

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:25:39 AM

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To the Medical Board of Australia,

I support Option 1.

Freedom of choice and an integrative approach is extremely important to me with regards to my healthcare. Conventional medicine is limited in its provision of primary healthcare and does not promote patient self responsibility and self management. An integrative medicine approach with inclusion of complementary medicine does and is health promoting and collaborative. The MBA guidelines should remain as they are without further restriction of public choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:25:39 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice and an integrative approach is extremely important to me with regards to my healthcare. Conventional medicine is limited in its provision of primary healthcare and does not promote patient self responsibility and self management. An integrative medicine approach with inclusion of complementary medicine does and is health promoting and collaborative. The MBA guidelines should remain as they are without further restriction of public choice.

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 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 and alternative medicine helps me in my day to day life.  
I use essential oils in my home to improve my mood and lessen my stresses. As a midwife I have seen complementary medicine work for childbearing women, when western medicine has failed them. It is a basic human right, how we choose to heal our bodies and remain well.  
It can not be dictated by the MBA, it is not your right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:47:52 PM

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To the Medical Board of Australia,

I support Option 1.

There are enough restrictions with regards to our health system.  
Please do not make any more. We are all so very different and so we  
need a complete range of services too look after 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, 9 May 2019 11:12:25 AM

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To the Medical Board of Australia,

I support Option 1.

I strongly support integrative & complimentary medicine, as I believe that as a Democratic country we should have the freedom to access these services without restriction or discrimination, just as we can make other life choices e.g. where we live, what car we drive etc.

On a personal note, complimentary medicine has helped me a great deal over many years for problems where conventional medicine has failed, but I will also acknowledge that conventional medicine is the only path for some health issues. I know of others among family and friends where alternate therapies have helped also for particular issues.

I use both forms of medicine because I think that conventional and complimentary medicine can each make a great contribution to a person's overall health, as each type has it's own areas of expertise and so the patient is receiving the best healthcare possible, but there are still many medical mysteries out there waiting to be solved.

To put restrictions on Integrative practitioners would be a serious backwards step for healthcare in Australia, disadvantaging not only myself, but also many Australians who's well-being relies on complimentary and conventional treatments working in harmony with each other, and this is how it should be.. no one form of treatment has a right to be a monopoly..that's just wrong!!!...it takes away a patient's rights, freedom of choice and makes them feel totally powerless.

At this point I would also like to express my horror and lack of faith when frequently hearing on the news etc or reading a health article that the conventional medical profession has seriously let someone down in some way after they have come to them for help... many times resulting in that persons preventable death.....so please don't pretend to be God.

Innovation and radical new ideas from both conventional and alternate practices have always been the basis for great leaps forward in healthcare worldwide. Surely Australia's medical profession wants to encourage this and be part of emerging new treatments and breakthroughs in healthcare, and in this field I believe Australia has some of the brightest minds.

Complimentary therapies are as deserving of respect as conventional treatments, and if that is not embraced by those with the foresight to understand that and allow non- conventional therapies the freedom to do their best for their patients also, then Australia will be left behind.

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 9:58:17 PM

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To the Medical Board of Australia,

I support Option 1.

Without these therapies, I would probably be dead, so please do not touch them, but take an enlightened view and indeed, a stand for true liberty. 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:** Monday, 13 May 2019 9:00:43 AM

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To the Medical Board of Australia,

I support Option 1.

When you are prescribed & taking many different EXPENSIVE, TOXIC, ADDICTIVE, CHEMICAL FILLED, HIGH SIDE EFFECTS PHARMACEUTICAL DRUGS every single day of your god damn life - IT IS NONE OF THE GOVERNMENTS OR ANY POLITICIANS EFFING BUSINESS TO STOP MY CHOICE OF SAFE, NON-TOXIC, ORGANIC, NON-ADDICTIVE ALTERNATIVE MEDICATIONS, including holistic, natural & organic! I'll put what I want into my body REGARDLESS to your ridiculous ideas on changing laws!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 1:23:55 PM

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To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

Interpretive and complementary medicine has not only changed my quality of life for the better, but my husbands. Before no one could (or wouldn't) help with his plethora of issues, but after finding a GP that uses complementary and traditional medicine side by side, I now have a husband who can work again. He's no longer a shell of who he was. I also have experienced relief from complications arising from T1 diabetes and rheumatoid arthritis thanks to integrative medicine. Please don't change the guidelines, you'll be doing way more harm then good.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:59:08 AM

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To the Medical Board of Australia,

I support Option 1.

I am not happy that you would be considering stopping access to natural therapies..

I am 42yrs old and I do not take any medication in my life other than the odd case of antibiotics.

I will always use natural therapies before pharmaceutical options.

Every thing I need comes from the natural world not the pharmacy.

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 6:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My daughter's life was literally saved because of her Naturopath and her Doctor's approach to using Integrated medicines.

At 22 she was a full time Uni student and working 3 jobs to help support herself away from home. She became very ill and lost 30 kgs over the space of about 9 months. She was only 36 kgs at this time and was having trouble maintaining even that weight. She lived every minute of her life with severe nausea and constant pain, long violent bouts of vomiting which would last from 4 days up to 2 weeks followed by complete exhaustion. We knew she had suffered on and off with Abdominal Migraines from a very young age but she had several tests and operations done to find the underlying cause of this illness and was referred to several specialists. She also spent many days/night's in and out of hospital. One specialist diagnosed her with Chronic Gastritis and IBS but they shouldn't have made her as sick as she was so because they couldn't find any cause for the severity of her illness, they wrote her off as Bulimic and needing therapy for stress.

Knowing my daughter had something severely wrong with her that was not Bulimia, I was not prepared to sit back and watch her slowly dye a horrible, painful death. I researched relentlessly trying to find all and any reasons why she was like this and discovered Cyclic Vomiting Syndrome, (CVS). It turns out it's actually hereditary on my side of the family along with the Abdominal Migraines (which we already knew

about) but there's no cure, no fix it's for CVS and its lifelong! The specialists just prescribed some pills that might help, change of diet and psychiatric treatment as he, along with everyone else, believed it was mainly in her head. Her wonderful Doctor agreed with me that alternative medicine would be a good idea to try and recommended a wonderful Naturopath along with some alternative, complimentary medicines he suggested. After a very hard 2 1/2 years, the Naturopaths calming, healing, natural medicines, along with a very strict "Tummy Friendly" diet and other Holistic therapies including a Migraine therapist and a Wellness massage therapist, my daughter's finally getting her life back. She now goes to an amazing College and has a wonderful job part time in the same industry. She is learning to deal with her ongoing illness with the help of her Naturopath and the Holistic therapists. These will also be needed as lifelong supporters as she cannot get the same healing medications or therapies from regular Doctor's and Specialists.

I will be forever grateful to these amazing people. If not for them, i know beyond any shadow of a doubt that my daughter would not still be here with me today!

Apart from my daughter, there are many, many other people I know of, that see Naturopaths and Holistic therapists because regular medicines and treatments are no longer the only answer or cure to the growing health problems of our country. Banning Integrated Doctor's and Holistic Practitioners would be the most catastrophic thing you could do to our health care. Discontinuing our ability to claim their services from our healthcare system was appalling enough but to take our right to use their services, treatments and medicines in conjunction with our Doctors is heading into Communistic governing. We should have the right to decide what type of Medical practitioner we see and what services we need as individuals, not be dictated to by the government.

Please don't take this right away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:12 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly support Integrative GPs being able to recommend Vitamins and Mineral supplements etc to their patients.

I have an autoimmune condition called Hashimotos which was making my life very uncomfortable. I couldn't believe how much better I felt after taking a number of recommended supplements.

If the MBA imposes any restrictions on Integrative GPs then people will turn to the Internet, self help books and Naturopaths. I would prefer to be able to improve my health as gently and naturally as possible under the guidance of a GP than someone whose training may be non-existent or difficult to evaluate.

I consent to publication 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 9:03:32 PM

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To the Medical Board of Australia,

I support Option 1.

Please keep the current guidelines for the Integrative GP's. The restrictions that are proposed would completely change what our doctor can do for us. Not being able to prescribe the supplements and blood tests required to help us (my whole family) heal from various issues. One of those very simple supplements that the Integrated Doctor has prescribed has made all the difference for my Daughter and her eating (she has ASD). She had an extremely limited diet and only had a few foods she would actually eat. By using Zinc supplements to get her Zinc levels back to a normal range, my daughter has been able to try many new foods. She currently has double the amount of different foods than she did before supplements.

A healthier diet which will help her grow and develop into a healthier adult is now a possibility.

This is just one of the examples of how our Integrated GP is helping our family live a happier and healthier 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 10:36:05 AM

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To the Medical Board of Australia,

I support Option 1.

Please leave the guidelines as they are, imposing restrictions on Integrative Practitioners is going to detrimentally effect patients health. I believe Practitioners should keep the right to recommend Therapies or treat patients with an Integrative or Complementary approach if they see fit.

We have seen so many wonderful improvements in our family through Integrative and Complimentary Therapies. My husband and I have two children and both have Autism, one also has ADHD and Anxiety. My health has also suffered as a result of the hectic role of caregiver to two complex children.

Through Integrative and Complimentary Therapies I have managed to improve my own health by eliminating IBS, reducing high blood pressure, and eliminating the Hypoglycaemia I was experiencing. We are now starting to work on my multiple allergies, depression and Inflammation levels. None of this has been achievable in the past 15years through Standard Medical Care.

As a result of my improved health I am better able to attend to all my children's therapies and appointments and generally have more energy to better care for them.

Without the Complimentary and Integrative Therapies that are helping so much to support our family we would really struggle physically and emotionally.

These Integrative Practitioners are responsible for giving quality of life back to so many people, please don't change that.

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.

alternate medicine has been a great help to me and also to my family.  
I prefer to use it over medical drug type medications and my doctor always gives me 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:** Thursday, 30 May 2019 8:32:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the maintenance of integrative gp access as it stands.

I consent to 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 9:00:05 AM

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To the Medical Board of Australia,

I support Option 1.

I have tried many modern options for my thyroid issues but nothing worked except natural remedies, I know my own body and mind I choose what works for me and the results are proven by my regular blood tests.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 8:51:07 PM

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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. People deserve a choice of treatment and supportive practitioners. These treatments have helped me to avoid invasive methods in the treatment of my arthritis using supplements diet and other methodologies, where conventional pain relief and ineffective appliances have failed to keep me mobile.

I consent to 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 7:33:42 PM

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To the Medical Board of Australia,

I support Option 1.

I support things to remain as they are. I want choice, I want my Dr to have choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:43:34 AM

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To the Medical Board of Australia,

I support Option 1.

If it wasn't for integrative medicine I wouldn't have finally found the answer the chronic fatigue or post surgery recovery. It is a MUST and works hand in hand with modern medicine but also can provide answers when modern medicine is offering a bandaid solution.

I consent to 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 4:14:05 PM

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To the Medical Board of Australia,

I support Option 1.

As a patient who has suffered on and off from various health issues I find it important that I can access all different modalities including complementary medicine. Often these modalities have helped me more than my doctors advice (medication). At times my doctor even adviced on seeking alternative treatment as they were by far less invasive than conventional medicine.

As a patient I request that I can keep my options open and still get a refund by my health care provider for whatever modality I chose.

I consent to 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 12:17:59 PM

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To the Medical Board of Australia,

I support Option 1.

I have ME/CFS and fibromyalgia. There are currently no cures, no definitive diagnostic tests for these debilitating illnesses (although there has been promising research). What has helped me manage it has been a caring GP who has been able to recommend the most useful supplements, and is able to spend time on a consultation. Complex and chronic illnesses need support - please don't take this option away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 11:15:22 AM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine as it gives people access to intelligent and considered diagnostics and treatment for conditions that are not obvious, more easily treated under mainstream medical models. I feel this is particularly important given our current lifestyles, where we now see a growing number of stress and fatigue related symptoms for which current models of treatment can not solve.

People need to be able to have an alternative that is still backed by evidence and is still provided by trained medical and health practitioners. If not, we lose this system and people seek "backyard" treatments. It gives people greater choice. It is also especially important given the growing problem with mental health issues. Integrative medicine gives an opportunity for people to seek diagnostics and treatment for underlying imbalances that will help to treat and manage mental illnesses. When we treat these conditions with a multi pronged, client centred, multi disciplinary approach, the outcomes are much better and more sustainable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 1:18:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had more success with alternative medicines than mainstream for most of my 72 years of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:34:24 AM

---

To the Medical Board of Australia,

I support Option 1.

The body is more complicated than what big pharmaceutical offers. They only offer what makes them money. Everyone needs options and complementary and allied medical choices increase recovery time and assist with side effects. Taking a pill is not always helpful and can be more harmful, cause addictions etc. It should always be about the most choice to get what is right for the patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:50:12 PM

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To the Medical Board of Australia,

I support Option 1.

I consider that it is my right to have the freedom to choose integrative and complementary medicine without restrictions from MBA or any other body. My family and myself have found it a useful and effective tool to add to western medicine over many decades. It is important to find these choices within the current health system rather than forcing people to go 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:** Saturday, 29 June 2019 8:34:51 PM

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To the Medical Board of Australia,

I support Option 1.

It was only through an integrative GP that I got some help with my menopause every other GP I went to wanted to put me on antidepressants and not look at my hormones. I now back at work full time and functioning daily. My integrative GP give me my life back. If I had followed every other GP I would be on a merry go round of antidepressants and still struggling with so many symptoms

You are taking away choices from people. Why not stop the chemists from selling all the vitamins etc instead so that people are not just buying what they think they need but don't. I chose to find a well educated integrative GP so I was not just buying pills from the chemist like so many people do.

I use bioidentical progesterone that has saved my life if that is taken away from me at this time of my hormonal changes I don't know what I would do as going to an everyday GP will not help me I have been down that track they just get you in and out as quickly as possible with scripts for antidepressants that you don't need and don't even follow up with you to see if they are working.

