especially if said drug may cause reactions that will further worsen condition. We have found that a balanced use of both not only help deal with health problems better, but have helped provide as a good preventative measure as well. The first world countries of Europe have been embracing alternative remedies because they understand how beneficial it can be to their citizens, we should also aspire to go forwards and not backwards. My worry is that, patients would likely try to administer these remedies without professional advice, and you would only have yourself to blame when things start to go wrong.

I consent to 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 7:30:54 AM

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To the Medical Board of Australia,

I support Option 1.

I have always tried to be proactive with my health with good nutrition and have had not needed to spend a lot on Doctors. As I am now over 60 I expect my need for a good doctor will increase, and I would like to use one who can help me in my journey in being proactive with my health, but who has the knowledge to step in with traditional medicines if the need arises. If my doctor is unable to support me with complimentary medicines I will still use them, but will have to rely on my own research with my doctor's 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:** Thursday, 2 May 2019 11:22:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Health care is complex and many ailments do not fit neatly into a box that can be treated with one method. This is something I have experienced myself and I appreciate it when the doctor has the time to fully understand my issues and think of new ways to treat and reduce pain when previous treatments have not worked.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 8:38:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support Option 1 - no change to the current guidelines in relation to Integrative and complementary medicine. Integrative GPs have been an integral and important part of my journey over the last 12 months since I was diagnosed with Triple negative breast cancer.

It is important that all Australians have the access to the very best options for their health care. It is also important that they have the ability to choose the health care options that best resonate with them.

There is no reason why all modalities cannot exist together and compliment each other.

With current restrictions it is difficult for all Australians to access integrative care due to costs and lack of medicare rebates. Restrictions ideally should be relaxed, not tightened.

My integrative gp relationships are respectful of my ability to choose and have taught me a great deal about my body and what I can do to help myself.

I can attribute my good health today to a combination of conventional and integrative care.

Please do not insult adult Australians by denying them access to integrative medicine and their ability to choose their method of care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:**

■

**Subject:**

Consultation on complementary and unconventional medicine and emerging treatments

**Date:**

Wednesday, 1 May 2019 12:39:43 PM

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To the Medical Board of Australia,

I support Option 1.

I support option one because 5 years ago I was having a lot of coccyx pain and keeping it up in the bedroom. My GP referred me to some doctor who after some blood tests and ultrasound wanted to remove my prostate. I refused because I wanted more information about other choices, he didn't give me any. Luckily my GP had referred me to a Chiropractor too. The Chiropractor adjusted my coccyx, back and neck. It helped sleep much better, which I hadn't realised I was having problems with before. He said my problem could be inflammation issue which might respond to reducing stress on the spine, improving my diet and pelvic floor muscles. Slowly my "normal" neck pains went away and I was having a lot less back pain. He referred me to a pelvic floor physiotherapist and a naturopath. He also suggested taking zinc. With the help of all three and my GP, my coccyx pain went away and at the same time I had a lot less headaches, neck pain, better sleep and happier wife. This all was because my GP had referred me to the Chiro at the same as he referred me to the specialist (Endocrinologist?). If he hadn't done that, I wouldn't have improved my pelvic floor muscles. I would have instead ruined it further with an unnecessary surgery. That is why I am so shocked that Medical Board of Australia thinks Integrative medicine is risky!!? Between Surgery or pelvic floor exercises, zinc, Chiro and better diet I hope you agree that I chose the much less risky option.

Your proposed change is very risky! Because I think then someone else with a similar problem to me would either never learn the non-surgical option, or he would have to go alternate without telling his GP and having all the blood tests and scans to make sure it's nothing too serious like a dangerous cancer or tumor.

I consent to publication of my submission without my name.

Sincerely,

■

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

To the Medical Board of Australia,

I support Option 1.

I am an Australian citizen and I used to think we were a lucky country and I was lucky, But what is going on, why are you being dictators, how dare you tell healthy people who they can or cannot see. You are forcing people to retaliate. What is your real agenda. I am so furious at 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:** Sunday, 5 May 2019 6:26:59 AM

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To the Medical Board of Australia,

I support Option 1.

To the Medical Board of Australia

Thank you for reading my submission.

The definition of medicine in the oxford dictionary is "'The science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery)."

Any therapy that falls within this definition is applicable depending on what is required at the time. As a result I have different doctors for different things dependent on what is going on with my children or my own body. While I go to a traditional medical doctor far more frequently than I use other alternative medicine/ therapies that is not covered by medical doctors, I still use the services of Natural Therapies and Natural Medicine. Such as Chiropractor's for adjustment, Homeopathy for overall health, Chinese Medicine for also improving overall health and well being, Naturopathy for allergies and to identify any vitamins or minerals lacking in my body which is causing a body problem for example making me tired.

Medicine is not a one fix shop even in traditional medicine you have different doctors who specialise in different things. Natural medicine covers areas medical doctors do not and often a body problem is fixed with a combination of a traditional doctor and natural therapy.

A GP who has additional training in more integrated medicine is far more valuable than the GP. This shows you that the holistic GP's also uses natural medicines in diagnosing, treating and preventing illness such as gut health. But these GP's cost a lot more than a general Naturopath and are not as trained in all the natural therapies as a Naturopath is unless they are fully qualified in both fields and practised in both.

All current forms of current integrative and complementary medicine I support and if there is a demand one needs to supply it. At my Naturopath her calendar is booked out 2 months in advance and she works 7 days a week from 9am-7pm most days. All her natural therapies and medicine are obviously working because people come back and I drive approximately 1 hour to her practice.

These effective safe therapies help in a person's overall health that are not covered by traditional medicine.

While I use traditional medicine on a larger scale there are a few homeopathic medicine I do use some even on and off for over 20 years. I wouldn't take out child panadol out of my medicine cupboard just like for example "Rescue Remedy" or the natural medicine like "Cod Liver Oil" either. There is a place for both traditional medical doctors and alternative medicine and therapies.

The main point is to use the right therapy for the problem at hand. My Naturopath often refers me to a Medical doctor, in fact she has one at her practice while my medical doctor also refers me to a Naturopath. You cannot restrict or remove one as you won't be looking after the health of Australians. All medicine that diagnose, treat and prevent illness is relevant and shouldn't be taken away or restricted but left as it is especially if it doesn't harm anyone. Why take something away that works?

There are numerous times myself and family have been helped by Natural Therapy and medicine. Once I developed an allergy to oil and I had vomiting from any product with oil in it. Within 2 weeks I had lost 8 kilos and before this allergy I weighed around 58 Kilos. My Naturopath fixed it in 2 treatments. At another time I was having severe hayfever allergies and I was using a tissue box in 2-3 days. My Naturopath did some treatments that made me more tolerant of some elements that were giving me hay fever.

My friend was an alcoholic and she went to a Naturopath and they identified some deficiencies that she had that was assisting her craving. Once she had supplements to fix the deficiencies she was able to sustain from drinking and has been clean for 9 months.

A good example of the successful use of traditional medicine and natural therapies. My Naturopath's grand daughter had a severe form of cancer as an infant. She took her to hospital for 5 months with her daughter. While in hospital she received traditional medical procedures and when out of hospital she used natural medicine and nutrition to build up her stamina and she made it and is now around 5 years old with no regression.

As I have had a severe car crash and I broken my pelvis in 6 places. Later in life I had a hard time carrying a baby. If it wasn't for my Chiropractor and health insurance rebates I wouldn't have been able to work most of the pregnancy due to the pain. The rebates also made it more affordable for me.

I use the different types of Natural Therapies and Natural Medicine because they work. But I use it for the right body problem. I wouldn't know what to do if those services or medicine were removed. I don't think medical doctors would be lost too because they couldn't refer you either to a Naturopath or a Chiropractor if needed. These therapies are administered by trained people who are experts in their field and by removing or restricting them is a disservice to them and Australians. I feel the health and well being of Australians will suffer. I suspect people will still seek alternative therapies or find something themselves and self diagnose when they aren't doctors themselves and need to be diagnosed and treated by the relevant professional.

Some of these therapies and natural medicine predate modern medicine by centuries like Chinese Medicine which started 2200 years ago. Others have been used for years like Chiropractic has been around since 1895. The principles of Naturopathy date back from the 16th and 17th century. Why exactly would you wipe out any of this technology if it currently works and many people rely on and use it for overall health and well being. The way a trade becomes extinct is by not training others in the field by written and practical training. You wouldn't want to be responsible for wiping out centuries of work and advancement in the field of Medicine.

If these restrictions are implemented it will create a mistrust in the government about its intentions and the conclusion would be "I know that the government is not interested in the health of Australians."

On a personal level I will most likely travel to other countries if in need of Natural Therapies, it will not change my use of either Natural Therapies or Natural Medicine. Or I will get trained myself so I can help my family and myself. By the government putting in any restrictions it won't change people using alternative medicine.

Furthermore if any changes are to be made these therapies should be put back on Private Health Insurance and also paid by Medicare because they are medicine and in the long run help Australians to be healthier and more productive people.

If you want to investigate any medicine I would suggest looking into harmful treatments in Psychiatry which result in an array of side effects including death. Or their mind altering psychiatric drugs that cause suicidal and homicidal behavior. You can also investigate the prescription of addictive drugs to our patients like Opioids which have caused 1000's of deaths in America. These are the type of medical therapies that need reviewing especially if we want to limit these public incidences of fatal violence like the man driving into people on Burke Street, another killing the owner of Pelligrines and the man who threw his daughter off Westgate Freeway. These drugs and treatments is what is harming people, this needs attention not Natural Therapies and Medicine which is effective and doesn't harm anyone.

What is important is to have all these Natural Therapies/ Medicine available and used for their intended use. while not changing any of the current guidelines.

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 11:19:18 AM

---

To the Medical Board of Australia,

I support Option 1.

Hippocratic oath allows the use of treatment to help the sick according to the practitioner's ability and judgment. Why should the board limiting the individual practitioner's ability to a certain area to the exclusion of other areas of knowledge? When someone is drowning, should a rescuer be limited to using a prescribed set of life saving equipment/method 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, 16 June 2019 4:01:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a doctor who has been working in General practice in Australia for 25 years. I am very experienced in treating patients with conventional medicine. I first became involved with integrative medicine, or as I would prefer to call it, comprehensive medicine about 4 years ago. I attended an ACNEM conference and was very impressed by the scientific nature and evidence base of the information presented.

Personally, I have been chronically unwell for the past 5 years with fatigue, joint pain, digestive issues and problems with word finding. I had seen many specialists over this time and had not made much progress. I have had side effects from NSAIDs, steroids and immunosuppressants. The most recent diagnosis was seronegative spondyloarthropathy. However upon seeing an integrative GP, I am now much better. I was diagnosed with CIRIS (Chronic Immune Response Syndrome), due to mould exposure, and I have responded very well to treatment. I am currently quite well, off all prescription medication and remain on some nutritional supplements to maintain this. I have received holistic care to optimise my diet, sleep, exercise, mental health, gut microbiome and environment. No conventional specialist has put in the time or effort to do this. No one else thought outside the box or even considered these aspects of my care.

Professionally I have now undergone significant training in integrative medicine and have found this to be the most useful and fulfilling learning I have ever undertaken. I have spent an enormous amount of my own time and money undergoing this training. The other integrative doctors I have met during this time are amongst the most knowledgeable, scientific, passionate and caring doctors I know. Nobody makes a lot of money from this type of medicine, yet the fulfilment received from grateful patients and the ability to really help patients and see them improve is incredibly rewarding. At medical school we are taught biochemistry, yet this is promptly forgotten and is replaced by a prescription pad once we enter the workforce. Integrative doctors are incredibly scientific as they utilise the bodies biochemistry, the cofactors required for processes to occur in our bodies and work with these to optimise health.

In my practice now I work in a true integrative capacity, I am first and foremost a doctor, and I assess all patients in a conventional manner as well as giving them the option for more holistic care if they require it. I spend 1 hour with each patient and so many are truly grateful to be listened to and to be involved with their treatment process.

I have achieved some great outcomes for many patients who have been chronically unwell.

Patients deserve the right to choose to use whichever modality of treatment they would like for their health and the role of integrative doctors to provide this should be expanded not limited.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:12:20 AM

---

To the Medical Board of Australia,

I support Option 1.

After going through years of treatment for Polymyalgia Rheumatica using Prednisone, I then used various holistic, alternative treatments to assist my body recover, I also have used various treatments for severe back problems which have all worked, it has been important to me that my doctor supports me

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:11:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I have supported my partner and seen great improvement in her health thanks to integrative medicine. I disagree with restrictions being placed on 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:** Wednesday, 8 May 2019 12:09:04 PM

---

To the Medical Board of Australia,

I support Option 1.

In support of Integrative Medicine I wish to confirm that I have used the following modalities for most of my adult life. Sometimes these were the only treatments that alleviated my symptoms and pain. Chiropractic far out performed physiotherapy in dealing with long standing back pain; Acupuncture for digestion and immune systems, herbal and homeopathy remedies are used regularly for colds and flu.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:55:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I prefer option one. I believe the current guidelines are sufficient to protect consumers and that the proposed changes will limit patient choices in treatment.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Sick and tired of having to defend my right to which medical care I choose for my own body and my family! I have had more success with natural therapies than I ever have with conventional medicine for a number of conditions. If you believe in natural therapies please sign to keep them around. Our body our choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 5:11:41 PM

---

To the Medical Board of Australia,

I support Option 1.

At age 49, I have been battling health conditions since my mid teens that 'conventional' doctors have not been able to assist with. These include IBS, major depression, anxiety, chronic stress due to the aforementioned, autoimmune disorders leading to worse gut disorders and multiple nutritional deficiencies (despite a very healthy diet). My integrative team of professionals have been the ONLY ones who have had the time, and the INTEREST, in attempting to get to the bottom of WHY I have these issues. I believe I would be on disability benefits instead of being a full time employee if not for their guidance and recommendations.

Most recently in May 2018 I received a breast cancer diagnosis. While I chose to have conventional treatment for my breast cancer - because all the evidence for the type I had showed that this was the best chance of beating it - I would not have been able to get through those treatments without acupuncture (incidentally, a free trial of which I was part of that was run through a major Sydney public hospital), along with further more exhaustive tests to work out what my body was lacking in terms of vitamins, minerals etc and the necessary guidance to know when to take each of these for optimal results.

I believe so strongly that many, many people would be more of a burden on our health system if we were not able to access integrative practitioners. My own circumstances, and lack of financial resources, have constrained me somewhat and I have absolutely no doubt that this is why I have not fully healed and ultimately ended up with cancer. I do know for certain though that 'conventional' doctors, while well meaning, do not have the time to delve so deeply into people's health issues until they are at a CHRONIC stage. Then the recommended path is medication (with it's resultant side effects - and there are always those, no matter how good the drugs are) and hence further degeneration of health.

What we need is for integrative practitioners to be HELD UP AS THE GOLD STANDARD for those too hard cases that are just on the merry go round of drug dependency for life. It's not fully living, it's not healthy and it's not financially sound given the ballooning health costs. I'm not anti medication when needed, but not lifelong medication for such a large portion of the population who need to be supported to find the ROOT CAUSE of their illnesses and not just given medication because that's all the time a 10 minute consultation allows our poor overworked conventional GPs.

Please, please understand the value holistic medical healthcare has. All over the world there is a movement to low tox living (natural cleaning products etc), natural eating (ie cutting out processed foods) and holistic healthcare practitioners have been so far ahead of this curve for many years. They continue to be ahead of the curve and that is why they are so often shot down. Conventional medicine is at least a decade behind, but this does not mean people should not have the right to CHOOSE the type of healthcare they wish to avail themselves of. Holistic healthcare is really quite expensive for those of us who choose to use it, but the alternative is far, far

worse.

I implore you to please not make any changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:57:51 AM

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To the Medical Board of Australia,

I support Option 1.

I have been using integrative and complementary medicine all my life. On the whole it has been way more help to me in my life than allopathic treatment. Over the years I have used many practitioners including registered medical practitioners. I can also say the same for friends and family. The MBA should not be trying to dictate to trained and qualified doctors what isn't acceptable as treatment options, if only for the basic reason that most allopathic treatments do not treat the root causes of illness, and some can even be the cause of unwelcome side effects when properly prescribed. Many present day recommendations for health were not gained through restricting options. Surely the training doctors receive is enough for them to judge whether they wish to pursue other avenues of treatment for their patients. The beauty of being a doctor is that they know pharmacology and diagnosis and are able to bring that knowledge and reassurance to their patients alongside another healing modality if they so choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:17 AM

---

To the Medical Board of Australia,

I support Option 1.

It provides more choice to have doctors who provide these services, I wish there were more who considered the whole person.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 11:34:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned about the MBA making a change to the current guidelines to the use of Integrative and Complementary medicine such that practitioners are restricted in their capacity to respond to their patient's preferences and needs.

One of the great strengths of the health system is its capacity to assist people to work with health practitioners to improve their health and well-being. We know that many issues for which patients consult their doctors are chronic and debilitating. Doctors need a variety of tools, strategies and techniques with which to respond to their patients needs. It is short sighted and debilitating to doctors to limit their professional responses and constrain them in their practice. Providing a comprehensive and intensive professional training program for doctors and then not allowing them to practice as a full professionals who assess their clients and treat and refer as they see fit is undermining and demeaning.

Enable doctors the freedom to utilise the training and scope of practice for which they and the government has paid highly.

Do not limit health professionals practice and more especially let them care for their patients as they have committed themselves to do through their 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:** Monday, 6 May 2019 11:41:32 AM

---

To the Medical Board of Australia,

I support Option 1.

My name is [REDACTED] and I feel it is totally irresponsible for the MBA to even contemplate the idea of removing any complimentary forms of medical support from those doctors who wish to provide an alternative to the big pharma stranglehold on Medical Services.

I will only go to a doctor who provides a wide range of integrative and complementary medical services.

In our world today we do not the governing bodies to restrict our choice but to encourage us to look around for the most effective way that we can be treated.

More often than not the side effects for taking big pharma drugs are worse than healing the problem you were initially diagnosed with.

I consent to 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 8:40:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in natural therapies and how they assist with patients to manage many alignments. I often use natural therapies in conjunction with medical doctors. It is impossible for medical doctors to know everything about all disease and alignments. With proper research it is vital to get the best practitioner for your continued health. Too often I have been to a medical doctor and have been given medication to help me overcome an alignment that actually made my symptoms worse or created other issues. I often use a chiropractor or osteopath to maintain a healthy life through maintenance. It is not just about taking pain relief. I use supplements and dietary changes for issues that will maintain a healthy lifestyle.

I have thyroid and a mthfr gene mutation which had become debilitating with no support from local medical fraternity. I sought advice from an integrative doctor as we as a naturopath who worked together to enable me to function to the best of my ability. I still seek medical advice when chronically ill but otherwise I use complimentary practitioners. Why is it we place so much scare mongering out there when if all areas are regulated we can all work together.

Big Pharma companies can not be in control of our medical attention and sadly this is becoming very apparent with many doctors dishing out medicines at the for of the hat.

Let us all work together to make our nation healthy not against each other. Money is not everything. Yes I know it is financially beneficial for doctors to write scripts but not if it is not necessary. Maybe this is why we are becoming immune to antibiotics?

Let us choose who we want to see and ensure they are regulated for peace of mind that the current research is updated and use to help us become a nation of healthy beings.

Thank

I consent to 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 11:11:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors study for many years to become accredited. If they choose to study beyond the minimum in order to assist their patients further they certainly should not be punished for this. Patients can choose whether or not they wish to attend a holistic 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:** Sunday, 21 April 2019 11:31:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe every individual should have the right to choose whatever medical or alternative therapies they so wish. The government should not have the right to force individuals to choose only those services they profit off. This is surely a basic human rights issue by removing informed choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 8:27:19 PM

---

To the Medical Board of Australia,

I support Option 1.

As a Hashimotos sufferer I have relied on the expertise of Integrative GPs and Naturopaths to help me achieve optimal health. Western medicine is also useful and I believe both have their place and both should be supported as treatment choices for Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:01 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My chronic condition of inherited peripheral neuropathy has no option in conventional medicine except pain relief. Acupuncture, herbal medicine, homeopathics and diet all significantly moderate and manage my symptoms. Especially as I'm allergic to many heavier painkillers. I need expert advice in all these areas. If I don't get it, I will be paralyzed and a complete financial burden on the system at best. Patients are intelligent participants in their own health journey. Do not underestimate their role, and the significant psychological and physical healing power of choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Please don't mess with the integrative medicine that some of us find the most health benefits from. I suffer from Hashimotos a thyroid autoimmune disorder and frankly regular GP's are rubbish at doing anything to help. They won't even do the required blood tests as they know nothing about thyroid management. I have been to specialists and he was a waste of money and didn't do anything to help. Hashimotos patients can't be seen or have their health managed in a 5 min appointment

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped my mother to overcome a glioblastoma 4 brain tumor. She has been healthy for the past 14 years, when it was removed. She had no Chemo and very little radiotherapy. It is important for patients to have the choice to include integrative and complementary medicine in their medical care if that is what they believe will help them, and for those doctors who choose to, to be able to offer that 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 8:00:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I have an invisible illness and there are no specific medications that work. I have been in consultation with my GP and it has been necessary to look at my case individually. I have had reactions to a lot of medications and have found that I have needed certain vitamins, diet etc. The natural methods have often been of great benefit for me. I have had treatment in Germany several years ago when visiting family. The first treatment option I was given was natural herbs. It worked for that particular illness. I thought how wonderful to have such a 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, 24 April 2019 7:15:02 PM

---

To the Medical Board of Australia,

I support Option 1.

It is not up to you to choose my healthcare! More and more integrative medicine is becoming mainstream! That is why pharmaceutical companies try to replicate the benefits from plants and 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 7:33:10 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me enormously, I have had gut, IBS issues and a wide range of other issues that no doctor has been able to assist, it was put down to "just learn to live with it". I saw an integrative doctor who immediately tested me for parasites and came back with a rare tropical parasite that I contracted whilst living in Asia. She used a combination of complementary supplements to support and build my gut health so I could bounce back strongly from antibiotics, I used a combination of both antibiotics and eastern supplements, and herbs. I have not looked back and am in much better health thanks to her approach. Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 9:57:10 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine has been very important in my families health and I believe it's important in a democracy 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:** Thursday, 13 June 2019 7:09:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I think complementary medicine is incredibly valuable and should be accessible to everyone to make the choice on how they look after 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:** Monday, 10 June 2019 5:22:16 PM

---

To the Medical Board of Australia,

I support Option 1.

As a small Allied Health business owner for the past 15 years, we have seen over a 200% increase over the past 12 months of our patients wanting holistic integrative Osteopathic, Naturopathic and now Integrative Medical Care from our GP. Our patients are speaking with their dollars that our therapies help and complement traditional medical therapies. Change to this will effectively drive up dollars spent in the MBS and PBS access to integrative care will be more difficult for those patients wishing to seek holistic and complementary medicines. We see a 1000 patients a month in our small clinic and we want to be able to provide the best evidence based integrative medicine services to all of our patients into the future and continue to collaborate with the medical board to increase education both ways.

I consent to 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 9:11:12 AM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern, I wish to retain my ability to discuss and integrate natural therapies with my GP. I am in my 60s and have been using homeopathy and naturopathy as my major form of health care but I consult my GP as I deem necessary. Natural therapies work well for me, I am sensitive to drugs and seek to avoid them. I am currently healthy and don't require any medication. If I can no longer discuss my natural therapies with my GP it will be to my detriment. Please consider my 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:** Thursday, 25 April 2019 11:03:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is a vital community service and needs to be left as is

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 9:16:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complimentary medicine.  
Please keep the current guidelines.  
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 9:04:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I am someone who has multiple health conditions. Two of these are ones that are not currently well known, and treatments are still being newly discovered as research happens.

With the proposed changes to the guidelines, I would no longer have the option of trying new therapies, or off label uses of medications newly discovered to possibly help my conditions.

Regular updates & trying new things to attempt to improve the way my body is treated by my doctor are vital to my continued health and to attempt to prevent further deterioration of my conditions.

If the guideline changes go ahead, you will essentially be ensuring early loss of motor function, mobility and potentially putting me at risk of early death. How is this acceptable?

We need and deserve to have the right to be treated the best way possible as individuals by our doctors - especially when the things we need don't follow your typical treatment patterns.

I respectfully request there be **NO CHANGE** to the current guidelines to protect our autonomy as patients and our right to have control and choice in the way we are 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:** Monday, 22 April 2019 7:33:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support a patient's right to choose what types of medical or complimentary treatment they find useful. In 2008 I was diagnosed with ulcerative colitis and told to commence a lifetime of medication to control the condition. I was told diet was not important to controlling the disease. I took the medication but was allergic so had to find alternative therapy, at my own expense, not Medicare funded. I used Chinese medicine, homeopathic, chiropractic and naturopathic care and have only had 3 minor flare ups in the 11 years since diagnosis. My condition is well controlled now which would not be possible with health choices.

My husband also has had to find alternative treatments after seeing a pain management specialist for spinal injury and resulting pain. After many medical treatments including cortisone injections, nerve severing operations to control pain (not effective), and ketamine infusion over 5 days in hospital (not effective), he found relief through natural therapies.

Please do not limit our health choices! Without them we would be very unwell and in extreme pain.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 8:55:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic healthcare choice, and do not support changes to integrative medicine guidelines

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.

Stop the witch hunt on complementary medicine..

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.

To stop people, who have made well informed decisions, based on study and most importantly personal experience a choice, would not only be detrimental but undemocratic, ignorant and unfair. It would negatively impact my life, that of my family and millions of people in so many ways. Further more it would put Australia on the map as a backward country! Choice is freedom. Freedom is choice. Open your minds and hearts!

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.

Patients must have access to a choice of healthcare that is beneficial and safe. Western medicine alone is insufficient to maintain wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 7:58 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
Many illnesses are not improved with western medicine. Drugs can have serious side effects so using complimentary medicines attends to the untreated complaints and has much safer treatments.

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.

To the medical board of Australia.

I am deeply concerned to hear you are Considering restricting integrative practitioners.

I believe restricting doctors who use integrative and complimentary medicine will severely affect the health outcomes of many individuals including the members of my family. Rather than restrict these doctors we should be supporting them and investigating further into how alternative therapies can be used to improve our overall health outcomes.

A good example of this is my husband. For years he struggled with severe mental health issues including suicidal tendencies and eventually had a total mental breakdown, it was a very scary time for us. Luckily we finally found the right practitioners and doctors to help us after years of struggling. Most doctors prescribed anti depressants and sent us on our way. This only caused his symptoms to worsen.

We refused to give up, this was not going to be his life. Once we found the right people to help us we not only realized my husband had undiagnosed aspergers but that his current conventional medication was not helping. Thanks to the assistance of our doctor and our team of other practitioners (naturopath, biochemist, chiropractor) the right supplements, dietary changes my husband is the picture of health. He has weened himself off his antidepressants and hasn't required them for over ten years, , dropped 30kg and now has a healthy BMI, has become a dad, is studying and working full time and is happy and healthy both in his mind and his body.

None of these things would have been possible without access to all of these therapies. If the medical board and the government really do care about long term health for patients they will stop restricting access to services and start encouraging doctors to take a more integrated approach to health care!!

If your goal is to increase pressure on hospitals and doctors then by all means restrict integrative doctors because without access to people like this and complementary medicines we are all going to be a lot sicker. I hope you see sense and that this constant attack on complimentary medicine stops soon.

I consent to 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 7:00:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative doctor and practitioners have helped me return to health after suffering from pneumonia (undetected by regular go), chronic fatigue, intestinal parasite, heavy metal toxicity, pyrrole disorder, and adrenal. I am now able to enjoy my life and health again thanks to their perseverance in diagnosing and finding a 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:** Wednesday, 26 June 2019 6:38:42 PM

---

To the Medical Board of Australia,

I support Option 1.

It is apparent from the spiraling standard of people's health, obesity and disease, not to mention rises in health costs, that more, not less needs to be done to promote health in Australia.

Like the financial services industry, it is the Doctors obligation to operate in the Best Interest of the people they are consulting with. Which means solutions that they may see as beneficial but do not directly provide themselves.

The keys to maintaining good health are an appropriate diet, sleep and appropriate exercises as a minimum. I'm yet to see a Doctor (GP) write a plan for any these directly themselves for people who aren't in desire straights. Often not even then. They outsource or refer to specialists like Dietitians, Nutritionist, Personal Trainers and the like to guide the patient in these areas.

They are too busy dealing with the people that already seriously ill, even then still requiring these outsourced specialists. Again most GP's don't provide these services..

GP's are the forefront of medical treatment and should be operating in the BEST INTEREST of their patient. This means considering all forms of medical treatment and preventative strategies to promote good health.

To proceed with a curtailing of a Doctors ability to appropriately manage a patient's health would be putting current and future Australians' lives at risk..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:37:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Please leave the current guidelines as they are. Nothing is to be gained by restricting patient choices, especially in terms of taking responsibility for their own health and being able to use the modalities and therapies they find helpful.

I consent to 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 3:53:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in choice and i definitely believe in the intelligence of our doctors whether they be integrative or not. To deny access to fringe therapies is an attack on the intelligence of all doctors. Acupuncture is an elective in a medical degree, Chinese has thousands of years of research and practice and is recognized worldwide including Australia, If your blood work comes back with deficiencies surely your GP is exactly the person that should be prescribing the protocols, to avoid unnecessary self 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:** Saturday, 22 June 2019 7:21:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is extremely important to the further of all Australians. The increase of chronic disease will cause a very large burden on our healthcare system and probably make big pharm rich as they develop new drugs for symptoms. Integrative medicine can help prevent these types of illnesses by treating patients holistically and getting to the cause, and can be used in conjunction with medications. I do not know why we would push integrative medicines aside as real options, instead of elevating it and broadening awareness.

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.

Pharmaceutical drugs are full of adverse reactions and little long term testing while nutrition and herbal treatments are a natural source of healing. It is vital to allow people choice in their treatment options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support doctors being able to offer integrative and complementary medicine. Allowing patients to choose their approach to wellness is a massive part of the healing journey. Natural therapies are not for everyone, but that does not mean everyone should not have a choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 10:27:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complimentary medicine. I have been helped by complimentary medicine through the use of herbs, naturopathy and vitamins with my acne. Doctors prescribed the pill and antibiotics and then roaccutane. Roaccutane helped most of my acne but left me depressed and didn't completely solve my acne problem. Dietary changes and avoiding foods that I was intolerant to, helped bring my skin under control. My mood swings on the pill were too much and when I went off of the pill my periods were excessive, heavy bleeding which lasted over 5 days with cramping. A mix of Chinese and western herbs helped my periods to become lighter, last 3-4 days and not cause any cramping.

My son never had solid stool. He was a happy kid but his poo was always runny. By the age of 3, I thought he should have solid stools but he still didn't and the diarrhoea would burn his bottom and cause him to scream. Under the guidance of a naturopath, we did a short elimination diet of 2 weeks. After 3 days of the elimination diet he had normal stools. We avoided the few foods that caused diarrhoea when we introduced them again for a few months. Now he has normal stool and we've introduced all the foods again now he tolerates them better and as a bonus, he sleeps better too.

If the MBA imposed restrictions on integrative practitioners it sends a big message to the people of Australia that the MBA is happy to be bought out by powerful multinational pharmaceutical companies and listens to vocal groups like Friends of Science in Medicine who stop at nothing to tarnish the good work of the naturopaths, integrative doctors, and midwives and chiropractors. All who have studied many years at university, spent decades of their lives learning about their profession and aiming to help people in the same way they were helped. Not to mention their enormous HELP/HECS debts that will make it harder for these professionals to pay back.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:17:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not remove our citizens right to choose a mode of healthcare. The right to choose is a fundamental human right and should not be trumped by pharmaceutical corporate interests.

I consent to 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 12:10:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to absolutely support Option 1 - maintaining the current guidelines. It's vitally important that access to integrative medical treatments and herbal and vitamin supplementation continue. I feel very angry and upset and am appalled that the MBA would even consider restricting clinical autonomy and target holistic/complementary health practitioners and treatments in this way. Option 2 essentially denies an individual's basic human right to make decisions and choices about their own bodies and the kind of health care/treatments they feel are most suitable for them.