Please let me choose what type of GP I see for my health mine has never put me at risk and spends a lot of time working out best path for me instead of fobbing me off like general GPs do and I have never felt better

GPs should not be allowed to prescribe antidepressants you should be referred to a psychiatrist for that to get proper help with them instead of being given a script then left to deal with the side effects on your own cos they don't want to know about it when you return.

All GPs should have a wholistic way not just writing scripts. My integrative GP does she looks at diet lifestyle etc before even thinking of suggesting a path forward

If people got what they needed from regular GPs they wouldn't need to go looking for integrative doctors but they don't get what they need or the help that we deserve

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 care is important to me and my family. We value having access to a full range of health care provided by qualified practitioners and have had cases where supplements that have been suggested have helped our family's healthcare.

This approach allows vitamins and minerals and alternative healthcare to be responsibly obtained through qualified practitioners instead of individuals making their own guesses.

I consent to 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 7:39:07 PM

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To the Medical Board of Australia,

I support Option 1.

I was admitted to hospital with a severe infection in 2017. Turns out I had no immune system. Doctors ran numerous tests to work out why? I was passed onto a professor of haematology to try and work out why? He also had no idea why I kept getting so many infections and why my immune system was so low. I was willing to try anything so I contacted a naturopath who has been treating me since and I have not had to take antibiotics in over 12 months, no infections leading to hospital stays that took me away from my three kids. I now feel well again. I believe all doctors should be trained in alternative options while they are studying, we are all unique and all have different needs and remedies. The point should be helping people achieve optimal health not how they got there. Pharmaceuticals would not have helped me they would have made me 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, 28 May 2019 10:02:22 AM

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To the Medical Board of Australia,

I support Option 1.

This email is to urge you to please make no change to the current guidelines for Integrative Doctors.

My family and I have been seeing an Integrative Doctor for over 5 years with enormous benefit.

Personally, I have seen huge improvements in my overall well-being. I have been unfortunate enough to suffer from a variety of conditions but have found that my Integrative Doctor is able to treat all of them more effectively than any team of Specialists I've had in the past. I truly value being able to see a Practitioner who is not only well educated in the conventional medical system but also the holistic one. Being able to get the best of both worlds is very important to my family and I.

Specifically;

- my Hashimoto's Thyroiditis and thyroid function have improved and have stayed consistently stable
- my food and environmental allergies impact far less on my day to day life
- my IBS, as a result of the above, has been managed and treated better than any other Specialist Doctor I've seen in last 20 years
- my asthma has become pretty much non existent and my incidence and severity of colds/flu has reduce dramatically. When once these would likely to progress to bronchitis and/or pneumonia, this hasn't been the case since being under the care of Integrative Practitioner

The longer consultations are also invaluable. Our Doctor is able to spend the time to listen in detail about symptoms and then is able to clearly explain issue/s for better understanding for patient and subsequent treatment plan. I don't believe this would be possible in shorter consultations. The longer consultations also allow time to address any mental health concerns, that can be present for anyone in day-to-day life but also that can be attached to management of chronic health conditions. In shorter consultations I don't believe all of this would be possible. In my case, I was diagnosed with Neurocardiogenic Syncope at age of 17 after 5 years of testing from all sorts of areas of medicine. It is a condition I have to manage on a daily basis, which can take its toll. I have also had to endure rare complications in regards to the treatment for this condition, which has been extremely challenging, resulting in many pacemaker surgeries and two open-heart surgeries. I was diagnosed with PTSD and post surgery depression after the first open heart surgery as a result of the multitude of invasive and painful tests it took to diagnose the problem, the enormity of undergoing open heart surgery at the age of 24 (and again at 34) and the implications it had on my lifestyle, my occupation and the business I own and ran. I find being able to regularly check in with my Integrative Doctor, having a consultation long enough to address my physical, medical and mental health symptoms, makes the world of difference.

My 13-year-old son has also benefitted from our Integrative Doctor and takes supplements prescribed by her that manage his allergic rhinitis and anxiety really well. My husband also benefitted from seeing her a few years ago when he was going through a bout of depression and found the extra time in consultation to discuss things with her and the subsequent prescription of supplements made all the difference.

My parents and my niece also see our Integrative Doctor and have similar stories to mine. My Mum had terrible breathing issues with a persistent cough for years and years that no Specialist Doctor was able to treat effectively. Our Integrative Doctor has been able to treat this with fantastic results with a combination of conventional and holistic medicine and makes my Mother's quality of life so much better.

I passionately urge you to please make no change to the current guidelines. My family and I value access to our Integrative Doctor and attribute our ongoing well-being to her excellent care and treatment plans that are made up of both conventional and holistic approaches.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 10:20:33 PM

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To the Medical Board of Australia,

I support Option 1.

I have been helped greatly with my health issues through the use of integrative medicine and complementary medicine particularly with autoimmune issues and vertigo related to a very bad virus

I consent to publication 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 7:31:04 PM

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To the Medical Board of Australia,

I support Option 1.

As someone who was diagnosed with a debilitating autoimmune disease in my final year of High School some 27 years ago, I have had my fair share of consultations with GP's and specialists. This was marked by multiple drug reactions, hospitalisations and being told a colectomy was my best option. Out of sheer desperation and against the advice of family members, I sought out the advice of a Naturopath who specialised in digestive disorders. Three months into the treatment, the disease was into remission for the first time in five years. It wasn't a cure as the acute stress points in my life triggered flare ups, but I now had tools to help manage it and a better understanding of nutrition and self care. Wanting to know more, I later went on to study and practice Naturopathy. Giving the body (and mind) the support it needs to self heal made more sense to me than just focusing on the symptoms.

There have been times when major life changing events have created more stress than I have been constitutionally able to handle. In these times, I have been blessed to be in the care of a wonderful integrative medicine GP. Her holistic approach sits well with my values and I trust her advice and see her as the perfect bridge between the Western medical model and integrative medicine. Under her guidance I have used pharmaceutical interventions to rapidly reduce inflammation and was able to get a knowledgeable second opinion on the supplements I was taking.

There is a growing public trend towards the use of supplements and natural therapies and an ever increasing number of studies on their effectiveness. I would argue that a patient centred approach that allows for more self determination in their health care would have less of a financial impact on the health budget. I understand change can be threatening to those who have benefited from the old model of practice. It would be particularly disconcerting to see just how popular Integrative GP's have become. Rather than trying to dam the flow, does it not make sense to have more integrative medicine specialists being able to correctly advise the public? We have some of the strictest rules in the world on the manufacture of supplement's following on from the Pan Pharmaceutical inquest. This is commendable, and sets a high bench mark that I am sure is the envy of many developed countries. With a greater emphasis on interdisciplinary understanding and research, I believe we have great potential to become world leaders in Integrative medicine. Imagine the social and financial possibilities of patient centred health care in this country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:22:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of Choice and information should not be regulated.

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 believe it is important that individuals be able to exercise their right to choose who and what health care suits them best.

I had chronic hay fever and allergic reactions from my teen years onwards. I was only ever directed to pharmaceutical products to alleviate the problem. In 2000 I chose a holistic alternative treatment administered by a medical doctor and have since been allergy free for most of the time since then. When I do get a reaction it's mild and I return to normal quickly.

Loss of this personal choice to use alternative health care alongside general medical practice will be harmful to the well-being of our democracy and 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:** Monday, 24 June 2019 7:12:57 PM

---

To the Medical Board of Australia,

I support Option 1.

The medical profession is more than happy to supply people with synthetic chemicals but not given an option on more natural alternatives? Sounds like the BigPharms are behind this

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:57:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that choice is such an integral aspect of health care and a basic human right.

I use both GP prescribed and natural medicines and believe they both have their place within health care. One can, and does, support the other.

In my most recent health care experience, I was prescribed medication but was told the effect would be limited (there was only so much that could be done). I decided to combine this with a herbal supplements (that my GP and specialist approved). When I returned back for a follow up with my specialist, they were very surprised by my (unexpected) and substantial improvements. Improvements that would not have occurred to the degree that they did with the prescriptive drugs only.

As patients we deserve to have choices so that we have every opportunity to heal. And as adults we should have the right to make those choices for ourselves.

I consent to 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 11:23:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1. In Jan 2011 my husband was diagnosed with Pancreatic Cancer and given the usual 3 to 6 months to live. Because of heart problems diabetes they decided against the Whipple operation and Chemotherapy. Feeling hopeless I looked up alternative therapies which resulted in Intravenous vitamin C with glutathione given intravenously, plus a change to a more vegetarian diet and supplements. This treatment resulted in an extension of his life as diagnosed by doctor. He died in November 2014. You only have to read books by many surviving cancer patients such as Ian Gawler to realise the value of alternative therapies and the necessity for an holistic form of Medicine. A book I am currently reading a book by David Servan-Schreiber who had a lethal Cancer of the brain. His book Anti Cancer "a new way of life" shows how patients can improve their own care by supplementing conventional medical treatment. Alternative therapies not only help cancer patients but many other 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, 25 June 2019 6:55:16 PM

---

To the Medical Board of Australia,

I support Option 1.

There is definitely a role for complementary medicine along side conventional medical treatment and we as consumers should be able to make informed decisions about our health treatments.

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.

If my brilliant doctor hadn't been able to do diagnostic testing I would never have received an accurate diagnosis of what is happening in my body and was making me so sick. If she had not been able to prescribe a detailed and thorough schedule of vitamins and diet modifications for me to follow I would still be extremely unwell with my whole family suffering. To even consider stopping doctors from integrating a wealth of knowledge from all areas is appalling and yet another example of how detrimental the changes this countries government are making.

Increasingly more and more disappointed with the standards that the Australian government are willing to drop 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:** Tuesday, 11 June 2019 8:56:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I have gone through several years of ill health with varying conditions and each time was thankful to have the choice of health practitioner. I have seen several integrative doctors over the years and have always admired their in depth knowledge and ability to pull together nutritional, environmental and prescription medicine to provide me with the best care possible. My health has never been better and rather than being stuck on prescription medication for my life, my integrative doctors were able to treat the root cause and now I am medication free. I don't want to see a doctor who will spend 5mins listening to my symptoms and then hand me a script to fill. That type of medicine is just a management system and doesn't do anything for health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:03:55 PM

---

To the Medical Board of Australia,

I support Option 1.

All Australians must have access to natural medicine of their choice. Natural medicine has been successfully used ever since the beginning of time and proven to be very effective. Pharmaceutical medicine is the newcomer to the block and does not have the years of living proof that natural medicine has. We are supposed to have free speech and live in a democratic and free country - being told how we must look after our own bodies is going totally against any freedoms we have. The medical profession must not think they are some form of God to be worshipped. They are not and the government is not either and both should feel the full force of the law if anyone has any negative impact by not being able to access healing natural medicine of their choice. We are omnivores - therefore that means that we eat meat and plants. Herbs are plants, so therefore they are basics and necessary for our basic fundamental health. I urge you to allow all Australians to have freedom of choice when it comes to healthcare by having natural medicine as an available part of that choice. Thank you.  
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:** Saturday, 22 June 2019 3:14:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because I personally have found them to be beneficial to me.

I have found that practitioners who spend more time discussing symptoms and causes with me are more likely to provide effective treatment, and also provide a feeling of satisfaction with the outcome of the consultation. Those practitioners who rush me out the door with short consultations leave me feeling like I just wasted my money. The old adage, 'Prevention is better than cure', is better supported with Integrative & complementary medicine.

I have had times when I found my GP to be unable to help me be symptom-free from a number of conditions. For example, I have scoliosis, and over the last 40 years have received significant drug-free pain relief from Chiropractic, Bowen therapy, Acupuncture or Esoteric massage when my doctor and/or physiotherapist were unable to help.

I also suffer from chronic sinusitis and find that herbal medicines can keep me mostly symptom-free with no side effects. Whereas the pharmaceutical medications prescribed by my doctor cannot be used long-term without side effects, and the surgical option offered to me was not guaranteed to effectively cure the problem.

These are the two most significant examples of where Integrative/complimentary medicines have improved my quality of life. There are many more. So I strongly feel that doctors should be able to offer services or referrals for integrative/complimentary health practices. It enhances the quality and quantity of treatment options available to patients.

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.

Integrative medicine has helped both of my children when we hit dead ends with their care in the Children's Hospital for their chronic illness. We still do not have a diagnosis after 6 years but they are both so doing so much better due to looking at a holistic approach to their pain and addressing any issues in nutritional therapy, nutrition through diet and gut heal and supporting their immune system. If restrictions are imposed we would be spending more time in the hospital system trying to manage their symptoms and possibly going backwards in their healing. We need a multidisciplinary approach to health care for chronic illness to avoid the need for medications where possible and we should be supporting these holistic health care professionals and expanding their practices into hospitals not tightening 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:** Wednesday, 26 June 2019 12:24:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

I have worked as a Western Herbalist for 30 years in a successful practice and have witnessed first hand the differences to people's lives with herbal medicine, myself included.

I work in conjunction with many Integrative GP's to successfully achieve positive outcomes for all our clients/patients.

Personal choice is vital in a democratic country and after 30 years I know these therapies help improve the health of people and when practiced professionally in conjunction with GP's many successful outcomes are achieved.

It is a sad situation when decisions are made without the proper consultation of the patients who choose to visit an Integrative GP or a well trained and experienced natural therapist.

Unfortunately, those making decisions and science are failing the general public rather than protecting them.

Please reconsider and look at what is really happening in the general public. People don't give the whole story to mainstream GP's neglecting to inform them of the natural treatments they are consuming in fear of being reprimanded and only tell half the story to regular GP's but will also be honest with Integrative GP's making them a safer choice for those who choose to utilise natural therapies, vitamins and herbal medicines.

Let's work together to allow this to be an option for all and to create a safer and more transparent health industry.

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:** Friday, 31 May 2019 6:23:19 AM

---

To the Medical Board of Australia,

I support Option 1.

please do not take away our right to choose integrative medicine. I have experienced real results and improvements in my health through integrative medicine, where traditional medicine alone made no difference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 3:18:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Do not limit health options to only medical / pharmaceutical choices... natural therapies saved me from Crohn's disease and western medicine failed me.... so many people are supported by natural therapies...

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.

There is no telling what state I would be in physically, emotionally and psychologically had I not found and had access to an integrative medicine physician.

I had suffered for years with Fibromyalgia, a chronic pain condition and the best mainstream medicine could offer was an array of prescriptive medication with a whole host of side effects that would essentially lead to my condition worsening.

I was despairing by the time I managed to find my way to a more wholistic approach.

Nonetheless, I was quite cynical when my doctor put me on a cocktail of vitamins and alternative medicines as well as prescribing a largely meat, dairy, gluten free diet and periodic acupuncture sessions. What could going on a diet possibly do for me?!

Today, I am largely pain free and an avid convert to the practice of the wholistic approach to health. I believe both eastern and western concepts have their respective elements of aid to offer and to handicap practitioners' ability to provide a wholistic approach is to put the wider public at a great disadvantage and is to deny us all the benefits of a broad and inclusive approach to health.

I can't overstate how concerning this potential decision is to me as it would directly affect my journey to stay well and pain free.

I consent to publication 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 1:55:54 PM

---

To the Medical Board of Australia,

I support Option 1.

This is my health so which doctor I see should be my choice and before you limit my choice you should make sure the reasons you are limiting it are correct not just because big pharma are missing out. Please leave my choice in health care to me and give me back my health rebates when I see a naturopath

I consent to 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 12:49:26 PM

---

To the Medical Board of Australia,

I support Option 1.

As somebody who reacts negatively to manmade chemicals and indeed also to vaccines, I rely on treatments you think are fringe or rogue. I rely on the help of not just naturopaths but medical doctors who have also studied and understand and also help me choose natural products and supplements and health care via natural supplements, diet, exercise, etc.

Your idea of trying to rid the choice for us of therapies and supplements that don't make you a profit like you get from the large pharmaceutical companies just discredits you further. Your actions make it clearer and clearer that nothing that you are doing is about our health. It is about removing our options so we can only use that which you profit from. Well you'd have to stop food growing too then because by hook or by crook, we will find ways of utilising natural remedies rather than toxic man made chemicals which deliver unwanted and equally serious side effects.

And as I said, there are those of us who react badly to the man made stuff and for us, your plan to remove our options for better health care for ourselves is nothing short of evil.

I trust common sense will prevail and you will choose to respect our rights and dignities as individual human beings and not as farm animals. You don't own us and it is very, very wrong that you feel you do and that you feel you have a right to manipulate us the way that you are doing.

The important thing is, as I am a human being and not a farm animal, the right to choose is my God given "right". If you love Australia, please respect your fellow Australians and their rights. Freedom of choice has always been a right in Australia. I'm sixty and I'm tired of seeing our rights being removed one by 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:** Wednesday, 8 May 2019 8:23:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel that your attitude to what constitutes conventional medicine is incredibly narrow for a medical board. Surely anything that eases and/or cures a patients suffering should be welcomed and accepted by the board. I would have thought that the patient's welfare was paramount. Therefore if an enlightened doctor wishes to combine therapies for the benefit of their patients, I am wondering why the board would not choose to support them. Particularly if those doctors are trained in therapies that have proven efficacious for centuries in other countries. What about our own indigenous remedies? Do you have a department specifically for the research of those? Just because other treatments are unconventional it is no reason to deny a patient the full complement of services 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, 14 June 2019 6:32:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine, I have used Acupuncture as a support to my current health plan with amazing results, the care and complimentary treatments given in conjunction to my Dr has made a huge different to my heatlh.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 21 June 2019 12:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My health is complicated. Normal doctors shrug. Use terms like 'idiopathic' - if they label it at all.  
I fall into an abyss - outside the understanding of generally qualified doctors.  
Those doctors don't know anything about genes - they can't read gene reports and discuss SNP defects and how to treat with and around those.  
They don't understand nutrition - they recommend all the things that make me sick, bedbound even.  
They don't know anything about SIBO - an intestinal infection I have.  
And this includes a GI specialist who has been no help at all, and is underqualified.

I am sick. And I'm sick of being sick. I'm sick of hating myself for it and feeling like a poor member of society - unable to contribute or be happy.  
And the only doctors who've understood what is happening inside my body are functional doctors. They know about genes, they know about my gut infection and other illnesses. They don't reach for the prescription pad like it's time to hand out the candy - though they do prescribe when needed.  
They are more interested in the ROOT cause of illness, getting in there and unravelling complex health, improving life. Normal GPs don't improve my life. They shell out antibiotics and sometimes maybe SAVE my life in that way, but they do not do further training, they don't go to conferences or read white papers. They do not keep themselves updated and curious.  
They should.  
But that's not the system we're discussing.  
The mainstream system is bloated and full of year-long waiting lists and shrugs and hopelessness.  
And we have a lot of suicidal people who are suffering somatic anxiety and depression not getting the right treatment - and people with psychosomatic mental illness from the distress of being cast out of society by illness that the mainstream does not - and does not want to  
- understand, because it doesn't reflect their core population of patients.

I now take zinc and B6 on recommendation of my doctor for a particular condition that makes the body excrete these minerals.  
And do you know what happened right away?  
My severe social anxiety dulled. It's still there, but I'm not the wound-up agoraphobe I was.  
If integrative doctors couldn't suggest those tests and those vitamins, I don't know if I would be alive now. No-one can survive anxiety that extreme.  
No-one should be left floating in the dead amniotic fluid of the medical system that doesn't deem them sick enough to prioritise, or well enough to quickly patch up with a bandaid or diabetes pills.

The functional doctors I see don't practice quackery. They practice SCIENCE. I check white papers to verify their suggestions, and it's all spot-on.  
Yet when I mention that science to a normal GP, their face goes blank.  
Tick tock. That's the sound of the clock on the wall counting up all the money they are getting for these dead-end consults.  
Normal GPs have no sense of responsibility for complex health. But an integrative doctor will 'travel' with you through tests, treatments, options, eliminating possible diagnoses - all at a hefty price. But they don't give up and shrug. They're detectives. We need medical detectives.  
Because too many people are sick and forgotten and it's not fair.  
I wish everyone could afford to see functional doctors instead of GPs.  
I wish there were more functional doctors, and their rates were subsidised.  
I wish I lived in a healthy, happy species. And these are the only doctors driven to that end.

So don't take away their powers. Because you take away my power, and the power of anyone else sick with an illness not in the neat box of ten that a normal GP or overworked public specialist knows well.

Epigenetics is growing and most GPs haven't even BEGUN to study and understand it or its importance, yet functional doctors have.

And please subsidise them. So I don't have to save for 6 months for one visit. So I can get well enough to WORK and be a part of the world. There is so much talk about fairness for all Australians, access, blah blah, but being a chronically ill person I can tell you that's all rhetoric, and right now when my doctor may be under attack, that puts me under attack too.

And you should never take hope away from a sick person. It's the ONLY thing they have left.

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, 3 May 2019 7:33:19 AM

---

To the Medical Board of Australia,

I support Option 1.

It is with alarm I write this letter to express my concern over the MBAs wish to remove the rights of doctors to include integrative and emerging medicine in their suite of services.

The human body varies from patient to patient. Lifestyle factors vary from patient to patient. To deal with such variety, medical services need to individually meet the needs of their patients; this is not always possible by western pharmaceutical products and services alone. Several members of my family have found health improvement when using alternate medical treatments after 'modern' approaches did not sufficiently work. I would be horrified to think where our lives would now be if we hadn't been able to freely choose alternate treatment methods.

Please do not pass this motion. Please leave patients and their treating medical practitioners the right to alternate, safe, and effective 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, 17 May 2019 9:13:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose to pay more out of my pocket to see an integrative doctor who can understand my concerns about taking drugs. If I did not have this choice, I would not be resorting to your average drug prescribing GP, rather I would be left to guess how to find and administer alternative therapies blindly. Do not think that your witch hunt will ever change those who know better.

Back off and go and do something worthwhile for the community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 16 May 2019 12:37:22 PM

---

To the Medical Board of Australia,

I support Option 1.

no, dont change . i have cancer , and it is time we caught up with the rest of the world with complimentary therapies . it is beyond a joke how it is.the politicians disgusts me how they want to say they want to save us money for blood tests but wont help out with something that helps. hypocritical pigs. medicinal cannabis now. and not just for pain 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:** Tuesday, 28 May 2019 10:49:32 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi,

I rely on complementary medicine practitioners for health needs.  
Please do not restrict complementary medicine practitioners.

Thankyou.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:45 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It's important that there is (fairly priced) accessibility to all forms of medicine. I have ME/CFS which does not have conventional medicine as a treatment or cure. I need to have other options available to me. I need to be able to explore other avenues. Imposing such restrictions will leave me and over 200,000 others in Australia without access to what is essentially hope to getting/feeling better.

Taking a holistic view to my health is vital when conventional medicines and approaches can't and don't offer anything. What would you do if your GP told you "I know it's terrible but there's nothing I can prescribe you that will treat the CFS"? You would look beyond traditional methodology... so please, let us do that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:03:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. As a cancer sufferer, I've found it beneficial to my health and well-being to have access to both and for them to work together.

My health would not be in such good stead as it is today without the freedom of choice to have integrative and complementary medicine work together toward a holistic plan.

I consent to 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 4:08:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because a lot of these complementary approaches have been safely and effectively used for centuries and it makes sense that a doctor should be able to work with or refer out to these modalities.

So many people I know actively search for doctors that practice in an integrative way because they want the assistance of a trained doctor but want to know that the doctor looks at their health and treatment recommendations from a broad perspective. I know people who will only see such doctors. Restricting the way doctors can practice may result in families not seeking necessary care which is a problem.

The MBA imposing restrictions on Integrative practitioners could pose a public health concern due to people choosing not to see doctors at all rather than see a doctor that is simply going to prescribe them pharmaceuticals.

I am very concerned about this proposal because of its effect on families seeking care and its effect on practitioners seeking to broaden their health 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:** Saturday, 15 June 2019 4:04:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a Retired Registered Nurse.

All healing modalities are necessary for optimal health.

Healthcare is all inclusive, it is NOT a one size fits all approach.

No one person is the same and as such all healing arts are significant in a well-rounded healthcare system. Allipathic medicine was derived from the knowledge of the natural floras and faunas (Origins of medicine. For every ailment of the human body there is a plant or bark to heal it..... Mother nature is human medicine which promotes a well Physical mental andvspiritual being in balance and wholeness.....

Modern medicine is just one part of the journey to health.

Please take my words into your heart and know that nothing works properly without all it's parts..... All healing professions deserve equal recognition for their self evident successes. Please do not change the current guidelines. Thank you for your attention.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:08:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a registered nurse working in the healthcare system. I have also been an advocate of complimentary medicine and have always integrated this into my families and personal health care.

In my experience those that are interested in complimentary health care are much more inclined to be proactive about there health care.

I have also had private health insurance for the past 25yrs and I find it deplorable and an insult that my choice of health care is being eroded.

I consent to 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 6:39:51 PM

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To the Medical Board of Australia,

I support Option 1.

I support ongoing patient access to integrative and complimentary medicine.

I have used many services including Naturopathy, Osteopathy and integrative medicine to help me manage my ongoing chronic health condition psoriatic arthritis.

This is a complex autoimmune condition that is challenging to treat. There is no cure and it has a significant impact on the quality of my life. Naturopathic practitioners and integrative medical practitioners have helped me manage my condition during flare ups over 20 years. By helping me to select complimentary therapies, utilizing appropriate investigative medical tests and prescribing specific treatments integrative medical practitioners have enabled me to continue working and having a good quality of life and also reduced the severity of flare ups and the development of other serious associated conditions. This is a multifaceted condition and accessing treatments from both orthodox medical treatments and complimentary therapies ensures the best therapeutic outcomes for me.

I am also worried that after years of using my private health cover to claim Naturopathic treatment I will no longer be able to do so. This will make me question the usefulness of private cover and I will likely cancel my private cover as I predominantly use and claim for Complimentary therapy rebates.

I am also deeply concerned that I may not be able to claim Medicare rebates on long consultations from integrative medical practitioners if this amendment is passed.

Please continue to support Doctors' rights to Integrate complimentary medicine into their practices and make no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 8:33:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like my GP to be able to advise me on a range of treatments , to recommend, study and prescribe both old conventional and emerging treatments. If you pass the new guidelines I am concerned that my GP will become out of touch with all the choices I could have as options. Any profession that closes themselves to “ the new” and what their patients want soon becomes obsolete.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 6:29:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the past year, my treatment by an integrative GP has positively changed my life and my health in a way that treatment by conventional GPs and specialists, and with a cocktail of medications and surgeries, over the past 20 years, has been unable to match.

My quality of life is so much better now. Please, I beg you, 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:** Monday, 22 April 2019 12:37:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Modern medicine, in conjunction with natural therapies, allows us to receive the utmost effective treatments. We are people whom should have the right to freedom of choice. I do NOT support this change!  
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:** Saturday, 15 June 2019 11:18:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Stop trying to control people and medical professionals, leave thing going forward , let's not go 50 years 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:** Monday, 22 April 2019 7:13:58 PM

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To the Medical Board of Australia,

I support Option 1.

This is so important. Intergrated health needs to stay as an option. I got really unwell a few years ago when I watched my uncle pass away. I went to a regular gp and after 10 minutes of knowing me wanted to give me a full hysterectomy, I was having a nervous breakdown and he wanted to put me on low dose anti psychotic medication. I declined and turned to an intergrated gp who diagnosed me with pyrolle disorder being simply a bloody disorder and deficiency of zinc and b6. This needs to be compounded in certain doses and monitored, changed my life! All symptoms disappeared after going on a compounded primer of vitamins. Saved me from all of the above. A gp or even a pharmacist do not recognise it - are not even taught it and yet it is the main underlying condition for many neurological conditions such as bipola, adhd, autism, depression and anxiety etc etc. please save this so important option for us. It is real medicine. If a plant wilts, you give it vitamins. If we wilt they throw pharm meds at us which cause secondary or tertiary issues. It's not good enough. So many people are dying and are ill. This is the better option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 15 April 2019 7:51:13 PM

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To the Medical Board of Australia,

I support Option 1.