Restricting access is tantamount to a crime against humanity. It could potentially destroy people's health and lives. I don't say this lightly. Several years ago I was suffering from a multitude of physical and mental health issues which were making my life hell. I used to say I wasn't living life, I was enduring life. I sought help many times from standard conventional western medical treatment but did not achieve any relief or understanding of what was happening to me. I felt as though I was physically and mentally breaking down. Many times I sat in my car before going to work crying because I didn't know how I was going to struggle through another day. Eventually I couldn't cope any more and resigned. I honestly felt that it was getting to the stage when my only option of finding relief was not to be here anymore.

Thankfully through my own research I found out about integrative medicine treatments and went for a consultation with an exceptional integrative GP. Blood tests and an extensive medical history identified that I had extremely high copper levels and extremely low zinc levels which was causing the myriad of distressing symptoms. Vitamin supplementation was absolutely fundamental in treating this condition and within weeks I started to feel better. This condition requires ongoing monitoring through regular blood and urine tests (which are non-standard tests) and lifelong vitamin supplementation. There is no way I could manage this condition by myself as to achieve therapeutic dosages I absolutely rely on my Integrative GP's expertise. Over or under supplementation both have serious health consequences.

I've undertaken to write this submission and share my story because I feel so strongly about it. I personally will be hugely impacted by the proposed changes and am extremely concerned how my own health will be affected, and it follows that a phenomenal number of other people will also be impacted. Furthermore I absolutely support the right to make personal choices about healthcare.

Surely compassion for humanity, unrestricted access to safe and effective healthcare and the fundamental right to choose should be the MBA's driving forces. These proposed changes seem more like tyranny, power and monopoly.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:40:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I sincerely believe it is extremely important that as Australians, we have access to all levels of health care, and health benefits, including Integrative and complimentary medicine. As Australians we have long counted ourselves very fortunate to enjoy a lifestyle, means, and choices to support us and way of living, including excellent health care, medical, and complementary options. To take these options away is to stifle what Australia stands for. There is no 'fair go' in this. Integrative and complimentary medicine is not designed to replace traditional medicine, nor standard medical practices or procedures - nor could it - rather as the name suggests, it is integrative and complimentary to it.

Personally, and within my own family, I and my family members have received many valuable benefits from Integrative and complimentary medicine, just as we have received a vast array of benefits from general and specialist medical support, treatments and therapies. This is also true of my many friends and their families. These experiences have occurred over a great number of years so I'm very confident in stating the benefits, and the track record to us, and to our families and loved ones .

To take this from us is to curb our right to choose, our opportunities, and our rights to access all that is available to support and nurture our health, peace of mind, vitality and well-being.

To impose restrictions would be not only a devastating loss to the health and well-being of all Australians, it would also send a clear message that our individual rights to choose are being removed by those we look to with respect to govern and lead.

I urge the MBA to support Australians and our access to Integrative and complimentary medicine.

Sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 9:37:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Standard practices have not helped in many situations for the whole family. Restricting access to Integrative healthcare it not be providing the best option available to my family with differing requirements.

I have worked I. Large corporations for over 30 years and my view if Integrative healthcare was removed, it would not be putting our community first.

If any member of parliament wanted to contact me to discuss what Integrative healthcare has provided to my family and my community please let me know.

I consent to 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 9:46:25 PM

---

To the Medical Board of Australia,

I support Option 1.

The AMA has NO right to interfere in the choices of the patients in who they CHOOSE to see in relation to health care.

Obviously they feel threatened that their livelihood is under attack because patients can curently make that choice.

Too bad!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 6:22 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support the right for patients to chose integrative and complimentary medicine if that is their choice. It is not Nazi Germany, this is Australia and we deserve the choice. Integrative medicine has helped my family tremendously and it is not up to Government to decide how we chose to live.

Natural therapies were around way before the pharmaceutical industry and in some countries they are smarter and moving back to more of it.

With all the drugs around these days, are we getting any healthier?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Please don't take this away from us. I would still be very unwell had I not taken a more holistic approach to my health and well being

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.

There are so many complimentary therapies and supplements that can help the body to heal Optiminally. If you restrict a doctors choice to recommend these then you are placing people's health at risk. People are not just the sum of the body, they have minds, souls and energy too. They need these all to be Optimal In order to allow their body to heal well. Take for instances NRF 2 technology and the supplement Protandim. If you look this up on pubmed.gov you will find over 22 independently clinical trials performed on this one supplement alone and you will find it to be absolutely amazing herbal supplement that shouldn't only be recommended by doctors of choice, but should be recommended by all. The findings show it to be so good for the whole Health of the body. The research on gut health and the gut brain barrier is also an important new finding and limiting our doctors ability to recommend supplements to help. Improve gut health is again putting our health at risk and placing more of a burden onto hospitals. Alternative and complimentary therapies and medicines are so important to not only continue, but to endorse.  
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, 23 April 2019 7:03:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Every GP in Australia practises Integrative Medicine if they have referred their patients to an Allied Health Practitioner such as a Dietitian or Physiotherapist. Integrative medicine is loosely defined in the guidelines.

Every GP in Australia would have offered some advice that would involve nutrients if they have dealt with vitamin D deficiency, B12 deficiency and Iron Deficiency. Is this complementary medicine? Again, this is loosely defined in the proposed guidelines.

There is a huge amount of evidence of how lifestyle measures can have an impact on lifestyle diseases such as Type 2 Diabetes, Obesity, Fatty Liver and Hypertension. We know the rates are increasing in Australia. GPs will no doubt give advise on exercise, nutrition, sleep and stress management. This is good medical practice. Is this considered complementary or integrative medicine?

I have seen hundreds of patients that required a combination of medication, nutrients and lifestyle measures to feel better. These patients have been suffering for months, if not years and needed an Integrative approach which looked at diet, mental health, exercise and lifestyle. This is Integrative Medicine or conventional medicine at its best, impacting patients' lives, providing better health outcomes for all and above all having a huge impact on the health of the nation.

Doctors that have taken the time and effort to increase their knowledge by taking courses with ACNEM- Australasian College of Nutritional and Environmental Medicine are better informed with the evidence in order to advise patients on the above. This makes the practice of integrative medicine safer for patients. Creating such guidelines will have a direct impact on the safety of patients as doctors will be ill-informed on nutritional and environmental medicine.

Patients now have access to information on the internet and try various diets, nutrients and herbs with no guidance. This can be detrimental to the patient. A doctor who is well informed in the above can provide evidence-based information and keep the patient safe. I have had to ask patients to stop various herbs, nutrients and diets as this was not right for some patients. I had the confidence and knowledge to be able to advise them accurately as I have studied with ACNEM. Patients are at risk if their doctor is lacking knowledge in integrative or complementary therapies.

In summary, the health of Australian people will be severely at risk if the MBA imposes restrictions on Integrative Practitioners. Patients will receive advise from unregulated bodies elsewhere, in other countries for example, and this will have a direct impact on the health of the nation. Knowledge is power and can be used for the

benefit of patients here in Australia by providing safe,  
evidence-based medical advice to our patients.

Imposing restrictions will deter doctors from studying the evidence  
behind integrative medicine and hence this will affect the safety of  
patient care.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 2:59:48 PM

---

To the Medical Board of Australia,

I support Option 1.

There probably have been many submission forwarded and I do not think I can add to them or do a better job. However I would like to reinforce the submission made by the Australasian College of Nutritional and Environmental Medicine. (ACNEM)

I will also make some random comments.

To include Complementary Medicine in the mix of Unconventional and emerging treatments is illogical and unscientific.

As the ACNEM submission states "...the MBA review process is directed mostly at experimental and new and emerging practices..."

Complementary medicine seems to have been put together into that mix.

Why?. Makes no sense.

The use of nutrients, even herbs has a long history of effectiveness and safety, of course done properly by trained practitioners and can complement the use of "conventional" medicine.

Doctors do extra study to become more proficient and should be rewarded for this - it seems that doctors with extra skills in treating patients more wholistically are being discriminated against.

Nutritional medicine is not unconventional. It is based on research and is "evidence based" on multiple published peer reviewed papers.

What is the definition of "Conventional" and "unconventional"? Things do change - it is a fluid situation.

What is "unconventional" ? ...years ago Hypnotherapy was considered unconventional - now is accepted as part of conventional. Acupuncture was considered "unconventional" but is now accepted as a part of conventional treatment. Nutrition has always been a part of conventional medicine. Food, diet, in association with life style, exercise, even now yoga, tai chi and meditation are considered a part of conventional medicine. Treatment methods do change and are more accepted as "conventional".

People choose to be treated how they would like to be treated - people do have, and should have, a choice. Also many people turn towards nutritional, environmental and complementary medicine after failing standard medicine.

The use of nutrients and herbs have been shown to be much safer (and cheaper) than pharmaceuticals.

To reiterate I 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:** Tuesday, 23 April 2019 9:07:21 AM

---

To the Medical Board of Australia,

I support Option 1.

As a patient who regularly visits an integrative GP I want to see my right to choose protected so that I can continue to choose the best healthcare to suit my needs. My choices are saving the government public healthcare costs and are of benefit to the Australian healthcare system! It's my health, my money, and should therefore be my choice what kind of healthcare I seek!

I consent to 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 7:33:47 PM

---

To the Medical Board of Australia,

I support Option 1.

My mum has been a long term sufferer of RA as well as the not so recognised Lymes Disease. Without the support of integrative medicine, I do not believe she would have recovered as well as she has. She still has health issues however the medical system would not help her in the ways that integrative medicine has. I have witnessed her go from being healthy to not being able to drive or get dressed without help, to improving back to a normal state of living with the help of integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:40 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 allow patients to lose medical freedom to make health decisions for themselves. I am very disappointed about this, considering I had a baby with a colostomy bag who could not be diagnosed "medically", not for lack of testing..... and we needed to seek alternative options. Thankfully her Professor at the [REDACTED] Childrens Hospital was a humble man with an open mind and supported us and worked WITH us; the outcome is a healthy almost 15 year old teenager with NO colostomy bag. Please DO NOT make this ALL OR NOTHING. It does not have to be. We can all work together; but this kind of action is creating a divide that I fear will be irreparable. We want and should have the right to chose both. Please consider cases like my daughter: the outcome was very nearly grim :( Thank you.  
Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:43:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

I support freedom of choice when it comes to everything, including my medical care & I don't want others taking that choice away from me.

I have been diagnosed with an unusual complaint & if it had not been for the suggested vitamin & mineral program I'm on I would still be very unwell today. The medical profession don't know everything & we are all constantly learning. We should be open to different ideas in medicine, embrace them & studying them, not place them on the fringes. Many of the doctors I went to when they were trying to diagnose my complaint were so complacent & didn't seem to care. There were only a couple who seemed to know what they were doing. So my experience doesn't give me much confidence in the medical profession to make good choices.

We can't keep treating people as a diagnostic complaint & ignore the rest of their story.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:00 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 is just that, it is designed to work alongside all other types of medicine, natural and allopathic alike. No one form of medicine has all the answers, we must harness all the good from all forms of healing to give the best care possible

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 9:47:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose option one. To start, it takes more than 10 minutes to list everything that hurts or is being weird. Eg: I have hypothyroiditis. ( i actually have an atrophied thyroid) this causes problems. And before you say there is a medication for that I'm already on it. The medication keeps the thyroid indicators level. It does not help with the inflammation, skin issues or gut issues that go along with it. My youngest son is autistic and adhd. The diet from [REDACTED] Hospital helped us find which foods made his behaviour worse even while medicated. ( the difference was huge, ask his teachers) These 2 examples are where the vitamin and mineral supplements and nutrition come in. I get to function as an adult daily because of various supplements and [REDACTED] stays off the school roof. I do think some practitioners are dodgy but anyone with half a brain does their own research before jumping into something. There are some very exciting discoveries coming up which started 'in the fringe' and were finally looked at by professional scientists. Maybe you guys should step your up your game and see the body as an integrated system and not individual organs. ( your car won't run properly if you are using bad fuel, have a half dead battery and your air intake sensors are playing up. Do you see the analogy?) Conventional medicine does not cover everything. Maybe instead of banning it you all should update your tests and look at educating the doctors better. Because i've seen a few and i have to tell you it is disturbing when i know more about histamine reactions in the body than the immunologist I'm talking 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 8:06:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I very much value my Doctor taking a holistic approach to my health care and I strongly support a Doctors right to provide new and innovative practices, including complementary medicine.

I believe that taking a holistic approach leads to better health for everyone.

Using an integrative approach leads to preventative health and in the long run results on less pressure on our health system as well as achieving optimal health for individuals resulting in a more productive community.

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 9:40:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi. I'm a cancer patient and I really need to have access to integrative and complementary medicine. As I'm suffering with lots of side effects due to conventional therapies( chemotherapy, radiation, etc). The only options I have is to use integrative medicine to reduce my symptoms and keep me going. As I have allergy to most medications and cannot use any painkillers. So, please don't. Cut back these things from us. Our lives rely on them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Mainstream doctors were unable to help me. It wasn't until I started with complementary medicines that I was able to begin to live a normal life and not great leaving the house. Without these integrative approaches, I'd be on a disability benefit and not contributing to society. I'm spending my own money, not tax payers money to get well again. It should be my choice 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:** Wednesday, 26 June 2019 5:27:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I am the daughter of a highly respected 'mainstream' Doctor at the head of his field, yet, even with his guidance to the best 'Specialists' available, my 10 years of suffering with anxiety, depression, hormone & thus gynaecological issues (including infertility) & gut health issues were never resolved - I had paid a fortune, been given band-aid solutions, including antidepressant medication and directed to follow DAA dietary guidelines and yet I was no closer to 'feeling better' - let alone at my healthy Optimal BEST !

Out of sheer desperation and because i knew there had to be better answers & protocols than what I was getting from very expensive & unhelpful 10-15min consultations with Specialists... Against the preferences of my Doctor father, about 8 years ago, I began seeking so called 'alternative' remedies. Rest assured, being a science driven Girl from a family of Doctors, I was diligent in my search... that is why I now knowingly refer to these brilliant, caring, dedicated, scientifically driven Doctors as Integrative & Complementary medicine practitioners...

Without them & their thorough assessment of my 'underlying' health issues & bio-chemical imbalances (& their causes) and their requests for Pathology to confirm their diagnosis & to monitor the outcomes of both medications & supplementations recommended.... I have no doubt that I would be either dead from my mental health challenges or living a far less productive & happy life than I am living now!

My Functional Medicine Practitioner & the supplements she adjusts for me as required & indicated by Pathology results - are crucial to my mental health stability, my optimal health & the positive impact I am able to have on those around me... without these Supplements I struggle to live an optimal life, (how do I know - because I have at times forgotten to take my prescribed supplements & have felt the loss of them from my system & the impact on my overall wellbeing within days...)... I need & deserve the right to choose who provides my medical care. And given the fact that previously sought out specialists failed dismally to help me - I choose my Functional Medicine Practitioner

Given our current society's epidemic of Depression, Obesity & Autism, it leaves me dumbfounded that Doctors who are having such outstanding results with those suffering with mental health issues, obesity & autism are potentially going to be restricted - this seems like such an ironic pathway for the MBA to be headed down...

In addition, I believe every patient deserves the right to choose the healthcare practitioner that best suites their needs & preferences for care. Especially when the services & pathology we seek are NOT covered by Medicare, therefore our treatment & health improvements cost the Government & tax payers \$0. However those suffering with Depression, Obesity & Autism place huge pressure on our health system

and cost millions of dollars of Govt & Tax-Payer dollars....

As such, I believe it would be a travesty to our society if Regulations were tightened to the point of restricting these leading Doctors from continuing their outstanding work. They are not only saving individuals lives - but saving the GOVT & Australians millions of dollars in health services & lost productivity.

I am hopeful that we are living in a society that allows continued freedom of choice and we are being served by an MBA who are willing to allow patients to continue to choose their healthcare providers, without sanctions.

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, 27 June 2019 1:27:48 PM

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To the Medical Board of Australia,

I support Option 1.

I recently sought treatment for a long term but not in any way life threatening condition. After suggesting several options, all of which I had tried, my GP suggested that I try acupuncture, I was quite reluctant at first but then thought that I would try it. The relief was not immediate but was felt within 24 hours. I think doctors and other qualified health professionals should work together to provide treatments that are in the best interests of the patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:25 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Without the choice of a naturopath and GP assessing my fertility I would have been unable to conceive naturally my two beautiful children. I am so grateful they were able to work so well together to avoid me having IVF & placing more stress on myself & the health system. People need to freely choose the health care that suits them & having a GP with the understanding to intergrate care & collaborate with complementary practitioners is essential. The public health system is already under so much stress & overload, let patients decide what suits them & choose methods of care that they are comfortable with.

I consent to 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 10:28:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Generally, people see integrative practitioners when nothing conventional has worked. I believe practitioners should be able to suggest alternate options. After all, they do have patients best interests at heart. I am currently seeing multiple integrative practitioners, who in their own time have collaborated, to get to the bottom of my illnesses.. rather than prescribing a bandaid 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:** Saturday, 18 May 2019 10:20:02 PM

---

To the Medical Board of Australia,

I support Option 1.

My family use integrative and complimentary medicine. It's important to have the choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:35:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly disagree with my choices about my health and well-being being robbed from me. I have the right to choose how I look after myself. I do not need a politician deciding this for me. Get your nose out of 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:** Thursday, 27 June 2019 10:30:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is important that we have a right to choose the appropriate care for ourselves and our children.

Integrative and complementary medicine has made a huge difference in myself and my families life.

Some examples - we took my son to a kinesiologist when he was suffering from anxiety and having trouble at school because of this.

We saw immediate, positive, lasting improvements and this was the only thing we changed for him. All of his teachers commented to his father and I wondering what we had done as he was so much more focused and calm.

After suffering from many years of headaches I also went to see this kinesiologist. I had tried so many things - pharmaceutical drugs included but this made such a difference to me and my health. I now rarely suffer from headaches.

I see a chiropractor every 3 weeks and this helps to keep my body balanced and pain free. I really notice the difference at the end of the year when my private health insurance cover runs out as my muscles feel sore and I tend to suffer from sciatica. Chiropractic care totally alleviates this.

My son and myself have also seen Integrative Doctors and Naturopaths for other health issues including gut health and anxiety. We cannot speak highly enough of the level of knowledge and care we have been fortunate enough to have been provided with.

A future with limited choices around Integrative and Natural Medicine greatly concerns me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 9:27:54 PM

---

To the Medical Board of Australia,

I support Option 1.

It is imperative to me that I continue to be treated by my integrative doctor. When I first went to him I had a number of protracted medical problems which made my life very difficult.

I was living with recurring UTIs, High blood pressure, Atrial Fibrillation and severe Anxiety attacks.

These were all being managed conventionally but not actually going away.

My integrative Doctor was recommended to me and I have not looked back since. He organised tests and analyses which I had not had before and from the results (for example WAY TOO MUCH mercury) he made changes to my diet and prescribed appropriate supplements.

I now use a combination of pharmaceutical drugs, supplements and diet and have not had a UTI, high blood pressure, atrial fibrillation or anxiety for at least two or three years.

I see my integrative doctor for checks every couple of months in order to stay healthy. I believe this method of patient care could save the government enormous amounts of money, save the patients from the misery of illness and cut down on unproductive work time.

I regard integrative doctors as responsible professionals who deserve our gratitude for investigating the causes of our illnesses and lifting our general health status.

As an aging population we must reduce the incidence of neurodegenerative diseases and I would definitely prefer to nurture my body and brain with diet, supplements, lifestyle activities and good mental attitudes than to have the best drugs in the world after I've become ill.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:59:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I support people's choice for including integrative medicine into their health care plan. People should be free to choose the form of medicine best suited to them. Having worked many years in a busy public hospital I truly believe that mainstream medicine on its own does not have all the answers and that there is a place for including natural medicines in the treatment of patients. I don't understand why the Australian government/medical boards are so terrified of embracing integrative/natural medicine, unlike their European counterparts. I feel that integrative medicine is the way forward, and the best way to ensure a bright healthy happy future for all Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:57:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I vehemently disagree with the proposed MBA guideline changes. When I need a GP I don't look for a 'cookie cutter' version but one that thinks outside the box and understands that medical advice runs the spectrum from conventional to the unconventional, and that I should be treated as an individual. I prefer the GP to have the time to listen and take in my medical history (which only gets longer as I age). I also prefer my medical teams to work together rather than in isolation.

I consent to 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 12:48:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely want the Government to reconsider these proposed guidelines. I consider it a right to be able to have access to integrative therapies. I use these services for my health and wellbeing and feel it is fundamental to ongoing 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 7:54:56 AM

---

To the Medical Board of Australia,

I support Option 1.

Preventing Drs from providing advice around complimentary medicine is likely to lead to poorer health outcome and increased suffering. For those with chronic health conditions or mental illness it is often the dietary/lifestyle/natural remedies that make a difference in quality of life. Often these patients are in financial difficulty so can't afford to gain advise from multiple practitioners

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:11:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I have an autoimmune disease and believe I would be in very poor health if it wasn't for integrated medicine. It has helped myself and my family on the part to wellness after many years of challenging health situations. Please don't take away our right to choose practitioners that practise this style of healthcare. My wellness relies on their knowledge.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 6:06:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm 65, fighting a rare breast cancer. Survival rate is low. I want to have access to ANY and ALL treatments, therapies, and medicines available for the best chance to live. Please don't tie the hands of practioners who can help my body heal itself instead of poisoning me with toxins, burning my flesh with radiation, and cutting my flesh away. At very least, I deserve to die my way, and without pain, 'naturally'.

I'm so sick of 'doctors' just pumping me with pills when there are better, healthier 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:** Sunday, 5 May 2019 5:54:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complementary medicine. Without it, the health of some of my family and myself would have been severely impaired.

I am not against conventional medicine, it has its place, but from experience strongly believe there is a vital role for holistic approaches and integrative practitioners.

I strongly object to being dictated to as to what is best for my body.

Don't take away my right to choose what is best for my and my family's health.

Regards

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](mailto:medboardconsultation)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 6:04:58 PM

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To the Medical Board of Australia,

I support Option 1.

I have used integrative and traditional approaches to health care for my self and my family over the last 55 years. In fact my Mother would use the knowledge she had from her childhood in rural farming on myself and 4 siblings and so rarely did we go to Doctors (but of course to this day I am happy to use mainstream medicine when needed). I access Doctors who understand and respect my desire to use complementary and traditional medicine as my first option eg this week I had a tooth removed and the Dentist wanted me to take antibiotics and pain killers even before the extraction. I was willing to take them if needed but instead had been preparing with kyolic garlic and vit. C already. I have had no pain and no infection at all. This is just the most recent example of the effectiveness of my approach to accessing integrative medicine most of my life. Homoeopathy, naturopathy, massage and body work, herbs, Chinese medicine, kinesiology, yoga therapy (preventative and treatment), osteopathy, acupuncture, nutritional medicine, have all assisted me maintain and strengthen my health and wellbeing over the decades. This means, I have had to access the health system infrequently and the cost to the public purse is relatively small. The holistic approach taken by Medical professionals and traditional/integrative practitioners has helped get more quickly and effectively to problems I have had to deal with and I cannot understand why you would undermine such good health care. These benefits are totally ignored and not even investigated in this "witch" hunt. I am angry that my health fund can no longer support me, even to the small degree I need, with my health care and I will be investigating dropping or significantly reducing my private health coverage. So much of what is being bagged by the narrow mainstream medical model has NOT been objectively or thoroughly investigate or researched. The notion that there is "no evidence" for efficacy does not mean there is evidence proving no efficacy - it is just that bias in Medicine and the medical and pharmaceutical industries prevents true research or investigation - the money is just not allocated to innovative or traditional approaches that may challenge the dominance of drugs. Some people indicate that those of us who have experienced benefits have been deluded by "placebo" effects. Even if this were true (but I challenge that), my "placebo" approach is cheaper, safer and more effective than much "approved" medication or intervention. The side effects and complication caused by much medical intervention must be included as part of the FULL picture of the healthy system. I have used traditional, homoeopathic and natural medicines on young children and animals and seen the planned, positive benefit and expected outcome - they did not have conscious awareness and so the principles of placebo effect can be challenged.

I resent that those with only one biased view should have the power to stop Doctors and patient accessing what works, without any requirement to openly and scientifically know, or evaluate what you are trying so hard to ban and demonize. It is insulting to imply that millions of people like myself are simply duped, stupid or ignorant because we

choose a different approach to maintaining health, preventing or treating illness for ourselves and families. I am not trying to push what works for me on those who are happy with the mainstream medical and pharmacological model. Please do not do the same to me. The history of science demonstrates over and over again how bias, belief, power, vested interest and prejudice distort evidence and stop advances or innovations not yet accepted as part of the main view - OR block traditions that down the track prove to have actually been correct.

The approach being taken has a tone of self interest, self righteousness, abuse of power, lack of genuine open, objective, scientific curiosity and a desperation to squash approaches that provide choice and alternatives to mainstream medicine and drugs. The data on iatrogenic health issues should give you pause for thought as should the research on the power of choice and self-responsibility contributing to positive physical and psychological wellbeing. I encourage you to carefully consider the data comparing complaints, adverse health effects for mainstream and alternative health interventions and practitioners. Naturally there are poor practices and practitioners in ALL modes of health approaches, but, again, open genuine exploration of the risks or side effects etc must be undertaken with people from all the relevant approaches. I am very aware, for example, of the fact that there are relatively better outcomes for home births (with comparable risk factors), however, over and over again, any complication with a home birth is treated very differently and much more harshly to similar complications (including deaths) in the hospital setting. Bias and prejudice must be reduced if the truth is to be revealed in a proper scientific approach. It is not appropriate to have professionals and organizations who are totally against and also ignorant of the modalities being evaluated - genuine, scientific exploration requires a neutral and multi-disciplinary/ multimodality investigation team so that the value and appropriateness of different approaches can be understood.

As indicated earlier, it seems to me that there is an upsurge of controlling, prejudicial attitudes emerging that have the tone of the "witch hunts" in which one view is being brutally imposed on those who have a different experience in order to smash approaches that compete with or inadvertently offer options that are threatening to the beliefs and vested interests of the medical and pharmaceutical industries. I appreciate being able to consult the Cochrane Review or access good science when it is available, but there is still much we have not researched, do not understand, have good evidence for or against. To simply use power to squash options that people are finding helpful seems a worrying unscientific, heavy handed and prejudicial approach not in line with the values and ethics of medical science. I do not support the intention to target and discredit good Doctors and traditional health practitioners because they are giving more personalised care to patients who choose integrative and traditional approaches to health care. If you genuinely believe that there is a problem, shutting down Medical practitioners who can support, advise and guide patients to find the most appropriate interventions for them within the medical framework seems counter-intuitive. Pushing it underground and out of the mainstream system is more likely to put people at more risk (if you believe complimentary approaches are so dangerous.) I would think you would prefer to keep people engaged with the health system where the dangerous or at least ineffective treatments can be monitored - even researched? This would make much more sense if your goal is to help citizens be safe and access best practice medicine.

I appreciate the opportunity to contribute and hopefully encourage you to take option 1 where there are no changes to the current guidelines.

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, 28 June 2019 1:25:45 PM

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To the Medical Board of Australia,

I support Option 1.

I have recently had significant experience of both the conventional and integrative medical treatments during my struggle with cancer. The conventional treatment I underwent included the full range of conventional treatment of surgery, chemotherapy and radiotherapy. All treatments involved major challenges that I had to endure as my body did not respond well to the gold standard conventional protocol. I took a long time to recover from the initial surgery and was not fully recovered when I was pressured into chemotherapy. I ended up in hospital after the first round of chemotherapy and my reaction was worse the second time. Again the pressure to keep going blindly onwards was strong from the majority of my conventional medical world. It was only after a visit to an integrative doctor who helped me by focusing on my nutrition, additional testing and identifying all my treatment choices that I gained better understanding and had the strength to defer my chemotherapy treatment and make better decisions about my own welfare. On returning to the conventional oncologists with my decision to discontinue chemotherapy treatment, my conventional doctors then agreed that this may be the better course of action. However I believe that without the assistance of my integrative doctor I would have continued down the path of conventional treatment and may well have ended up in rehabilitation or worse.

The major issue I have with the conventional treatment I received was that I was provided with no choice of treatment by the conventional doctors – their view was to undergo their “gold standard” conventional treatment or increase my risk of reoccurrence of the cancer. In addition there was little emphasis on healing the body as a whole – the oncologists dealt with the small section of my body they were targeting and diverted attention away from the adverse effects on the rest of my body. Once my treatment was over there was no continued monitoring of blood test results to promote and ensure that my immune system and liver function tests returned to normal. This was followed up by my integrative doctor and my Traditional Chinese Medical practitioner who are still treating these two areas of concern as they start to return to normal.

As a result of my direct experiences of conventional and integrative medicine, I see conventional practitioners as the ones who are more likely to cause harm with serious side effects from the treatments they provide and they could benefit from education on complementary and alternative options for patients at risk of adverse effects to conventional treatment. The integrative practitioners who include complementary and/or alternative treatments provide a more thorough holistic approach with little or no adverse effects. There is no reason for new guidelines to be placed on integrative doctors as I believe they are practicing the safer treatments. In addition, we should be following the lead of established medical practices in other countries such as Europe which embrace conventional, complementary and alternative treatments as they view the combination of these as providing a better outcome for the patient. This should be what medical treatment is all about – the patient’s right to choose which

treatment is best for them from a wider selection of choices and patients being supported by all their practitioners to make informed decisions for their own welfare.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:14:42 AM

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To the Medical Board of Australia,

I support Option 1.

My right to choose any integrative healthcare recommended by my GP which I deem appropriate should not be taken away. We live in a democracy and my personal, well informed choices need to be respected by you.

All my life I have researched and used integrative holistic medical care when recommended with outstanding success. Doctors who recommend such therapies ought be congratulated.

Please do not suppress the clinical autonomy of integrative GP's.

I consent to 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 8:25:08 PM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with Hodgkin Lymphoma 8 years ago. During that time I utilised Integrative Health Care such as Chiropractic, Pilates, Yoga, Acupuncture and Naturapathy. Having these practices available, affordable and accessible is our right, and they must not be disregarded. Natural therapies are needed not to replace the Medical system but to support it. Utilising both Medical and natural therapies hand in hand, improved my mind and body during the disease I had, gave me safe coping strategies and support, and in turn assisted in healing my body.

I want to have access to a range of ideas and research, rather than be dictated to by the MBA who seem to be in the business of keeping people sick, not healing holistically. I want to make informed decisions for my family, where we can seek health care that is naturally minded, safe, and not driven from greed. The MBA imposing restrictions on Integrative Practitioners indicates to me just how threatened they truly are, as more people turn to alternative therapies because we have lost faith in the Mainstream Medical System and its motives.

I am against the restrictions on 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:** Wednesday, 26 June 2019 12:23:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I have seen the benefits of complementary medicine supporting the health of people around me - family and friends.

From post cancer chemo therapy to glandular fever. I appreciate the amount of research and knowledge integrative doctors have invested to care for their patients in sharing this knowledge.

I don't clean my house with chemicals so why would I repair my body in this way as a wellbeing measure.

If a house needs repairs you fix it but this can be avoided if proper maintenance is given. Just the same applies to complimentary therapies for our body.

I consent to 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 8:15:17 PM

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To the Medical Board of Australia,

I support Option 1.

I believe we have the right to have integrated & complementary medicine enabling us to be treated holistically. This approach can treat medical conditions in a preventative & ongoing way. Having acupuncture & doing pilates, & using mindfulness practices has greatly improved my chronic sciatica & minimalised the painkillers I use.

Treatment of migraines is also a condition where a range of therapies is crucial, particularly as codeine as a painkiller is limited

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 10:33:18 AM

---

To the Medical Board of Australia,

I support Option 1.

My GP is also an Integrative Medicine therapist. This gives me the choice and the information to decide whether I want to take a pharmaceutical pill or try a treatment that is not as invasive. I have had side affects from medication in the past and I do not want to give up my right to choice. My body My 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, 24 April 2019 9:37:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is vital as it looks for underlying causes of a condition rather than addressing the symptoms with medicines. Once such causes are identified via, for example, a series of tests, list of symptoms etc, then the condition can be better targeted with supplements, diet and lifestyle choices such as exercise, meditation etc. Other times, integrative medicine may compliment traditional medicine, depending on the condition.