I don't know why you would stop health choices that are combined with a variety of alternative medical options. Different things work for different people. These alternative therapies make the doctor's help rich & good for full wellbeing. I can only think that the drug companies are trying to stop treatments that they don't provide. A doctor should be able to provide the required therapies for each individual 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, 2 June 2019 8:47:57 AM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

The news that you are looking at restricting doctors choices for offering holistic approaches is not just terrifying but appalling. You have no right to take away our freedom for not using a pharmaceutical driven approach to everything. I am 33 years old and to this day I have never taken an antibiotic as these alternative options have always worked. You are not allowed to do this. It is not fair. All this does is prove that you are corrupt. That our system is corrupt. How dare you think you have the right to take away our choice. The body needs vitamins and minerals more then ever in the form of supplements as our food is not providing us with them as they did 20yrs ago. We sometime need boosters to help our bodies fight off invaders naturally. If you take away the option for doctors to suggest these. It becomes clear that you do not have our health in mind. Taking away a doctors choice to have a longer consultation to understand an illness for better treatment does this too. I am thoroughly disgusted that these ideas could even be considered. I feel sorry for us as and I have concerns for our future and our health with leaders that believe that natural medicine should always be the first choice if 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:** Sunday, 28 April 2019 5:00:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I respectfully ask that there is no change to the current guidelines and allow Doctors to integrate holistic care with their patients with complementary medicines. I think this is a valuable service and if you go with removing that as a service it will just move more people away from the medical profession. I value this as a service and want it to continue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:13:56 PM

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To the Medical Board of Australia,

I support Option 1.

I use integrative medicine as part of my health plan. Integrated health practitioners are really useful for managing complex health issues, that in my experience mainstream GPs do not have the time or experience to adequately manage. Using integrative medicine as a prevention tool to maintain my long term health is my choice. I have a neurological condition as well as three auto immune diseases. I see normal mainstream physicians for mainstream medical care, and they do help manage some of my symptoms. The integrative Dr helps me manage all of my medicines and provides me with options for lifestyle modifications to make my life happier and pain free. They are the only practitioner to identify my hypothyroidism and my parathyroid tumor. It is my right to be able to choose the medical care that provides me with the best quality of life possible. Removing my choice to advance my health is against my human rights. There is no evidence that complementary medicines are harmful to Australians. Emerging medicine also brings about advancements in medicine. The H. PYLORI treatment discovered in Australia for ulcers is an example of emergent medicine that you may slow or stop as a result of being afraid of it.

If I have the right to drink alcohol or smoke which are proven to be harmful to Australians health, I should also have the right to seek preventative health care that suits my needs.

As for the idea that practitioners treating tick borne infections should be stopped is mad, and goes against all modern understanding of emerging diseases in a changing climate. It is against the rights of tick disease patients (particularly rural ones with no easy access to ID Drs) to be unable to seek medical care because our medical science in this area is underfunded and based on outdated 20year old studies. Please stop stomping on Australians rights to choose the medical care that best suits them. If it's not for you that's fine, but don't force the 1/3 of Australians who use complementary medicine to bend to your preferences, it's a radical idea that goes against our liberal ideals of letting the market (demand) choose what works for our society.

Please keep the status quo, and allow Australians to prevent disease as well as treating it once it emerges.

I consent to 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 6:46:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I currently work as a RN in an acute hospital where day to day I see peoples health deteriorating. Most treatments are symptomatic based, not treating the person as a whole. The medications prescribed cause side effects to which more medications are prescribed thus perpetuating a neverending cycle. I am also studying a Bachelor of Medicine Management which focuses on Complementary + Herbal Medicines and there is so much evidence out there now for the use of herbal preparations in the treatment of chronic illness, chronic pain, health prevention and so on. This to goes for Complementary therapies. There is a growing trend in Australia for the use of CAM's and instead of shutting it down we should be supporting this movement and as health care professionals be educating ourselves more to understand the mechanisms of these therapies to best able educate our patients so they are empowered to make informed decisions regarding their own healthcare. We cant continue on this path of ignorance to the CAM world and instead need to help bridge the gap between the two paradigms to create a holistic approach to medicine through integrative practices. I can't wait for the day where integrative medicine is the norm and stronger collaborations between biomedicine and complementary medicine come in to play

I consent to 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 9:25:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary and integrative medicine. My son has complex chronic health condition, which was difficult to manage despite regularly seeing our GP and specialists. Since seeing an integrative practitioner he is has now experienced good health. I value a holistic approach to health care and support my doctors right to use 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 10:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is a holistic approach to medicine. More funding is required into holistic medicine not threatening this approach to assessing and treating a patient.

Epigenetic research is an integrative approach and is fundamentally what this medical approach to care is. It is understanding not one medicine fits all.

I want to be able to go to an integrative practitioner and feel like a more thorough approach to my health is being considered.

I have 2 children who without an integrated medical practitioner will be still bouncing around the health system with my children labelled with numerous diagnoses and would be getting more unwell and a burden to society. We started with GP and specialists but found away to an integrated medical practitioner. I thank my blessing to have found him, he saved my children, my family, my sanity.

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 3:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I firmly believe as a 'patient' I have the right and my GP has the right to prescribe alternate medications if I should so with.

Why should our choices be denied - patient choices should definitely be allowed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 9:37:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered chronic mental health issues my entire life. I was diagnosed and advise I would be on medication for Life and never be able to work or function. Through holistic practitioners I was able to be also diagnosed with kryptopyrol disorder and since being supplemented no longer have the chronic anxiety and Insomnia. In addition other treatments such as magnesium supplements changes in diet acupuncture and chiropractic care have helped with my mood swings and IBS. If I had not be given so many alternatives I would have been unemployed a burden on the state and being medicated on the symptoms and the causes never addressed which is what doctors do not do. This proposal is going to create more sick people and obviously more patients and money for doctors which is why I believe they are doing this as people are turning away and finding their health answers through integrative practises. There needs to be a balance of both. What they are doing is self serving and would be a travesty against those repairing their health and not burdening the health care system with bigger and broader issues.

My health care professionals were able to balance traditional medicinal procedures and also addressing causes with real lifestyle and supplements to create true and lasting healing. For the MBA to be targeting this way shows they are close minded to evolving and making improvements. How many doctors did I see who gave me anti depressants until a holistic doctor tested me for thyroid??! It's these serious issues of almost malpractice that are not being addressed and the MBA is failing to provide at times real health solutions for people. I will vehemently oppose this action and will endear others to do so. The MBA needs to step up and move forward with the times and the current health issues impacting our communities. Burnout and fatigue and obesity can be handled with band aid solutions like anti depressants which they give out as lollies but supplements lifestyle changes diet changes meditation vitamins hypnotherapy and so many other solutions. I'm living proof that if I didn't take the integrative road I would have ended up like my Aunty in and out of psychiatric institutions and being told "it's hereditary"!

I consent to 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 5:02:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the current law that allows for natural therapies to operate in conjunction with medical officer as I use them to keep me 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:** Friday, 31 May 2019 10:12:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I urge you not to hold Australia back. So many other progressive, forward thinking countries embrace integrative medicine. I have had personal experience of the efficacy of this. My daughter, who was diagnosed with stage 4 breast cancer, is now living a healthy life thanks to this approach. Many of my friends who have had serious issues have also been helped, and some have spent less time in hospital, where the system is overwhelmed. Prevention is always a better option, and my own health is good because I have always believed in a holistic approach. Whilst I will never abandon my GP, and wholly support the medical professionals and our wonderful specialists, sometimes we need to open our minds to some additional help. If you stop doctors from practicing integrative medicine, you will find more and more people abandoning conventional medicine and drugs and they will only trust a natural therapist. I have witnessed and believe they can 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:** Thursday, 2 May 2019 9:01:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors should be able to provide care to patient the best way they can through conventional and alternative methods, and they should be able to see patient for as long as necessary without time limits imposed. Patients should have the right to choose what treatment to accept. This is a freedom of choice issue, and we should not be dictated to by one group of people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:16:04 AM

---

To the Medical Board of Australia,

I support Option 1.

Without the help of intergrative practitioners my husband who was diagnosed with stage 4 cancer in 2016 would be dead. we were fortunate enough to have the access and support of 2 intergrative doctors who were instrumental in his now being cleared of all cancer when 4 top specialists in Brisbane told him to go home and die.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:38:40 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patients access to Integrative and complementary medicine because these offer patients the options that can't be found in conventional medicine alone, specially in the treatment of chronic conditions.

Integrative and complementary medicine has helped me, my family and friends with a wide range of modalities that supported our bodies to heal themselves in situations orthodox medicine had no answers to, let alone solutions.

The proposed MBA restrictions will leave me and most people in a very vulnerable situation without the professional help we can't live without. Integrative medicine and complementary medicine practitioners have been supporting me and many others through our lives in different chronic illnesses and providing us with both well proven, quality traditional practices as well as new and innovative treatments. In addition to that, if adopted, the proposed restrictions will lead to suppression of choice and freedom about our own personal health matters.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 1:21:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I first visited my Alternative GP 8 months ago (after waiting 6 months for an appt.) I now continue to see him every 3 months just for checkup's, concerns etc.

I had been suffering from an Auto Immune Disease for probably 10yrs without realising. I was just feeling dreadful. For 4yrs my white blood cell count had been elevate, even though my family GP's are great they weren't concerned. However I got to the stage where I was really unwell, however just soldiering on. I was given the name of an alternative GP with who has over 40yrs experience and has studied extensively throughout the World in alternative treatments and therapies as well as conventional modern medicine. I actually didn't realise how sick I actually was.

My cells had stopped absorbing water and nutrition and they had become toxic. My Liver and Kidneys had also started to decline. I have Sjrodgens disease, Hashimoto's disease, also Hypothyroidism, and Cushings Disease. Some of those are Genetic unfortunately. The first thing he did was apply pressure to my internal organs. Omg I nearly hit the roof with my Liver and Adrenal glands.

After 8 months of treatment both modern and alternative I feel fantastic. The combination works.

'In all that you do...In all that you say...First do no harm'. Hippocrates.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:49 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

After 2 strokes doctors decided I needed to take Cholesterol and Blood Pressure medication. I had neither Cholesterol or Blood Pressure. As a result of the tablets, I kept getting low blood pressure and light headed. I stopped taking BP tablets and my BP went back to normal.

After taking Cholesterol tablets I then develop Cholesterol and Fatty Liver. Hence I also stopped taking that medication. Without the medication the Cholesterol is slowly going back to normal. As for Fatty Liver, there is NO medication that doctors can prescribe for the condition. However, after researching myself on the internet I found Milk Thistle (a natural medicine) can help the condition. Since starting to take Milk Thistle, my Fatty Liver is slowly going back to normal.

The strokes by the way turned out to be side effect of a bad case of influenza.

If doctors are prevented from prescribing vitamins and minerals for health problems, what will happen to future patients who suffer from low levels of Vit D and Calcium in their bodies like me. They are vitamins and minerals and still need to be prescribed to people who need them.

For centuries natural medicines have been used to treat people. Big pharmaceutical companies are not the answer to all medical conditions.

Sometimes natural medicine is the best answer. Let doctors give people ALL the information and let the patient make their own choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:10:48 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi

I am someone that has not used the services of a conventional doctor for many many years. I will only go to a doctor that offers integrative and complementary medicine as I think it is the most whole option for my health and well being. They have a better understanding of alternatives to health and well being without going straight to drugs which I refuse to take. Needless to say I am a very healthy person which is due to my using complementary medicines for the last 45 years. The changes that you are proposing will take away my freedom of choice to be under the care of a doctor that has a holistic approach to health and will only leave me with the alternative to rely on just alternative health practitioners with no medical background as I would never use the service of a doctor that ONLY has a medical background. Please hear the voice of Australians that your proposed changes have a direct affect on and protect our right to have the best choice of health care that we deserve and are actually entitled 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:** Monday, 22 April 2019 7:28:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I live with ms but do not need to take mainstream medication. I manage my symptoms with a vitamin holistic approach and I work with my naturopath md who helps and guides me with that management of this auto immune disease.

I consent to 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 5:35:03 PM

---

To the Medical Board of Australia,

I support Option 1.

The use of complimentary medicine is a right of every person, especially those who main stream medicine has failed. It provides alternatives, and because it is not backed by big dollars like mainstream pharmacy, the studies are not necessarily there, but proof remains in the amount of complimentary practioners successfully helping people and the testimonials of their patients. This is unethical and takes away the right 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:** Tuesday, 25 June 2019 8:51:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned by the potential changes to the guidelines which may restrict doctors from being able to recommend complementary medicines or practices to patients. I am a strong believer in conventional medicine, however I also believe that natural therapies have a wonderful place alongside this medicine. This is particularly true for lifestyle and/or stress-related disorders. I ask that you consider 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:** Friday, 31 May 2019 5:40:56 AM

---

To the Medical Board of Australia,

I support Option 1.

People should be allowed the choice of how they manage their health issues. GPs can provide some but so can so called alternative practitioners.

My nutritionist has found and successfully treated several problems that various doctors failed to diagnose.

If restrictions are imposed on GPs who practise integrative medicine the rights of both the doctor and the patient are being autocratically denied. UNFAIR it is not the prerogative of the MBA to decide for people how they approach their own health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:09:45 AM

---

To the Medical Board of Australia,

I support Option 1.

I have benefited greatly from the training, commitment and knowledge of conventional and alternative medical practitioners and integrative medicine has involved me in active participation to maintain my own best mental and physical health. The time I have been given in consultations over the years has supported my doctor's understanding of my issues and my own understanding so that I have been able to take greater responsibility for my own wellbeing. I believe this has resulted in me seeing the doctor far less frequently than others in late middle age, and me being much less a burden on the public health scheme.

I consent to 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 7:28:37 PM

---

To the Medical Board of Australia,

I support Option 1.