Integrative medicine has helped me on several occasions. One example, is migraines which i was experiencing daily. however, neurofeedback and light therapy have eliminated the migraines by 99.8%. their frequency and intensity is minimal and i hope as i continue with the above therapies, the migraine will be completely gone. I also take a range of supplements to help the brain.

I use integrative medicine, because it finds the underlying causes of a condition before treatment.

If restrictions are applied to integrative practitioners, then many people like me will lose out. Many medicines used by traditional practitioners to address symptoms have side effects which can cause other long term problems.

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 people are entitled to get all options presented to make informed decisions. 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:** Wednesday, 26 June 2019 7:37:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a long list of benefits from so called alternative medicine including from homeopathic medicine which helped my body rid itself of warts and recover from ticks . Acupuncture helped with sleep issues and preparing my wife for childbirth. A long list of herbs have been very beneficial including some that have been banned in Australia but are commonly used in other countries. Please don't make the current situation in Australia worse .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 11:07:14 AM

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To the Medical Board of Australia,

I support Option 1.

I strongly support no change to the integrative practitioner guidelines in Australia.

Where do i start. If it wasnt for the care provided by my integrative medical practitioner i would not be on the path to health. I have endometriosis and about a year post partum, developed severe dry eye disease. My GP at the time tested my ANA levels and they were high. My basic hormone panel was apparently within normal range and i was losing weight. I was referred to a rheumatologist. Further tests were done (a very stressful process) and some nasty diseases excluded. It was identified that while i had some markers for lupus and scleroderma, i did not appear to have active disease. I was put on a 6 mth monitoring program. I asked about my hormone levels. Specialist said it was not her area. I was referred to an ophthamologist for the dry eye disease. Was told that it was likely a permanent condition and prescribed eye drops every half hour and ointment at night. At the time i was 35. I persisted with this outcome for a few months and eventually refused to accept that this was my lot in life. I didnt want to see a naturopath. I wanted to find someone who was medically trained but took a holistic approach to health care and could get to the root cause of what was going on. In my view if anyone needs guidelines, its specialists. The system silos expertise and no one coordinates treatment on a holistic level. This is your problem. So incredibly narrow minded to the detriment of patients.

I found an integrative medical practitioner. We essentially interviewed each other to make sure the doc could help me. The doc was so incredibly thorough reviewing past tests, ordering more thorough ones. The first thing identified was my hormone levels were way out. I was prescribed compounded hormones and recommended some supplements. I was low in progesterone, estrogen and testosterone. After 9 months of treatment and tweaking the dose of progesterone, my dry eyes started developing tears again. My supposedly permanent condition was reversed. Two years later my dry eyes are still gone. I have had absolutely no adverse reactions to what has been prescribed by yhe doc. The doc has brought me back to health. As a nice side effect my endometriosis has settled. I am not in pain and have regular lighter shorter cycles. My hormones are better than they have been in decades. I am a working mother, able to actively contribute to society without being a burden on the healthcare system like i was before. I have very much summarised what is admittedly a quite complicated medical history here. Integrative health practitioners should be the norm and should be supported for all the good that they do. I am very concerned that restrictions may affect my ongoing succesful 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, 26 June 2019 6:18:39 PM

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To the Medical Board of Australia,

I support Option 1.

I need a holistic approach to my healthcare and my GP should not be restricted on treating me in a holistic way. I object to the MBA restricting MY CHOICE! I know my GP treats his patients in a holistic way and there are many therapies that compliment 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:** Thursday, 2 May 2019 1:05:52 PM

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To the Medical Board of Australia,

I support Option 1.

I support continued access for all to integrative and complementary medicine for these reasons:

- The freedom of choice.
- In support of caring and knowledgeable medical practitioners who deliver a broader service, as a result of their extensive education.
- Integrative Medicine practitioners have helped improve my own health and that of my friends and family, and are more likely to offer a more caring and comprehensive service.
- Placing restrictions on integrative medicine places our healthcare system on a backward slide, and will offer no positive benefit to the health of our society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**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.

Patients should have access to any alternative health modality that they choose too. They should have access and be made aware of therapies, these therapies help people and it's being blind if you don't see that. Closing off people from choice is caging peoples rights. I have not seen a GP for years for back issues, emotional stress, as I've been treated by the therapies that you choose to batten down. Be open Australia. Look around at what other countries are doing. Why should you choose how people want to be treated. Just because you can't see or science hasn't quite figured out how some modalities work, doesn't mean they don't. I know they do and so do millions of other people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:31 PM  
**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 complementary to the healing of dis-ease. As Hippocrates said 'let food be thy medicine, and let medicine be thy food'!

I consent to 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 8:54:45 PM

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To the Medical Board of Australia,

I support Option 1.

I support continued patient access to Integrative and Complementary Medicines. This is the patient's right to choose and this should not be taken away. I and many people I know have found that Complementary medicine and conventional Western medicine can work well together and do not need to be mutually exclusive.

I consent to 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 7:38:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary medicine. I often see a doctor who supports complementary medicine and this has improved my overall health to such a degree that I don't require prescription medicines. We should be focussing on doctors who give too many prescriptions out to patients and consequently die from prescription overdose.

I consent to 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 7:04:43 AM

---

To the Medical Board of Australia,

I support Option 1.

If you restrict our rights to choose our own health paths then I will not be seeing a GP and will seek advice from my Naturopath and chiropractor. These services are interested in discovering the reasons for your illness rather than addressing symptoms only. 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, 26 June 2019 9:34:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish the current situation with Integrative Health Care practices in Australia to stay the same as it is. This is the preferred way for me, my family and friends to manage our health care needs. Having a choice is very important to us as it gives better outcomes than conventional only practice for us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 3:52:29 PM

---

To the Medical Board of Australia,

I support Option 1.

My experience with Integrative Doctors began in the early 1990's and I have continued to visit this type of Doctor. My right to choose a desired outcome for my own health by having access to conventional and complementary medicine has been invaluable to myself and my family over all these years. It has allowed a belief that every individual has a responsibility to themselves to enhance their own health and be given choices. Knowing there is risk in all types of medicine but again being able to choose a path tailored to the individual. Integrative and complementary Doctors allow their patients time, knowledge of both sides of medicine and being recognised as a whole human being, not just a symptom or disease. Allowing each person the right to take responsibility for their own health by having choices, keeps those people out of hospitals and general GP waiting rooms saving time and money for Governments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:08 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People need to have all options available to them as to how they choose to treat their ailments. Through an integrative Dr we were able to identify many underlying health issues of my son with autism and he has greatly improved behaviour and health now, I feel with continued treatment he will continue to improve but without the option of seeing a Dr who is able to recommend and prescribe supplements and vitamins that have greatly improved my son who is going to be able to help him? Standard GPs only spend 10 mins checking things out if you are lucky and do not have the capacity to understand complex medical needs. Eg regular gp said everything was fine but integrative gp sent us for bloods and was able to identify underlying thyroid and mitochondrial conditions that would have been left untreated.

We need these amazing Dr's who continue to do research all the time of the latest innovations and treatments to be able to continue to do their work effectively.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 4:36:16 PM

---

To the Medical Board of Australia,

I support Option 1.

By denying choice you remove the rights of the public to choose how they want to do their health. It is not a step too far to reintroduce slavery, compulsory loss of children, property, finances. This is a dictatorial process that is contrary to Human Rights, to which Australia is a signatory, it is also against our constitution to allow foreign states or organisations to control our government and 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:** Monday, 22 April 2019 7:32:48 PM

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To the Medical Board of Australia,

I support Option 1.

I am writing in regard to the proposed changes to guidelines in respect of complementary & integrative medicine. I am in favour of no change to the current guidelines, as I personally have medical issues that have been greatly improved thanks to the knowledge of an integrative doctor. My doctor ran testing that 10 conventional doctors did not explore, although symptoms were classical and resultant conditions are very common although perhaps not widely understood by many general practitioners. I was severely unwell and had spent a substantial amount of money on doctors and specialists over a period of around 3 years that were all unable to diagnose the issue. My doctor was able to recommend several different options which saw me able to begin recovery and see marked improvement in my blood test results. I was informed in regard to all treatment - there was nothing I was uncomfortable with and no negative side effects experienced. I am now on an upward trajectory and without the option of an integrative medical practitioner I would have likely progressed to a position with permanent and irreversible damage, unable to work at all, pay for medical bills and support myself. There are a small handful of doctors that specialise in my conditions and I was very lucky to be in a major city with access to one as my options were close to being exhausted and at a relatively young age would have to accept a very poor quality of life indefinitely. Patient access to this kind of medicine should be supported - I needed a combination of traditional medicine treatment and integrative solutions to reach the point I am at in my recovery now and almost all of the people I have encountered with similar issues agree. There are doctors and professionals out there helping patients and to discourage progress in these areas would be a step back. If the MBA were to discourage practitioners in this field there would be thousands of people without proper support, ultimately in many cases relying on welfare without hope of remission. Alternatively, costs would inevitably increase for those that still choose to remain in practice which would only be passed on to the patient - already most of whom are under financial burden. Thank you for considering my points.

I consent to 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 6:47:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe every Australian has the right to pursue and use medical practices from both conventional and complementary sources. Stopping doctors from using all the knowledge at their disposal will create a sicker Australia that will lead to more strain in our already over used medical system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:32 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that doctors should be allowed to continue to recommend well regarded complementary therapies such as herbs and mineral therapy. Why should they not? There is plenty of evidence for these therapies. Integrative GPs are highly sort after as they offer a much broader treatment than a stock standard GP who offer 7 minute consults, pharmaceutical medications which are usually nothing but a bandaid. Stop the over regulation.

I consent to 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 9:30:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it's my right to choose which medical practices I choose to use. We should NOT be told which is ok and which is 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:** Sunday, 30 June 2019 12:19:27 AM

---

To the Medical Board of Australia,

I support Option 1.

I & my kids have a severe chronic health issue that can only be treated effectively by functional and integrative doctors and natural therapies.

We are at high risk of permanent injury or even death by standard medical practices.

We need functional/integrative doctors and doctors who are willing to consider new and emerging practices in medical health sciences. Some of this will be based on natural therapies.

For example, REDOX therapy is now a significant emerging health science area but very few doctors in Australia know anything about it. Harvard is doing research in this area.

We must access REDOX therapy to support our health, along with a few other things.

We would never have been diagnosed properly if it were not for functional & integrative and complementary health practices.

There must NEVER be any ban on this or any changes to make it more difficult for doctors to provide such care to their patients as that is NEGLECT.

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.

To whom it may concern.

As a person with numerous medical issues both physical and mental it is imperative that my doctor has an expansive range of knowledge including integrative and complementary medicine.

I am unable to take many pharmaceutical drugs due to the serious side effects that occur and having a doctor who also has added knowledge of complementary medicine has enabled me to maintain some quality of life..

Therefore I support doctors to maintain their abilities to include integrative and complementary medicine in their daily practice.

Yours Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 27 April 2019 7:49:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I use and will continue to use integrative therapies. Doctors who practice this are the ones who have helped diagnosed conditions others have missed.

Don't remove people choice to access care that isn't considered 'conventional'.

Placing restrictions on Doctors to recommend treatment that falls outside strict guidelines will hurt 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, 2 May 2019 7:55:13 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped myself and my family immensely - without them life for us would be VERY different. I have suffered at the hands of conventional medicine and drugs and without "complementary" non standard medical therapies I would most likely not even be alive.

If the MBA imposes restrictions on Integrative practitioners you are taking away increased access to these therapies and to our freedom to have choices given to 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 9:25:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I am expressing my concern regarding the proposal to restrict doctors who practice medicine. Traditional medicine, much older and validated throughout human history in every corner of the planet than pharmaceuticals, has a long history of success and failure, something which makes it an ever evolving practice and validates its authenticity. Doctors who practice this form of medicine generally show more interest and care toward their patients, something which is sadly lacking in the modern medical practice of minimal contact and drug therapy. Pharmaceutical intervention is a needed intervention however it is not always needed, particularly when there is an alternative. As you are aware over-prescription of drugs and poly-pharmacy cause resilient bacterial and viral infections, serious complication and side effects respectively, and have the potential to cause great harm to patients. Doctors who prescribe nutritional supplements and herbal medicine are in fact practicing another form of medicine, rather than symptomatic prescribing to merely relieve short term problems. These doctors seek to address potential biochemical imbalances within the body, something of which is scientifically validated, or you may as well throw out the government guidelines for RDA's of vitamins etc. Medicine should be advancing and this move will only devolve the practice, remove the right of patients to choose alternatives, and only seek to serve large corporations who profit absurdly from the manufacture of chemical drugs. Medicine is about people, not about multi-nationals. Medicine is about caring for fellow humanity, not caring for the interests of particular groups. I urge you to let the people decide what is good for their health, their bodies, their lives. If we make the claim that herbal or nutritional medicine has no valid evidence, then we must blind our eyes to not only the many thousands of years of effective practice throughout time and history, but also to the veritable mountain of scientific evidence that exists in other countries such as Europe, the USA, Asia and others as to the effectiveness of herbal and nutritional 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 2:25:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Chiropractors have been part of my life for over 40 years. They straightened out my back after a childhood injury put it out when conventional medicine was of no help.

Naturopath's have assisted with diagnosing my digestive issues and sorting out my food intolerances many times over the years.

Conventional medicine just wanted to give me a pill to treat the symptoms and not the cause.

Kinesiologists and acupuncture have assisted with other health issues including menopause.

I believe that all doctors should be allowed to train in both conventional and traditional medicines as it makes them so much more able to better assist their patients .

If restrictions are imposed on the integrative practitioners it will mean my health will suffer greatly as current so called modern medicine seems to believe that a chemical pill will fix everything when I have proved to myself that modifying my diet and taking the appropriate supplements as advised by my practitioner has improved my quality of life greatly.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:43:40 AM

---

To the Medical Board of Australia,

I support Option 1.

I request the right to choose how to heal my body and mind..alternative medicines, holistic medicines are my preferred choice to mainstream therapies and pharmaceuticals. Pls protect these rights and make these available.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:52 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that it is very important that we as Australian citizens have access to a wide range of medical treatments and that Drs are able to offer everything possible not just conventional medicines. I think there is definitely a place for complimentary medicine and natural therapies to work alongside the usual treatments and this should be encouraged rather than stifled!!

I consent to 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 12:36:49 PM

---

To the Medical Board of Australia,

I support Option 1.

We should have the autonomy to make informed decisions for our health. Complimentary and holistic therapies provide a balance to areas conventional medicine are often lacking. They also free up the conventional medicine system to an extent, as patient's are treated for minor and chronic ailments in which conventional treatments usually have no real effect aside from symptomatic treatment at best. For those that aim to live with a more holistic approach to their lives and health, it is integral that the intergration of complimentary medicine takes place, as it provides a safe space for clients to discuss with their doctors various therapies. Contrastly, moving forward with this attack and separation of differing modalities just leaves individuals less supported and possibly less informed about their decisions and more susceptible to fraud from fake practitioners as people move further away from western medicine and havr increasingly less trust for it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:25:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have chosen Integrative Medicine over Conventional Medicine for many years and at 78, feel it has been much more beneficial to my overall health. In the last 12 months I have not had a voluntary appointment at my Doctor's surgery thus not costing Medicare, even though I pay for Medicare in my tax as I am still self-funded.

I consent to 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 6:15:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative medicine has helped me tremendously to overcome anxiety / depression in the past year. Recognizing alternative Medicine and keeping it available and affordable is a step Into future and better health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:17:33 PM

---

To the Medical Board of Australia,

I support Option 1.

A range of options need to be allowed for patient choice. Individual health care and treatment plans need to be considered as opposed to a one size fits all regime.

Alongside a childhood cancer treatment plan my daughter received an integrative health plan. Whilst I would not advocate for the plan and clinical trial for her treatment to not proceed, her recovery using an integrative practitioner and plan was very beneficial after the treatment cycle. I am certain that her return to good functioning health, she now lives with chronic health issues, reduced organ function, fatigue and is more susceptible to viruses, has been due to the plan from the integrative practitioner.

My daughter was able to remain at school part time and complete her Yr 12 and now holds a part time job during her gap year. Four years on from initial diagnosis and a relapse her quality of life compared to other young adults with and who are recovering from cancer in my observation is far less interrupted by non cancer illness. In my opinion and experience this is due to the incorporation of integrative practice including chiropractic care with traditional 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 5:38:05 PM

---

To the Medical Board of Australia,

I support Option 1.

It is important to let patient choose themselves the way they want to 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, 19 June 2019 10:56:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Will you stop messing with the medical freedom of the citizens of this country?  
We have the right to choose whatever goes, or does not go, into our bodies whether you like it or not. Enough of our rights have already been removed by new mandates.

Leave it alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 2:09:43 PM

---

To the Medical Board of Australia,

I support Option 1.

My support of complementary medicine spans from my childhood when I was suffering from asthma. As there were few options in the late 1950's for this condition, my parents were recommended by our then doctor to give me goats milk instead of cow's milk. This had a curative effect. I generally have enjoyed good health in my 62 years. My approach to health is with sincere mindfulness for when I need medical help. I have chosen medical practitioners with a holistic understanding of medicine combined with mainstream. This approach has given me the knowledge and freedom to choose an appropriate course of action most beneficial to my needs. This has included homoeopathic and herbal medicine and/or supplements. These have supported me well over the years. Choice is imperative for me when it comes to my health. I would recommend all Australian medical practitioners be given integrative and complementary medicine training as an adjunct to their mainstream training, so they are equipped to better understand their patients and be able to offer people of all cultures in this country appropriate choices for themselves and their families. Failure to provide choices for all Australians, I estimate, would have serious consequences in the long term.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have major concerns about doctors that do NOT have minimum levels of appropriate training giving health advice on nutritional supplements and herbs.

I believe that to be an 'integrative' doctor, they need mandatory qualifications in BOTH modalities (allopathic and alternative, ie nutrition, herbs etc) - just as naturopaths do in order to supply prescription-only supplements.

They should not be allowed to call themselves an 'integrative' GP if they simply have a view (rather than the skills) that vitamins and herbs can help as they can end up doing irreversible damage to a patient.

Further, the government needs to recognise the good work that is done out there currently by nutritionists, naturopaths and herbalists and make these services more affordable to people, rather than trying to block them by removing access to health rebates. This would then in turn reduce the burden on medicare and the bulging waiting rooms of most surgeries.

It seems that the only agenda here is to remove people's choices for a drug-free approach and make it more difficult to access.

I support Integrative GP's - but only if they have the appropriate levels of training to provide advice on the 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:** Wednesday, 26 June 2019 2:15:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it's peoples choice to decide what treatment they get from what practioner that they feel comfortable with, there are folks who like natural therapy as well as conventional medicine, isn't it our right to choose?

I' feel comfortable with holistic medicine and also consultations with my local GP. But I would like the choice to choose who I see for the health condition I have: I also use vitamins for various conditions I enjoy the benefits I get from them rather than putting drugs ( synthetic also) into my system, I prefer a natural remedy.  
I say leave things as they 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, 27 May 2019 8:53:26 PM

---

To the Medical Board of Australia,

I support Option 1.

As a modern society I believe it is my right to have access to intergrated doctors, Naturapath s and other and other natural heath care choices. To restrict our choices will ultimately put a greater burden on standard GP's who do not have all the knowledge or answers.

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.

Please allow doctors to use holistic and practical approach to patient 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, 22 April 2019 7:29:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I go to an integrative GP and a Naturopath because my normal GP has very little to offer me other than pharmaceutical drugs which are used to treat symptoms but not get to the root cause of my health concern. My normal GP was never interested or even believed in the root causes and cures for autoimmune thyroiditis. I never felt listened to, i had to plead for FT3 to be tested and had to pay for it, until finally my GP decided it might be relevant to test for the active form of Thyroid hormone! There were also not open to prescribing T3 replacement because they didn't deem it relevant even though people all over the world have been using it for a long time.

My Functional Medicine GP took time to take a real medical history, encompassing all facets of my life. Looked at all my body systems, not just my thyroid, in understanding how to heal.

Healing.... I never get the impression from my normal GP that healing is even possible!!

The depth or understanding and genuine care I receive from my Integrative doctor AND my Naturopath is sooooo much more than anything I get from my GP. Part of healing is feeling heard and understood and I NEVER experienced that from any normal GP.

People must be able to access Integrative and Complimentary Medicine! GP's are so ill equipped to deal with so many of the emerging diseases these days, especially autoimmune and chronic inflammation. "Band-aids" is all they are taught to prescribe, true healing rarely comes from seeing a GP. The true healing comes when people are taught by Complementary practitioners or Integrative Doctors how their bodies work, why it's out of balance and how to correct it by taking responsibility for their own health. So many people are suffering terribly in the medical system, desperately trying to find answers, they're forced to look elsewhere and they come to Integrative Medicine, where finally they feel heard, understood, empowered and cared for. It's happening every day! We can not ignore that this is happening! People have the right to chose how they 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:** Saturday, 4 May 2019 8:23:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Every member of my immediate and extended family rely on the benefits gained from integrative and complimentary medicine.

Research in many fields for example early childhood education are now showing how essential a holistic approach is. There is not a one size fits all, why not take the best from many areas to heal people.

Excema, asthma, gut sensitivities, glandular fever are just some of the medical problems that have been resolved using diet, herbal remedies, diagnostic testing in conjunction with conventional methods, just in my children.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 4:03 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am writing to ask that you please reconsider changing the guidelines for integrative health practitioners. I myself am a registered nurse and believe in western medicine, however, I have suffered with terrible migraines, a severe allergy, anxiety, and a host of other medical conditions that have not been able to be resolved by western medicine. I've seen immunologists and neurologists who have not helped treat the problems. I have been working with integrative health practitioners and am seeing a massive improvement in my allergic symptoms, anxiety, less frequent and easier to resolve migraines as well as a range of other health benefits. Without their ability to prescribe certain vitamins, minerals and other natural medicines, people like me will continue to suffer when it could be a simple deficiency that western medicine doesn't dig deep enough or do the right testing to find out. Please don't take Australia's health out of the people's own hands.

I consent to 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 9:03:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Myself and my family have been immensely helped for many years by integrative doctors and therapists.

Democracy indicates that the will of the majority should rule. However, this sometimes disallows freedom of choice.

Unfortunately, the "team with the most members" in health is allopathic medicine. - hence that is the medicine that is attempting to rule. It is extremely arrogant to assume that allopathic medicine has all, and the only, health solutions. It doesn't even make sense when other modalities and approaches have successfully offered health solutions and advice for sometimes centuries.

Who has the majority in the medical field? Allopathic medicine.

That does not automatically mean that it is the only solution.

Surely a democratic society should allow for freedom of choice of health approaches and solutions.

Is it the case that allopathic medicine has the most powerful and persuasive lobby groups?

Are there more powerful characters behind the scenes of government that are pushing the allopathic only agenda?

It is almost as if the population is being patted on the head with a "we know what's best for you" attitude by allopathic doctors. No. We can decide what's best for us. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to let you know that I have, personally, benefitted immensely from integrative treatments, namely nutritional supplements and tailored diet. If doctors are not able to suggest these things, you are "hamstringing" them. The very best sessions with a GP have included an integrative approach. Would you like me to include a specific example? Years and years of severe Candidiasis was ONLY resolved by going on an anti-candida diet (no sugar and so on) for two years. All the iodine pessaries, anti-fungal ointments, multiple anti-fungal tablets did not work. There you go. A very personal account, much appreciated, about how allopathic medicine may not have the only answers. Thank you very much,

[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 10:40:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel the medical profession should have the freedom to treat the whole person and not just the illness they have currently. Doctors should be able to prescribe and/or suggest any/all integrated treatments that will assist the patient to get back to and maintain their health.

Allowing longer appointments will assist the doctor in getting to the true cause of their illness and the time to discuss options with the patient. Longer appointments allow the medical profession to treat their patients as a person not only as a number or their 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:** Monday, 22 April 2019 12:31:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I don't have a 'story' to tell. I'm not on a 'journey'. I largely look after my own health needs. If I ever need to consult a Doctor they need to be able to do the best job they can. As a matter of principle, they should not be artificially restricted in the diagnostic options they can bring to bear, nor in the treatments they can suggest/prescribe.

More to the point, I should not be restricted from being able to consider all treatment options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:19:35 PM

---

To the Medical Board of Australia,

I support Option 1.

The current guidelines are more than appropriate to allow citizens to make informed and holistic decisions about their health needs. There is a huge plethora of solid scientific literature supporting the complimentary and enhancing nature of dual approaches to treating illness and disease. Practitioners who can work across these sectors are rare and assets to Australians health. Do not reduce and regulate their choices away!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I can not comprehend how limiting integrative medicine could be a good thing. Why rid the people in our country something that actually works rather than setting the people up to be lifetime members of the pharmaceutical club. The only benefit that I can see is to the the pharmaceutical organizations that will profit from our populations ill health. I do not support this in any 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:** Wednesday, 12 June 2019 8:30:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative therapies have the right to suggest supplements and methods that can help the patients health, especially if they are qualified through University and College Degrees, meaning adequate education. Additionally, this would take the patients own health out of there own hands are result in further steps through the healthcare system for them to receive the right healthcare. This is a primitive move by the MBA to try take away people's health in a control bid to go through a strict Chanel of health and push out integrative 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, 26 June 2019 12:35:44 PM

---

To the Medical Board of Australia,

I support Option 1.

People come in all shapes and sizes. Not everyone is the same and not everyone wants or needs the same type of medicine. If you want to stay viable in western medicine, you need to move with the times and people are moving towards more natural medicines and want to feel empowered.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:33 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I think it should remain the same. Doctors should be able to advise and script vitamins, herbs etc as they do normal drugs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 25 June 2019 6:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Are we living in China or North Korea? No? Then why on earth would it even be a thought to restrict integrative practitioners or researchers??? This is lunacy! We apparently live in a democratic country whereby my right to choose to utilise natural forms of wellness care should be held in the same esteem as my right to choose allopathic sickness care. As humans, we are not one size fits all!

What works for the neighbour may not work for me. My natural choices may not be everyone's cup of tea, but that's the point! We all have our equal right by birth to choose what we prefer. You cannot remove or restrict those 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, 20 June 2019 11:24:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Has the amount or degree of illness in the world reduced due to the competency and prescription writing of doctors? No way. Why does it take at least 20 years for new methods/treatments to begin to be accepted or considered by the regular medical profession. Surely we have a right to source alternative treatments, especially when regular medications don't help. Treating symptoms only does not make sense. Let those practitioners who train and study the (generally) old, proven and new found, treatments, work to heal the whole body. We deserve choice for 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:** Sunday, 30 June 2019 3:10:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1

As my body doesn't respond well with pharmaceutical treatments

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:22 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Hi,

I would like to submit my objection to the change in imposing restrictions on interpretive practitioners. Oh f this goes ahead many lives will be changed for the worse and can only result in sicker people in the community. Health is about a holistic approach and cannot be blanketed.

I have had many illness one which lasted for 3 years and spent time at specialists and multiple dr all who were baffled as to why my illness would not heal. The only way I was eventually healed was through the use of both medical and holistic doctors. Nothing else worked for 3 years. And nothing else would have worked I am sure and the Dr's agreed. You can not take this option away from people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 10:42:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I think that integrative medicine plays an important role as a support system for the doctors and their patients

I consent to publication of my submission.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 9:14:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Please respect the individual's choice in their 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, 23 April 2019 3:09:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I have lived a healthy life eating a nourishing balance diet. I have used vitamin supplementation and natural therapies to balance my bodies needs.

I am totally anti pharmaceutical medication personally due to side effects they can cause some people and the addictiveness of some drugs.

I believe in freedom of choice and am totally against any government body who want to curtail my personal choices.

I am 65 years of age and never get ill even when those around me get colds and flues.

Again I emphasise my freedom to chose how I look after 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:** Monday, 22 April 2019 12:37:21 AM

---

To the Medical Board of Australia,

I support Option 1.

My beautiful 8 year old daughter has chronic eczema, suffering from when she was 6 weeks old and although traditional medicine has helped, it has also bought on a multitude of other issues. Prolonged steroid use has led to \$\$\$\$ thousands in dental surgery due to the impacts the steroids have had on her teeth development, she's had surgeries for splinters being so far embedded because her skin is wafer thin from using this drug and most of all, its only ever given temporary , not ongoing relief . When she goes off it she turns into a scratching swollen red raw child who won't leave the house due to bullying and verbal abuse based on her appearance.... SHES 8!!! And I won't even begin to go into the mental impacts this has....

Through Chinese herbs and other alternative therapies, she is mentally improving and physically the irritations are fading and becoming less problematic. It's a long road, but the improvements are ongoing and they are sustainable, unlike any traditional medicine we have ever used.

For the sake of my beautiful girl, and many others who depend on alternative therapies, please don't take them away....

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:** Thursday, 27 June 2019 10:26:35 AM

---

To the Medical Board of Australia,

I support Option 1.

Where modern medicine has not only failed me, but made my condition so much worse, integrative medicine has been the only thing to offer a sliver of relief. To remove my right to some days of eased pain is just criminal. To expect families who are already struggling to afford private health insurance to have to pay more for their treatments is also criminal and barbaric. Don't take away our right to make choices that suit our 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:** Thursday, 30 May 2019 8:37:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Herbs have been medicine throughout history. Men in war with a broken bone, knitted it with Comfrey leaves! My husband and father of our three children, would not be here today, if not for alternative medicine! Advanced Viral cirrhosis/fibrosis. He was dying over three years whilst we wait a matching Donor! The hard part was that my husband was the rarest blood group! So rare he was the only one on the waiting list. Alternative Medicine is the way forward. Incorporating Compound Pharmacies! Naturopathy, Herbal , diet, acupuncture, Homeopathy, medicinal oils, Vitamins etc. Moving on to the now, my husband is needing mental health support but due to kidney failure. I too had to use this for Menopause as HRT was dangerous for me. Look to 'BioBalance' Prof William Walsh Institute' Look at what he does. This is the future. Individual blood tests, script for Compound Pharmacie methods.

So many reasons to KEEP COVERING NATURAL THERAPIES.  
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:** Wednesday, 5 June 2019 6:37:24 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
It's important to keep all choices available for people to choose who they would like to see to help improve their health. Conventional medicine doesn't have all the answers and a more holistic approach can help with many 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, 2 May 2019 8:03:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I think it is absolute madness and **TOTALLY ABHORRENT** that the MBA thinks they have a right to restrict Doctors in their choices to help their patients to **STAY WELL** by using Complimentary Medicines **THAT WORK !!!**

We gave a **DEMOCRATIC RIGHT** to make **OUR OWN CHOICES** about how we **KEEP OUR BODIES HEALTHY !!**

The MBA does **NOT** have the right to **DICTATORIALLY DENY** us the right to decide how we treat our body to **MAINTAIN GOOD HEALTH.**

I **KNOW** from my own clients that **ALL COMPLIMENTARY TREATMENTS ARE RUDIMENTARY** for our Wellbeing and **GOOD HEALTH.**

I personally **ALWAYS USE COMPLIMENTARY METHODS BEFORE USING** Conventional methods.

How **DARE YOU PRESUME** you have any right to deny us **OUR RIGHT** to make our own **INTELLIGENT CHOICES** about **OUR HEALTH CHOICES !!!!**

**WHEN DID WE BECOME A DICTATORSHIP ????**

I consent to 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 11:41:12 AM

---

To the Medical Board of Australia,

I support Option 1.

For 22 years I had the privilege of being treated by an integrative therapy GP. On numerous occasions, both my children and I benefited enormously from his treatment, which included both nutritional therapy, neurofeedback treatments and medication. At one point in my life when I was seriously depressed, he was able to 'put his foot down' and strongly recommend a short course of antidepressants to get me through. On other occasions he used supplements to treat conditions that under medical literature are considered almost untreatable. Unfortunately he died and that led me to be treated by fairly traditional practitioners.

Since his death, and traditional GP therapy has been the norm for me, I have been misdiagnosed for over 4 years with asthma, when in fact I have an underlying severe cardiomyopathy. I also have fibromyalgia and PTSD. Since the diagnosis I have been trialled on at least 6 medications, none of which I have tolerated.

As part of the Fibromyalgia and PTSD communities I am acutely aware of how many of us do not tolerate medical treatment well. It should be noted that many patients spend many hours researching their own conditions and communicating with each other. We have a vested interest in getting well!

I'm a qualified medical researcher and I take the role of researching my condition and proposed treatments and outcomes, very seriously.

Many years ago my old GP went to a conference and returned with a new piece of information. He'd been told that high thyroid antibodies can be involved in conditions such as fibromyalgia. He was audited by Medicare for ordering too many of those tests. Subsequently he didn't order any follow up tests because mine were only mildly elevated. When the test was reordered several years later it was extremely high. When I was diagnosed with cardiomyopathy, the cardiologist wanted to know why I hadn't seen an endocrinologist because high thyroid antibodies could indicate autoimmune disease. This, to me, proved that my GP was well ahead of his time.

I do not believe I would be as healthy as I am had I not been able to request certain lab tests outside the normal, or have help with the supplements I take.

I also believe if my GP had not died, I would not have been incorrectly treated for four years. In part, because he knew me. He had long consultations and got to know his patients well. He would have pursued my concerns about my inability to breathe and not get relief from standard asthma treatments.

I think we have to consider the incredible wisdom of the so called alternative therapies. I have benefited from chiropractic, exercise physiology, acupuncture, myotherapy, to name a few. I firmly believe

if I had stayed in standard medical treatment, I would not be as well and as functional as I am right now.

There are many people throughout medical history who were considered mad for introducing ideas around things we don't question now, handwashing to prevent disease; or more recently antibiotics for H Pylori to cure a gastric ulcer. 'Alternative therapies' are the trailblazers and we will have a much sicker community if we have to live without them.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:14:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I am asking for access and individual choice regarding Functional medicine and integrative doctors. My doctor has helped me so much with my adrenal, hormone and thyroid issues. He didn't just mask my issues with medication he has helped me to gain my health 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:** Wednesday, 26 June 2019 12:44:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in choice. I think we are a free country and should have as a modern western country, we should have all options presented to us and be free to make informed decisions and choices for our healthcare. I don't believe we are in a healthcare system that is working. It's coming across more and more like a sickness management system. I have benefited with an auto immune disease of the care and holistic approach of multi disciplinary complimentary therapies that No GP no matter how good or caring has the time or resource to get to the root of ..

I would be dead or in agony still had I not been able to access good holistic care and quality products. I'm a trained nurse and I think modern medicine advancements and alternative medicines and therapies should be used hand in hand for the best possible outcome. After all most of what we have developed as a medicine was derived once from what nature provides. It's just logic.

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, 23 April 2019 4:21:38 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative medicine is ancient knowledge that supports healing, therefore I support patient access to Integrative & complementary medicine

Integrative & complementary medicine has helped me solve medical issues without the use of pharmaceutical drugs, is the changes mentioned being pushed by pharmaceutical corporations?

I use Integrative & complementary medicine because it is my right to explore methods that suit me and my family, that should not be taken from people, ever.

If the MBA imposes restrictions on Integrative practitioners people will self treat or ignore symptoms rather than seek "medical" treatment. Who is doing the research or policy writing, who is funding this? Questions must be asked. Transparency!

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.

It is my choice how I treat my body. The government does not own my body or mind. I choose treatment options not the people elected govt. that belongs to the chemical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:26 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 used integrative & complementary medicines my entire adult life, I'm 60 this year. I have worked in the medical industry and seen healing take place with with conventional and integrative medicine, they work hand in hand. Every one is individual and deserves to have a GP be able discuss and prescribe alternative treatments. If changes occur more people will self prescribe and treat themselves incorrectly.

I consent to 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 3:40:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Each year our family - 2 adults, 8 children and 4 grandchildren, other family members and friends, use complementary medicine for the majority of their health issues. Along with a healthy lifestyle - whole foods and exercise - this form of medicine adjusts our bodies back into optimal health when required. Saving for the government - thousands and thousands of dollars a year. Savings for us - no dependence on drugs, no expensive testing, using the medical system for genuine emergencies only. This is a no brainer - unless the health information the government or the consumer examines comes from commercial sources only - drug companies, biased scientific studies and food companies peddling junk. We look after ourselves and expect our government to support us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 10:33:51 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

I support patient access to Integrative & complementary medicine, because I believe there are many valid approaches to health management and considering that each individual body is unique, the decision of how to manage that body is best left with the person who owns it. Integrative & complementary medicine has helped me, my family & friends on many varying occasions. Some systems, such as mine are sensitive to western medicinal remedies and therefore a combination of remedies from different health strategies has had the best outcome. What it will mean to me, if the MBA imposes restrictions on Integrative practitioners, is a loss of choice. It will restrict the ability to make an informed choice that's right for my body. On a broader scale it means a loss of 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:** Monday, 22 April 2019 6:52:03 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone who is very disappointed in the standard of care by my ordinary GP, I am sick of being misdiagnosed and incorrectly prescribed treatments that do not work and are inappropriate for my conditions. Any changes that discourage innovation, deep thinking and a commitment to patient well being need to be quashed immediately.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 12:02:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned about these changes as I believe firmly in an integrative approach to medicine. Pharmaceuticals are not always the answer and often overshoot on what needs to be done. Having grown up in a country (Germany) where natural medicines are used and accepted widely I don't understand the fear there is about natural medicine. Working with an integrative doctor has helped me avoid more expensive treatments that a conventional doctor recommended. There needs to be a reasonable approach to be using both and looking at health in an integrative - whole-body kind of way, rather than just treating symptoms with an ever growing list of medications to take. Also what integrative & complementary medicine does is look at prevention rather than treatment and that has to be a good thing. If there are restrictions on integrative practitioners all that will be promoted is people searching for their own treatment rather than seeing doctors at all - and that leaves one open to all the charlatans out there on the internet - and keep in mind those do exist amongst doctors, too. I don't see why doctors would need to be punished for researching and offering new and innovative practices that help their patients. It has a feel of the middle ages, when all doctors did, was bleed their patients and the good old herbal women had to do the healing. Only now the medical profession seems to be owned by the pharmaceutical industry and conventional doctors love to push medications on their patients. I, for one think that this is a) dangerous and b) a huge waste of my money and tax payer's money. An integrative approach is dearly needed.

I consent to 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 9:17:40 PM

---

To the Medical Board of Australia,

I support Option 1.

The reason why integrative practitioners work is that they look for the root cause of the underlying issue and use all means necessary to treat the cause, not just mask the symptoms, like what drugs do.

Herbs heal, drugs mask the cause. Drugs are not a long term solution, they are a short term bandaid.

I have only had antibiotics once in my life because of a misdiagnosis from a GP, drugs are good for an emergency situation, like I was put in because of the incorrect diagnosis from a doctor, the complementary medicines (the real medicine) is what got me back to health. You have no right to dictate how an integrative practitioners treats his/her patients especially when it works alot better than someone prescribing the wrong medicine because they couldn't diagnose the patient with the cause of the issue to begin with.

No agency has the right to dictate how a doctor treats his patient, especially if the medicine works, or could your interference be due to the fact that healthy people are not profitable, and you want to ensure that the people are drugged, docile and remain sick, stay out of it. Its not your business.

I believe in body autonomy, informed consent and the fundamental right to choose what medical path I will take for my health.

I do not see a doctor who is not an integrative practitioner. If you change the way he practices, I will not bother seeing any doctor, as most are a waste of my time or just misdiagnose you so you end up in emergency with kidney infections.

I consent to 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 6:46:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I support my right and every other persons right to access medical practitioners who treat holistically using integrative and complementary medicine to support their practice. It is our right to seek the medical support we wish to treat our bodies - to which we have autonomy over. Not you. By making the changes you are proposing you are taking my right to choose what is best for my health away.

Integrative medicine seeks to prevent illness. Why would you not want to continue working to prevent rather than creating a lifetime patient such as the traditional western approach to medicine seeks to do. I wish to look after mine and my families health in a way that alleviates our need for pharmaceutical drugs that cause a cycle of more drugs necessary to treat side effects and so a cyclical dependence on drugs begins to achieve 'health'.

By making these changes you are imposing your will on myself and hundreds of thousands of others who choose to support their health through integrative and complimentary health. It is not your right to do so., only to benefit those whose pockets (pharma) will be made even depend. I tell you now if you try to enforce these changes you will not have my family popping the pills that you do hope they will if you take our options away.

I am passionate about health and I see the positive impacts that working with our integrative medical practitioner has had on my whole sanities well being by avoiding unnecessary exposure to drugs that can produce more harm, simply by exploring more natural alternatives and by looking at our health as a whole and not seeking to only treat our symptoms.

Please listen to the people and our desire to continue accessing the health practitioners we desire.

I consent to 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 2:58:02 PM

---

To the Medical Board of Australia,

I support Option 1.

please make no changes in this regard. I have been holistic for 17 years now, and have not needed any antibiotics in this time. our family rarely ever visits a GP for a physical need. holistic self care is the most natural way to heal our body, and I beg that we may retain our freedom of speech and choice in this regard, in our democratic country.

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:** Tuesday, 28 May 2019 9:57:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose integrative, complementary and holistic practitioners to keep my family well, avoiding illness and thereby reducing the cost of national healthcare. My immediate and wider family have experienced profound healing via integrative practitioners, as imbalance is treated on a holistic level (physical, mental, emotional) and further illness is avoided as the root cause has been discovered. I believe that by tightening restrictions on integrative practitioners, you are making a mistake, restricting freedoms and ignoring valid treatments. Please do not restrict these incredibly powerful healing 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:** Thursday, 2 May 2019 9:13:25 AM

---

To the Medical Board of Australia,

I support Option 1.

No changes to current guidelines.

Please have a look at the amount of people using complementary medicines especially via GPS as preventative medicine to help take pressures of our great health system

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, 4 May 2019 9:36:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Holistic approach support prevention vs just using drugs to reduce pain. 10 mins consults are not enough and integrative doctors should be used much more often.

I consent to 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 5:25:47 PM

---

To the Medical Board of Australia,

I support Option 1.

The reason for this review is unfounded.

Instead of encouraging all disciplines in the health care arena to work together for the benefit of Australians, you seek to divide and ostracise. You seek to limit our access to natural medicine that is so popular in Australia. Popular probably because of the benefits it provides and popular because conventional medicine failed to assist. The reason natural medicine is popular ( chiropractic, osteopathy, naturopathy, Chinese medicine, homeopathy) is because it works for many people.

I feel that political medicine is behind any proposed changes in order to preserve its future and limit or destroy natural medicine.

For decades now, medicine has been the 3rd leading cause of death in the USA. Here's a clear reason to re-evaluate the medical system in Australia.

It's best you re-evaluate the medical system that is causing documented great harm.

We the public like to have other options available and easily accessible to us.

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, 16 May 2019 11:05:05 AM

---

To the Medical Board of Australia,

I support Option 1.

My health is my choice and I have only ever had negative experiences detrimental to my health from the use of 'traditional' methods offered by MBA and Big Pharma controlled medicine. If I had followed my medical Dr recommendations I would have died 25 years ago. Complementary and integrative treatments using Native and Natural products is the only way to have a holistic approach to good health. Prevention is far better for individuals and for the government purse as well so should be the focus and the only way is by the use alternative proven treatments and the use of Native and Natural products. The change needed is more support for all alternative practices.

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.

My husband has battled horribly with anxiety and depression. He has lost his business and very nearly his life. Initially his treatment was mostly pharmaceuticals, which caused horrible side effects. His medication was played with constantly and for a couple of years we were not sure he would survive the illness. After much research by myself, I encouraged him to seek an integrative approach to the illness. He is still medicated, and after 7 years he is finally showing some signs of improvement from the vitamins, gut healing, and other integrative methods used. Unfortunately the long term use of medication has given him side effects that will most likely ever allow him to go back to his profession. But at least with the help from our integrative doctor he is able to be a father to his 3 young children again. Please do not take integrative practitioners away. Those of us who mainstream medicine has failed, will only seek alternatives elsewhere.

I consent to 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 9:49:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been diagnosed with MS in 1991. The then treating Neurologist gave me nothing more than the diagnosis... If it wasn't for complementary treatments, I would most probably be a total wreck if dead by now. What a great number of decision makers don't want people to know is, that complementary treatments are a very, very important tool to PREVENT people to get sick in the first place. Of course, if I have a broken leg, I would like to have a great team of doctors who can fix that broken leg, not a massage therapist. But when something is chronic, like the MS, please give me long lasting complementary therapies. I have to emphasise COMPLEMENTARY and not alternative. In the case of MS there is no medicine available which would cure it. If someone is taking a medicine that helps, good, but if the side effects are too bad then what???

All I am asking the decision makers to do is to look into the money saving aspect. If patients could get support for a supportive/complementary treatment then those people would be able to contribute to the wider community much longer than being a burden. Unfortunately even private insurers cut back on complementary treatments which is a real shame. WHY one should ask! The impression I get is, that the pharmaceutical companies have a lot to answer for in this case, or am I wrong here?

I do understand and I fully support the research of medical intervention but I cannot support their attitude towards complementary treatments just because they haven't found anything as effective as those treatments especially for chronic diseases themselves. For a lay person with a chronic illness whose life and wellbeing depends on complementary treatments because there simply isn't medicine available, where else do you want me to go?

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.

I gave gone off all my psychiatric medications and my success in life has improved dramatically. Mainstream doctors only considered drug therapies when I had severe adrenal fatigue resulting in no improvement and worsening of symptoms. Chelation therapy has given me a new life. It would be a shame to prevent treatments that do not work  
Kind regards [REDACTED]

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.

Healthcare should be customisable by the individual, in consultation with their trusted medical professional. I therefore do not support 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, 24 April 2019 8:14:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I want my dr to be able to recommend alternative therapies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:51:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative & complementary medicine because conventional medicine hasn't helped me to cope with fibromyalgia. Tramadol & dothiep in particular were disasters due to the side effects I experienced. And there's a good chance that years of using medications to lower stomach acid as prescribed by conventional medicine for GERD, has actually made my gut problems worse. After years of frustration & lack of knowledge I've become a patient of an integrative practice. Consultations are up to an hour which at least gives me someone to talk to about my problems. I take the vitamins, minerals and medications they have prescribed. Since most of these aren't under the PBS I presume they're not conventional. The prescription medications come from compounding chemists. Together with trigger point physiotherapy they have stabilised my condition.

I object to the definition of treatments as conventional and non-conventional. If no-one is allowed to try new and innovative practices then how can medical knowledge progress? Some of us need help now and are prepared to try new treatments.

Finding a doctor prepared to diagnose fibromyalgia and take on a new patient is hard enough. Try not to stuff up what is currently working for some of us. Unless you want me back in a hospital emergency department every couple of years. Been there, done that, would rather not do it again.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:28 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our right to choose an integrative approach to healthcare. Many of us are also looking for preventative care when we see integrative practitioners which in the long run could save the government a lot of money on public 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, 27 June 2019 11:43:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Mine is a long story, I will try to be brief:

Twenty years ago I was bitten by a tick. Six years ago I was bitten and scratched when I accidentally trod on a cat. I have symptoms strongly consistent both with tick borne infections and with a Bartonella infection, "cat scratch disease". I have tested positive for Babesia divergens, a tick borne infection, on a PCR test from an integrative clinic in Melbourne. The doctor there is not allowed to treat because he is "under supervision".

Then I had to have chemotherapy for breast cancer. It put me in hospital, my symptoms were hugely magnified. My theory is that the chemotherapy knocked down my immune system and allowed the resident infections to take over. I have spent years looking for answers and some way to regain some of the life and energy I have lost, it has been debilitating for me and damaging for my family. I have seen something in the order of twenty doctors and specialists. I have had my suffering minimised and completely brushed off. I have been misdiagnosed with metastatic breast cancer, fibromyalgia, chronic fatigue, possible lupus, possible sarcoidosis and "post infectious fatigue".

All one infectious diseases specialist gave me was high dose Naproxen - am I expected to take it for the rest of my life? It did not help, but caused me stomach ulcers. Another infectious diseases doctor told me to go and get treatment for anxiety.

I am left gobsmacked, my faith in the medical system in this country is completely shattered.

The only hope for me is to, one day, go to the US, where there is recognition of chronic infections, like Bartonella. There is a research program in place at the University of Nth Carolina, where they are striving to produce more accurate testing techniques for vector borne illnesses.

Meanwhile, I choose to utilise a naturopath or a herbalist or supplements from overseas to help me simply get by. I have had some success with these in gaining relief from some symptoms. Please don't make it any harder than it already is to access these, please! I will be left devastated.

I consent to 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 10:37:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used complementary medicine including chiropractic and naturopathic many times with great results. I also know many people who use these same services. Yes we need conventional medicine of course, but should also be given the option & the right to use alternative therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:46 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Twenty one years ago my life changed. I become chronically unwell and there was no conventional treatment that would relieve the symptoms. I had two young children at the time and at times was unable to care for them due to severe fatigue, along with multiple other symptoms. On bad days, I had to rest after simply walking across a room and everyday tasks like cleaning my teeth and brushing my hair were difficult.

After three years in the conventional medical system looking for answers without success, I turned to alternative therapies. I was assisted in this by an integrative GP who made some recommendations around diet, supplements and homeopathic treatment. Within 3 weeks I felt vastly improved and, unbelievably, was well enough to return to work, albeit part time.

Life has continued in the same vein since then. I never fully recovered but am functional to the point of being self supporting and have been the primary caregiver for my children. I credit alternative medicine with this recovery and am so grateful for it.

I continue to utilise naturopathic/alternative approaches in managing my health and have been able to avoid expensive, subsidised medications and hospital stays as a consequence. This applies to my chronic condition and to other health issues which have arisen since.

I can state categorically that my quality of life and financial independence would not have been possible without these types of interventions. I respectfully ask that you allow Australians freedom of choice in their healthcare, and do not restrict integrative practitioners.

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.

Please don't restrict integrative practitioners/medicine, as a wife of a husband with chronic illness where modern/conventional "medicine" can not help us any further, this would make it even harder... the way forward for these issues for us is to include integrative and holistic medicine, and for so many other families too. We have the right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 8:06:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not believe that only the conventional medical profession has all the answers to healthcare. In fact, pharmaceutical drugs do much harm (e.g. Oxycontin and Benzodiazepines). Freedom of choice for people is essential to democracy. Removing freedom of choice is de-democratising healthcare and creating a totalitarian 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:** Thursday, 2 May 2019 12:13:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Before bringing democracy, personal choice and freedom into the equation it is important to highlight the most important aspect of all: health.

There are many health issues in the world. Some can be solved easily and some are chronic, long term conditions with no quick fixes. It is in such cases that interactive practitioners, doctors who go beyond of what is mainstream treatment, need to have the freedom to do so.

Not all health conditions can be made better with only medication. Physicians need the ability to utilise a myriad of methods to support their patients.

It is absolutely fine to seek rationale and the reasoning behind the treatments but to ban or restrict practitioners outright is a shutting down of the profession.

I believe that physicians should not be inhibited from practicing integrative medicine. In fact, the effort should instead be put into further research to support integrative methodologies.

I consent to 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 8:45:07 PM

---

To the Medical Board of Australia,

I support Option 1.

My family has benefitted greatly from regular chiropractic treatments. We certainly appreciate that traditional medicine has its place in our lives however I believe that everyone should also have the right to choose what treatment path works best for them. Not all antibiotics suit all people and their overuse, especially in the young is concerning. Let people self educate and decide what is best for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Without the use of integrated and complementary medicines my daughter would not be as 'healthy' as she currently is. It was necessary for her to have a total thyroidectomy due to uncontrollable Graves' disease that was literally eating her body and mental health away. It is these practices and medicines that are making all the difference to her health. She does not have anywhere near as good of treatment with standard practices and medications. Please don't make her life and the lives of other more difficult and create greater suffering by limiting access to these valuable services and medications. Your one size fits all process just doesn't work. Please continue to give people the option on what suits them best instead of exasperating the situation, if anything you should be making these integrated and complimentary medicines and practices cheaper as they are essential to having good health and wellbeing in many people. Everyone has the right to have the best healthcare possible available to them or do we not live in a first world 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:** Wednesday, 19 June 2019 11:31:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe people should be able to choose for themselves not be dictated too. What is the mba afraid of?

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.

I support option 1 because having access to integrative medicine has improved my health more than taking a 'bandaid' pharmaceutical option.

I believe in, and from my experience have had much greater success in improving my health, incorporating both pharmaceutical and complimentary medications to improve my health and wellbeing. I have also seen how complimentary medicine has vastly improved the quality of life for a friend who suffers from a chronic illness. I believe as a patient it is my right to choose what I put into my body, and having an integrative gp helps me to make an informed decision on 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:** Monday, 22 April 2019 7:34:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine as my family & I have seen amazing results with this approach. From my eczema to gynaecological issues and parasites, integrative & complementary medicine has been the only method that has given results that have improved quality of life. Pharmaceuticals have not aided a majority of our issues and in some cases actually worsened the issues or added to them.

If the MBA imposed restrictions on integrative practitioners it will significantly impede our access to methods of healthcare that genuinely make a difference to our quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**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.

Please do not change things. I have used integrative doctors as well as standard and feel I have the right to use whichever I want. The great thing about integrative doctors is that it gives me the best options for my health. They will prescribe conventional medicines when that is the best option but also doesn't prescribe then willy nilly if they are not needed. Please allow patients the option 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:** Saturday, 29 June 2019 4:59:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Using integrative and complimentary medicine has helped me in many situations where the medical system failed me, including headaches, stress and mental health and reproductive issues. If you impose restrictions on integrative practitioners, many more people will end up in the medical system unnecessarily, or consistently unwell. Please do not 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, 30 May 2019 5:26:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has given my life back as my thyroid condition is now perfectly managed under the care of an integrative GP. Integrative medicine has given me quality of life I didn't have under regular medical and specialist treatment. Taking this away from me would devastate me and quite seriously ruin my life, my relationships and my career... which wouldn't give me much more to live for. So please think about leaving this choice to patients. I don't oppose regulation but don't take away a choice we have, just keep us informed and educated.

I consent to 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 10:01:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had success with a back injury using acupuncture & physiotherapy rather than using conventional means of medication which would have been more costly & only a short term Band-Aid approach.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:42:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I support no change to current guidelines and do support 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, 29 April 2019 10:47:12 AM

---

To the Medical Board of Australia,

I support Option 1.

I was made chronically ill by a traditional doctor for almost 20 years. I changed to a doctor who doesn't dispense drugs light handedly and goes for a more natural approach while still being a normal doctor I have my life back and am moving forward. The other doctor would have ended up killing me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 5:33:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we all have the right to choose whether we see integrative doctors and use complementary medicine if we wish too. Most of us do it as an informed decision and are definitely not forced to do it. I suffer from migraines and have found some great help with integrative doctors and practitioners. Many other countries in the world embrace both the Western and Eastern styles of medicine and treat the body as a whole along with the mind. Other countries seem to be moving forward and becoming more open whereas we unfortunately seem to be regressing. Please keep 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:** Thursday, 2 May 2019 8:59:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a registered nurse non -practising, I have used homeopathy and many other natural therapies successfully for many years. I am very thankful, that I have an alternative system of treatment, to utilise, other than the toxic, slash and burn system of medicine we have.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Our bodies need Supportive therapies, as not all illness can be cured by drug therapy or surgical intervention. And science and controlled testing has proven . A lot of available alternate therapies, have helped or supported western medicine. Some drug therapies have horrific side effects and if patients can alleviate these , and have relief and a better quality if life. Than the choice should not be taken away from the individual.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:32:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Our Health system as it stands, can not cope now with only pharmaceutical medicine and a 10 minute consultation. Try to get into seeing a doctor, it is almost impossible unless you want to wait a week. So you want to take away integrated medicine which is helping the pull on regular medicine, keeping people out of hospital and the over crowded medical system. I will go to a doctor who will take the time to look at all opinions knowing with diet today I could be lacking a nutrient or need a tonic. I will go to a chiropractor who I may say, over 50 years ago saved my life when all doctors wanted to do is keep chopping me up. I will take a herbal product because as the pharmaceutical companies know so many pharmaceutical products are made from herbs and they were around long before pharmaceuticals. Beyond all of that you are taking away our choice and I thought in Australia we are free to choose. This is not a communist country even though I wonder at times we are loosing more and more freedom every day. I have had nothing but success in my 69 years with integrated medicine and natural medicine and so has my family. This is big brother controlling the masses. Our medical system here in Tasmania is a disgrace, people are dying in Emergency because of the waiting time and you want to make it worst. So what I get from this is, you want more and more Australians to die because you are trying to make the system worst, if that is possible. We need integrated Medicine, we need to have **CHOICE WITH OUR OWN HEALTH** . It is time for Doctors to set aside their egos and work with healing their patients and if that means integrated medicine so be it. Work together for the health of all Australian.

I consent to 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 9:34:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has helped me tremendously. Without it many people will never solve their help problems . Doctors only prescribe drugs which have horrible side effects. Complementary medicine treats the cause and get to the root of the problem and fix the problem with diet, and supplements, or lifestyle etc. please reconsider natural medicine as it's a great industry that needs to be recognized

I consent to 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 10:29:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is my right to choose what kind of medical treatment I want for myself. My choice is to use Intergrative and Complementary medicine. To restrict Intergrative Doctors autonomy seems like Big Pharma wanting total control of our health options. I vote NO!

I consent to 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 7:14:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I became chronically unwell after exp to toxic mould from an unventilated storage shed in 2012. With ongoing and intensive treatment from an integrated GP I became well again 2years later. Many infusions of b12, antioxidants and vitamins made this possible. It was hard work. However I became unwell again within 18 months. A naturopath with detailed knowledge of my specific gene mutations (& symptoms) again gave me my quality of life back - quickly over about 6 weeks, through dietary changes & specific supplements related to my expressed gene issues ( mthfr). I continue to work with her to solve my microbiome problems which have been identified by specific tests through the world's best lab in the US. I have anxiety & depression at times and muscular skeletal issues and ongoing pain issues, which despite many years working with physios, have proved fruitless. Chiropractic, acupuncture, Bowen therapy and massage are able to provide me with some relief while I continue to heal. I am adverse to medication, as 9 years on proton pump inhibitors for reflux, strongly recommended by my gastroenterologist and GP, I believe was highly damaging to my microbiome, affecting my immune system, nervous system and neurological functioning. Therefore I am very wary now of all medications. Natural therapies are the best option for my healing I believe. To withdraw support for these modalities and practitioners may mean that I become incapacitated and need care in a nursing facility. I do not wish for this to occur. It would mean a cost to the tax payer and my family.( I am single due to my former ADF partner returning from Iraq with ptsd). This also placed huge stress on me, for which I am not entitled to any form of care financially or otherwise. Please be assured that I have availed myself of the services of Western medicine at every stage of my journey. Regrettably I have found little assistance there. I still have a way to go, even after 7 years, however at least I have some quality of life most days, whereas those people with cfs who can not access integrated practitioners/Drs and natural therapies are most likely still confined to bed, as GP's have little to offer in the way of relief from ongoing fatigue and pain. Thank you for reading and considering my submission with an open mind. 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, 9 May 2019 7:10:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been able to achieve physical and mental wellbeing through the prescription of integrative medicine from my specialised GP. My GP treated my issues from a holistic perspective, regarding the relationship between different physiological systems. My treatment has involved vitamin assessment, as well as dietary, vitamin, lifestyle, and herbal treatment. Had I seen a less holistic practitioner, I would likely still be suffering the same complaints, which had not been recognised as interrelated.

I consent to 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 10:41:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Please allow the people of Australia to choose for themselves when it comes to their health and that of their families.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

It's common sense to move to a medical philosophy that emphasizes prevention over prescribing drugs to sick people. The current integrative medicine approach is best placed to achieve 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, 27 June 2019 10:36:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi, I will always seek solutions to my health and wellness through functional medical practitioners.

Standard medical treatment only deals with symptoms and when they don't have a drug that can solve your problem they can't help you.

Last year I suffered from two bouts of severe Glandular Fever. My regular doctor did not have a way of assisting my recovery, I was told that rest and time was the only way to get better. My Naturopath was instrumental in my healing, providing me with herbal supplements and advice of foods that supported my recovery.

I don't like to take pharmaceutical medications unless absolutely necessary. I have a certificate 2 in Retail Pharmacy and have seen first hand the consequences of long term pharmaceutical use.

I want another option and I want to see a practitioner who is trained in health and wellness.

I don't want to live in a world that is controlled by big pharma companies and doctors who have no training in basic nutrition.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 1:22:25 PM

---

To the Medical Board of Australia,

I support Option 1.

My immediate and extended family have been using integrative & complementary medicine for over 50 years with great success including cancer care, heart health care and more.

We wish to continue to be able to choose the practitioner and any medications we need.

We live in Australia with freedom to choose our life's path and that needs to remain so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 2:40:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take integrative medicine options from me or the option for my Doctor to take the time they need to work out what my issues are. I have been diagnosed with fibromyalgia, chronic fatigue syndrome, depression and anxiety and have had prior serious back injuries. The diagnosis of fibromyalgia was made by referral to a specialist after a new Doctor took the time to talk to me and investigate the cause of my pain, fatigue and other issues. This was after I avoided Doctors for five years due to my previous Doctor continually telling me that because blood tests showed nothing wrong, there was nothing wrong with me. I eventually had a complete break down from trying to push through the pain and fatigue every day at work and now am no longer able to work full-time. I use a combination of pharmaceutical drugs and natural therapies, together with chiropractic to keep me mobile. Prior to my accessing chiropractic I needed to use a walking stick to walk. As I'm on a pension, if you take away my option to access chiropractic on my chronic care plan, it will greatly affect my mobility. If you take away my Doctors ability to speak to me about natural remedies I want to try, I am on my own with no medical advice available for me. There are situations which call for traditional medical practices, but there are also a lot of "alternative" therapies which are now regulated and have been shown to provide a benefit. Please do 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:** Saturday, 29 June 2019 9:19:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I am horrified by the proposed changes that take away a doctor's ability to choose from a full range of treatments that include complementary treatments and alternative therapy. It is a major backward step that I suspect is being pushed by drug companies. It took us years to find a good doctor that is open to ALL methods of treatment. For my family it has been important to use a range of treatments because of dietary issues that mean just taking tablets can cause as many problems as it helps.

I hope this plan does not go through and each doctor is left to use his/her intelligence to adopt the therapy options that work best for each individual patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:09 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Without supporting therapies and natural medicines I would be a walking zombie, still having uncontrolled and multiple seizures.

Natural therapies have been used 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, 3 May 2019 5:41:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had to deal with issues mentally and physically, which have stemmed from complex trauma and have required alternative treatments, and affordable treatments.....which isn't available to many who are limited financially.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:47:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that it is my right and every Australian citizen to choose which treatment and health options which are best for me. I have seen first hand family members & close friends who have usually benefited from complimentary when mainstream doctors & medication have been unable to help. There appears to be a push by pharmaceutical companies to protect their own interests and push medications with high risks & side effects. Some overseas countries are realise that complimentary medicine can work together for the good health of all people. I and thousands of Australian people are outraged by the Medical board of Australia wanting to take away our freedom of choice in health 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:** Monday, 22 April 2019 12:31:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine are an integral part of our health system. With antibiotic resistance and drug addiction becoming more and more of a problem in our society it is imperative that other health care options are considered to treat or used in addition to mainstream medicine to get the best outcomes for patients. Alternative medicine offers many people answers and options that mainstream medicine has no options for. Often alternate treatments have less side effects and are far better for the body to deal with.

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.

Please ensure all Australians continue to have a choice in health care options. Surely this is a legal right in a democratic country?

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 love that when I visit an integrative GP I get the extra time spent to find the root cause of my illness. I love that I can receive suggestions for other therapies that don't fall under traditional therapies, ie" here is a prescription for some tablets.. you'll be right"

I want to know why I'm sick and how I can fix the problem rather than just bandaiding 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:** Sunday, 12 May 2019 2:26:25 AM

---

To the Medical Board of Australia,

I support Option 1.

Treating ailments naturally (where possible) makes sense! At very least as a complimentary medicine. My husband has done so much better with his chemo with the inclusion of naturopathy. Please don't deprive my family of his welfare

[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, 11 May 2019 2:38:18 PM

---

To the Medical Board of Australia,

I support Option 1.

\*re-sent- apologies in my rush of reply I wrote B5 instead of B6!

To whom it may concern,

I strongly support no change to the current guidelines in relation to integrative practitioners being able to apply a holistic and integrative approach with their patients.