A number of knowledgeable integrative doctors have been intrinsic to my long term health, and that of numerous family members (5 to be exact).

These intelligent and inquisitive doctors have researched and familiarised themselves with the efficacy, pharmacognosy, and clinical applications of therapeutic doses of medicinal herbs and nutrients to the benefit of our ongoing health.

We are grateful & deeply appreciative of their knowledge of both pharmaceutical and nutraceutical treatments because it means that we have access to both, and this has helped to address not just immediate health issues, but also ongoing general health and prevention of further degeneration.

There is definitely room for both pharmaceutical and nutraceutical medicine, and who better to dispense these professionally than one well-versed integrative doctor.

I'd rather see an integrative doctor than rely on information from "Dr Google" simply because my doctor would no longer be able to offer professional integrative advice under your proposed new guidelines. Please understand that a large proportion of the population prefers to use a combination of orthodox and complementary medicine, but if you restrict doctors from offering this, many of us will seek it elsewhere.

I support Option 1 - No change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 8:09:11 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a strong belief that integrating so called fringe medicine & therapy with traditional is the way forward. And I believe that not to do so will put us behind the rest of 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:** Wednesday, 26 June 2019 8:13:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I think that we do not need to tighten regulations on medical practitioners who provide complementary therapies and emerging treatments.

I feel that it can be of great valuable to patients if Integrative doctors are able to recommend vitamins, minerals, herbal supplements, natural therapies, diagnostic testing and other services not typically offered in 'conventional' medical care.

I also believe that there is great value in the work of registered health professions of chiropractic, osteopathy, Chinese medicine and acupuncture.

Having studied medicine and wholistic health I believe that the best outcome occurs when patients are offered all the safe choices available.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:47 PM

---

To the Medical Board of Australia,

I support Option 1.

For a Doctor they should first do no harm. This is the oath..

To stop allowing GP's to offer a holistic approach to diagnosing patients and offering complementary medicines goes against this as all drugs come with risks. This is not good enough.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:17:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had many health issues which extended for 40 years of my adult life which no GP was about to find the cause. I went to a GP that offered alternative treatments, he looked in sympathy, life style practice, food in which the other GPS did not consider. This his alternative treatments my health issues in which I had been suffering for 40 years was finally cured. I believe the MBA pass this restriction to stop GP can't offering alternative medicine is taking away our freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 2:08:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been ill for over forty years and the only medical professionals who have been able to give me any support have been those who operate from an integrative perspective.

If you change the guidelines and restrict my ability to access this help you will condemn me to a life of misery and pain.

Please don't let blind adherence to orthodox practices leave me in the situation I have been in for too many years.

Your mantra is 'do no harm', so far your profession, with the exception of a few brave and forward thinking doctors, have failed to maintain that goal and have done me untold harm.

I consent to 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 5:32:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I have chronic pain issues and regularly see my doctor, my osteopath a remedial massage therapist and a psychologist. It is only with the help of all of these practitioners that I can continue to enjoy any quality of life. I keep my doctor informed on everything I do and take as I consider him my health manager. If he were not able to give me his opinion on all aspects of my healthcare it would be devastating. I fail to understand why this even is being considered. Surely a holistic approach is in the best interest of 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:** Thursday, 2 May 2019 8:54:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I reserve the right to decide who I choose to supply my medical needs. I choose not to go to a general practitioner unless I need blood tests or emergency treatment. I choose to see alternative practitioners for chronic problems and everything else. Alternative practitioners are the ones who have kept me out of hospital, off toxic drugs and not a burden on the Australian taxpayer.

"Conventional medicine" is ruled by money and greed. How can a doctor, in 10 minutes, determine the root cause of a presenting problem in a patient, and treat accordingly. Treating with drugs does NOT treat the root cause, just the symptoms, and the drugs then cause side effects (see the fine print written in small letters on the pamphlet which is included in the package of all drugs - as it should be) which need to be treated with more drugs with more side effects.

I have had a medical problem for over 15 years. My specialist's only option for me then was to remove the offending organ and put me on drugs for the rest of my life. I chose not to and this specialist chose not to see me again. I have treated that problem with dietary and lifestyle changes and still have that offending organ and have not taken any toxic drugs.

I need and deserve the right to choose my options when it comes to treating my body the way I see fit, not to be dictated to by someone else.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrated Medicine assisted me to fall pregna naturally when IVF treatment was unsuccessful on many occasions

I consent to 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.

My experience with modern medicine has left me disappointed, ive never had a good result after following their advice.

My experience with a function medicine Dr and an alternative practitioner has had a much more positive impact on my health. If these restrictions are imposed then i have to resort surfing the internet for advice. This is not ideal as there is much misinformation to stumble across and my health is important to me.

Drs deal you prescription drugs that cover up the symptoms not address core health issues in the same way an integrative Dr does.

Sincerly

I consent to publication 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 8:35:04 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

Simply integrative and complementary medicine is an important aspect that is required to be accessible to everyone through qualified and skilled practitioners.

Doctors should have the option and support to inform their patients of other options of health other than just pharmaceuticals.

This information will give their patients autonomy, allowing the patients to choose.

Prevention is better than curing the disease, therefore through the public being provided with options of natural medicine and information regarding lifestyle and diet, etc will allow for potential prevention to disease.

Prevention to disease will alleviate pressure on the public health system and the integration between both conventional and complementary medicine will be the right step forward to do so.

Pharmaceuticals alone only focus on treating the symptoms rather than the cause to the illness, allowing for ill health to progress and continue. Complementary medicine will aid in treating the cause, through other options provided by practitioners educated and skilled to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 12:05 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 everyone's right to choose their form of therapy and to be given all the adequate knowledge and possible information by their physician, which includes the holistic approach to healthcare, complementary medicines and innovative 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, 14 May 2019 5:04:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to find out why my body is having problems, not just take something to relieve the symptom and integrative medicine allows me to do that. I should have the choice on how I look after my health and if the guidelines are changed that choice will be taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:39:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I'm writing to express concern that you are looking to change the access to integrative & complementary medicine. I have used these services for the last 35 yrs & in that time I have had 2 nights in hospital (for wisdom tooth extraction).

I feel that by taking care of my health, with the help of integrative & complementary medicine, I am saving the government money by not taking up a hospital bed & everything that adds to that. If these restrictions are imposed I will have to stop using them & revert back to my normal doctor, thus placing more strain on that system.

[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, 6 June 2019 5:16:29 PM

---

To the Medical Board of Australia,

I support Option 1.

The MBA should be encouraging the partnership between a doctor and their patient. If a patient wishes to use complimentary medicines, they deserve to be able to talk to their doctor and work out a plan between them. A doctor should not be muzzled by the MBA to only provide pharmaceutical solutions when a dual treatment could be an option the patient wants.

I consent to 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 12:04:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom to make choices is a human right. International human rights laws protect people's right to decide how to spend their money, make their own health care decisions, work for a living, and have relationships with friends and family.

We are being penalised by taking responsibility for our own health by using complementary and preventative medicines?

Many successful businesses will be forced to close... How will you compensate these people you bankrupt overnight whose lives will be destroyed through no fault of their own... Shame on you..

This is nothing short of a criminal act ...

I consent to 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 7:37:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to integrative and complementary medicine for many reasons, including the fact that these areas of health care have clearly and directly benefited my family and myself. I also believe that freedom of choice is a basic human right and that a sense of freedom of choice from a wide range of options supports people's mental health, optimism and hopefulness in recovering from illness or improving their health. The placebo effect is a massively documented and extremely powerful factor in the health and well-being of human-beings, meaning that even if a treatment is not strongly supported by the available clinical evidence, a person's ability to choose it and believe in its helpfulness can significantly improve health outcomes. In fact any health-care system that does not truly understand and integrate the Placebo Effect and the impact of psychology on health in general - is woefully incomplete and may potentially do greater harm than good.

Additionally, I believe we advance as human beings, not through restriction and control but through diversity, expansion and by allowing every avenue of science to be explored. The fact that an avenue of health care is not considered to be scientifically-proven may reflect the paucity of quality research that has been dedicated to it. It is commonly understood that the fiscal interests of the powers-that-be have a huge influence on this and in relation to this, the way that conventional medical treatments are currently 'proven' and approved is far from flawless.

We know from history, time and again, that the most marginal, ridiculed, and 'unbelievable' ideas have been eventually proven right and have changed the world. Thus it remains essential that new and non-mainstream ideas and approaches continue to be explored and that treatments are recognized as having value (at least psychologically) simply by the fact that people do value 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, 25 June 2019 2:00:30 PM

---

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern,

We must be improving and advancing not negating and removing innovative therapies.

I was a victim of the council negligence of spraying toxins in unrestricted areas on the [REDACTED] (currently the Minister for Health Greg Hunt is pushing forward for a full parliamentary enquiry around this anomaly) which has resulted in severe autoimmune and cancer clusters along the [REDACTED]. Areas that should have been safely signed and acknowledged by council for the safety of the greater community, were not put in place to protect children and residents.

As a result years later, years of surgeries and wasted hours in pain, countless treatments and other pharmaceutical protocols my body is still suffering with little reprieve and more symptoms. I can't work fulltime, and I can't afford the kind of healthcare I deserve that respects my beliefs and characteristics in alignment with my life and goals and hopes of contributing to my society.

The only thing that helps is yoga, TCM, osteo, myotherapy, kinesiology, acupuncture and acupressure, massage, and other emerging health modalities of an integrative nature. It is a slow road, but I am walking it, and what would help is more services not less.

The charter of health care quotes

"I have a right to be shown respect, dignity and consideration.

The care provided shows respect to me and my culture, beliefs, values and personal characteristics. "

If there are restrictions placed on accessible and appropriate healthcare the respect for and in the human right for people to choose affordable care is lost and contradicts everything Australia stands for - a fair go.

I am appalled that this is even being CONSIDERED.

The government should be INVESTING MORE MONEY into improving and pushing boundaries in innovative healthcare for all if they wish to claim they hold one of the best systems in the colonised world.

And at the cutting edge of innovative medicine is integrative healthcare.

Enough fossil fuel kinda backward thinking and let's push forward and lead the way in healing and vitality shall we?!

I DO NOT CONSENT TO THIS PROPOSED DECISION

I want to feel proud of my leaders and of my country and what it offers the global future.

Respectfully yours,  
(Kindly offer me the same)

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, 13 June 2019 7:28:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Treating a person's health involves treating the whole person, not just filling someone full of drugs or surgically treating issues. I use complementary /integrative medical practice to treat my health issues. Physiotherapy, massage, diet and top quality essential oils have been far more beneficial to me than steroidal and anti-inflammatory drugs. Whilst I believe conventional medicine is absolutely necessary, I strongly believe that it should complement other more natural therapies. I am distrustful of the major drug companies and their push to exclude natural therapies from treatment regimes. People should have a choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:36 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My medical care through my integrative doctor has provided me with treatment that has enabled me to be a functioning member of society.

Prior to his care I had chronic fatigue, depression, anxiety, digestive issues, migraines, muscle aches and pains and insomnia, all stemming from my autoimmune condition that 6 standard care practitioners did not and were not able to diagnose. It's through his care and treatment that I have been free of those ailments and if his ability to use a wide array of diagnostic tools, vitamins & minerals, herbal supplements and "fringe" treatments were removed, my illness would again overcome and return me to a non functioning state. Please do not remove access to these 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, 19 June 2019 5:46:44 PM

---

To the Medical Board of Australia,

I support Option 1.

My whole life, my entire family has always favoured Integrative and complimentary medicine over allopathic medicine. We always find the answers, diagnosis' and medicines required for our problems this route, and many times we've gone down the road of mainstream medicine we've been misdiagnosed, mistreated and found the doctors to be ill-informed.

It is our human right to be able to choose, and it would be utterly wrong for this to be taken away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:00:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Health choice should be my choice. Taking emerging treatments of holistic healthcare away makes us more dependant on medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:05:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative complementary medicine because in my personal experience general GP's and Allergy specialists were unable to find any way of helping improve my health.

Prior to finding my current integrative GP I spent thousands on visiting allergists without success or improvement of my health.

I have suffered with allergies and Irritable Bowel Syndrome for over 20 years with no detectable allergen markers detected via skin prick test. I have been hospitalised over 10 times due to anaphylaxis during this period. I am highly sensitive to chemicals, foods, mould, dust. GPs and Allergists have been unable to help here or find a way of helping relieve the symptoms, settle the reactions.

Unfortunately with the unpredictability of my health I had to leave my professional (science laboratory based) job of 18 years in 2016. This took a toll mentally. It has put a strain on my family life, finances and my mental health. I suffered severe allergies to most food and chemicals. My IBS symptoms got worse. Every day became a struggle and depression and fatigue set in. I could barely function from day to day.

I began searching for alternative medicine as I felt I had lost hope of mainstream medicine working due to my previous experiences. Since finding an integrative GP my health has improved greatly to the point that I can function normally and work from home. My IBS has stopped and allergy symptoms have settled. I still have to be careful with exposure but I am certainly not highly reactive now.

The integrative GP conducted a number of tests to determine areas of concern this included thyroid levels, adrenal function, mineral deficiency, hormone levels, heavy metal levels, Pyrrole levels, Gene markers. To my surprise tests that were never looked into detail via GP or Specialist.

It was found that there were significant deficiencies in all of these areas. My thyroid, adrenal and hormone levels were well out of balance. Vitamin and Mineral levels particularly Zinc and Vit D were the most severe deficiency that the integrative GP had seen. Copper levels were High, selenium low. Pyrrole levels were low contributing to depression. Heavy metal levels such as Arsenic were high. Gene markers indicated a severe sensitivity to mould. All tests correlated to the extreme symptoms I was getting.

Unfortunately my body doesn't absorb vitamins and minerals easily due to long term IBS and intestinal damage. This has also compromised my body's biochemical pathways and ability to detoxify. The added supplementation assists in helping my body to function in the correct way.