Medical practitioners cannot simply treat a complex condition with that been caused by a variety of different factors with a monotherapy.

With the rise of resistant bacteria, stealth infections in hospitals and chronic conditions that stem from systemic inflammation, it is obvious we have to apply an integrative approach.

Evidence based research supports the implementation of regular exercise and a healthy diet to improve health so why would a decision deem this evidence unconventional?

In regard to mental health conditions, which are on the rise, how is Serotonin made? With nutritional cofactors zinc, B6 and Magnesium. So if a patient is deficient in these key cofactors and present to a GP with Anxiety a simple monotreatment approach will not fix the deficiency issue. The GP would need to provide duty of care for that patient and correct the nutrient deficiency which requires an integrative approach.

The Gut/Brain link is undeniable and research is emerging with the diversity of the microbiome. How can a medical doctor ignore the evidence surrounding this and just send the patient away with a diagnoses of IBS without investigating it further? How would treatment look for IBS, it would require dietary modification and possibly elimination of food intolerances, further investigations through colonoscopy or endoscopy and taking an integrative approach.

It is absurd to make a decision to ensure GP's stay within "conventional practices" and ignore the research when it comes to helping their patient's get better. They have a duty of care to apply their knoweldge and provide accurate treatment for that patient.

Integrative medical practitioners are essential for the health of our population to improve, without them the incidence of chronic illness like Cancer, Alzheimers and Diabetes will continue to rise.

I consent to 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 9:15:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I am an avid user of complimentary medicine which I pay top level health care insurance. I keep my costs to taxpayers to a minimum by utilising complimentary medicine methods to enhance my wellbeing. This is my choice and my right. I use doctors that are intelligent and informed and utilise complimentary medicine and complimentary therapies. This denial of our right of choice is draconian & highly offensive. I object and will continue to protest against any further removal of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.  
Do not take our freedom of 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:** Wednesday, 26 June 2019 11:11:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Chiropratic & non drug medication such as vitamins can be of great benefit without all the side effects of drugs. It should be our free choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:38:01 AM

---

To the Medical Board of Australia,

I support Option 1.

My wish is that doctors have the right to consult their patients to the best of their ability in the amount of time it takes as each patient is different, and prescribe the best method of recovery for their problem, be it traditional or complementary medicine, I personally can not take some medications as they do not agree where complementary med does.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 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.

Hello, I sincerely hope there are no changes to the current guidelines. My health has been greatly improved by integrative and complimentary medicines recommended by my doctor, where pharmaceutical medicines have not been able to help.

I have also witnessed close family members health greatly improve- in fact I have direct evidence of how a type of chemotherapy drug made my partner extremely ill and they only recovered through a combination of integrative and complimentary medicines.

We need doctors and health professionals to be able to create holistic health plans for people so their health needs are effectively addressed.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

I truly appreciate it when a doctor gives me a number of available options and respects my right to choose. I don't appreciate anyone taking away my right to such valuable information.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:11:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like it to be known that I strongly object to any proposed changes to current guidelines for Integrative doctors who practice complementary medicine.

Complementary medicine is exactly that, a complement to allopathic treatment. Integrative doctors are in a unique position to provide their patients with high levels of care, drawing on their extensive allopathic medical training, and combining with holistic, safe, evidence-based practices.

Patients are often shuttled in and out of a GPs office within a few minutes. How does this allow for a sufficient review or adequate level of care? With an Integrative doctor, they can often spend much more time with the patient, assessing not only their presenting symptoms, but getting to the root cause of their health concerns. They can delve much further into questioning and building a thorough case history. They can assess the patients health from all aspects and truly provide an integrative service that gives that patient the best possible health outcome.

Taking away these rights of the doctor, takes away the rights of Australians to access top quality health treatment. Integrative practitioners are easing the public healthcare burden by educating their patients and practicing preventative medicine. Health is not just treating a symptom, health is ensuring that the patient has been provided with the tools to manage any conditions and optimise their health to give them the best quality of life.

I truly believe Integrative doctors help to achieve this. Any restrictions on their practice of complementary therapies would be a misguided and narrow minded action against the health of Australians. Thank you for taking the time to read this submission, and I urge you to stick to Option 1 of the proposal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 12:26:00 PM

---

To the Medical Board of Australia,

I support Option 1.

Since my early 20's I have used osteopathic, acupuncture and naturopathic treatments to enrich and maintain my health where conventional medicine had no decent answers for me.

I was diagnosed with RSI in both wrists at the age of 24, the GP's treatment was cortisone injections into my thumbs and a diagnosis to stop using my hands!!! For sure the cortisone stopped the pain but as an on going it can cause serious harm. And who can go through life without using their hands every single day?

This is where my Osteopath came to my rescue and cured the RSI within 2 treatments, and there hasn't been a reoccurrence.

To limit people's access to these health professionals is ludicrous.

I consent to 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 9:34:02 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I use complimentary health options, ie medication due to the fact there was no advice offered from my GP regarding immune boosting or ways of 'normalising' my white cell count which was consistently 'low' and all that was on offer was frequent blood tests!  
My Daughter also has had great success with Complimentary Medicines to cure a problem with a prolonged bout of Cystitis .

I consent to 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 3:51:32 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have Complimentary Medicine often far more effective than prescriptive medication or treatment. Unfortunately many Doctors are far too closely linked/allied to 'Big Pharma' pressure when possibly good sense, as well as a healthy diet could be of more benefit to an individual!

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.

- When I say integrative medicine below, I mean both integrative and complementary.  
-I support patient access to integrative and complementary medicine as I am using it regain my health, and get back my ability to work and contribute to society. I have chronic fatigue and there are no paths forward for me in the 'conventional' medical system that will regain my health. And just as importantly no understanding of my health condition. Integrative practitioners have got me from Bedridden 23+ hours a day in extreme chronic pain with cognitive impairment, to a basic level of functionality, and I am working with them towards full healing. Removing my access to integrative treatment removes my chance of being an active member of society.  
-The people of australia have a right to choose their path in relation to any health issue they experience. That could be seeing a GP and Specialists, seeing integrative doctors, or combining seeing GP's, specialists and integrative health care professionals which many people do. I have utilised experts in all these areas over my life. This is our choice, it is a basic right to choose our path that suits us, and gets us the results we need.  
-If the MBA limits in any way my access to integrative health professionals, you are forcing me to access medical care overseas at great personal expense, or, putting me in the position where my I will likely be reliant on welfare for support, due to inability to work.  
And limiting my ability to live my life and contribute to society. You are playing with peoples lives, and that is not your role in Australian 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, 21 June 2019 2:42:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Please reconsider your change to integrative & complimentary medicine.

I support these treatments as they work, often better with far fewer dangers that are nearly always associated with allopathic medicines (read the inserts) which also are mainly focused on treating the symptoms and not the actual cause.

It is not pseudo effect and much of it has properly conducted science to support this as well as often thousands of years of use handed down through generations. Yes I have read the report prepared for government and found it utter rubbish, mostly flat out lies. Any person who has bothered to look at any research on integrative & complimentary medicine knows this and could see this report could only have been produced by persons who have gain to make from their removal.

Between my family and friends I have observed these treatments work time and time again, from simple infections to a friend with terminal cancer and a CH21 count over 400 living on 26yrs after a 3 to max 6mths to live diagnosis, that is totally without allopathic medicine post cancer (as much as they could anyway) removal.

It may not work for all but seeing as Allopathic treatment is one of the leading causes of death in Australia (and god knows creating what other health problems) we could do much better by actually having these industries working together for the betterment of all our health.

These treatments are already too hard to access for some like myself who has been waiting now for 9months to even get an appointment with an orthopaedic surgeon. This where complementary could well possibly help if not totally at least maybe get my condition to the point where the operation could be less extreme or maybe even not needed at all.

One very important fact to remember is allopathic medicines have come about after searching the globe for traditional medicines that had been used successfully from all over the planet. The very vast majority of drug companies use laboratory's to find and separate the active ingredients then synthesise it thus making it a copyrighted product/s that eventually can be soled for profit. The long term effects of doing this are not yet really known however reading the inserts often shows many possible dangers that if they'd been relevant from the original (un-copyrightable) source would have found them ceased and probably not even known about today

As the Medical Board I hope it is your duty to start to rise above profit driven ideals and act in a way that is totally responsive to the health of our nations citizens and not the hugely out of control influence of these multi mega organisations. I hope you can start reading the proper totally independent science that shows actual biological effect not this (often industry backed) data based tobacco/[REDACTED] type science nonsense that actually only proves

nothing more than you can come to any conclusion you like if you input only input the data to do so. Public health interest science should not be like a phallic symbol (mine is bigger so science settled).

I hope you all have the kahoonas to stand up to the bullies with the deep pockets and do what is right for humanity. Go down on the right side of history and give your family/s future generations something to be proud of. Eventually the truth will prevail.

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, 27 June 2019 9:21:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Let the population choose if they want natural medical options.

You cannot remove their freedom of choice!

It is so important to use medication in the right order, from the more natural to the least if the natural options didn't work.

There is extensive evidence to provide the efficacy of herbal medicine and natural supplements when prescribed by trained practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:13:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA

I do not support option 2 of tightening regulations. I believe in people's right to choose holistic health practices. I believe doctors should have the right to offer complementary therapies.

Unfortunately for many of us, conventional medical practices don't always offer the solution to our healthcare needs.

Please allow people to make choices according to their individual needs.

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 11:20 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I use with great success natural remedies, herbs, homopathics, acupuncture, essential oils.  
They have been used and stand the test of time for hundreds of years.  
I stand by their use in health care in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Do not take away our freedom to choose when it comes to our personal health. Integrative health is the way of the future and hospitals and Drs in Europe and Asia have adopted this method as commonplace. Why must Australia always be decades behind the rest of the world and always look at taking away our medical freedom. It is not right - it's my body and my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:46:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicines have helped me and my family for many years.  
The choice to use these treatments should be ours and without  
restrictions placed on 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 7:39:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to share my complete disbelief as to why limiting the scope of available treatments to society could ever be viewed as a progressive and beneficial stance on health care.

Integrative medicine has the ability to not only save lives but to significantly reduce government expenses allocated to management of many chronic illnesses.

There are many reputable studies available today that clearly exhibit many of the health promoting benefits from natural therapies.

My personal experience is that on a number of occasions I have had health conditions diagnosed and treated by natural and integrative practitioners where they had been previously dismissed by western medical doctors. I feel western medicine most certainly has many life saving attributes and I am grateful for that however I also believe we have a right to make an educated and informed decision on the type of health care we decide to utilise.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 3:43:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have seen integrative practitioners since i was 5yrs old.  
Everyone has the right to access these services as they have helped me  
more than any mainstream doctor has.

I would be lost without them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I and my family wish to have a choice of different complimentary health care, including medical and natural therapies.  
Freedom of choice- 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:** Sunday, 21 April 2019 12:15:57 AM

---

To the Medical Board of Australia,

I support Option 1.

What is happening to the freedom of choice in Australia? Or does the big pharma have more money / power in our country? In a free country we should be able to make choices & governments should respect that we maintain that right. Integrative works for me. I'm 64 & cost the health system nothing.

I consent to 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 8:28:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had neck and knee problems which did not improve with conventional medicine but through acupuncture and massage I can now live a full life with out any 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 7:13:59 PM

---

To the Medical Board of Australia,

I support Option 1.

People should have freedom of choice when it comes to their health. It's simple.

I consent to 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 7:39:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Medical doctors should be able to, and encouraged to consider a holistic approach to patient care.

When i go to the doctor, i dont want him to just give me drugs to treat a symptom, i want to know why the symptom exists and how i can resolve the root cause.

Having moved town, it is increasingly difficult to find a gp who can and will do this.

Many gps simply type the named symptoms into their computer software and it spits out a range of prescriptions to address those symptoms.

So 15 minutes and \$80 later I walk out without knowing the cause and feeling like I should have just Googled it myself from home and gone to the pharmacy/healthfood shop.

My current doctor recommends a range of potential options including medications to enhance my health and wellbeing.

To change the system now will surely be profitable for the pharma companies but is sure to be yet another disappointment to the overall state of health of our once great country.

If you want to reduce the reliance on medical doctors then invest in schools so that they all have vegetable gardens, chickens and fruit trees; fund a teacher to oversee the garden to teach the kids how to grow, cook and enjoy fresh home grown food; encourage them to learn hard work and physical activity by turning compost, digging garden beds and building trellises for beans to grow up.

Teach them to prepare their foods/fruits to feed themselves and their classmates so they are learning a life skill, but also nourishing their bodies to reduce their reliance on the health system in the future.

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.

Hi,

Please leave the options as they are.

As I get older and as I have paid a lot of tax over the years I don't appreciate having my medical choices limited.

After all the tax I have paid there should be more options available for me as I grow older not less. The money I have paid thus far to the Government ought to have been invested in providing more services not less.

Kindest 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, 2 May 2019 9:41:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patients access to integrative and complimentary medicine. Not only does it help patients to have quality life but also when a patient is sick and so sick of being sick due to conventional medicine not helping or improving their health or even so they can live a long quality life. Helping them to stay employed. If you are sick and can't work you are at risk of loosing your job. When you have several autoimmune diseases and conventional medicine does not look to find the root cause of the autoimmune diseases. Only controlling them with medication which can cause other side effects and possibly contribute to other autoimmune diseases. My daughter has several autoimmune diseases and since seeing an intergrated medicine GP her health is improving and she has a much better quality life. My daughter is no longer taking so many days off work due to being sick. Finally she has a GP willing to help her get to the root cause of the disease/ diseases. Complimentary medicine has given quality 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:** Tuesday, 23 April 2019 3:59:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to retain the choice of health care from traditional or wholistic or “complementary” therapies, natural supplements and medicines and health practises through to Western style conservative choices. Individuals, parents should have the right to choose which health care combination they or their family need. I have benefitted from various traditional health systems and complimentary therapies and supplements as well as Western medicine. Let Australians make their own choices on health directives and resources.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative Practitioners are the most sought after Practitioners. More and more medical students we see are working towards dual degrees so as to graduate as fully holistic Integrative doctors, so clearly even in University's this is well understood. It is also clearly evident if you investigate the waiting times to get in to see these doctors. The more you push to crush out natural therapy's and patient choice the more people are starting to question if there is hidden agenda. The level of Pharma influence over the Doctor/ Patient relationship is starting to very much impact the credibility of Australia's Medical 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, 3 June 2019 9:08:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I require choice in my health maintenance because of chemical sensitivities, including to certain pharmaceutical drugs.

Approaches in integrative, functional medicine have worked very well for me, never causing adverse reactions and harm.

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, 25 June 2019 12:57:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Your constantly told that we live in a democratic country, but to me removing the publics choice to choose how they wish to heal themselves is far from democracy! If this is not a political move by Governments and Pharmaceutical companies then the only reason must be facisism!

I consent to 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 12:32:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you to give my support for NOT CHANGING THE GUIDELINES for integrative healthcare choices. As an intelligent woman, I am capable of making choices for my health, including choosing non mainstream treatments. I have had great success from treatments such as acupuncture for a shoulder injury. I have also benefited from Chinese Herbal treatments for weight loss support. When I was at a boot camp for weight loss, chiropractic treatment saw my excruciating back and hip pain leave. MY PAIN LEFT MY BODY. After decades on anti inflammatory and codeine treatments. I don't understand your reasoning for wanting to target these treatments for more regulation, when so many people continue to benefit from them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:43:08 AM

---

To the Medical Board of Australia,

I support Option 1.

From my experience, working both in developing countries and in Australia, a large percentage of the population use complementary medicines in conjunction with or alternative to conventional treatments.

I seems irrational to think about prohibiting a form of healthcare that is accessible, affordable and sustainable.

My only reasoning to this proposal is that the pharmaceutical companies must not be making enough money of people.

To take away the right of practitioners to practice an integrative form of medicine would be a violation of our basic human rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I value to right to choose my own health practitioner. My doctor is a GP who practices integrative medicine. She has turned my life around and quite possibly saved my life. I am currently in my mid 40s. I struggled with anxiety and depression for 30 years until receiving a diagnosis of Pyloric stenosis from her six years ago. At that time I was in the brink of being sectioned due to the serious nature of my poor mental health. Since diagnosis and being treated with vitamin and nutritional supplements I have not had any mental/emotional breakdowns or struggled with depression or anxiety. This has made me a better mother, wife, school teacher, citizen in the community, etc. I am unable to claim any rebate on Medicare or Private Health for the medications but continue, as without them I would likely end up hospitalised, which would unnecessarily take up a hospital bed and drain taxpayer money.

Please do not take away access to integrative and complimentary medicine. I do not want to be sick again, as I once was.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:26 PM

---

To the Medical Board of Australia,

I support Option 1.

We the people of Australia should have freedom of choice in this matter and particularly with our bodies. This form of medicine has existed since day dot and should continue to be complimentary to general medicine.

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.

Integrative medicine is important choose for those with a wider view and belief that mainstream medicine may not be the best solution for everyone. If only we questioned the low fat movement and the incessant sugar regime when it was forced upon the world. The obesity epidemic needs to be addressed urgently

I consent to 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 5:55:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I have benefited greatly from intergrative medicine as have other members of 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 9:19 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my Dad's post-op/chemo recovery. So important that we have this available for Australian's seeking to combine western and alternative medicine for their best chance at healing without having to go offshore.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 5:40:34 PM

---

To the Medical Board of Australia,

I support Option 1.

There is a need for alternative health care options for health life style advice and programmes not provided by main stream medicine and pharmaceutical 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:** Tuesday, 25 June 2019 7:58:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Allopathic medicine is amazing at times of crisis and has much to offer in terms of heroic treatment for acute conditions. However, it has little to offer regarding chronic disease, and the concept of preventing disease in the first place. It boils down to more and more prescription medicines for life, all with sometimes serious side effects, all the while brushing off lifestyle factors such as nutrition as irrelevant.

The holistic model of Integrative medicine takes the best from both worlds, focusing on prevention and providing the body what it needs to maximise its innate healing ability, whilst bowing to allopathic medicine for emergencies.

Given the current escalating rates of chronic disease it is vital that patients retain the option of attending integrative medical doctors who fulfil a vital role in educating patients on how to manage conditions with as few pharmaceutical drugs as possible.

I strongly believe that better access to Integrative medical practitioners could significantly reduce the burden on the health care system.

My husband and I have both benefitted from Integrative medicine. My husband has prostate cancer and hairy cell leukaemia (now in remission). His wonderful integrative doctor has seen him improve his general health in a spectacular fashion.

I suffer from severe depression not well controlled by antidepressants. However, a change in diet and various natural supplements, together with the antidepressants, has seen me coping with life better than ever before.

Please do not restrict the practices of these committed and caring practitioners. They do more good than anyone can realise as many of their patients manage to avoid appearing on the radar of allopathic medicine entirely.

I consent to 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 7:48:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel it will be detrimental to health in society if practitioners were unable to give guidelines or suggestions for alternative therapies or supplements. On many occasions, these options were the things my body benefited most from, especially when it came to balancing my hormones. I do not wish to be on the pill or any form of conception so it was critical that I was advised what supplements to take to help my PMS and cycle normality. Without the advice I was given, I wouldn't be able to live a normal life. Also, many minor conditions that from time to time I suffer from are often prevented from the advice of dietary and/or supplements. There are definitely benefits to practitioners being able to advise on this!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 10:44:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been using alternative options for 30 years with fantastic results. I think the medical industry should be trained in that area also as our bodies are designed to heal themselves given the right nutrients. The government doesn't want us to be healthy, they would lose too much money and wouldn't then be able to support their ridiculous retirement payouts.

I consent to 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 7:58:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I support complementary medicine because it assists the body to heal itself and it is true that we are self healing organisms when optimally healthy. Complementary medicine assists the immune system and all organs to function optimally so it makes sense to choose it when a boost is necessary. Conventional medicine is fantastic for emergency situations and the two should coexist in perfect harmony. I have seen and personally experienced amazing healing with complementary medicine of various kinds - notably homeopathy, herbs, acupuncture and chiropractic.

I consent to 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 1:31:04 PM

---

To the Medical Board of Australia,

I support Option 1.

My husband and myself use INTEGRATIVE DRS for hormone health support/balance through more natural means .  
these are qualified GP'S with a years extra study on Nutritional and environmental health and yes they may prescribe vitamin/herbal supplements ..this is more beneficial than toxic drugs. Please DO NOT limit our health care choices even FURTHER .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:54 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There are many evidence based complementary practices, nutrients and herbs which are crucial for preventative health and supportive treatment of Australians. To remove the choice from doctors to practice integrative medicine removes informed consent from clients and will lead to a higher cost on the healthcare system as many nutrients and herbs are preventive of chronic illness, which cost the government billions of dollars each each. AHPRA and MBA already have very strict processes that cover the regulation of practice for many professions so there is no need to add further regulations.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:18:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a strong belief of integrative and complimentary medicine for patients. Having one of my own children who will not take pharmaceutical medicine in any form, the only option i have is complimentary therapy which work for him.

Take this away from a doctors option and you risk people not bothering to go to their medical practitioner at all.

What is this country becoming. Secretly transposing us to a communist country. No thank you. Be open minded. Pharmaceutical companies need to have a heart instead of the need for greed. It is immoral to take away a persons human rights to life and how they wish to be healthy and treat their ails with assistance from the medical profession.

I consent to 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 3:05:33 PM

---

To the Medical Board of Australia,

I support Option 1.

My family supports Option 1 - to maintain the current guidelines and value a holistic approach to healthcare and support doctors' right to provide new and innovative approaches, including complementary medicine treatments from which we all benefit on a daily basis.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 11:27 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine as these natural methods in conjunction with some traditional methods (my GP always suggests yoga and meditation for me for example) has assisted in increasing my overall health and ongoing conditions and in some cases healed me and my family.

Integrative & complementary medicine has helped me as they offer an alternative way of looking at health which is more consistent with a holistic approach. We know a 'one size fits all' approach is not idea or beneficial for every person so theses methods are very individualized and help with the growth and healing with practitioners who really do care about long term benefits and not a quick fix with prescription of medications for example. Natutal methods (aromatherapy and message) and others such as chiropractic have helped me in my journey to wellness.

I use Integrative & complementary medicine as I want to look at my health in a holistic way and not just treating physical illness or diseases. These methods integrate social and emotional wellbeing and thus my metal health is so much better because of these methods. There is so much evidence and positive feedback from the community and new emerging science on these methods we can't ignore them. Students who I teach are also reaping the rewards of these natural methods as they are helping by putting them back in control and not subjected to a drug to manage symptoms/disorders like ADHD.

If the MBA imposes restrictions on Integrative practitioners my components of health will definitely be compromised. I will lose friendships. I will not be comfortable going to my local GP because they will prescribe only medicinal medicines which is not healthy or ideal in our very unhealthy and every changing world where neuroscience and alternative therapies are helping so many people!

Please consider my viewpoint. I already pay enough taxes and a huge amount for my private health fund, make it worth my while for a healthier society that values holistic healthcare over anything else.

I consent to 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 7:06:33 AM

---

To the Medical Board of Australia,

I support Option 1.

It is important as a country we focus on health-care, not illness-care as you propose.

We need big picture thinkers as not everyone fits a typical text book presentation and the complexity of chronic health issues require a whole-body approach for which the majority of the current 'mainstream' medical approach does a poor job of. Focusing on wellness and health (not illness!) empowers patients and increases their productivity and ability to care for themselves and their family which surely will please the government 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:** Tuesday, 4 June 2019 6:07:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a firm believer in the freedom of choice, which includes being able to consult with practitioners who are providing integrative treatments. This follows my own use and training in aromatherapy, massage, sound therapy, hypnotherapy and Horstmann Technique.

Regardless of the small level of recognised studies that have been made and published in the integrative and complementary medical fields, I know how I feel after experiencing the use of Reiki as a treatment. The results I have gained through using hypnosis and Horstmann Technique. Sound therapy as a method of relief and control of stress and regulating an erratic heart rate. The importance of using massage to relax the muscles and ease pain. Each has resulted in a level of relief and ease of symptoms that the conventional medical system was unable to alleviate.

Pharmaceuticals are not the complete solution in treatments and an integrative approach is a necessity in having the health and wellbeing of the individual continue in a sustainable way, that will cost less as an overall option to the public purse. Continuing to offer a choice through the Private Health membership options for those who DO WANT access to other treatment options is a right for us as individuals for our own health decisions. It isn't a cheap option and the choice is MINE and my own responsibility in how and who I consult in my medical care.

I am a huge supporter of an holistic approach to our health, through natural means first and using what nature provides in the fullest form, integrating the physical health with our mental health and state of the mind. We are a complete person, not just the skin and bones. The same is true of the ways that plants, minerals and wholesome foods are our first medicines.

I believe there is a necessity to teach even MORE of the integrative and natural ways of health treatments to the Medical industry, than pushing the synthetic and man created pharmaceutical drug pathway.

To not have the choice ... is untenable.

I consent to 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 10:57:46 AM

---

To the Medical Board of Australia,

I support Option 1.

I support totally my Dr practicing intergrated medicine as I had suffered two autoimmune diseases and have been healed by using the oils and healing my gut through diet. My Dr is amazing, she is forever learning the science behind healing the gut so as to prevent autoimmune diseases. My Dr knows when to use medication if there is no other choice.

I suppot the use of intergrated medicine 100%.

I would be extremely angry if the MBA imposes restrictions on my 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:** Wednesday, 26 June 2019 1:59:11 PM

---

To the Medical Board of Australia,

I support Option 1.

To: The Medical Board of Australia  
Why I value the right to access Holistic Care  
From: [REDACTED]

Is it possible that 50% of illnesses are caused by prescription medicine? And doctors have to make money while providing life-giving patient care.

And therefore 50% of unwell people become well.

The Medical Board of Australia is proposing guidelines that threaten a doctor's ability to offer patients complementary and emerging medical/wellness treatments. In a population where the general public are seeking optimal health.

Doctors need to be able to educate, research and advise a patient like me about my treatment options. I am 70 retired and presently enjoy good health.

The Medical Board of Australia guidelines limit a doctor's ability to provide me with fully individualized professional medical care.

Natural Complementary and integrative medicine provides me with knowledge, information and options for my care and illnesses, if I had any, a medical doctor does not generally have time to give me, but may treat me with pharmaceutical products and integrative complimentary medicine.

I consider the Medical Board of Australia's guidelines an invasion of my patient right to decide what happens to my body if I were to be unwell and limits my options and my doctors' options for academic independence.

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:** Thursday, 30 May 2019 7:48:03 PM

---

To the Medical Board of Australia,

I support Option 1.

My Doctor in the past has recommends complementary medicines to support recovery. This has proven very beneficial. I'm currently on Doctor recommended alternative treatments as non complementary medicines were causing serious 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:** Thursday, 30 May 2019 5:23:30 PM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for my doctor advising me to take additional vitamins along with thyroid treatment I would not be getting 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:** Friday, 24 May 2019 12:04:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our ability to choose the type of medicine that we wish to use to support our and our families health. My mother had a terminal illness and she was told she had 6 months to live. The drugs she was on were causing numerous side effects but also leading to other health problems. She supported her health through integrative medicine that took a holistic approach to address the issues and side effects caused by the drugs. She lived for 10 years after her verdict. Her specialists - of which there were a few could not believe it and wrote her off constantly.

My daughter had severe eczema - the conventional GP advised a topical steroid cream and nothing further to address the issues inside her body causing the eczema. Working with an integrative GP I cleared her symptoms from the inside.

My 4 year old son has virus induced wheeze since 18 months. Working with my homeopath I have managed to take him off the steroids.

I myself have seen integrative GP's for my own health issues. It is not ok to take away our choices. Many of us choose the holistic and natural path to healing. If you take away our ability to seek this advice then we will end up trying to find other sources of information and the implications of this are obviously unsafe.

I have relied heavily on chiro's to provide relief where other options didn't, I have used acupuncture to provide relief.

There was only recently an article in 7news that scientists have discovered an amazing new berry to fight cold and flu. Elderberry.

There is nothing new to this discovery. Elderberry is used in homeopathy and I am sure in many other forms of integrative medicine. It has been part of my medicine cabinet for years on the advice of integrative practitioners. It only became validated because a scientist has now discovered it?

Even my physio suggested that tumeric is anti-inflammatory and could be taken instead of drugs.

These are our choices on how we want to treat our bodies and what approach we want to take to health. Our bodies. Our right to choose. Please don't kow tow to pharmaceuticals.

I consent to 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 4:36:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Our freedom of choice seems to be taken away from us with no sense. We use natural health and remedies regularly and strongly believe they work with positive results every time. Rather than take them away research funds should be going into these fields to prove what patients experience and that's improvement with side benefits rather than side effects. It would be a crazy and suspicious decision to take away health options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:36:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to register my recommendation that you, the Medical Board of Australia, do NOT change the guidelines to Integrative Medicine. I have lived my entire life witnessing the struggles my mother and now my husband go through with conventional western medicine - lengthy waiting lists, short consultation appointments, doctors instantly prescribing medications with either an incorrect or incomplete diagnosis. The whole medical system in our Western society seems only concerned with prescribing more and more medications with little or no concern about practitioners trying to get to the root cause of the condition and only treating the symptoms and their side-effects. My husband is now on a more holistic treatment plan which includes an infusion administered at hospital, along with regular Chiropractic sessions, the occasional massage or acupuncture as well as herbal supplements. This holistic approach to his well being has been instrumental in his recovery (both physical and mental) - not to mention the health professionals involved have all taken an ACTIVE interest in getting to the root cause of his health issues (which we have never experienced from previous doctors). While some therapies may not be considered conventional, I feel it is important in this day and age of technological and scientific advancement, that the medical profession and the industry on the whole consider that natural and 'unconventional' therapies have been around for centuries and can in fact help a variety of conditions, especially if used alongside more conventional methods. Please do not turn your back on the traditions and methods on which our medical profession began - to do so would be highly arrogant. By limiting people's choices and their ability to access these unconventional therapies you are putting their lives at risk. Please do the right thing by the people of this country... they deserve the right to a holistic approach to their health and well-being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 7:04:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative therapies are the only treatment available to assist me with my very serious digestive issues.

What a disgrace that the MBA thinks they can remove or limit access to 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:** Tuesday, 28 May 2019 8:07:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine. As someone who has suffered years from Sjögren's Syndrome with chronic pain, chronic fatigue, peripheral neuropathy, joint pain, migraines, dry mouth, dry eyes, dry vagina, oesophagus dryness, No conventional medicine or treatment has been able to give me any relief as there is no cure for this Autoimmune disease. But with the use of a natural herbal treatment I am no longer suffering with the above symptoms. I wouldn't want to have the choice of how I treat my own body taken away, if I choose unconventional medicine that has little to no side effects compared to conventional medicine that often has serious side effects; that should be my choice. And if my doctors are aware of what has helped me and can suggest that to others so they don't have to suffer; doctors should be able to recommend an alternative to medication. Patients shouldn't have their rights to treatment to get better, often it takes a mix of conventional and unconventional. I want my family to have that right to choose. Medical doctors are supposed to help us get better and when you suffer from incurable diseases you are willing to try anything to get better. When all medicines have failed at making you better; it would be nice for doctors to be able to suggest alternative natural products as they may just 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, 31 May 2019 12:10:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support integrated health care as a way of providing comprehensive holistic medicine. I use both natural and conventional medical options to ensure that I keep in optimum health. I do not see why I should not be able to use both and be supported - in the availability of treatments and in the subsidies provided in the way of health care rebates for both. Using natural therapies has helped me to maintain an excellent standard of health - well into my 60's and I intend to keep doing what I do! I hope the MBA supports me.

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.

What right do you have to deny people a choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:16:54 PM

---

To the Medical Board of Australia,

I support Option 1.

We have genetic conditions that lead to a lessor quality of life (chronic pain, disability)  
Integrative medicine, chiropractic care and other "alternative" choices have allowed a better quality of living without harmful side effects. Standard Drs can only prescribe strong pain medication that makes myself and my children sicker as we react to them.  
Removing our choices is to remove our ability to function in society the best we can and would lead to higher mental health issues and worse.  
Our bodies.  
Our choice.  
Our 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, 2 May 2019 8:38:48 AM

---

To the Medical Board of Australia,

I support Option 1.

When my husband was sick with cancer we were fortunate to have an integrated Dr by our side supporting and working with us to help my husband get through the terrible disease. Not only is integrated medicine common sense it works.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 1:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am living proof that a doctor who took the time to listen to me and work with me, through supplements, different therapies and without the use of pharmaceuticals and I can 100% say that this was the best way for my body to heal. No amount of synthetic drugs would have helped me. None what so ever. My healing journey was through food, lifestyle and vitamins. And doing it that way I have flourished and now nourish my body instead of pumping it full of synthetics.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I feel as someone with a chronic condition that it imperative that I have access to drs who understand complementary medical practices. The ability to look deeper into test results and offer guidance that go hand in hand with medical treatment offers much hope and delivers results and better health and capacity to function.

I want to keep exploring the whys behind my disease and answers for me to get better health outcomes. Complimentary medicine delivers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:55:37 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom this may concern,

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 regularly sees 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:** Thursday, 27 June 2019 1:29:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered from Atrial Fibrillation most of my life, the traditional treatments, medication, cardioversion etc not only are ineffective but make me feel worse. Complimentary support such as acupuncture, relaxation techniques, supplements, massage have been most effective, please leave the system as it is.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 2:31:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I currently use BHRT as the standart treatment for menopause was not meeting my requirements. Menopause is not a easy part of a woman's life for many of us. We suffer relentlessly on a daily basis. After being on BHRT for a short time, my life became more bearable and that of my family and friends. So please don't stop this form of 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:** Wednesday, 26 June 2019 4:23:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 57 year old woman going through menopause and it's not a nice experience. I went to normal doctors and was put on hrt and antidepressants which didn't work for me. I wasn't depressed, I was low in progesterone which caused all sorts of negative effects on me. I was told about a doctor who had another solution. I made an appointment and had a blood test which revealed what was going on with my body at this time. Menopause is about more than just 3 hormones it is very complicated. Some women sail through it and then there are women like me who have a unpleasant menopause. I was prescribed BHRT and within a few months i was feeling a lot better. Surely I have the right to choose which treat I prefer and not someone choosing it for me. Thank you for reading my email and I look forward to hearing from 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, 15 June 2019 2:26:26 AM

---

To the Medical Board of Australia,

I support Option 1.

We have the right to alternative/ holistic care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 27 April 2019 11:18:45 PM

---

To the Medical Board of Australia,

I support Option 1.

We must keep integrative medicine as part of treatment. I help dozens of examples of these approaches during friends, family and clients. Stop controlling everything, there's nothing to 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:** Tuesday, 25 June 2019 10:37:45 PM

---

To the Medical Board of Australia,

I support Option 1.

There are tens of thousands of people who both desire & benefit from having the choice of using complementary natural therapies & a growing body of evidence to support the efficacy of natural therapies. I believe that medical practitioners should be holistic in their approach to beneficial patient treatment & not disregard natural therapies where 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:** Wednesday, 24 April 2019 8:06:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I have many chronic health issues, I first started seeing my integrative Dr after regular Drs and specialist could not do anything to help except wait to see if symptoms got worse and finally treat with drugs.

My current GP did testing that discovered many deficiencies etc, which we have been treating naturally with supplements, along with an acupuncturist.

So instead of getting worse over the past 6 years, I have gone from feeling chronically fatigued and barely able to get through basic daily activities to feeling normal and working a full time job.

My Dr has made a difference in my life that I would never have thought possible. Please don't take away my right to choose how me and my GP treat my 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, 30 May 2019 8:46:00 PM

---

To the Medical Board of Australia,

I support Option 1.

i support NO change to the current guidelines re interactive & complementary medicines.

This approach saved my life about 5 years ago

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 7:29:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used integrative medical personnel, acupuncture, herbal medicine, homeopathy, osteopathy and chinese medicine since 1974 after the medical doctors I trusted misdiagnosed and had me on many drugs that nearly cost me my life. I have enjoyed great good health by being aware of how and what my body was doing and taking appropriate action to maintain it in such health by making use of any of the above mentioned practitioners when needed. Also, these professionals are highly educated, passionate people who have a holistic view of healthcare and are to be respected, not made to be criminals for looking after my health or any one else's health. 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, 27 June 2019 8:41:36 PM

---

To the Medical Board of Australia,

I support Option 1.

This is a free country and my freedom of choice is part of being Australian. There is Always more than one solution and this option/ choice should not be removed

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 3:01:19 PM

---

To the Medical Board of Australia,

I support Option 1.

When there is something wrong with your health as an Australian citizen I deserve the right to choose and try both so called conventional methods and/or alternative treatments. Who is trying to take away my right to freedom of choice for my and other's health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 3:12:19 PM

---

To the Medical Board of Australia,

I support Option 1.

In the past I have tried 'conventional' methods through the health system which resulted in a concoction of drugs which in the end resulted in worse effects on my body and attacked my immune system. It was only through complimentary medicine that I got my health back. The complimentary medicine not only cured the side affects from the drugs administered by conventional medicine but also cured the initial problem. Do you really want people to be a burden on the health system when there is an alternative. We should have the right to choose. I cannot understand why the government would want to take away the right of citizens to 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, 21 June 2019 12:38:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I sincerely want to support integrative medicine.

Over many years I have followed my gut as a mother and known my child was ill despite been turned away from a doctor being told either my child was fine or that there was no treatment.

I chose acupuncture, chiropractic and naturopathy and found an integrative doctor who assisted and was able to help my child every time.

On one occasion my adult daughter was admitted to hospital with a suspected stroke and total paralysis of one side of her face. She was discharged and told she would never get the use of her right side back. One doctor we saw even yelled at us that there was no cure.

A naturopath who took an extensive case history suspected shingles of the trigeminal nerve and with treatment the shingles appeared and with chiropractic and acupuncture her face recovered to 95%.

My son was diagnosed as ADHD which I found hard to accept and was offered pharmaceutical medication but with integrative medicine from a clinic of doctors, naturopaths and dietitians he lead a normal and productive life.

My daughter contracted meningitis and was hospitalised and received appalling care but with quick attentive integrative care she has recovered with all her limbs intact and minimal neurological problems.

Without access to that we have been told she may not have been so lucky.

I am 63 and was told I needed cholesterol medication and a strict diet by two doctors who refused to hear me when I described my good food diet. I changed to an integrative practice and I am healthy and well to this day following natural whole food options and naturopathic care to reduce stress and to treat the whole person, not just the symptoms I have always researched the practitioners I choose to ensure they are fully accredited and find the integrative approach much more extensive and collaborative.

We should have choice and if we pay private health insurance we should be able to claim these practices from registered providers as healthy people take the load off the public system.

Every person is unique. There is no one cure. We need choice.

I have many more examples of success of integrative medicine.

If you impose restrictions there will be an even heavier burden on the public system and many more sick people with more liability claims as people are treated with one size fits all rather than with a full holistic view for individuality, which doctors do not have time for.

I consent to 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 2:37:22 PM

---

To the Medical Board of Australia,

I support Option 1.

It is NOT in the interest of Australians for you to stop GP's recommending integrative and complementary medicines to patients. There are many cases where integrative and complementary medicines are actually essential to an improved quality of life for those suffering chronic illness such as rheumatoid arthritis, where big pharma medicine has little to offer.

If these restrictions are placed on integrative practitioners, you take away the freedom of choice citizens have in managing periodic and ongoing illness and send the message that big pharma = big money. You impinge on the right of choice to which citizens are entitled, to be both informed and offered alternative treatments when conventional or pharmaceutical treatments are either non-existent or offer no relief.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:39:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't feel threatened by ancient interactive or complementary medicine. Personally I've used both. Stand up to big pharma kickbacks & regain your reputation & respect by taking this stand. Be independent & not pharmacy puppets.

I consent to 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 10:25:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I would not be alive today with out integrative medicine. My family and friends all use it and do not take pharmaceuticals or rely on Medicare except for standard checkups . People who use alternative medicine and suppliments are less of a burden on the health system . Look at the statistics !

I consent to 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 1:05:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I support complimentary medicine and doctors choice to offer Integrated health care to their patients. In a world where one size does not fit all, it is essential that our right to choose alternatives be protected. If it was not for GP's offering integrated health care, my family would seek health care elsewhere. We have found in our experience that it is a combination of mainstream and alternative medicine that works for us and 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:** Friday, 17 May 2019 7:39:16 AM

---

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern

I suffer from complex chronic illness for which western medicine has no treatment options.

I have muscular dystrophy and complex PTSD.

By using nutritional and herbal medicine I have experienced significant improvement in the areas of anxiety and depression, improved digestion which helped me maintain a minimum weight, improved sleep and decrease in frequent infections.

Without integrative medicine my quality of life would be significantly less and I feel very grateful to live in a country where these options are 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, 21 June 2019 11:21:58 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not believe that Big Pharma has so much influence. If not for integrative and alternative medicine I would have lost my wife over a year ago to cervical cancer. Our oncologist gave her 3 months to live early in March 2018 but thanks to opting for alternate medicine I still have her with us today. Please do not become a slave or tool of the big pharmaceutical companies who seem to be taking over the world.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 4:51:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been using complementary medicine for 40yrs and have never been a burden to the health system. I have never suffered side effects and continue to be very healthy at 72 yrs.

Living in Australia we need to have a choice of what we choose as an individual

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:04:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been suffering from Hashimotos disease for 32 years, and have been officially diagnosed for 20 years. During the last 20 years I have seen 5 different GPs, who have all prescribed medication according to what they think is best for me, and which have all resulted in my medication creeping up to dangerous levels, so much so that one chemist refused to fill my prescription and wouldn't give it back to me for 8 days, despite my Dr and myself telling him otherwise. I changed Drs each time my pathology reports came back entirely red, which indicated to me the Dr wasn't paying attention to my results or treating me correctly. My last GP totally ignored my red Pathology results which also included both red thyroid and liver results, and excessive HRT results. My GP chose to ignore the liver and HRT results, and halved my medication. As a consequence, I have been very sick all of this year and not able to function due to extreme undermedication of my thyroid and liver problems. In desperation, I decided to find an integrative Medical Practitioner who would send me off for testing to find the root cause of my health problems, and not just treat the symptoms as every other DR has done. So far my new Integrative Practitioner has uncovered numerous abnormalities through testing that a GP would not consider, and altered my medication, so that I am stating to feel an improvement in my ability to function. I am very happy with my integrated Practitioner, and would be in real trouble if the Medical Board banned alternative and Integrated Therapies. I am finally finding answers to my health problems. I totally oppose the Medical Board banning or interfering with Integrative and Complimentary medicines which works better in many cases than standard 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 10:40:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I don't think that complimentary medicines should be viewed as a threat, people have long lasting positive effects when integrated with conventional medicines/treatments.

It should be our choice not yours

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 1:25:23 PM

---

To the Medical Board of Australia,

I support Option 1.

As a mother and a social worker, I have personally witnessed the benefits of a holistic medical model that is client-centred. For example, rather than succumb to the hospital's requirement for me to be induced during the slow labour of my first child, my acupuncturist instantly and gently brought on contractions and a natural and beautiful birth of my happy healthy baby. I felt empowered and I am grateful that I had the support to do this 19 years ago.

Myself, and many others I know and work with, agree that we feel much more able to be healed and/or assisted by a GP who has a broader view on healing. One who respects our beliefs and needs without judgement, and encourages us to know ourselves, our bodies and to consider this within our medical assessment and recommended actions.

Stricter guidelines for GP's is dis-empowering for GP's and clients. It not only reduces client rights and limits options to heal, but creates further divide that is a barrier to a collaborative, healthy, trusting relationship between practitioner and 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:** Sunday, 30 June 2019 10:59:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine, as these are valid and important options for patient care and health. Being able to access integrative and complimentary medicine under the guidance of a dr who has done further training, has been paramount to my recovery. In 2015 I was hospitalised but no reasons were found. My GP at the time had certain ideas but I wished to explore my health condition differently, which he could not provide me with.

I found a clinic of integrative doctors, who have supported & guided me to resolving underlying health issues.

I am quite certain if I had not had this option I would be on a number of medications.

If the MBA imposes restrictions, you will be removing patient options. Not every person wants to take medication, many want to explore the root causes and resolve in a less medicalised way.

I ask you to retain integrative and complementary medicines for the benefit of patients and drs who wish to practice in this manner.

For me, it would mean I would move to drawing on other non-medical practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:21:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to state my strong opposition to any change to the current guide lines for doctors providing holistic healthcare. We have family members who have been very fortunate having had doctors willing to provide integrated healthcare which has enabled them to maximise their potential. Queen Elizabeth II and the 'Queen Mum' are great examples of the benefit of Homeopathy, you only have to look at the Queen to see an example of glowing good health! Please do not deny the right for people to choose these complelementary 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 5:03:16 PM

---

To the Medical Board of Australia,

I support Option 1.

As a mother with several members of our family having complicated health issues, I would be aghast if integrative medicine was to be restricted in any way. I also cannot understand why preventive health measures such as natural therapies, chiropractic etc are not promoted more, surely it would cost the government a lot less if more people were to remain 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:** Wednesday, 26 June 2019 11:22:28 AM

---

To the Medical Board of Australia,

I support Option 1.

For many years my grandmother was told that she had bipolar disease, incurable heart disease, IBS, and a host of other health problems that "medical science" had treatments for, but no cures.

She spent her life in pain, suffering daily, taking multiple pharmaceuticals with her health rapidly declining. She passed away in her mid 50's. Fast forward to my generation. I was born healthy, but started showing symptoms which mimicked my grandmothers. My mother, seeing this pattern, was extremely upset and felt hopeless. In my teens my mother, after years of doctors saying that I was healthy, but likely had IBS (without ever testing to see if I had a more serious problem), decided to take me to a naturopath. The naturopath said to cut out all sugar, wheat and dairy, and to take Aloe Vera juice daily. Within 1 week I was feeling so much better! No more pains, no more running to the toilet within minutes of eating, no more bloating, and no more anxiety (which I had been experiencing but chose not to tell anyone).

Soon after I moved out of home I brought all of the bad foods back into my diet which triggered my "IBS", anxiety, depression, lethargy and brought on new symptoms like mood swings, severe weight gain and gallstones.

In my 20's I was diagnosed with Bipolar disorder, severe anxiety disorder, agoraphobia, thyroiditis, (once again), anaemia, and other minor conditions, the list of which would be too long to include.

I was at the end of my rope after being told by multiple doctors that my symptoms could be treated with medication, but they could not cure or reverse them. I started thinking about how similar my health journey had become to my grandmothers, and wondering why the changes made in my teens years had such a positive affect on my body. I began researching, learning all that I could about genetics, epigenetics, micro biology, which led me to study the foods that I was putting in to my body and the chemicals I was being exposed to by way of pharmaceuticals, foods sprayed with herbicides and pesticides, cfc's, environmental pollution, etc.. I then began studying natural therapies, organic gardening, permaculture, botany, and ecology which taught me that our current methods of agriculture are the easiest solution to dealing with an overpopulation who need to be fed, but definitely not the safest or healthiest option (in fact, the complete opposite).

About 12 months into my studies I learned that my youngest daughter had coeliac disease after multiple emergency room visits due to fecal impaction, vomiting, diarrhea, stomach cramps and nausea. All of a sudden it clicked; I likely have coeliacs also (as did my grandmother)! I had myself tested, and sure enough, I did! One piece of the puzzle had fallen into place. We cut out all processed foods, all inflammatory foods, and most dairy, and started eating organic fruit & vegetables, and grass fed meat. Within a year all of my daughters symptoms were fully reversed; my son who had, had chronic eczema since he was a baby, now had lovely clear skin; my teen who had suffered from anxiety and constipation was now happy and healthy; and the biggest surprise of all was that upon retesting I was told that I

do not have bipolar disease! I was also told that my thyroid was looking healthy and that I was no longer prediabetic. I lost weight (25kg), I no longer had anxiety, and my coeliac symptoms had vanished. Over the years that followed I also learned that we have a few genetic anomalies which were likely the cause of, or precursor to many of our families traits of ill health and early morbidity.

Throughout this journey I have learned that pharmaceuticals can only present a bandaid solution, they never target the true cause of inflammation and disease, whereas changing your diet, including particular plants species into your diet and removing overly processed foods can dramatically impact, and even reverse the symptoms faced by many of us who have genetic/epigenetic conditions.

In summary, if my ability to be provided a holistic approach to my health by a naturopath or integrative doctors is taken away, then my health will worsen, I will become a burden on the state as I will not be able to hold a steady job, I will not be able to earn an income, and will be dependent on the public health system to care for me until my untimely passing. This could all be avoided by continuing to support holistic and integrative health practitioners and letting us, the tax payers, decide which path we would like to choose for ourselves and our family.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 12:47:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that all therapy choices should be available, I like my medical professional to take the time to delve for root causes and not just match a pill to a symptom. I understand the drive behind this change is purely \$\$\$

There is no money or kick backs in natural therapies and medications for GPs and Big Pharma especially if the natural treatments work and people actually get healed and no longer need prescription drugs or weekly gp visits

I consent to 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 10:07:18 AM

---

To the Medical Board of Australia,

I support Option 1.

What do our medical practitioners study for in the first place? what does the hippocratic oath stand for?  
do we want doctors that use their brains or regurgitate what they are told to?  
this proposal is proposterous and I agree it does tread on the ground of civil rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I would assume when I visit a doctor I would be receiving all the options available for me to get better, including natural options. I have never felt healthier than when I've switched to natural alternatives, but I bet you don't like the sound of that. If the guidelines change it just makes it more obvious that Australia's healthcare system is truly for profit only, healthy people don't need to buy drugs and medicines, let's keep them all sick shall we?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:21:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Since the use of pharmaceutical drugs can be dangerous, expensive, create unwanted side effects and are simply sometimes unwanted, it makes sense that a medically trained general practitioner, who has studied the use of alternative therapies, be allowed and even encouraged to use the gentler modalities of nutrition, lifestyle, herbalism, homoeopathy, and indeed any modality that the practitioner has studied and is convinced that it yields safe and efficacious results to their patients. To suppress the practices of those who choose to widen their treatment options beyond what the pharmaceutical companies offer, is to indulge the pharmaceutical companies desire for medical monopoly, while robbing the community (which includes doctors!) of diversity in health care, where symptom management is the only thing on offer, and true healing is no longer the goal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:36:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I need to keep having alternative treatments and medicines to support my lyme illness and other problem with my body that have arisen from it and the side affects of to many antibiotics etc....therapy is needed and herbal treatments etc...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 2:04:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Thanks to my Integrative GP I am no longer on 7 different medications, overweight and ill! This doctor has put my lupus and Rheumatoid arthritis into remission thanks to her wholistic approach. I will never follow big pharma again and demand that you make no changes to the current situation!

I consent to 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 8:43:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare as it has helped my medical conditions as well as my family and I fully support a doctor's right to provide this plus a patient should have the option of choosing complementary medicine 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:** Thursday, 13 June 2019 10:41:47 AM

---

To the Medical Board of Australia,

I support Option 1.

Surely in this day and age our Doctors should just stop playing God and allow a comprehensive and holistic treatment regime to work ALONGSIDE educationed medicine.  
Medical board and doctors take your eyes off your bank balance and try to remember your ethics!!

I consent to 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 9:04:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Initially I thought, Oh, that's not good to restrict GP's from practicing integrative medicine. Then I spoke to a Naturopath and Nutritionist who raised several issues that changed my thoughts on the matter. Unless GP's have further training and qualifications in integrative modalities they should not be practicing them; just as my Naturopath cannot prescribe pharmaceutical antibiotics or antidepressants, as they are not trained or qualified to, GP's should refrain from modalities that they have no training in. And I am not talking about a weekend workshop here, I mean really qualified., I value my GP and my Naturopath and nutritionist equally. I just use their all services to try to keep myself as healthy as possible.

Things may change but at the moment I think it should be a case of 'do what you do do well'. However, there are some treatments that are considered "alternative" that I believe should be within the scope of practice for GP's, and one that jumps to mind is Intravenous Vitamin C therapy. Now there's a hot potato! And of course a lot of medical conditions need to be treated with Vitamins. Rickets, scurvy, pellagra, beriberi. GP's don't need to write scripts for vitamins but they should be good diagnosticians! We have to be sensible and logical about all this.

Thank you for the opportunity to contribute my thoughts.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:21:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine takes into account the whole person not just a particular body part or symptom. Current GPs no matter how patient focused are totally restricted by time and business of Sickness rather than supporting patients in Wellness.

Integrative medicine doctors actually save enormous health costs by helping people in individualized and specific treatments and advice to their health needs. This keeps empowerment in the hands of patients not the control of a narrow and closed sick symptom focus.

Why do you think health industry costs are out of control? because the whole perspective is upside down with the power with the Doctors and their business not 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, 19 June 2019 11:53:55 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has suffered a variety of health issues, I can attest to the efficacy of utilising a variety of treatment options.

Current training of medical practitioners (GPs and specialists) is frequently insufficient to provide holistic treatment for all aspects of recovery. I have also had doctors recommend a variety of "complementary" therapies to assist in areas of treatment that they are not able to provide, to great benefit.

To restrict the choice of each patient is to deny our autonomy.

Education is the key to intelligent choices, not limitation of 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 3:14:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrated medicine has helped me . I regularly rely on acupuncture , herbal medicine and supplements to cope with a permanent painful condition. I feel that doctors that try to discover the root cause of pain or illness are more in tune with how our bodies work and function and are more empathetic.

I consent to 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 9:50:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I practise and use complimentary therapies as well as conventional medicine. They both play a role in our health system. Australians need to have choice in how they manage their health. Nutrition, exercise, and balanced lifestyle will help our community prevent chronic illnesses.

Please keep the current guidelines.  
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:** Monday, 22 April 2019 9:18:09 PM

---

To the Medical Board of Australia,

I support Option 1.

Please allow doctors to recommend and prescribe natural therapies. I am one of many people who find natural therapies to be very effective, without harmful 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:** Thursday, 2 May 2019 9:44:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone should have the choice to seek intelligent healthcare alternatives to the Big Pharma-controlled “conventional” health system, which ultimately benefits/profits from keeping people sick.

I keep myself and my family, including my companion animals, well and healthy by making informed and well-researched healthcare choices that very rarely include “conventional” medicine.

I have occasionally consulted conventionally trained doctors and veterinarians who have been enlightened enough to specialise in more holistic and natural therapies. I see excellent results from these treatments, done without causing damaging side effects and it also helps us to feel more empowered and responsible for our own wellbeing, rather than being prescribed a swag of medications by doctors in thrall to their drug company masters.

The global corporations are starting to feel the heat and their reaction is to discredit any threat to their market domination by labelling complimentary health treatments as “fringe” and stacking governing boards to maintain the status quo.

Please, please, do not let these restrictions on natural therapies be imposed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:06:37 PM

---

To the Medical Board of Australia,

I support Option 1.

The politics of the MBA is becoming more degenerate by the month.  
They are Maurice Fishbein repeats from the 1930s. The reason that  
medical/hospital deaths in the west are at staggering levels.  
But maybe that IS the agenda.  
Cut the propaganda and train your doctors 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:** Wednesday, 26 June 2019 6:19:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I have worked in both medicine and complementary medicine and as an academic at the University of Sydney. Over the 30 plus years of practice, I have found a significantly improved result in the health of myself and my patients when utilizing complementary medicines - either with or without western medicine. In many cases (but not all) both systems of medicine enhanced the health of the patient while working in tandem - far better than medicine itself could have done - especially in chronic illness.

We live in a society where choice is an underlying principle of our democracy yet this paper is attempting to significantly undermine this principle - and if not stopped will result in many more hours of illness and increased deaths in many of the population.

I have worked with Professors of Medicine in many parts of the world and they are horrified by the potential implications for the health of all Australians if this is changed. Worldwide a mixture of western medicine and complementary medicines are used in tandem - and very successfully.

Australian medicine is heading back to the Dark Ages and will be ridiculed worldwide for its rigid and blinkered attitude - and for not allowing its citizens a choice of treatments. It is not an either / or situation, but one where we should all work together and support doctors rights to provide holistic health care if they think it is appropriate. By responsibly allowing new and innovative medical practices along with complementary medicines we will eventually have a much healthier society (with much less expense on the public purse).

If anything except Option 1 is passed I despair for the health of our 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, 2 May 2019 11:26:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrated health is a must as it has helped millions if people get well including myself. If we only rely on general practioners to prescribe us medication there will be much more of a drain on our medical system with people becoming sicker. One pill does not fix things. We have a right to choose how we can to get treated and it should be readily available to everyone

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.

Integrative medicine is extremely important to my and my families health. I have had numerous health issues all of which have been helped by a mixture of standard and integrative & complimentary medicines under the guidance of doctors. I could not have had the same positive recovery without the combination of both. Other family members have had the same experience so it is extremely important that the guidelines don't change so we have access to all options under the guidance of our doctors.

This will also help our overburdened health system by avoiding unnecessary hospital visits, after all we want our nation to be as healthy as possible in the most effective way don't we?!

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:** Sunday, 30 June 2019 7:56:26 PM

---

To the Medical Board of Australia,

I support Option 1.

The proposed changes to the guidelines of integrative healthcare practice would severely limit the autonomy of how medical professionals practice, and in turn severely limit patients in terms of their access to and choice of important treatment and diagnostic options encompassed by complementary healthcare. Complementary healthcare modalities are supported by a wide (and growing) body of knowledge and evidence, and provide incredibly important/safe/effective treatments, services and support to health and wellness on many levels. A significant aspect of complementary healthcare is its focus on preventative healthcare, which both improves quality of life of individuals whilst also reducing the huge economic burden associated with chronic lifestyle diseases. People experience life-changing and lifesaving outcomes through using complementary healthcare services, and this is broadly documented and evidenced extensively. Furthermore, limiting the way medical professionals practise in this way would 'pigeon-hole' them and stunt the way healthcare as a whole develops and evolves into the future. To simply restrict treatments and services because they are 'not conventional' is ludicrous and incredibly shortsighted - the fact they are 'not conventional' has no bearing on how effective, well-evidenced or safe they are, and should have no bearing on how they are recommended and utilised.

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.

There needs to be a wide and varied list of treatments available for doctors and patients and not limited to a list that only benefits a small group.

Sincerely [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel confident about taking vitamins and mineral supplements when I am prescribed them by my GP. If left to my own devices, I along with many others I know, troll the internet looking for answers and buying products online. The danger being you are doing more harm than good, doing nothing, and wasting your money.

My use of natural products has been for psychological issues.

Previously heavily medicated on anti depressants, plus lamotrigene and dexamphetamines had me feeling not myself and still unable to function. Now, however, with regular yoga and natural medicines, vitamins and minerals, I better than I've ever been - a functional part of 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, 31 May 2019 11:38:39 AM

---

To the Medical Board of Australia,

I support Option 1.

Some doctors obviously just believe what drug companies tell them and push their drugs. Doctors who blend natural therapies, e.g vitamins and diet, have researched what works and is best for their patients (as why bother advising integrative therapies, there is no big drug company money in it for them). We need more doctors taking a holistic view; don't take away their right to learn and incorporate new (and very old!) practises. Don't take away the patients right to choose.

My doctor integrates Traditional Chinese Medicine, which was invaluable recently when I broke my shoulder.

I consent to 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 8:42:56 AM

---

To the Medical Board of Australia,

I support Option 1.

It is important to allow patient access to integrative medicine, giving doctors and patients the choice to include well researched and accepted complementary medicine in their therapeutic approach. I support the no change to current guidelines option. The holistic approach to medicine is well accepted in mainstream medical circles - for good reason - and it is important not to restrict the inclusion of useful tools in patient care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

I have been a nurse for over 17 years in a disease focussed health system. The frustration of not aiming to use preventative measures and to maintain wellness led me to become a Naturopath. Integrated Doctors save our health system millions of dollars in keeping people well, away from surgery and prescription drug taking which is currently what the medical system we have call health care. I encourage all medical health professionals to aim to use measures such as diet and lifestyle changes supported by supplements and body work therapies to encourage patients take care of their own health not just rely on our archaic system of cut out a non functioning organ and or take drugs for the rest of your life. There is a better way to LIVE.

I consent to 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 6:57:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a right to choose the medicine I need, alternative or 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:** Thursday, 25 April 2019 1:38:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away the ability of people to access integrative healthcare. Many health problems simply cannot be solved using allopathic medicine and to have a range of other options is very important. No one has died from using natural medicine but many have been helped. Unfortunately that cannot be said for allopathic medicine. There is of course a place for drugs where appropriate but they don't always cure the condition. If you take away the freedom of practitioners to offer integrative medicine then you will not be doing that because there is a risk to the public, it will purely be because the pharmaceutical companies don't like any competition. That would be a terrible thing to do. Even though I am a resident of NZ and not Australia, this does concern me as often what happens in your country then happens here 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, 30 May 2019 5:46:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicine should be choice with practitioners who are medically qualified. I have friends who benefit from such treatment and gives them relief. Artificial medication used long term is more harmful for the physical health of a person. People should have choices as how health care can best suit their physical 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:** Sunday, 30 June 2019 7:33:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I use both general practice and other health care services to improve my pain and health outcomes.

I have been through a GP, sports injury specialist, Physio and am now seeing a naturopath and acupuncture to avoid surgery. I am now getting positive results.

My GP is great for certain ailments but is unable to provide full informative care for everything, not sure who to refer me to. Patients need to be able to pursue every avenue to find solutions, it is very clear that main stream care is just not sufficient for everyone.

I am concerned that without being able to pursue other practitioners, health issues will not be resolved for thousands of people burdening the health care system, even longer waiting times and people living a poorer quality of life due to illness/ injury.

A whole of health integrative treatment is the way of the future.

Australia is behind the best practices of progressive countries, this will leave us further behind.

I consent to 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 2:33:39 AM

---

To the Medical Board of Australia,

I support Option 1.

In 2003 I was very sick for about 7 months (total lack of energy). Throughout this time my GP had no real idea what was wrong, gave me antibiotics twice, and eventually said, you could try some vitamin C though I don't really believe in all that stuff! In desperation, I had already commenced looking at various alternatives and have continued to use homeopathy, kinesiology, remedial massage, iridologist, herbalist, naturopath, acupuncture, Applied Kinesiology Chiropracter etc since. Since then I have rarely been unwell. I maintain my health through positive integrative therapies. I had a wonderful GP who believed in natural therapies and rarely prescribed anything for me. Currently I am not on medication and am nearly 68. I am fit and well. I do take natural supplements and I do visit other therapists as listed previously to maintain my good health. I believe it is my right to choose what I do to my body, what I put in it and how I look after it.

These changes by the government must be due to pharmaceutical lobbyists. I have read the recent report into Natural Therapies and it is a clear case of "if you ask certain questions you can get the answers you require" it is NOT an unbiased report.

I sincerely hope the government will give up this farcical clamp down freedom of the individual. Until they do I can't vote for either of 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 10:16:17 PM

---

To the Medical Board of Australia,

I support Option 1.

People require choice with their healthcare needs, and this means using traditional and complementary modalities. As a health care professional myself, I have seen first hand with cancer patients, the effect of using modalities such as acupuncture and the positive improvements they get when receiving chemo.

Please do not take away a patient's right to choose the health modality that is right for them. One size does not fit all. 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:** Sunday, 30 June 2019 10:53:06 AM

---

To the Medical Board of Australia,

I support Option 1.

My personal choice and what I would want for everyone is an ethical, self-determined and safe health care system where I can choose preventative medicine where applicable as a safe guard to becoming another chronically ill elder in our community and burden the health care system with my ongoing medical needs.

Please be awake to the huge impact your choices will make on our communities health resources and the individual community members whose ongoing need for self determined health care will be 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:** Saturday, 1 June 2019 10:32:15 PM

---

To the Medical Board of Australia,

I support Option 1.

People who value their health and well-being should be able to have a meaningful and and wholistic conversation with their /chosen health professional to assist them to make the best choices for their own health .

Somehow it seems to have been forgotten that people have the right to choose their own preferences for healthcare .

As a trained registered nurse , massage therapist , aromatherapist , colon hydro therapist , wound specialist and counsellor I value my own intelligence and understanding of health , which is more than simply the absence of disease and also value the ability to have honest and informed conversations with other health professionals , she may have chosen to be more broadly skilled that's o it training in a traditional medical model .

Drugs and surgery are most definitely NOT the only answer .