I fear that if this treatment was not available that I will become quite sick again and very quickly. I don't want to go back to be incapacitated. I don't want to be a strain on my family. This treatment has helped me become functional again and allowed me to be productive, worthwhile, to feel normal again. Without these treatments I would potentially not be around to tell this story.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:41 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am a naturopath who has worked with medical professionals to best bring about the greatest health outcomes for our clients. It seems arrogant to think that only one way of "medicine" is best, a holistic approach to health which treats the patient not just the disease will always have better health outcomes.

We should be looking at the health of our nation and how to bring about these better health outcomes embracing all practices.

By preventing Medical Doctors from prescribing "unconventional therapies" or limiting their prescribing scope you limit the ability for them to make unbiased decisions for their patients. Many of the "unconventional therapies" mentioned were once considered mainstream treatments.

Please don't jeopardise our nations best health outcome for profit.

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.

Sometimes all a person needs is lifestyle changes instead of medication. If doctors are only allowed to prescribe medications then the health system will never cope with the issues generated by taking all these medications. It is no wonder people are turning to Dr Google.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 5:02:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my disappointment and frustration that the MBA is considering changes to current guidelines which would stop medical practitioners from providing integrative and complementary healthcare to their patients.

The ability of integrative medical doctors to provide additional therapeutic treatments, such as acupuncture, or advice on complementary therapeutics, such as vitamins and minerals and even herbal medicine, is indispensable. Many medical doctors are fully trained in various complementary medicines. It is their duty of care to their patients to provide what they believe is the best possible care and advice and provided they are appropriately trained in these complementary therapies, they should not be restricted in their use of them.

Complementary therapies, such as acupuncture and osteopathy, have been proven to be an effective treatment for the relief of pain. Their use allows doctors to avoid prescribing dangerous and addictive medications such as opioids. The prevention of their use by doctors trained to perform these therapies leads to an increased risk in the prescription of these medications, as the patient may not be offered an alternative.

Various vitamins, minerals and herbal medicines also offer an alternative treatment to certain conditions and in fact may be the only solution for some conditions where therapeutic pharmaceutical medications do not yet exist. It should not be forgotten that many of the pharmaceutical medications currently used originated from herbal therapies.

Simply because these therapies are not considered 'conventional' in this country does not mean they are not beneficial.

I strongly support the ability of integrative healthcare practitioners to continue to use any means necessary to improve the health and well being of their patients. The current MBA guidelines appear appropriate and in fact should potentially be expanded to include the use of more complementary therapies rather than 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:** Friday, 10 May 2019 7:53:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I value choice in healthcare. Integrative medicine has helped me and my family overcome many concerns without medications and at times with medication support whilst addressing undetlying imbalances. I truly believe I would have lost my child to anxiety and schizophrenia if it was for the knowledge from an integrative doctor and the advice and testing completed. This was after 2 years of everyone saying just live with it. Nothing we can do.

I value choice. I thought as a free country and that our constitution supports this choice.

The public is far more educated and open minded then our Medical Board is aware of. I think they operate from fear.

We deserve choice.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 12:53:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I have experienced the miracle of chiropractic and other unconventional therapies in my life since my MVA and would not have been able to do that if they had not been included in the MBA guidelines. My family had paid privately for Chiropractic care as early as 1975 when it was not included but the cost was out of my budget. Please keep the choices for us as patients and for doctors who can use these therapies available for patients that need them now and for those don't yet know they might need them!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:17:04 PM

---

To the Medical Board of Australia,

I support Option 1.

We value choice and the use of complementary and allied medicine and therapy - some of which have been around for thousands of years and have a proven track record; many of which our own Royal family use and many therapies which are more holistic in approach and complement 'western medicine' very well. I believe all types of medicine should be on offer for consumers to choose . Please respect our right to choose.  
thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** 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 should have a choice for my family

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.

To whom it may concern,

I have a child with a very sensitive and 'reactive' system. Standard medications have, at times, proven more aggravating to him. Without the options offered by integrative practitioners I fear for his future health. There is no 'one size fits all' when it comes to health.

Please ensure that we retain 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, 2 May 2019 2:31:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi, i support patients choices to use any natural medicine they wish. Conventional medicine. did not offered any help to my family and friends. My family and many friends found use of natural medicine suitable and beneficial for our health needs. We have severe allergic reactions with long term negative consequences to our well-being from range of conventional drugs prescriptions that were harmful to our health. Natural medicine was used by all my ancestors with great success for thousands of years. Father of medicine Hippocrates said: "Lets food be your medicine and medicine your food". If integrative practitioners will be restrictive by MBA that more people will have no choice but learn by themselves how to use food and herbs to take control of their health. Patients have rights to choose who they want to consult about their health choices. MBA has to have integrity to respect patients choices that is your value.

I consent to 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 10:52:54 PM

---

To the Medical Board of Australia,

I support Option 1.

After taking heavy metal medications for over 13 years for a chronic illness I am now “treatment resistant” due to these medications damaging the liver pathways needed to process them. All consequent attempts to take pharmaceuticals have resulted in various toxic reactions - several bordering on life threatening. I am now relying on various complimentary medications to attempt to manage my illness and my damaged liver.

Ironically I am told that one of the “complimentary medications” I take (N-Acetyl Cysteine) is used in hospital settings to treat liver toxicity.

I consent to 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 5:23:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our choice for Integrative Healthcare

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:12:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a patient who utilises alternative medicine and I benefit greatly in my ailments.

Putting restraint on these alternative & holistic medicines is a huge constraint on freedom of choice in our overall health and wellbeing. The government claims they want people to take more control of there health but by changing the scale, your therefore taking our rights away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 10:57:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I'm am in the minority of people who gets terrible side effects from most mainstream medication. The integrated approach taken by my GP is the only thing so far that has helped me regarding complex menopausal, asthma and other conditions. It's cruel and unnecessary to change the guidelines for integrative gps. It removes patient free choice and autonomy over their health. Feeling vulnerable and left without choice is the fastest way to ill health. This is a backwards narrow sighted move.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 12:19:38 AM

---

To the Medical Board of Australia,

I support Option 1.

I have CFS which has sub illnesses; IBS, FM, anxiety, ptsd, and other.. I also suffer from side effects from an antidepressant medication; restless leg syndrome. I am anemic and I am experiencing peri menopause. I have found supplements along with diet changes specific to my special needs to be the main sources of facilitating health improvements with each health issue. Pro biotics, pre biotics, low fodmap diet, anti inflammatory diet, VD, calcium tablets, magnesium powder, folinic acid tablets, fish oil tablets. My doctor knows these have all been a great benefit to my health. I would be at a much worse level of health without these. No drug can do what the above does, without side affects, or at all frankly. I have been ill for over 28 years, so I have a lot of experience. Doctors need to learn about nutrition and not just mainstream, but different understandings... for vegans, vegetarians, meat eaters. Alkaline diet, anti inflammatory diet, gluten free and so on.... what is appropriate for what. Using medication along side foods and supplements can be powerful.. at times, there's no need for drugs. But food and supplement, always. I should 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:** Thursday, 2 May 2019 11:01:19 AM

---

To the Medical Board of Australia,

I support Option 1.

By removing a current option for alternative health care, you are effectively restricting choice and imposing an opinion on those who may not share it. Those wanting alternative care will seek it; those who don't, won't. Having options is not a bad thing, in fact it is what makes the world a truly great place. Imagine if I stopped everyone else from eating oranges just because I didn't believe they had any place in the diet - totally preposterous right? So is taking away our choice to seek alternative medicine if we choose that for ourselves.

Don't be a dick, my choice is 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:** Thursday, 30 May 2019 6:31:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to support the current MBA guidelines for Integrative and Complementary Medicine.

Patients should always have a choice in who they consult with over their health. Holistic approaches to health have proven of worth time and time again. I have personally received great help from seeking the treatment style of a holistic practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:08:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicines have been used to treat conditions naturally with little to no side effects for hundreds of years. I implore you to please keep integrative and complimentary medicine and the knowledge of how to use it for health available to our future generations. We should always have a choice about our health and that these kinds of 'complimentary' medicines have worked for me where 'traditional' medicine did not.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 6:52:43 AM

---

To the Medical Board of Australia,

I support Option 1.

We should always have a choice about our health and that these kinds of 'complimentary' medicine have worked for me where 'traditional' medicine did not. These medicines have been used to treat conditions naturally with little to no side effects for hundreds of years. I implore you to please keep them and the knowledge available to our future generations.

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.

Removing the option for doctors to recognise and recommend such things as vitamins, minerals, herbal supplements and alternative therapies, which all offer options suitable for different people and their individual situations, is just rubbish. A doctor should be able to, at their discretion recommend such things, if deemed suitable, for their clients. If doctors are not able to recommend these, then they are no longer a health professional, but rather, simply a medically recognised pharmaceutical rep, with the title DR.  
Do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

It should be my choice of who I want my money to pay to see and I would see an integrated doctor over a normal gpa any day. Both have there place but it should be my choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:18:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Cutting down over prescription of antibiotics is highly necessary. A urinary tract infection is almost always treated with antibiotics and has been the main reason anybody in my family has required antibiotics in the last decade. I can't stand using antibiotics or giving them to my children. Fortunately, several years ago, my daughter saw a gp (for yet another urinary tract infection) who recommended the use of probiotics and optimal hydration as an alternative to antibiotics. This line of treatment was thoroughly successful & she hasn't been in need of antibiotics since then. We need more gps willing to recommend alternatives to harmful or unnecessary medicines, especially those that are at risk of becoming ineffective due to overuse.

I consent to 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 8:05:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel that we need to have access to integrative and complimentary medicine for the general well being of the health of all Australians. This will also help to save money in the long run as perhaps we will stay healthier into old age and therefore not be such a burden on our health system, Medicare.

Using these modalities for many years has enabled me to lead a healthy, mobile life for which I am very grateful. I do believe it would be a very backward step to restrict these 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:** Saturday, 29 June 2019 8:45:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I have inflammation of the bowel (collagenous or ulcerative colitis) my life is made better from non- drug (steroid or immunosuppressant drugs). My symptoms are fully controlled and I'm in remission for almost 2 years after years and years of weight loss and symptoms. There is only one way in the medical sector - to follow the suggested treatment plan. This did not work for me. Taking away alternatives means taking away options. I am one of the lucky ones and maybe someone seeking a different outcome than increasing my risk of cancer and other diseases just to improve my quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 4:06:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Please reconsider action on limiting access of Integrative and allied health professions.

Attending these is a choice patients make when they find conventional medical care either doesn't have the answers, doesn't have the time for in depth cases or doesn't have the additional training in vitamins, supplements and wholistic care.

Patients are prepared to spend their own money to access the care they wish to receive. Removing access will increase the cost to medicare and overloaded hospitals.

Patients attending these practitioners are often dismissed or described as 'problem patients' as they do not fit the conventional medical model.

Practitioners do extra training at their own cost to service those who choose to use them.

Patients need the right to choice of what treatment, by whom over their own body.

If we limit this, what next?

Why do conventional doctors have the power to dictate what treatment a patient can choose??

Please reconsider this inappropriate threat.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 2:22:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been seeing a lot of improvements in my health/ medical conditions since seeing an integrative medical doctor.

Should restrictions be imposed I feel my health will again begin to deteriorate again and all the hard work , changes and money I have paid out will be a waste.

We have the right to choose what is best for our health as individuals in this country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 11:39:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I have over the last 12 months seen an interpretive doctor that has prescribed vitamins and supplements that have completely changed my life and significantly improved my quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

As a mainstream health care practitioner I personally benefit from integrative medicine to manage chronic and acute illness. I find great benefits, with less time down, huge saving to the taxpayers as well overall health benefits. At 51 i feel younger, healthier and more vital then when younger. It is my basic human right to choose the way i want to manage my health. I am fully informed, highly educated and capable of making my own decision. Banning integrative medicine will drive this field underground, posing risk to public.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:50:12 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I can not stress enough how much I support the right to use integrative doctors. I see one and have had excellent results and would be struggling medically without my doctor and know many who are in the same position as myself. I can not stress enough how much my doctor has helped me and continues to do so after not finding any real results using conventional doctors, it would be very detrimental to me and will be anxiously following this as it affects me very personally

I consent to publication 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 10:21:30 PM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine because my family and friends has benefited enormously from osteopathy, chiropractors and vitamin and herbal treatments. My husband who is disabled takes magnesium - recommended by his GP to stop cramps. He takes Swiss prostate herbs to help him pee at night. They work marvellously. He now takes Curcumin to help thin his blood and stop it clotting as he is high risk of having a stroke (the doctors did not recommend any treatment) and for inflammation for his back pain. It has helped. These medicines are less harmful to the body. How many people have died from having the incorrect drugs prescribed to them. Herbal, vitamins and minerals are all natural and they are in our foods and they are very safe. Homeopathics help my son when he gets an ear ache, sore stomach, cold and flus etc etc. They work and are much cheaper and they are not a burden on the PBS or medicare system. Homeopathics are the safest treatment available. We should be promoting these treatments. They save you millions of dollars a year in expenses. People use them because they work. You are trying to take away choice and that is not fair. In this day and age everyone should have the right to choose how they treat themselves and doctors who use natural treatments know that they work and know that it saves the system money. Natural practitioners are earning money which they pay taxes on which brings the govt money. This is a good think. Please leave the guidelines as they are. Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 3:13:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I just wanted to say how disappointed I am with the consideration of changing the current guidelines to stop doctors from integrating complementary medicines. I am not sure where the government or The Medical Board of Australia (MBA) gets their research from, that natural therapies don't work or help with a range of health issues. I owe my life to a holistic doctor who after seeing numerous other "conventional" doctors was the only one that found out I was suffering from allergies and hypoglycemia and through natural remedies and diet changes I was able to get my many symptoms under control to the point that they have now completely banished. My symptoms included severe depression and anxiety, migraines, digestive problems, chronic fatigue, black out spells, heart palpitations, dizziness and panic attacks (just to name a few). The numerous doctors I visited just kept trying to give me drugs to mask the symptoms but never thought about seeing my body with a holistic approach. The holistic doctor I saw change my lifestyle, my diet and supported my healing with natural medicine to gently help me get back to living a normal life without having to depend on drugs for the rest of my life and deal with all the terrible side effects normal drugs have.