I consent to 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 5:34:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine as it enables a greater choice to access a range of safe and affective integrative treatment options, improving clinical outcomes and reducing medical risk.

Medical doctors who offer these options already need to comply with the MBA. Integrative and complementary medicine has helped myself and my family. When my son had headaches and gut symptoms when he was younger it was a doctor who also worked with complementary medicine who was the one to finally diagnose and treat him successfully. Our family hasn't looked back since and continue to follow this pathway. Doctors who don't have this complementary training have no answer, other than drugs, for conditions that involve digestive issues such as irritable bowel or certain sensitivities.

Using doctors who have this broader vision on healthcare allows for a better result. It enables myself and family to be more involved in our own healthcare either by engaging in dietary changes or by being able to access therapies such as TCM, Osteopathy or Acupuncture. These treatments support the body, and not just block or suppress certain processes as medical drugs do.

If the MBA imposes restrictions on integrative doctors I and my family will be denied the human right to choose how we wish to look after our own health and wellbeing.

This I believe will lead to a greater impact and cost to the general 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:** Monday, 24 June 2019 8:12:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had many experiences with integrative and complementary medicines

1) My 4 year old daughter was often sick with recurring respiratory infections which led to awful coughing fits of an evening. She often coughed until it made her vomit. GP prescribed ventolin which helped occasionally but not always. The GP then drew up an asthma plan for preschool and suggested we may need to start steroids.

We decided to visit a homeopath. With the remedies supplied we found that the respiratory infections cleared up much quicker and the coughs stopped developing altogether!

2) Screaming newborn son. Barely slept! Screamed and screamed and screamed. After a very thorough appointment, mother's health history, pregnancy, during pregnancy, the birth and postnatal period, the same homeopath treated him for Candida infection. Within a week he was a different baby! The screaming subsided and he was much happier.

3) I have been supported by chiropractic care and acupuncture during my pregnancies! It helps relieve aches, pain and headaches. Acupuncture helped relieve varicose veins around my vulva during my 3rd pregnancy which had been very painful! Acupuncture also helped relieve my sciatica.

Naturopathy has supported my family through anxiety, depression and autism. We find we are healthier, have better mood stability, more adaptability and less overall stress

We sleep better because our diet has been changed and supported by the right advice and herbal supplements.

We all need freedom to choose what works best for us, or to use a variety of modalities to support our whole 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:** Sunday, 19 May 2019 7:24:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I support doctors' right to provide new and innovative practices,  
including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:19:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has been of great value to our family over many years for various ailments and provided much relief without the use of medication. Human are not robots, we are individuals and these choices to use innovative practices, including complementary medicines should remain with the patient and their 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:** Wednesday, 24 April 2019 10:33:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe every individual should have the freedom to support the health care options that suit them. No one modality has all the answers and by utilising an integrative approach we can optimise health and well-being for all. Not only does it give the patient and practitioner choice, improve health outcomes, quality of life etc. but it also has the potential to save money on both an individual and population level as well as free up allopathic resources for those most in need.

I have been using mixed modalities to manage my health since the age of 18 when my GP diagnosed me with Irritable Bowel Disease and sending me on my way with a prescription (for what I honestly can't remember). Needless to say there was no lasting improvement and this started my journey into complementary and alternative therapies. To this day I utilise whichever therapy is relevant to my and my families needs, whether that be allopathic medicine or complementary therapies. Having doctors that have training and an understanding of integrative medicine is, in my opinion, essential. In order for health to be managed (as opposed to disease being suppressed) we need practitioners who can oversee and guide treatment. I believe GPs trained in integrative medicine are perfectly positioned to do this. To sanction these practitioners and limit training in CAM will result in a 'wild west' scenario with individuals seeking all sorts and treatments without guidance and monitoring and this will result in potential risks to their health.

Please, let's not return to an era of prohibition. Health needs to be patient centred not egocentric. Our medical practitioners are essential to the community but let's not rule out the many benefits that come from CAM therapies just because the research base is limited. Lack of research is not the same as causation of harm. I will continue to utilise CAM therapies but I would really like to include my family doctor in my decisions and work from a point of honesty and trust will all involved.

I consent to 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 1:24:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a great believer in preventative medicine as a way of life. I also believe that the knowledge and holistic view of the human being is imperative to excellent practice in medicine. For a number of years, I suffered infertility and excruciating pain as a result of endometriosis. In desperation, I sought out an integrative chiropractor in favour of a mainstream laparoscopy, which seldom rectifies the issue. Endometriosis affects 10% of women in Australia, many who's lives have been drastically altered by this crippling condition with NO known cure. Mainstream medicine has not been proven to effectively work to cure or even manage the disease effectively. Only lifestyle changes can assist with management of this excruciating disease. Through the care of my integrated chiropractor, who specialises in female health and hormones, my pain declined by 80% and I have managed to fall pregnant naturally after 3 years of infertility. I will be welcoming my first baby in September this year.

My sister, on the other hand, has had 9 surgeries, two of which nearly killed her. She's lost 50% of her bladder, 30cm of her colon and she has had bowl reconstruction. She was put into temporary menopause at the age of 26 (using zolodex), which decreased her bone density dramatically and increased her weight - two very dangerous conditions for someone her age and size. She is only 30 and lives with the fact that she will never have a child. As a last resort, she sought and integrated practitioner, who has given her the tools to come off hormone treatment and manage her condition through diet and lifestyle changes, as well as acupuncture and herbal medicine. She is currently celebrating 3 years free of surgery since she was 17 years of age.

If you take away the options for alternative/complimentary therapies and medicine, you will risk a dramatic increase in chronic health conditions that otherwise cannot be managed completely through modern, pharmaceutical practices.

I implore you to consider the dire consequences of taking these choices away.

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 choose to see a medical doctor who uses supplements and natural alternatives. I believe my GP has excellent knowledge of both conventional medicine and complimentary therapies and only suggests things that are well researched and evidenced. Being medically trained she has the skills to do the research. I wouldn't feel confident to seek complimentary therapies from a different provider without my GPs guidance as I don't know what effect this could have on my other treatments, it's important to me to have someone who knows the whole picture. I have had excellent health outcomes and I don't beleive I would have had any where near the success without the use of complimentary therapies alongside conventional medical treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We need alternative 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:** Thursday, 25 April 2019 7:32:02 AM

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To the Medical Board of Australia,

I support Option 1.

Conventional medicine is not the only way towards health, your arrogance in proposing this is appalling - integrative practitioners and those who practice alternative therapies should be commended!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:11:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Western Medicine is brilliant and we need it, but when it came to my case, my surgeon said there was nothing that could be done, and my doctor said there was nothing to offer me except powerful drugs with side effects that were potentially worse than my condition.

I had to go through the very long and lonely process of researching and finding out what might be available and work for me from the world of complimentary medicine.

I wholeheartedly believe that integrative medicine is the way forward for a more sophisticated health care system. I would have much preferred a system that has professional medical doctors who know the strengths and weaknesses of all the options available and can use their professional discernment to help people make decisions based on their professional experience and knowledge - rather than ailing individuals having to figure it out for themselves.

I had an undergraduate science degree so research was simple enough for me - not everyone has such an advantage in educational background.

I continue to use alternative health care as it is preventative and saves me and the health care system much time and money. I continue to use mainstream health care because it certainly has its place. I would love for there to be better networking and integration between these two fields of health because I see this benefitting everyone involved. I see the distancing of them by the adoption of 'option 2 as a loss to all stakeholders involved:

Patients who cannot have their needs met will have to face finding the answers on their own.

Doctors will have their professional autonomy impinged upon to the extent that they might know how to help, but cannot offer that help - which puts them into an ethical dilemma, decreases job satisfaction, and elevates the stress in an already stressful role.

The healthcare system's finances will be massively negatively impacted by losing the incredible benefits of preventative actions: A stitch in time saves nine - which is perhaps quaint when it comes to knitting, but rather important when it comes to large sums of money, and quality of life for millions of people.)

I hope these considerations are not merely brushed aside - if chronic pain and other difficult medical issues are not present in yourself, your family or friends, perhaps it is time to slow down and listen to the people who have experience with these issues.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I respect people's right to be informed and educated and make their own decisions

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 21 June 2019 11:56 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 is by the very name, a component to other medicine practices. I am fortunate to have had Doctors who understand that many alternative medicine practices can work of a variety of medical conditions. They are open to the notion that many generations before ours, have had success in treating conditions successfully, prior to the medications on the Western medicine schemes today.

Additionally, I have personal experience with my son, of having numerous specialists become stumped and not know how to help my son, test after test, trial after trial. The turn around moment was when a highly regarded Dr added a complimentary medicine regime to his existing treatment and my son responded overwhelmingly positively to this joint western and complimentary medicine approach, and he lives today to be proof that in fact an open mind and utilising more than one approach to 'treating' an illness can work wonders.

We continue to use complimentary medicine with our whole family, successfully, as a preventative, and we all now rarely need to visit a Dr.

Please, allow integrative practitioners to practice the medicine they find works for their patients. It is very archaic to believe in only one way to achieve wellness, and can you tell me, is this treatment (western) preventative? And if so, without causing harm to ie Gut bacteria/adverse side affects?

I consent to 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 5:18:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative and alternative practitioners when I have a niggling issue that my GP and specialists cannot address without compromising the health I've got. My GP happens to provide acupuncture and has relieved several issues without drugs which I generally refuse. I am lucky. Generally, I keep myself up to date with cutting edge medical research and trials which prompts me to stay my course.

I consent to 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 7:00:53 PM

---

To the Medical Board of Australia,

I support Option 1.

We need complementary medicine to help us keep healthier and not to end up on multiple drugs as we get older.

I rely on this as I have immune problems and will not take steroids because of the complications they cause.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:31:49 AM

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To the Medical Board of Australia,

I support Option 1.

Dear Medical Board of Australia

Having been a practitioner of Chinese medicine in Australia for over 40 years and being witness to a great many patients' medical stories & experiences, I am writing in support of Integrative Doctors right to continue their practices unhindered (option one). It may seem odd to the reader that a non- western medical practitioner is calling for the support of Integrative Doctors here is my reasoning.

Firstly I cannot say that I always approve of the fees and charges many of these practitioners are demanding, as the fees some charge, make their services inaccessible to the average consumer. In so doing they are making themselves and their services elitist.

That said, these doctors provide effective services that conventional practitioners do not provide. Just because a service is not taught in mainstream universities and medical schools does not automatically invalidate those services as many ultra conservative bodies and individuals might claim.

Integrative doctors sit in a unique position in that on one hand they are trained in Western medicine thus fully qualified to assess and make informed decisions ensuring the physical safety of patients. That established they have tools that go beyond the model that constrains the average GP, namely they are able to address the wellness of the patient and enact preventative medicine, a goal that Western medicine in its current form is not capable of doing effectively.

Ironically, Integrative Doctors have acquired their skills largely from Alternative Medicine (what many would instead call Traditional medicine). In so doing these Integrative doctors are validating Traditional medicines and we must ask ourselves – Is this a bad thing? Any rational, unbiased and fully informed evaluation would say no, this is not a bad thing. The simple fact that these practitioners are doing well in their practices, that their numbers are growing suggests that their approaches are successful, they are succeeding and it is perhaps this fact, that is drawing negative attention rather than that they pose any kind of danger to their patients.

One perspective on the current medical situation in Australia and indeed much of the world is, that there are two opposing sides, conservative western medicine on one hand, alternative or traditional medicine on the other. These two medical systems have both their supporters and detractors. Integrative doctors are in essence something like a bridge between the two. They can see the value of both systems and it seems to me that this is the future of medicine. The future of medicine for me lies in an unbiased evaluation and integration of these two systems, identifying the strengths and weaknesses of each then utilising the best of each to create a system that is greater than its currently fragmented parts.

Any suggestion that this process be hindered by the unwarranted regulation of the practice of Integrative doctors can only be viewed as retrogressive in the least or, blatant protectionism of the current mostly drug based prescribing system at its worst.

Lawmakers influencing the future medical direction in Australia need to be acutely aware that the science (not the edited and redacted

versions being promoted by a certain fundamentalist like, anti natural medicine group) supports natural medical approaches being used by Integrative doctors. The real question is, will history view these lawmakers as inspired & insightful persons who paved the way for a better, fairer and more affordable medical system or, will they be viewed in a similar light as we now view the inquisitors of the latter Middle Ages?

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having suffered from auto immune diseases for over 24 years I have found that using vitamins and minerals has helped me more than pharmaceuticals. You wouldn't expect to grow a prize plant specimen without ensuring you have the correct ph and vitamin mineral balance.... in turn our bodies need the same attention. Who do we ask for help with this if we cannot ask our doctors? Do we rely on doctor google instead and potentially get things totally wrong? These therapies are vitally important to everybody and should be increased not decreased. To censure this ability by our doctors is simply catering for pharmaceutical companies and not the patients themselves.... we, the patients are the important ones here.

I consent to 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 9:07:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine saved my life! I am a nurse and understand both sides of the debate. There should be no debate. There must be choice for all to practice and receive the treatment of choice. Government should not be allowed to prescribe medical care. Leave that to the practitioners! The alternative? Offshore prescribing, loss of local jobs, less wellness. Is that what you really want??

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:37 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative and complimentary medicines. When I go to my doctor I wish to have her advice on treatments for my condition and because I have had severe reactions to some prescribed medications I want to have my doctor advise me on what complimentary medications that will help my condition without side effects which can be damaging.. My doctor is the person most aware of my health needs and her advice is essential to my recovery sometimes with the addition of herbal or vitamins or alternative medications which help me...i shall be, devastated if this ability was removed.

All medications were originally founded on old herbal and advice of apothocarys with wisdom and knowledge and there are many ways that these work with modern medicines which sadly all too often fail due to side effects not experienced with vitamins minerals and alternative medications..I am 80 years old and this is, 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:** Tuesday, 25 June 2019 1:44:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to write to express my support of patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped me and my family extensively, with a huge turn around in my health and a chronic condition when I saw an integrative GP. This resulted in a rapid rise in my general health and overall well-being.

I use integrative & complementary medicine as my go to now due to the safety and effectiveness on remedies chosen. I all like the ability I have to manage my own health and help myself and my family at home. If the MBA imposes restrictions on Integrative practitioners then I believe the standard of care will decline and people may not visits Doctors when they should. I love the ability to chose my health route for myself with the support of knowledgeable and qualified practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:47:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used intergrative health care for a very long time as well as conventional medicine. They work together and compliment together as they give the patients a whole body approach to health and wellbeing. Intergrative medicine has been used in the world for many centuries and people that are ignorant and dont know anything about who are narrow in their thinking are frightened to understand the uses. We are holistic beings not just physica. We have emotional, spiritual energy aspects that make us up as human beings. Intergrative medicine assists with all these aspects of our health and wellbeing. Myself and my family have benefited from many of the intergrative treatments over our life time. We are a democratic society and we should have 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:** Monday, 22 April 2019 6:46:50 PM

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To the Medical Board of Australia,

I support Option 1.

I see an integrative doctor because previous doctors just wanted to put me on anti-depressants.

My current doctor discovered from blood and urine tests, that were not bulk billed, that I am an 'undermethylator' due to Heterozygous mutation detected in both Mthfr C677T and Mthfr A1298C AND elevated Mave Factor levels. As there is no drug treatment available for these specific issues, my doctor prescribed compounded medication, along with B12.

Since these issues were identified in 2014 and I undertook the prescribed protocol, I am a more balanced person. This is evidenced by receiving two promotions at work as previously I struggled to cope with a day's work.

No one should be able to dictate the type of health care I receive or my treatment preferences.

I understand that there are 'shonky' people out there trying to rip people off but I believe they are in the minority and this should not affect the majority who are doing the right thing by 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:** Friday, 24 May 2019 12:04:21 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not close down the wonderful health professionals who have helped me so much in my struggle for being able to live a reasonable healthy life and for being there when I am suffering much pain and disability.

I have a rare blood disorder and also some other blood disorders which are genetic and I cannot take any pharmaceuticals/ Doctors prescriptions, over the counter anything etc because of it. I react very badly to chemicals of any kind and have had to source herbs etc in order to get relief from many ailments and for pain, for inflammation etc.

It has been a hard road and I had yeas when I could not go out because either I was unwell or totally exhausted and to go out would tip me into gross pain and I would get infections and viruses so easily.

It is a long story.....but basically without gaining an understanding of my condition, which medical doctors had no understanding of or help for. I found help from an Environmental Doctor who knew how to help me. She was worth every penny and guided me on my journey back to health....but I am not there yet...though my quality of life is sooooo much better and I can go out a bit now as long as I rest up around the event and the next day. I now have some nice friends because I am able to socialise and keep up with keeping myself looked after. I am too tired to continue this but I hope you understand why I would be devastated if this path is closed to me. I must have the support of natural treatments in order to remain some semblance of life. I rely on massages.,and many natural vitamins and minerals among other therapies. Please don't remove them from 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, 29 April 2019 2:58:14 PM

---

To the Medical Board of Australia,

I support Option 1.

It is important to me that rules and regulations don't include further restrictions for allied health professionals. Each profession has their place in the medical field, and advice on supplementation may be a final resort for some patients. Having these fields available doesn't restrict the need for general medicine and prescriptions, however are cooperative therapies that work alongside modern medicine to aide the patient in gaining their health back. These health professionals have spent numerous hours of study to understand cause and effect of how each affect the body, as well as some understanding on how some medications can alter a patients chemical status. Patients do not have this understanding of prescription medication or vitamins and minerals so it is important to me that allied health professionals keep their rights to give such advice. By doing so, this doesn't brainwash patients into switching from pharmacy to supplements- it's using supplements in a way to aide their pharmaceutical up take and maintaining their wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:47 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There has already been right of choice removed by changing what Health Funds can re imburse me for Complementary Therapies. Integrative therapy helped my young family with serious problems of catarrh, a son with severe Hayfever, and for myself I have had great assistance with my health issues. I want to be able to use these services in the future, where my Doctor uses Integrative Therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 26 June 2019 5:00 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am 86 years old, and in very good health, thanks to complementary medicines and treatments by other than conventional practitioners. I take vitamins, minerals, herbal supplements, homoeopathic remedies, and use other natural therapies when any of these are prescribed by my integrated practitioners.

Some years ago, prior to my use of these, I was far from healthy, ending up in hospital as a result.

If use of these remedies is restricted, I can only believe that I am likely to end up in hospital once more, as conventional medicine does not seem to have the answers to my problems.

There must be many, many people like me.

Other members of my family and friends have had similar experiences.

Please maintain the status quo, and do not restrict use of such a holistic approach.

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, 21 June 2019 2:19:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish access to integrated drs and their services to be left as is. I use complementary services regularly and believe that they reduce the number of acute illnesses i have had.... almost zero. I believe they reduce the burden on our health system that assists people who cannot weird to pay for their health care can utilise. I earn my money and should able to spend it as i see fit. I invest in prevetative and curative health of my choice. On to of this I pay private health insurance and contribute to the Medicare levy. I am a contributor of all services of health and a user mostly of what i pay for.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:23 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 all be able to make our own choice regarding treatment options, holistic care is incredibly valuable.

I consent to 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 6:45:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel that it is important to allow Doctors to treat and advise their patients as they see fit, rather than how the Pharmaceutical companies say it should be done (which obviously would be biased towards their own interests). From personal experience integrated health encompasses many different aspects than just giving someone a pharmaceutical pill prescription and leaving it at that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 9:01:15 PM

---

To the Medical Board of Australia,

I support Option 1.

It seems absolutely ludicrous that we would seek to limit support that doctors are able to provide their patients that they would deem appropriate. The GP's that inform themselves of benefits that are possible outside of their own scope of practice from other professionals are the only GP's that I'm interested in dealing with. I find it incredibly close minded to think that GP's are the only ones with training and skills that provide benefits to patients. On the contrary, how exciting to think that we could have a system that supports various treatment modalities, depending on specific details of patients that may even be a co-ordinated approach, directed by an open-minded 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, 2 May 2019 10:12:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a nurse working in a public hospital with (obviously) conventional medicine, but am fully aware that this is not the only, or indeed the best method of treatment for everybody.

I rarely need to attend a Doctor. So far only for annual screening, or the occasional medical certificate, but as i get older I'm sure that will change. I am planning on actively seeking out a GP who combines conventional with alternative therapies, who may offer a different option for treatment.

To me it seems a more balanced type of health care, and I don't want this choice taken 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:** Sunday, 30 June 2019 3:15:19 PM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has seen success in integrative health rather than conventional antibiotics. I believe each persons background and environmental aspects are different and therefore treatments should be accessed in a holistic way. A person should have the option to seek these holistic treatments rather than having a 10 min consultation where many things can get overlooked and the root causes are not dealt with. Stopping this practice will mean more cost for the government long term as people won't be able to have treatment of things because they haven't been addressed in conventional treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:46:27 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I do not support doctors not having any other choice than to offer medical solutions to problems. I currently have breast cancer and have decided on a more natural path than chemo and radiation and hormone therapy after. I feel doctors choices are very limited in offering options (medical only).

I have done a lot of research on complementary medicine and have used it for many years with great success.

So I don't believe stopping doctors from accessing this wealth of information is beneficial to patients.

After all, patients should be put before profits.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:16:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to make known my strenuous objection to any change in the current guidelines which would restrict the treatments given by integrative doctors. I have personally been under the care of two such very experienced doctors who both provided solutions and excellent results where a regular GP was unable to assist. To deny patients the right to choose their treatment and to deny doctors and practitioners the option to give treatments that they know work is surely contrary to the Hippocratic Oath. We have a right to choose our health care and our doctors should retain the right to do 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:** Wednesday, 24 April 2019 4:38:14 AM

---

To the Medical Board of Australia,

I support Option 1.

Medical practitioners are the best placed to advise in a fully holistic way to better prevent ill health. I have yet to find someone you can properly diagnose and treat me after seeing 4 specialists. Be open to new information and procedures.

I consent to 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 7:44:25 PM

---

To the Medical Board of Australia,

I support Option 1.

Hello!

As a medical board you may think that all ailments may be cured by drug use.

Unfortunately, this is not the case and as organisms ie viruses and bacteria evolve and are not eradicated by drugs, we need alternatives.

We need the wisdom of the ancients and the eastern civilisations to combat disease and injury.

I attended a physiotherapist for nearly 2 years for a moderately severe shoulder injury and being told that I needed to attend a pain management course as I was always going to be in pain. Today, 2 years on and I am completely pain free through using alternatives. Bowen, DORN, acupuncture and a range of vitamins and minerals have healed my shoulder and my body.

Medicine has some answers, not all. Alternative medicines are far more effective in most cases.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 9:22:09 AM

---

To the Medical Board of Australia,

I support Option 1.

To the medical board of Australia I believe that patients should be able to choose to use Integrative and complementary medicine. I think all doctors could all use more training on what nature has to offer us for medicinal purposes. I am someone who has a very sensitive system to basically all medical drugs. Not one antidepressant would work for me as my body processes too fast as found by the myDNA test. I have been able to find things through complementary medicine that have turned my life around. I have also been through cancer twice and after having chemo which poisoned me, I am still recovering from the effects to my body 8 years on, so the second time I was diagnosed I could not even contemplate doing that to my body again. I feel that medical drugs for me are not a good fit and generally always have a side effect which to me defeats the purpose. I have struggled financially to go with complementary medicine as it so much more expensive due to the Government not recognising it as equal to drugs that are made in a lab. I think the population need to realise more what they are putting into their bodies and for super sensitive systems like mine the freedom to access Integrative medicine is essential to living well.  
Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 25 May 2019 6:37:45 AM

---

To the Medical Board of Australia,

I support Option 1.

Drs could not fix my gut issues. I was belching constantly every night for hours and hours. I was unable to sleep and I went to see a nutritionist who gave me herbal remedies which cured my condition. Just because the medical field has not worked out the answers to everything does not mean that alternative treatments should not be endorsed. I have had many successful treatments by unexplained and unorthodox treatments over the years healing where traditional medical treatments have failed. Let people have their freedom of choice and stop thinking you are Gods.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:29:46 AM

---

To the Medical Board of Australia,

I support Option 1.

I wholly support access to integrative & complementary (I&C) medicine. I &C medicine, offers a dimension to understanding of health, disease and of healing, that is a necessity in our community. There is a need for ALL medicine. It is not up to people who believe they have the authority to tell us who we can seek out for our health concerns. Our lives, our bodies, our choice. This is an absurd notion in a free society. Let people make their own choices for the health of their bodies, minds and families. I personally know the incredible positive and healing impact I&C has made, whether as a sole therapy, when nothing else was working, or no one else was taking a persons concerns seriously, or together with modern medicine, for a greater healing capacity. I also know of GPs who support I&C medicine, because they know that so much of our modern diseases, are diseases created from over and under nutrition, and that some diseases can be avoided, reversed or healed, when the right practitioner has the time and body of knowledge, thus avoiding clogging an already overwhelmed hospital system, and putting the power back with knowledge and care that I&C medicine specializes in. I want my choices to remain, MY choices. I can and will think for myself. Only I know my body, and where I need to go and what to do to get what it needs. It is 2019, please do not take away people's freedoms this way. It really is absurd. Let the peoples health choices be their own.

I consent to 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 6:46:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe doctors should be able to offer integrative healthcare choices and individual patients should have these available to them in order to choose their preferences with the guidance of a professional.

I consent to 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 4:05:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose integrative and complementary medicine as part of my health regime. Everything has its place, e.g I use osteopathic treatments and take supplements alongside my fitness routine to keep my mind and body balanced and aligned, and I use conventional medicine where appropriate. By taking care of my health through a mixture of modalities I find I generally only visit a GP a few times a year for blood tests or anything inexplicable that crops up which means means I'm not a burden on the health system and I'm taking responsibility for keeping my body 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:** Wednesday, 12 June 2019 8:13:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine is imperative to help keep Australians in control of their healthcare, preventative medicine keeps people out of our overcrowded hospital systems. Our right to choose the healthcare we desire should remain ours to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want the right to choose what type of medical or alternative therapy that I need depending on what is happening 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 9:47:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative/complimentary medicine and need GP's and other health professions to be able to prescribe it. The MBA should be increasing the use of integrative/complimentary medicine not blocking 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, 30 May 2019 8:59:52 PM

---

To the Medical Board of Australia,

I support Option 1.

We need to be able to attend the doctor of our choosing and to be given the choice of whether we use alternative therapies and/or medicines to treat our illnesses or ailments. I suffered from chronic fatigue syndrome for 10 years, an illness I was told by numerous GP's that there was no cure for. I was a single mother of one child and unable to work so was not prepared to accept that. I know several people who committed suicide, saw people confined to wheelchairs who were long term sufferers and many others who were depressed. All could see no light at the end of the tunnel or any future or any hope of having a normal life. So I set about finding someone who could help me, I tried many different alternative treatments from different practitioners, some of which helped a little and then I discovered 'my miracle man' who was my turning point with his alternative treatment and here I am 16 years later living a wonderful life. I've seen my daughter grow up and I have 2 beautiful grandkids who I may not have been around to see had I believed the GP's. I have regular maintenance treatments which include reflexology, shiatsu, acupuncture and reiki. I see a homeopath annually just to make sure I am keeping on track.

What right do you have to deprive people of quality of life.  
Treatments are expensive enough without depriving us of some assistance.

Please revisit your decision.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 9:50:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose to use vitamins and supplements as part of maintaining good health. I rely on my doctor to guide me on what to use. I expect my doctor having up to date knowledge about these products and which medical conditions they are useful for. If I do not have access to a doctor with this sort of knowledge, I will still continue to use these products. I would have to resort to searching the internet to work out what I should use. Self prescribing is not the safest option for my health.

I have the right to access the type of doctor that I choose and to have access to all the options available to support my health, including complementary and natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:16 AM

---

To the Medical Board of Australia,

I support Option 1.

Patients should continue to be able to chose from various types of health care. Both have benefits for different things and as such both should be available for concideration

I consent to 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 5:57:29 PM

---

To the Medical Board of Australia,

I support Option 1.

This initiative by the MBA is specious and unnecessary. It is more about protecting their patch and the health funds than what is needed by the community for good health choices.

I would not go to a doctor who did not practice integrative medicine.

It is often the gentler and more reliable choice offered with less side affects.. I know this from experience.

Please don't give in to this lobby or you will be doing a great disservice to both those integrative doctors and their patients.

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.

What we know today is constantly being challenged, medicine is always evolving and limiting it is not pushing it in the right direction.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:56:55 PM

---

To the Medical Board of Australia,

I support Option 1.

After getting a Mental Health Plan for my daughter, and it not helping, we decided to try complimentary medicine. We had immediate improvements. Instead of having to discuss medications for a young child or having Medicare cover more Mental health visits our daughter is now functioning without anxiety.

I consent to 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 5:56:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been very ill for 9 years. Within that time I have had many consultations with GP's, medical specialists of various disciplines as well as naturopaths. Over the years my condition slowly worsened. I spent many days in bed and most days at home. IT WAS AN INTEGRATIVE DOCTOR WHO CHANGED MY LIFE!! I will always be grateful to this man. Now I have a limited normal life leaving the house almost every day and I am mostly pain free. The drug that he prescribed is made up by a compounding chemist and has given me my life back. I am not exaggerating. It is that simple.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:17:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I have benefited from integrative medicine for many years now. I have suffered endometriosis, painful periods and hormonal issues and have been able to take natural products to help me manage my condition without having to resort to the 'pill' and other medications which caused side effects and weight gain or having to have my uterus removed. Without an alternative medical treatment, my well being would greatly suffer.

I would like the government to think more broadly about different types of treatment and provide the public with choice eg. integrative medicine, not having a narrow view about medical treatments and enriching drug companies. Please don't let them influence your decisions. We need alternatives and choice of treatment to suit us as 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:** Thursday, 20 June 2019 1:15:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Australians deserve access to the best care possible under Medicare. Many a time, "best care" is integration of medical practices other than sole reliance on the biomedical practices based on Newtonian theory that have grown immensely in popularity and accessibility over the past 100-150 years.

Whilst it's outside the scope of practice for a doctor who's not undertaken professional training in nutrition or herbal medicine to prescribe supplements, those who have devoted the time to learning skills to better their patient care ability should not be prevented from doing so.

Continuing professional development is mandatory for AHPRA registered practitioners, therefore if the courses undertaken by integrative GPs are non-pharmaceutical but meet AHPRA requirements there should be no issue in the learned skills being incorporated into practice. Just like CPD run by pharmaceutically or surgically oriented training organisations.

I am a person allergic to some pharmaceutical drugs. I've also suffered chronic health issues since the over-prescription of antibiotics as a teenager (courses that lasted for months at a time, several times over 2 years). The antibiotics did not kill the infection as it was a virus, however my family trusted that the specialists and GPs knew what was best... yet it was only after discontinuing treatment with the specialist and seeking the assistance of an integrative doctor who prescribed herbs, nutrition, acupuncture, and yoga that my health began to improve.

As a registered acupuncturist myself now, I regularly co-treat with integrative GPs. Every day I see people who are benefitting immensely from such integrative care.

I also wish to express my concern that the proposed changes open the door to suppression of practice of other AHPRA registered practitioners, including acupuncturists such as myself.

Banning integrative treatment would severely impact the mental health of those former integrative GPs, forcing them to work within a paradigm they know to be less than what they could. This does not represent a "best care" or "harm minimisation" practice. In my opinion, this would therefore likely lead to loss of valuable practitioners from the medical profession.

Placing prescription of herbs and nutritional supplements into the hands of qualified health professionals (minimum BHSc level, as opposed to chemist sales reps, supermarkets, online short course "graduates", bloggers and social influencers) would greatly benefit public health; reducing the associated risks of ingestive medicine alongside overall cost of health care in Australia.

Enforcing CPD in integrative medical practices for those registered as providing them seems, in my opinion, a far more reasonable approach.

Australians deserve and need access to the best care possible, without being subject to discrimination based on the personal preferences of policy makers.

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:** Monday, 24 June 2019 10:47:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Apparently the MBA are currently questioning whether Australians should have the right to be able to select their choice health provider (ie integrative) or if the MBA has the right to limit that to only traditional health providers the MBA approves of. I question exactly what are you trying to achieve?

If you are trying to save government dollars (ie OUR tax money) then stop all Medicare rebates for all medical providers and let the free market decide who are the best and most efficient doctors and who are a waste of time/money/energy.

If you are trying to determine if there is a reason why integrative medical practices should be eliminated, then only fairly, you need to put out the same opportunity for people to give their opinion about 'traditional' medical practitioners (my response to most 'traditional' medical practitioners would ensure 90% of them would lose their "medical" license.

Or are you possibly receiving some back-hander from the Pharma industry?

Integrative / complementary medicine has literally not only saved my family's health and wellbeing multiple times over. It has also ensured we have not wasted unnecessary government medical funds repeatedly seeing traditional doctors bandaid our symptoms, because they do not know how to treat the cause.

Modern living and the western medical "pop a pill" mentality is what has contributed to this increasing "sick" culture (1 in 3 people in Australia will experience cancer, obesity rates are higher in Australia than the US, increase in teenager suicide, obscene number of children on ADD/ADHD drugs, etc).

Complementary medicine backed with scientific knowledge is what we need to be using to heal our country and decrease the current tsunami of medical ailments. For example, my daughter at 5yo suffered two grand mal seizures lasting 45mins each. We are so grateful for the medical emergency staff who revived her and saved her life. However we were not appreciative of the narrow minded specialist who insisted we should give her epileptic medication for the rest of her life, without looking into any other natural treatment. Also not happy to discover he would have most likely got some type of financial gain if we had taken up his advice. We never used any anti-seizure drugs. Instead we used integrative treatments to get to the bottom of it, changed her lifestyle and diet, and she has never had any further seizures (she is now 16yo).

My son has ADHD ... he also has never had any ADHD drugs ... he is now 14yo and fabulous. Again he has been treated holistically with integrative medical practitioners, change in diet, herbs, and supplements like zinc.

My son also wet the bed until he was 11yo. We were advised (sadly) to see a western Urologist (which took another 7mth waiting period). He was the biggest waste of money ~\$600 for 1 hour, to tell us nothing and tried to tell us it could not be caused by allergies (at the time we as parents suspected alpha-gal meat allergy (from a tick bite) due to seeing results after experimenting with our sons diet). He

reluctantly did a blood test on beef and lamb. We received a sheepish call a week later to tell us our son indeed did have an immune reaction to beef and lamb. Another change in diet, lifestyle and a few integrative specialists and no bed wetting.

In the past, my family have LOTS of medical stories and have seen nearly every specialist and medical practitioner in Sydney at one time or other ... and no doubt have cost the Government a lot of money. However since we have gone down the integrative / alternate medical route, we hardly ever need to see a doctor (except to get a blood sample), and we rarely are sick.

Happy for you to change the system, but I promise you, families like mine cost lots and lots of money to treat medically. We don't accept the fix is to "pop a pill". We question side affects and the ethics of treating one disease with a medicine that causes five other issues. We continue to go from doctor to doctor until we find an answer and a fix.

There is already a backlog to see specialists and it takes over an hour to see a GP without an appointment and it takes over 24 hours including sleeping in a corridor at Westmead hospital with a sick child before you can access the ward (yes another real experience ... I have a lot of real stories to tell) - why oh why would you try to limit peoples access to integrative medical practitioners who help to stop people getting sick in the first place???. If people are forced away from alternate medical practices, the medical backlog and costs to the Australian medical system will be horrific and it will result in people dying because they will not be able to access medical treatment when they need it.

Please please please leave the already flawed and broken system alone and don't break it more. And please do not take away our basic freedom of choosing our own practitioner. Our health, our choice.

I consent to publication of my submission without my name.

Sincerely,

A solid black rectangular redaction box covering the signature area.

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

---

To the Medical Board of Australia,

I support Option 1.

I support the use of integrative and complementary medicine as this has assisted both myself and my family manage a range of health issues through the one provider, who can consult and treat having a full understanding of the issue and without having to follow up with other practitioners as to what treatments have been given that may be contraindicated to what is proposed.

I consent to 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 11:09:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to continue to have choice in the options I make for my health care. Please do not ignore the positive evidence of the benefits of natural therapies. They are far preferable to and safer than drug regimes and at 73 years of age, I do not require any medication.

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 support patient access to Integrative & complementary medicine because integrative health professionals spend time getting to the root cause of an illness and find ways to help patients to improve their health.

Using integrative & complementary medicine has helped me to rid my gall bladder of stones in the process of detoxifying my entire system and provided information on supplements to correct nutritional deficits.

I use integrative & complementary medicine because it gets to the cause of a symptom and I can work on making necessary changes to bring about a better state of health.

If the MBA imposes restrictions on Integrative practitioners, I would wonder why. I would want to know why the MBA see the need to restrict those practitioners who have undergone lengthy studies and been educated in scientifically proven natural ways of treating health issues, many of which have brought about really positive outcomes. I would have less faith in the medical industry that appears to have a right to restrict the public'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:** Tuesday, 23 April 2019 11:17:32 AM

---

To the Medical Board of Australia,

I support Option 1.

If it wasn't for my Integrative Dr asking for fringe tests I would never have known that the parasites in my body are causing me harm. As my regular GP said he wasn't allowed to do these for me and that he was grateful that I had pursued my gut feelings on my health. After all WE LIVE IN OUR OWN BODIES, how does anyone else know 100% how you feel and what is YOUR normal?

I consent to 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 11:00:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I take my health seriously and make educated choices as to what choice of health management I use. I would hate the time when I am denied that choice and am totally dependent upon doctors who can only prescribe medications for relief when other means of health treatment with no side effects could be accessed.

I consent to 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 9:07:12 AM

---

To the Medical Board of Australia,

I support Option 1.

Every person's health is their own responsibility. As such everyone has the right to choose the type of treatment that they believe will best help them.

There is a place for both conventional medicine and complimentary options. Surely, having trained your doctors so thoroughly before they practice, they should be allowed to use and expand their knowledge to include new and emerging practices that they believe will support their patients. Isn't that their main role? To best assist their patients by offering options that they believe will assist them?

I have used chiropractic, acupuncture and Chinese medicine over the years, with great results. I also use conventional doctors when I need them.

A chiropractor must train for a t least five years. Chinese medicine and acupuncture have been around for centenaries. Why should we not be able to access this knowledge and capability?

I consent to 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 12:37:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I suffer from Hashimoto's thyroiditis (diagnosed at 32) and the traditional medical system did not help me one bit. I suffered for years and was told by multiple endocrinologists that I was fine (even though I was severely vitamin deficient and couldn't absorb anything). After I took control of my own health, I found an amazing integrative dr who tried to address my root cause and heal my entire body. He turned my life around within weeks of my first visit and without him, I don't know where I would be right now.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:52:20 AM

---

To the Medical Board of Australia,

I support Option 1.

As a lifetime, experienced user of natural medicines and therapies I strongly oppose the MBA placing any restrictions on integrative medical practitioners.

I am a mother and have two children and two grandchildren.

I have always been very conscious in providing the best possible health care to myself and my children.

It is my opinion that from a lifetime of using complimentary medicine first before pharmaceutical drugs is responsible for the robust health of my family. That my son had the least amount of absent school days from year 1 to 7 is testament to good preventative medicine including alternative and complimentary medicine.

Preventative medicine should be the first line of defence against health problems and after that begin with the mildest, least invasive treatments only progressive to pharmaceutical drugs when necessary.

I have always sort out general practitioners who have a good knowledge of complimentary treatments and feel it is a patients right to be able to make the choice after being informed of treatment options.

Myself and most of my friends prefer integrative and complimentary treatments including Naturopaths, Osteopaths, Chiropractors, Hypnotherapists. It is important for me to know that my general practitioner or medical specialist has a good knowledge of these treatments and can advise on the use of alternatives. This to me is the best practice protocol.

I personally received a diagnosis of Post Traumatic Stress Disorder after a traumatic incident. I had severe side-affects to all the conventional medicines for anxiety and depression.

Having a doctor and psychiatrist who supported me in using natural therapies like herbs, homeopathic and hypnotherapy I have had a long but gentle recovery and am now after 10 years mostly symptom free.

Having trained and worked for 35 years as a Mental Health Nurse I believe my recovery would not have been as affective with conventional pharmaceutical treatments.

As a consumer and patient I believe we all the the right to choices and the MBA should not take away the rights of medical practitioners to provide the information and treatments necessary for best prevention and practice.

I am also concerned that if medical practitioners are unable to advise or prescribe complimentary treatments that many more people will use the internet for self diagnosis which could be detrimental 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:** Friday, 3 May 2019 1:51:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I know that a lot of integrativ medicines have worked and do work.  
Why is it ok for big parma to sell us drugs that can kill us but as soon as one natural product shows something wrong there is a great big deal about it. The Government knows that we are sold drugs that kill but they do nothing 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, 22 April 2019 7:39:24 PM

---

To the Medical Board of Australia,

I support Option 1.

My integrative GP supplemented my normal healthy diet with extra vitamins and minerals. This has been life changing for me because it turns out that I don't absorb vitamins well. The extra supplementation has given me a "new normal" mode of operation - please don't make it harder for patients or GPs to have this opportunity.

I consent to 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 3:36:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is crucial for our community to access a sound approach to our health. Natural therapies add a better selection to pharmaceuticals with their attendant side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:00 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Leave complimentary medicine and their practitioners alone. Stop the witch hunt. People have the basic right to choose the treatments they see fit for themselves. Even if this choice differs from what you believe is the best it is your duty to support their right to choose.

I have a right to use holistic medicine and my GP has the right to suggests these treatments alternatives me. How can I truly consent to something if I have not be offered all the information including alternative treatment options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 3:52:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Many of our health problems today are chronic, and as we age as a society, they are increasingly so. I believe that complementary medicine (including nutritional supplements, herbal medicines - the oldest of all medicines, and various physical modalities such as massage, osteopathy, and acupuncture) can play a vital role in both "preventative" and primary health. They can enhance a person's quality and length of life, reduce the need for polypharmacy and its toxic interactions and side effects, and give the patient back some autonomy via appropriate education and the capacity for improved decision making. I am qualified with two degrees (one in Naturopathy, the other in Nursing) and I work in chronic disease management and diabetes education; I have seen the results when people have these choices. I do not think we need to create an unnecessary division between allopathic and naturopathic medicines - both have their place and value. I believe that both are wonderful gifts to humanity. The choice should remain with the individual as to how they wish to treat their bodies, given that they receive appropriate and balanced advice. Thanks.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As I have vestibular neuritis I need these services to be included. My life is a living hell and will be worse without them

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:33:35 PM

---

To the Medical Board of Australia,

I support Option 1.

Just like the environment which functions as an integrated system incorporating many different elements, so is our health. Our bodies and our health cannot be seen in a mechanistic way, which traditional medical practices have used in the past (and which many still adhere to). Health is a function of the integration of physical, emotional, intellectual and even spiritual components. Additionally, more and more evidence suggests that the style of diet plays a major role in maintaining health. The lack of sufficient promotion and education in relation to the latter can be seen in the increasing incidences of obesity and diabetes, just to name two issues.

Thus to promote and develop a state of health in patients, doctors need to utilise a range of actions in an integrative manner to ensure and sustain health. Since no two people are alike (we are all unique) not just in personality but even biochemically, there must be the capacity to design programs appropriate to the individual patient.

Just because treatments have been within a specific range of options does not validate that that is the only, or correct way. We are learning new things all the time about humans. Brain plasticity- the new neurosciences; body memory as used with Alzheimer's patients to slow down the progress of the condition (dance etc); reduction of colours and preservative laden food in the treatment of ADHD, and so on.

New science discoveries are being made all the time demonstrating that what were once considered "alternative" have become normative.

Thus I believe we need to enable a wider range of services offered or referred by Drs for the benefit of the health of people and the science of medicine itself.

Personally, and for my family, a daughter who has suffered from "untreatable" migraines all her life and with a long medical history of the same, has discovered a specific blend of aroma therapy scents relieves her symptoms and gives relief. Another daughter, whose husband has reactions to all preservatives and food additives, has been growing food organically (with her husband) and making virtually everything from scratch, thus preventing adverse reactions.... her children have thrived on such a regime.

By imposing restrictions no practising iridologist would be available for consultations, which are far more accurate than current systems and far less invasive. We need access to a range of systems.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 4:35:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has allowed me to be a functional member of society. Before I turned to complimentary medicine I had been diagnosed with PTSD and was taking anti depressants and seeing professionals weekly. I struggled to get through the bare minimum of day to day living and couldn't hold down a job, study, or maintain a relationship. Within a few months of starting seeing some alternative practitioners I was able to begin studying; I no longer meet the criteria for PTSD. I hold a full time job working with young people who suffer trauma; I have three children who are all doing okay and I've broken the cycle by having an amazing, supportive husband. Largely this is due to my increased capacity when my bone-deep exhaustion and constant anxiety were reduced.

My middle child has autism. We undertake standard therapies such as psychology, speech therapy and occupational therapy. We also pay for him to see an alternative therapy practitioner. About a year ago he went into a dark place; he was refusing school, became violent and shut down. We put him on anti depressants, which helped initially, and then after a few months took him back to see our alternative therapist. The small, simple and inexpensive suggestions she put forth made such a huge difference that the next day his school called us to comment on how open, friendly and calm he had been. This improvement is maintained and built upon throughout time; we also found he became a lot less aggressive when we recently warned him slowly off his anti depressants with the support of his paediatrician.

Alternative medicine has changed our lives for the better. I can keep a job; my children can go to school. It doesn't happen in a vacuum. We use alternative medicine to complement traditional approaches. But it is an option that should be allowed to stand.

I consent to 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 6:46:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped myself, my partner and my two sons.

One of my children received biomedical treatment for Autism and without this, would be an even bigger financial burden to society requiring additional support.

We use Integrative & complementary medicine because we do not want to use pharmaceutical medications which ultimately are making us sicker.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 12:35:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to keep my right to choose the healthcare that suits myself and family. I do not want this right taken away from me. There are many options available to all currently. Please leave those who would like the choice, the ability 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 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.

Please note and keep on file that I do not consent to you making it impossible / harder for me to care for my own health and that of my families the way I choose to. I have the god given right to do whatever I please and if you are to, in any way shape or form, stop me from having options to choose from, then it will leave me with no other options that to take you to court and sue you for restricting my choices to look after my own health.

Please keep this notice on file.

I consent to 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 3:05:11 PM

---

To the Medical Board of Australia,

I support Option 1.

All persons should have choice when it comes to healthcare. We use many integrative strategies to ensure we remain healthy and wherever possible prevent health issues in our family. This is about taking responsibility for our health and not expecting Doctors to 'fix' us with a pill. My mother was diagnosed with Motor Neurons Disease and given one medical option of a tablet that may give her 3 months extra to live. Thank goodness for integrative approaches as she has taken responsibility for her health and surrounded herself with an amazing integrative and holistic team of practitioners and is currently very healthy. Integrative health works but is individualistic. The science is never settled and often integrative health poses much less side effects and risk compared to pharmaceuticals. Hence, it is ridiculous to think the medical boards would want to reduce integrative health and disempower people from taking responsibility for their health and the health of their children. I challenge the board to look at whether people who utilise integrative health are less healthy than those who do not. From my own personal observations it is those taking responsibility to stay healthy that utilise integrative health and those that are sick use pharmaceuticals. Do we want a healthy society or a sick 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:** Friday, 7 June 2019 1:59:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Access to integrative healthcare & complementary medicine is a fundamental human right. To stop our access or stop practitioners from being able to provide us with integrative healthcare is a step back into the dark ages where humans didn't seem to have any rights. Is that where we are heading, heaven help us?

I have used and had access to these modalities for the past 45 years. Without chiropractors, naturopaths, integrative Doctors, herbalists, massage therapists and the like, my life my families & many friends would be to the standard we enjoy today. These integrative practitioners treat the cause of the problem not the symptom and with products that have been used for thousands of years and with no harmful side effects to the body. Unlike pharmaceutical drugs that are full of chemicals and have many harmful side effects which I myself, family & friends have experienced.

If the MBA imposes restrictions on integrative practitioners and alternative medicines the quality of life I and many of us enjoy today will diminish rapidly and we will suffer with pain and unnecessary sickness.

In this day and age it should be my right to choose how, who and what I want to do to care for my health, my body, after all it is my health, no one else should dictate to me how I must care for it, and what I can and cannot do / take to keep it 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:** Monday, 22 April 2019 6:52:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not know where I would be without Integrative and complementary medicine. It has given me a pathway to good health in a natural way, rather than relying on a cocktail of drugs, which, in my case, have usually had very unpleasant side effects. On a visit to a GP, I asked for an explanation on a damning report I had seen on the evening news, about a particular drug which I was told I must take. The response was a barrage of angry words about my wasting the doctor's time, and making him run late for the next patient, and that he only had x number of minutes for my consultation, and growled that I simply must take the drug. I was looking for information so I could make an informed decision. It would be a very sad situation if I had no other recourse for self management of my precious 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, 13 May 2019 3:19:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly oppose any change to current rules for integrative and complementary medicine. The MBA should be strengthening ties with this area and learning to work together to improve health, especially in an era of increasing chronic illness. I say this as a healthcare professional in "conventional" medicine at work and as a user of many different forms of complementary therapy in my personal life. They are both stronger together and there is evidence to support this 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, 7 May 2019 10:17:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not restrict Drs from giving patients a choice including complimentary medicine 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:** Tuesday, 30 April 2019 9:00:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I use acupuncture regularly as I have found it to be the best non surgical treatment for controlling my chronic sciatic pain.

It is important for me to be able to access my treatment whilst utilizing my private health extras rebate.

My other option would be long term opioid use, which I want to avoid.

Please keep acupuncture and other registered natural modalities as is.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 8:45:25 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I regularly use alternative medicines and utilise alternative medical practitioners- often referred to us by GPs. These alternative medicines always work for us and have been often recommended after conventional medicine has failed us. Since using these alternative medicines, my families health has been fantastic. My children are very rarely ill and if they ever do get sick they recover within 48 hours without any major symptoms.

There is a mountain of research supporting the use of alternative medical practices and medicines, and excellent preliminary research that warrants further study and should attract funding to do so. My family and I should have complete freedom of choice when it comes to healthcare treatment and prevention options and my doctor should have the right to recommend whatever is suitable to each individual patient based on their unique healthcare needs.

Pharmaceutical companies monopolise healthcare industries with profit driven research skewing health care sciences. Until funding is given to compare these modalities and treatments that is fair, unbiased and held to the SAME equal standard, then MBA has no right to claim these treatments ineffective or dangerous and limit people's freedom of healthcare choice.

I suspect if the proper and thorough research was completed the results would have huge negative effects on the pharmaceutical industry.

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 I have the right to choose what treatment I take for my own body. I would like the support of qualified doctors who have a passion for ALL kinds of medicine, man made and natural.

I consent to 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 8:30:57 AM

---

To the Medical Board of Australia,

I support Option 1.

There truly is a need for the integration of nutrition, herbal medicine and other complementary avenues, plus testing to reach true health for patients. Without this doctors are really just pharmaceutical representatives. As a qualified nutritionist, I know that nutrition is the very first place to start when treating a patient, and majority of people go to see a doctor and will be missing out on fundamental healing aspects of their treatment plan if this is not allowed to be discussed. Saying that, making sure the health practitioner has sound knowledge of nutrition or any other modality they're prescribing is fundamental.

I consent to 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 6:39:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support the patients to have a choice of treatment including any complementary and alternative approaches, as long as there is enough medical evidence for these not to cause any harm. I trust the doctors are in the best position to work together with the independent practitioners to come up with such evidence and inform their patients accordingly. Banning the doctors from being engaged will cause more harm, as the "black magic" of alternative treatment will always be something critically ill choose to try. So at least if the doctors are engaged in researching the effects of such treatments we, the patients, are left on our own in darkness ;-(

I consent to 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 10:54:08 PM

---

To the Medical Board of Australia,

I support Option 1.

For most of my life I have used 'alternative medical practices' as my body does not respond well to pharmaceutical drugs, especially antibiotics. I prefer to be proactive regarding health issues instead of waiting for an illness to occur and then trying to fix it. For this reason I find an integrative doctor to be responsive to my needs and choices. I am 60 years old and do not take any form of medication and I hope to keep it that way. The medical care I want is my choice NOT someone else's!

I consent to 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 3:02:05 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I have a brilliant doctor who has a holistic approach to our healthcare and who includes complementary medicines in her treatments,

We also use an osteopath as well as massage and acupuncture as a means of relieving pain without resorting to drugs and pain killers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:14 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe patients have a right to discuss their own types of treatment and medication with their doctors. After all it is the patients life and health not the doctors. Access to integrative and complementary medicines should be an option for patients. Integrative and complementary medicines have helped my family and friends suffering cancer as well as members on the autism spectrum and with ADHD. Removing the option for people to have options to treatment medicines removes their 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:** Thursday, 2 May 2019 1:01:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I write to express my concern that access to integrative and supportive therapies, and solutions, are potentially being further reduced by possibly restricting GPs (the limited few who thankfully bother to learn more than they are fed at university and from pharmaceutical companies) from recommending nutritional and other therapies. Therapies that could enhance or surpass current clinical offerings. That those GPs could be limited/restricted/vilified for offering strategies that support their patients, when the standard treatments do not bring the result, would be a frightening outcome. There is great sense in 'integrating' both clinical and natural therapies. Hoping 'great sense' rather than 'non sense' prevails.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not want my options narrowed down by an arbitrary decision made by people who have no understanding of my individual medical needs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am really saddened to hear that you are trying for these changes. I have personally watched family members and close friends go straight down the path of medication without trying to fix their lifestyle first. They were not given the tools or advice for changing their diet or exercise. This makes me believe that doctors and the MBA have more of an interest in the big pharma companies than they do 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 12:37:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1 as the risks of alternative treatments could be lessened when regulated and advised to patients from a medical professional. Ideally, doctors who are themselves interested in and educated in complimentary or alternative medicine (ie - alternative to modern medicine centred on pharmaceuticals) may provide the best and safest information on what alternatives could work effectively for a person. These options could include referrals to recognised alternative practitioners, advice on possible treatments or herbal/mineral/vitamin supplements. Considering the absence of the regulation and training for alternative practitioners, at least the MBA can support GPs to practise in an integrative way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 10:39:12 AM

---

To the Medical Board of Australia,

I support Option 1.

I trust my doctor to follow the Hippocratic oath and feel that Option 2 steers or forces GPs and supporting health practitioners fail to achieve the declarations:

- I will practise my profession with conscience and dignity;
- The health of my patient will be my first consideration;

If a health professional can see that a non-conventional treatment has the potential to improve a patient's outcomes, experience or quality of life, then they should be free to and even encouraged to explain this option to their patient.

By forcing GPs to ignore or even shun "non-conventional" treatments - those patients that are interested in them are more likely to see the advice of the GP as biased rather than balanced, potentially leading to even poorer outcomes.

I consent to 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 4:28:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not want any change 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 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.

There should be choice for all. Sounds to me we only want big pharmaceutical companies making money. Leave things alone

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 8:33:56 PM

---

To the Medical Board of Australia,

I support Option 1.

In 2016 I had radioactive iodine for hyperthyroid. The result has left me with no thyroid function which is not what I was told would happen. In looking back I can see a definite decline in my function since then. Also have radiation colitis for cancer and am cancer free 6 years on which I am thankful for. I just get more things going wrong all the time. When doing research you see there are other ways to treat thyroid issues that GP won't use that have helped people feel a lot better. I have neuropathy in both feet, balance issues, mal absorption problems, low magnesium, copper, B12, Vitamin D. I am finding these are getting worse and now walk with a cane and had 2 falls in last two months which resulted in black eye. I am now looking at other ways to treat no thyroid and stop all these increasing side effects. I have cured my bursitis in my shoulder by rubbing magnesium on it instead of the hit and miss painful cortisone injection. I am now working with integrative practitioner to improve my life. My body just won't take any old supplement and I have started seeing some improvement by trying to find root cause and get minerals back into balance naturally. My brain fog is less, energy is better, memory is a bit better, not cold all the time from poorly controlled thyroid with being on thyroxine. We need to be able to use these integrative doctors to make our lives better when our bodies don't fit the mould. I retired in 2015 from being a clinical nurse in aged care and now I think in a couple of years I'll be a resident which I don't want. I'm only 67 years old and should be able to do more than I am able to do. We need to have choices so we can improve ourselves. I'm not ready to give up and die which is what will happen if I stay with just a GP. I need to have choices. Don't take them away from me. Not everybody is the same. If you were me wouldn't you want 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:** Monday, 22 April 2019 6:52:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to have the option and choice of both traditional and holistic treatment from my doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 5:25:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely support the use of complimentary medicines, vitamins etc from Drs who have special interest and training in this field. I have used such Drs for many years and while my GP at the time wanted me to have antidepressants I found a dr who did a hair analysis and found I had a hugh amount of heavy metals in my system, I know with out this Drs help I would not be here. We need to have a choice. Why is this even being looked at. Surely we have a right to choose. Medicine is not the only way to treat us. I want to be healthy. surely you should be supporting wellness not just sickness.

I consent to 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 2:41:13 PM

---

To the Medical Board of Australia,

I support Option 1.

After going to several doctors with their medical degrees, and following their advice. My child's health problem was still quite serious and was not resolved. After I exploring an alternative avenue, and using natural remedies not pharmaceutical drugs, his health has improved dramatically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:15:24 AM

---

To the Medical Board of Australia,

I support Option 1.

My choice of healthcare provider should be MY choice. We should all be free to choose our own treatment path whether it be traditional Western, Ancient Chinese, Naturopath.Homeopath, allopath, acupuncturist. By restricting access to all forms of treatment it restricts our human rights to choose freely our own treatment path.

I consent to 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 6:34:10 AM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

As a proud Australian citizen, I feel fortunate to live in a country with an amazing healthcare system. I feel grateful that I have the choice to explore all of my option- medical and natural health. I am grateful for all of the natural health therapies which I have had access to which have prevented me from having chronic or serious illness. I think the proposed changes would dramatically lower the populations health, as it is a closed minded approach as natural health care has plenty of evidence showing it can work.

Thank you

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.

Freedom of choice in the health sector is a critical underpinning of a free 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:** Wednesday, 26 June 2019 4:15:42 PM

---

To the Medical Board of Australia,

I support Option 1.

It is extremely important to me to have a holistic approach of health care available to myself and my family. After all it is I fact the original health care and modern western medicine was once 'alternative'.

I consent to 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 5:03:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been using Yoga for the last 20 years and know that without it I would be in a wheelchair. At 78 years staying fit is very important as the govt knows and supports the Stepping on Program for Seniors. "This program was developed by a team of Sydney based doctors, physiotherapists and Tai Chi experts. It is recommended by Arthritis foundations in Australia, the UK and USA and recognised as effective in falls prevention by the Centres for Disease Control (CDC)."  
Be consistent in your support of alternative systems, especially for the elderly!!!

I consent to 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 7:28:39 PM

---

To the Medical Board of Australia,

I support Option 1.

My integrative GP is a qualified naturopath and acupuncturist. I myself have a medical background. Our GP has provided a balanced approach and successfully not only treated but managed - a key requirement for ongoing conditions - a number of autoimmune diseases, injuries, viruses and more. She effectively manages chronic pain and adrenal fatigue. She prescribes in an ethical, balanced manner. She has transformed our 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:** Thursday, 27 June 2019 9:31:37 AM

---

To the Medical Board of Australia,

I support Option 1.

My family has been using holistic approaches to our health for many years which have kept us healthy and out of hospitals. Pharmaceutical companies have far too much to do with research which should be independent. Doctors should be taught holistic medicine in their University courses.

Recently my husband was prescribed 2 new medications and he had an allergic reaction and was hospitalised when he combined ONE antibiotic with them. He had never been allergic to penicillin in 73 years!! Perhaps doctors should be more reflective when prescribing 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:** Tuesday, 25 June 2019 2:32:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Every day there are significant additions to the bulk of knowledge that informs health care professionals. Many new findings support complimentary medicine and debunk current health care regimes. It is a retrograde step to restrict doctors in their scope of practice and interfere with health choices for patients and health care practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:47 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am horrified that you are considering restricting the use of alternate therapies. I spent over 40 years working in the health field with "conventional treatments" it was often woefully inadequate. What i saw led me to seek out GPs that combined traditional and alternate therapies. Alternate therapies are often far less invasive with less side effects. It is simply not good enough to deny a treatment because there is isn't scientific proof to back it up. It is insulting to assert that a patient is unable to decide if a treatment is helpful or not. So much of the research is funded by companies with huge secondary gain and this really makes it unreliable. The standard Australian medical community is ridiculously conservative and don't seem motivated to following emerging trends overseas. It appears that the AMA are feeling threatened by the significant number of people seeking alternate therapies. The answer isn't denying patients their choice and maintaining the AMA's power base. The inadequacy of conventional treatment in Australia needs to be challenged. I am a patient who has had chronic illness' for quite a while. I receive traditional treatments, but have also made choices to try emerging treatments with great success. I have had treatments backed by demonstrated success over time and by overseas research also with success. Restricting alternate therapies, supplements, and longer consultations WILL lead to a sicker society that will prove very costly.

I consent to 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 7:41:37 PM

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To the Medical Board of Australia,

I support Option 1.

After 50 years of a life threatening autoimmune illness the introduction and use of complimentary medicine in the past ten years has alleviated side affects dramatically from drugs including depression, diabetes, weight gain and many other issues. The turn around in my health has been dramatic enabling me to live a full and happy life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:45 PM

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To the Medical Board of Australia,

I support Option 1.

Complimentary Medicine is a choice which should nit be removed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:33:59 AM

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To the Medical Board of Australia,

I support Option 1.

I support option one. Doctors with specialist knowledge are required and should be allowed to continue practice within their professional guidelines. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 11:20:32 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me tremendously. I have a thyroid condition and was 146kg under standard medical care. It wasn't until I did some research about diet and supplements that I found the answers to a successful treatment path. I have been able to successfully lose 60kg and have rid myself of the debilitating symptoms associated with hashimotos thyroiditis. If the MBA imposes restrictions on integrative practitioners it will be putting my health at risk which is against the basic principle of healthcare - do no harm and is part of medical ethics. Should the MBA impose restrictions it opens itself up to accusations of malfeasance and legal 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:** Tuesday, 25 June 2019 7:46:15 PM

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To the Medical Board of Australia,

I support Option 1.

I wish to have the choice and option to use both conventional and complementary medicine. There is a place for both.  
More research into the benefits and myths of complementary practices should be encouraged.

I consent to 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 8:37:32 PM

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To the Medical Board of Australia,

I support Option 1.

I wish to express my support of Option 1 - no change to the current guidelines.

I believe patients have the right to access their choice of integrative and complementary medicine, and this form of medicine has been enormously beneficial to me personally.

Several years ago I was severely ill and rapidly losing weight. My regular GP diagnosed an overactive thyroid and recommended irradiating my thyroid and placing me on thyroid medication for the remainder of my life. Thankfully, I saw an integrative GP for a second opinion. The integrative GP took the time (one hour) to listen to my story and to consider all of my signs and symptoms from a holistic perspective, rather than just the results of my thyroid panel. She suspected I could have coeliac disease and this was subsequently confirmed by investigations. I was placed on a strictly gluten free diet and prescribed various vitamin, mineral and herbal supplements, and when my thyroid was tested again a couple of months later, the results were completely normal and have remained normal since.

I would like to emphasise that I had seen multiple (at least 10!) different GPs throughout my life for multiple coeliac symptoms e.g. digestive difficulties, unexplained anaemia, unexplained osteopenia, etc. and it wasn't until I saw the integrative GP that coeliac disease was EVER considered as a possible diagnosis.

I have continued to manage my health with the care of integrative GPs and complementary medicine practitioners ever since and given my experience, I would never trust my health to a regular GP again. Had I followed my original GP's advice, I would have had my thyroid removed and been medicated for life and still been suffering the short and long term consequences of eating gluten as a coeliac disease patient.

I urge the medical board of Australia to respect the right of patients to access integrative and complementary medicine practitioners if they so choose by making no changes to the current guidelines. Restricting doctors' ability to provide longer consultations and to prescribe complementary and emerging treatments as they see fit is an absolutely unnecessary interference in the doctor patient relationship.

I consent to 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 6:47:06 PM

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To the Medical Board of Australia,

I support Option 1.

It is my choice to use to use a Doctor who uses a holistic approach to my health. Natural remedies have a valuable place to manage my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]