Now I am living a normal life without having to take any drugs and have no more symptoms, if it wasn't for the natural "gentle" approach I probably wouldn't be on this earth as the "drugs" the other doctors tried to treat me with did not work and just made me feel worse. Holistic doctors using a "natural approach" have also helped my mother, husband, my mother in law, my friend, my sister and brother in law to help them with many issues that doctors could not treat. I hope doctors can use the new science combined with a natural holistic approach to treat not just the symptoms but the body as a whole!

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 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 do not support a change to the current guidelines for patient access to Integrative and complementary medicine. If the change goes ahead, it means that many who suffer from chronic illnesses will no longer be able to access support, advice, therapies or products that help them live their daily lives as normally as possible.

We should be encouraging a more holistic approach to our health and well-being, which includes being able to access integrative and complementary medicine after having the time taken to get to the root of the problem - instead of just trying to mask symptoms and treat illnesses with chemical based pharmaceuticals when for some people - it's already too little, too late. Please reconsider trying to push this change - it's no good for anybody.

I consent to 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 8:49:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I have developed Gallstones during pregnancy. It was through integrated Health professional that I was able to keep myself and my baby safe during pregnancy and now while breastfeeding. It was thanks to an amazing general practitioner that made me aware to include a naturopath to my healing journey. A gallbladder removal wasn't an option during pregnancy, so we looked at diet and herbal supplements, while the general practitioner supported me with pain management and ultrasound options. Now that my bub is born and diet changes has worked well, we decided to add medication to try to resolve the stones to totally stop the attacks. The GP has recommended the removal of the gallbladder but I have chosen to try the medication first. I work with a team ( GP and naturopath) to get the best outcome. The GP does pain management, ultrasound, medication and blood test. The naturopaths supports me with my diet to support me and the breastfeeding during this time. On Top of this I work with an accupunturist to support the GP.

I feel the attempt to stop integrated Health options as a total disrespect of my free will and find this somewhat upsetting and arrogant from the MBA. I am allowed to freely choose how to treat my body and I appreciate professional who look in all directions to offer the best possible care for their clients.

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:** Wednesday, 8 May 2019 5:00:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a long history of allegedly unexplainable symptoms that conventional doctors have NEVER been able to help with. I found my integrative doctor a year ago and she put Me on compounded T3, along with the commercial T4 that I've been on for about 14 yrs. She also provided guidance on dietary changes and recommended a few natural supplements to treat the underlying autoimmune condition which NO conventional doctor has ever addteased. This, along with bioidentical hormones to address menopause, has made a HUGE positive difference to my health, my ability to work, and quite frankly my ability to cope with life. Given the lack of help I've had after years of consulting conventional doctors and specialists, I would be devastated if I was unable to access these remedies anymore.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:12:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine does not always provide the solution to health issues and complementary medicine should always be an option for patients who choose this approach to managing their health.

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 value my GP being able to recommend vitamins, minerals and alternative treatments to me to improve and maintain my health and wellness and using drugs as a last resort

I consent to 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 8:36:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it's important to consider the fact that this may inhibit patients from receiving crucial and important information and support from a practitioner. Without the access of care from a GP, patients may experience longer waiting periods for treatments, longer waiting periods for appointments to become available in clinics, patients may not receive the same type of treatment, patients may miss out on receiving important treatments or appointments, patients may not experience the same level of individualised care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:15:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has played an integral part in maintaining my health. If it wasn't for the access I had to integrative doctors with expertise in preventative medicine I would still be suffering with debilitating bladder infections. Mainstream medicine offers no hope for people debilitated with chronic diseases. Australia has some of the highest rates of morbidity and mortality from chronic diseases in the world. There is no pill offered by mainstream medicine to remedy this epidemic. Integrative doctors are trying to help people where mainstream medicine has failed them. You have no right to take that opportunity away from people who just want to be well. Stop letting the pharmaceutical companies put money in your pocket and stop and think about how we are going to get our country out of the health crisis we are 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, 30 May 2019 8:03:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing in support of patient access to Integrative & complementary medicine. MY HEALTH, MY CHOICE. I am an informed and educated health consumer and demand that my right to choose the type of healthcare I wish to receive for myself and those under my care be respected. I am a holistic being who highly values living in a first-world society with the freedom to choose and integrative & complementary medicine and approaches have helped me and my loved ones time and again. The reasons why I use integrative & complementary medicine are many, and relevant for me, my needs and my experience. If the MBA is allowed to impose restrictions on integrative practitioners, this will mean a grave infringement on my right as a consumer to choose the type of care most appropriate for me beyond only westernised, mainstream medicine, which is only one of many types of healing approaches for humanity. The end of choice is the end of freedom. The end of freedom is slavery. I will continue to stand up for the right of all to exercise freedom and 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 12:03:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone has the right to choose the combination of health care that they wish. As someone who has time and time again seen the many benefits that integrative and complementary medicines provide, i find it simply abhorrent that there is talk to take it away. Shame on whomever dreamt this up. I beseech those in power to reconsider and allow those, myself included, that enjoy the multiple and varied benefits of combined medicine to continue as 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:** Sunday, 12 May 2019 9:34:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary care as without this access the patient's right to choose will be lost. In my experience if I hadn't been able to see my dr , or if he was having to work within further restrictions, then I would still be gravely unwell and it would severely limit his ability to "think outside the box". I have autoimmune conditions which have been woefully neglected by the so-called conventional drs. Because of an integrative dr I am able to function much more satisfactorily. I am still able to work and take care of my family which, if left with only conventional treatments, I would not be able to do. I would be lucky to even get out of bed! Even one conventional dr admitted to me that we (the conventional medical community) know so very little about autoimmune diseases. My integrative Gp also is able to take the time to listen to me and that way he is able to get the whole picture rather than a rushed 5 minute appointment in an ordinary situation. If his practices were imposed with further treatment and diagnostic restrictions it would be a travesty as this will mean many many people not getting the correct care and treatment needed to function beyond a very basic level.

I consent to 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 4:41:16 AM

---

To the Medical Board of Australia,

I support Option 1.

We should never presume we already know it all.  
Even if it is only the placebo effect, people do find relief/help in  
alternative/nutritional 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:** Wednesday, 26 June 2019 2:33:53 PM

---

To the Medical Board of Australia,

I support Option 1.

After going through several oppperations and accidents that involved rehabillitation to return to work I can ensure you that modern medicine offered the most invasive and most ill effective treatments . The pharma products involves are poison and only offrr relief with follow on side affects.

You do not have the right to restrict ANY choice of patient treatment and natural therapies should ALWAYS be allowed to be used as well as other thereapies such a chiropractic ,accupunture and Pilates etc. These treatment through experience are more beneficial that any operation and provide the most effetive relief and a chance for the body to heal naturally.

Any move to elliminate these practices for financial gain and the benifit of Big Pharma so that you can recieve your kickbacks is illegal un ethical and morally wrong and will be seen as an act of criminals that will result in a demand for a royal.commision into the motives and actions of those behind it.

You do not have the right to do so.

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:** Sunday, 21 April 2019 12:16:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Alternative medicine has been shown to be effective at treating illness and dis-ease.

To try and take away our right to choose is another suggestion that money is the major factor in health care, not 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:** Saturday, 4 May 2019 7:57:09 AM

---

To the Medical Board of Australia,

I support Option 1.

GP's and specialist doctors do not have all the answers nor do they have all the skills to give wholistic health care. Everyone is different and it requires a tribe of healers not just doctors to heal. Nor should doctors be expected to do or know it all. They are one aspect of good healthcare 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:** Thursday, 30 May 2019 6:00:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe complementary/integrative medicine is an invaluable service for anybody suffering any type of ailment small or large. I myself have seen wonderful improvements in certain medical conditions that did not respond to conventional medication. I personally could name dozens of people who have seen immense benefits from herbs, vitamins and other natural treatments.

Often natural treatments work well alongside conventional drugs and help to offset the side effects caused by such medications. There is most definitely room for both types of medicine (natural and conventional) to work together.

Please don't restrict patient access to this type of approach, it could literally mean misery and suffering for patients who would otherwise be able to see improvements. Herbs have been used with success for thousands of years and there is more than enough evidence these days of their efficacy, please allow doctors to be able to recommend them and similar treatments when conventional approaches are failing.

Life is absolutely miserable when you have a chronic illness and the stress of knowing that treatment options may be limited only adds to the suffering. There will always be room for pharmaceuticals and conventional treatments, please allow patients the dignity and comfort of having the option to also try more natural approaches. Not everybody responds to drugs the same way. I myself have a very sensitive system and have not been able to tolerate some drugs. If I had not had alternative options I don't know where I would be. Giving people a wide range of treatment options means more likelihood of success, which means less time away from work, less people relying on welfare and less of an impact on the economy. Thank you so much.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:07:25 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

Integrative Medicine practitioners

I am writing in support of Integrative Medicine practitioners and their inclusion of therapies and approaches that are not mainstream. Mainstream medicine is well served. It can be effective and life-saving, but also has limitations.

I am a retired naturopath and also an enthusiastic proponent of Integrative medicine practitioners.

Some complex issues for which I could find no satisfactory solution via standard medical evaluation have been addressed in this way.

Tendencies to anxiety and mild depression, for example, have been found to be related to a genetically related deficiency in an enzyme that converts Vitamin B6 (pyridoxine) to pyridoxal-5- phosphate!

It is referred to as a 'pyrrole' disorder. Finally I could understand why the oral contraceptive pill (in the early 70's) would send me into a spiral of extreme depression within days. I was hospitalised with depression and anxiety at this time. When I stopped taking it I was miraculously much better within days.

Now, I can see how this tendency displays itself in my family - in my father and children. What I was being offered by the mainstream were such products as Lexapro etc. What has proved very effective has been to take a daily 'activated' B complex formula.

This has cost the community nothing! I have been much happier and more productive due to the incisive investigative approach of my medical doctor who has taken it upon herself to broaden her knowledge and approach to include an understanding of clinical nutrition.

I am also the daughter of a G.P. and anaesthetist (deceased), who was quite a talented diagnostician.

I recall that in the 50's and early 60's he would always recommend that antibiotics be taken with a Vit B complex tablet - we know even better now that antibiotics kill off the friendly bacteria that help to manufacture Vitamin B in the gut. Many years later, when he was dying of cancer and developed severe mouth ulcers due to the mountain of antibiotics he was being given, his then wife who was a nurse, brought him a Vitamin B, 'Berocca' to sip - the pain of the ulcers was ameliorated in a few hours!

Members of the community who choose to consult with Integrative Medicine practitioners usually do so because they are not satisfied with standard medical care. Many of these people pay extra to do so, as many of the services are not covered by Medicare or health funds. The motivation is there. These patients are not crowding 'Emergency' waiting rooms in hospitals - they are being proactive in solving their health problems.

One of the issues mentioned in the 'consultation paper' is the concern about 'conflict of interest'. There may well be, in some instances and this can apply to any profession.

It is obvious, of course, that mainstream medical practitioners are also 'influenced' and 'incentivised' by the pharmaceutical companies -

sponsored overseas trips, meals in hotels and restaurants etc.

The increase in numbers of Integrative Medicine practitioners could probably cause some general anxiety amongst the pharmaceutical companies who wish to maintain dominance in the market.

It all seems rather vague as to the 'analysis of complaints raised with regulators'. It would be instructive to know who comprises these complainants? I am skeptical.

I am aware of 'investigations' in the past where the interrogators have not been educated in the subject they are meant to be assessing.

It would seem logical and fair to me that members of such an enquiry include individuals who can understand and interpret the material at hand - otherwise it is merely an 'inquisition'.

[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, 19 June 2019 10:59:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Thank you for the opportunity to advise you of my feelings towards complementary and integrative medicine.

I have been using complementary and integrative medicine in tandem with more conventional medicine for over 20 years. I like the choice to be able to consult whichever doctor or complementary practitioner I choose, and I have always found this to be a very successful strategy for all my family. On a number of occasions, I have found complementary /integrative treatments very effective and complementary to conventional medicine and treatments.

I believe this two- pronged approach to my health, by using both conventional and complimentary / integrative treatment together, is the best of both worlds and has kept my family and myself very healthy and happy.

I would not only be very unhappy if this choice was taken from me, but I truly believe it would be detrimental to my health and wellbeing. Choice of treatment and practitioner is very important to me and I would not like this eroded in any way or form.

I do not understand why this change would even be considered but I very strongly hope, this change does not happen and the choice to visit whoever I feel can provide the best care for me and my family is not withdrawn from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 9:49 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 several challenging medical problems. Until 2013 when my GP referred me to an integrative medicine doctor, no other doctor or health practitioner had spent enough time to learn my entire history, persist with pertinent questioning and make sense of everything. Nor was anyone able to do so within the boundaries of 'standard' medical practice.

It has taken a while for this integrative doctor and me working together to find foods, medicines and herbs that keep me in good condition. This wonderful doctor has carefully followed through on every step of my health care with after-hours reporting of tests, phoning laboratories and specialists to arrange appointments and tests while I was present and witnessing their requests, making sure I understood everything in every report and recommendation before we agreed on the next steps.

At 70+ years I have never felt stronger and more capable than I do now, despite most of my original conditions being 'manageable' instead of 'curable'.

I shall continue to see this outstanding doctor until they are no longer seeing patients, even though each visit costs me a average of

\$300 out of pocket. It is all very much worth it. I hope I will be fortunate enough to find another highly skilled and caring integrative medicine doctor should my current one retire before I finally die.

My regret is that this level of care is not only rare, but that it is under threat from those who are ignorant of how valuable and cost-effective it is. 'Standard' western medical practices are certainly outstanding in this country, but not the best or only way to ensure a healthy and robust 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:** Sunday, 21 April 2019 12:16:26 AM

---

To the Medical Board of Australia,

I support Option 1.

My child was sick for a number of years and when conventional paediatricians and the Children's Hospital Immunology department could not help, Integrative Doctors did. They are essential to a professional, fully functioning health system. With increasing rates of chronic ill health these professionals will prove in time to be the circuit breakers of the seemingly short sighted system that evidently remains very pharmaceutical depend.

Without Integrative Doctors people will, without doubt, seek out alternative health practitioners without the benefit of a doctor.

I am a Registered Nurse.

I consent to 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 8:34:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated medicine has been life changing for my daughter who suffered from severe eczema and gut issues like pain and constant diarrhoea. Mainstream General practitioners and paediatricians could only offer bandaid solutions that had other negative side effects but thanks to an integrative GP we learnt about the root cause of her eczema and gut issues through gut biome testing and nutrient testing and she is now a very healthy and thriving 6 year old who can live a life without being restricted by her medical conditions. She no longer has eczema or gut issues thanks to the continued monitoring of our integrative GP, supplements and nutrition that we as her parents now know how to provide for her. Our whole family is healthier than we have ever felt thanks to the knowledge we have learnt through our holistic 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:** Saturday, 29 June 2019 12:48:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been fortunate to have access to acupuncture, chiropractic, homeopathic and other integrated and complimentary practices. My wellbeing is enhanced by these and has prevented further deterioration requiring surgery.

Please do not go backwards and restrict access to these. It would be detrimental to many people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:04 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to natural therapies, and integrative and complementary medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 5:25:32 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that drs should be able to pass on information about alternative therapies. Stop trying to block people from having choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 4:54:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not limit the professional practices of doctors, who have spent many years studying and working with patients in a holistic way; providing alternatives to limited choices of those less learned in these areas. All medical approaches have there place and no one threatens another, but compliments approaches to patients health and well being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:46:14 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative health care is the only practice that helps me and my family. What this process is doing is dumbing down the doctors further than they were already with actual health care.

Q: is this process from the MBA aligned with the pharmaceutical boards?

If you are looking to improve health why would you diminish health care further?

Modern medicine does more harm long term.

If the people are relying on the MBA then they are on a very short life span unfortunately.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 6:38:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I have Meniere's Disease and its associated vertigo attacks. Neither the [REDACTED] hospital or my GP were able to offer any remedy to alleviate these debilitating symptoms. I was unable to work and afraid to leave the house due to the frequency of the attacks. A relative recommended a Chinese Herbalist and I have relied on her herbs for many years now as they have worked in preventing the attacks. I combined them with Acupuncture and Osteopathy and am no longer afraid to leave the house as it is rare that I will have an attack now. I am also able to work again without fear of collapsing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 9:25:18 PM

---

To the Medical Board of Australia,

I support Option 1.

What do the stakeholders say to hospitals offering milk and fruit drinks fortified with vitamins and minerals but other health professionals recommending supplements for their clients are somehow a danger to public health?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I value my choice in being proactive towards mine and my families health. I choose to not wait until I'm really really sick I choose to prefer medications which don't have side effects causing me to take further medications

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:58:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors are some of the most educated members of our society. Please do not take away their ability to use their knowledge and experience in guiding patients to health. Anyone who has taken a vitamin or used acupuncture (and a myriad of other methods) understands that pharmaceutical drugs are not always the answer. They are often cheaper and have less side effects. To take away the ability for a doctor to use complementary medicine is robbing patients of a pathway to health. I have overcome a number of health issues with complementary medicine (mainly Chinese herbs and acupuncture under the guidance of a GP. Please question why this proposal has been made. Follow the money trail please. Also, can you please commission a review of how western medicine and complementary medicine work in harmony in Chinese hospitals. As the name complementary suggests they can work in harmony and do not need to be enemies. 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 12:16:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I have pyroles and MTHFR. Suffered from major anxiety,panic attacks, lack of concentration, insomnia most of my 50 years. Until I started taking specifically compounded nutrients. Simple things like zinc, B6, magnesium and others. It changed my life. I could hold down a job, sleep better and my anxiety decreased. Without these Nutrients I WOULD NOT be able to work and not to mention my quality of life would decrease dramatically. Loss of income etc, Family would suffer immensely. I have also seen dramatic changes in family members who have also taken the nutrients. It changed their lives in so many ways for the better. These nutrients also assist with other things such as detoxification in the body. Many serious illnesses come from the body that cannot detox properly. I value my integrative Dr immensely with all of his knowledge and help. I hate to think where I would be if I hadn't been made aware of this path. These choices are so so important and most importantly IT WORKS!!!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:19:31 AM

---

To the Medical Board of Australia,

I support Option 1.

Do not remove people's choice of the type of healthcare treatment options available.

Integrative and complementary therapies are just that....complementary to conventional medicine/treatment. We as people have freedom of choice in a democratic society. By removing this choice from the people you will be denying them their democratic rights. Why not put it to the people and allow them to vote? Isn't that how a democratic society works?

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.

As someone who has autoimmune thyroid disease, complimentary medicine has helped substantially with my control of this disease and it's symptoms. I take compounded porcine thyroid NDT which has allowed me to function normally, whereby thyroxine did not work for me. I also take ldn for fibromyalgia. Please do not change these rules, this will restrict the quality of life for myself and other hashimotos sufferers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 7:01:08 PM

---

To the Medical Board of Australia,

I support Option 1.

With all due respect to the medical profession, it is a well known fact that that doctors are heavily influenced by Big Pharma. After investing millions of dollars into research, it is not in the interest of Big Pharma for alternative medicine to thrive as this takes away from their profit. Whilst there are some charlatans out there the majority of alternative practitioners are as useful as doctors. More people die as a result of side effect , misuse or mis-administration conventional medicines then do of alternative medicine. So please leave things alone and improve on education instead.

The judicial system in its current form, is adequate to deal with those abusing the system on both side of the fence.

Alternative medicine has been around for thousands of years and has a proven track record e.g Chinese Medicine.

Longitudinal studies of vitamins e.g. the nurses study also prove a very positive correlation between vitamins and better health provided it is over years and not months.

I feel this is all about control and the mighty dollar. It is fuelled and manipulated by big pharma in the background coupled with the inflated ego of some medical professionals believing that they are the only ones with the right solution.

At the end of the day it is my body, my health, my life, my money and therefore my choice what I put in my mouth or whom I seek out to support my health. If I'm dying I should have the curtesy of choice who to waste my money on. As a competent adult in a democratic society my choices should always be respected.

I consent to 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 2:25:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered from multiple immune system problems and benefit from advice and support regarding supplements and protocols that my integrative/functional doctor recommends. This has been enormous help when there has been no assistance or suggestions provided for my ongoing problems from non integrative medical practitioners. I have been able to keep symptoms at bay for longer periods of time. If there are restrictions imposed I will not have access to informed advice. Doctors have the right to become more informed and professional in their practices so that they can treat those of us who have chronic 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:** Wednesday, 24 April 2019 12:48:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to be free to choose which treatment suits me, whether conventional or not. It is my life, my body and my decision, no one else. A doctor can advise me but it is my ultimate decision when presented with all therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:38:37 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
There is a lot of science behind integrative practice so please properly investigate this. Surely educated doctors who chose to offer this have made this choice based on science and beneficial results for patients. Medicine must open it's eyes to the benefits of this and not be threatened by it. Please research medical options that don't include 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 2:34:10 PM

---

To the Medical Board of Australia,

I support Option 1.

Until I found a GP who practised an integrative medicine approach, I was quite unwell with my condition. I needed a combination of western and alternative approaches, but my previous GP was not open to this. Now that I am under a doctor who took the time to diagnose me properly, and who works well with my naturopath, I am feeling increasingly well, and costing the medical system far less. Please, abandon your efforts to put an end to this practice. My only regret is that it took so long to find someone so sensible,  
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 8:37:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Having a Dr provide treatment for me, who uses an integrative approach has improved my health status dramatically! The traditional medical model had failed to support me to get my cholesterol back to normal and my thyroid function within the normal range. I feel healthier than I've felt for years. My energy levels are great and my stress levels down. This combined approach must be available for those like me who know they needed something a bit different.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:10:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I think doctors should be able to offer patients all types of treatment options including holistic approaches like naturopathy and osteopathy. I have used a naturopath in the past for my health issues where conventional medicine failed me. Please don't take away people 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 7:32:57 PM

---

To the Medical Board of Australia,

I support Option 1.

We choose option 1 - No change to current guidelines.

Our world has changed significantly for the better over the past 12 months through using integrative professionals that standard professionals couldn't help with the 5 years prior. It doesn't mean that we don't use all services, just that we appreciate having the freedom of choice and professionals being able to provide that guidance and support 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:** Sunday, 12 May 2019 8:37:31 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped both my own health, but also the health of one of my closest family members, my younger brother.

We both struggled with digestive problems in our teen years and into early adulthood. Myself with Leaky Gut Syndrome, my brother with severe Ulcerative Colitis.

After seeing the affects that his pharmaceutical drug therapy had on his body I decided to see an Integrative Doctor to help me heal my body. I will admit to also seeing a Naturopath, but as I wanted advice from both a natural therapy perspective and conventional medicine perspective I chose to include an Integrative Dr.

Both myself and my brother sought information, health knowledge and a new way of thinking and approaching our conditions from the Integrative Doctors we saw.

As I believe that some out there do not fully believe natural pathways to health or wellbeing are supportive of conventional medicine, I wish to clear up this myth. My brother, who at the time of seeing the Integrative Dr had been struggling with his Colitis for 3+ years with little results from the heavy pharmaceutical drug therapy he had been prescribed, was strongly advised by the Integrative Dr to continue this drug therapy whilst they introduced natural supplements to boost his immune system, work at growing back his white blood cell count, improve on his iron deficiency plus work to heal many other side affects he had due to both the nature of his health condition as well as the conventional medicine he'd been on for so long.

With the support from our Integrative Doctors both myself and my brother have made our way out of very debilitating health problems.

Unfortunately, my brother did end up having his large intestine removed due to the severity of the Ulcerative Colitis and the fact that his body had become immune to all the known medication for treatment. He still sees a GP for regular blood tests and antibiotics along with semi frequent visits to the hospital as his previous health condition has left bigger scars than just to his skin and affected his body's natural fighting capabilities leaving them weakened.

You deserve to know that without Integrative Therapy my family and I might be in a very different position. I strongly believe that Integrative Therapy helped my brother's body stay strong enough to make it through the surgeries and heal faster. I am thankful and blessed to have him in my life.

I believe that Integrative Doctors are an integral part of our healthcare system. They are supportive of both conventional and complementary medicine. By researching and understanding the affects of both these approaches to health Integrative Doctors can advise



individuals on multiple avenues for health and marry the two for optimum results.

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:** Tuesday, 16 April 2019 6:41 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I enjoy the integration of both traditional and complementary medicines and expect a balanced consultation from my health care professional. I am living with psoriasis and psoriatic arthritis, which I find works better with a combination of care.

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:** Saturday, 22 June 2019 2:58:41 PM

---

To the Medical Board of Australia,

I support Option 1.

It's our choice what we put into our bodies. Many of us are very informed. To take away our choices is a massively retrograde step. Other countries are much further ahead than Australia when it comes to integrated medicine. We need to move forward, not backward.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:44:33 PM

---

To the Medical Board of Australia,

I support Option 1.

My personal health care involves various Natural Therapies and Integrative Medicine, and because of this, and through my own lifelong commitment to personal health and well being, I have been able to optimise my health with less impact on our over-burdened medical system, including our overburdened GP's. My GP practices in a way that allows her to spend time identifying underlying health issues, she practices in a way that values me as an individual & she practices in a way that recognises my individual needs & preferences, and recommends the very best treatment options, whether they be conventional, or complementary. Most importantly I am included in the discussion.

The very foundations of medicine hail from observations in Nature, & it seems that much of the current research into, & discussion of, various states of disease, point back in the direction of simple, affordable, nature based remedy. Conventional medicine has progressed far from the realm of our connection with nature & what nature has to offer us, to the realm of laboratory based science, largely based on replicating what nature has to offer us. Too many of us live lives that are far removed from nature, and her bountiful healing possibilities, and I believe the consequences of such disconnection are dire, effecting our health, our wellbeing, and our sense of connection. I personally think Integrative Medicine practitioners have the expertise to offer the best of conventional & complementary therapies. If my GP was to be prevented from working in this way, I would rely more on the Natural Therapists I involve in my health and wellness, and a lot less on 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:** Saturday, 15 June 2019 7:58:45 AM

---

To the Medical Board of Australia,

I support Option 1.

Naturopathy, osteopathy, and Chinese medicine have significantly helped me and my family at times that conventional medicine was incapable of offering anything. Please ensure these vital services remain accessible. The health of our nation depends upon 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 10:12:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish as a patient to be able to continue to access Integrative & complementary medicine.

Integrative & complementary medicine has helped my family and friends on their journey to healing their minds and bodies with a holistic approach, rather than the standard "bandaid"/prescribing of pharmaceutical medicines.

If the MBA imposes restrictions on Integrative practitioners then my whole family will be negatively impacted with a deterioration in physical and mental 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 11:19:34 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is not quackery or non-evidence based. It sees the patient as a whole person and utilises the best of Western Medicine alongside the best of lifestyle and complementary medicine to see a more complete picture of the patient. The net effect? The patient feels heard seen and validated. That has been my experience (and that of many, many others) - rather being told by conventional doctors that my symptoms 'are normal' - integrative doctors were able to see that normal is not optimal and my health has never been 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:** Sunday, 5 May 2019 8:25:25 AM

---

To the Medical Board of Australia,

I support Option 1.

My family have long relied on alternative therapies and healthcare to keep us healthy and pain free. Without them we would have been given no other options except to put up with a diagnosis and a life with pain and disease.

I personally was diagnosed with Crohn's disease at age 11 and attribute the fact that I am medication free at age 28 to Naturopathic and other alternative practices helping to heal my body and give me the right education. Searching through different practitioners can be hard enough but limiting their scope of practice and ability to treat the way they have done so for many years is only going to make it harder for us patients and individuals to find the right team of effective and supporting practitioners.

Having the freedom to choose a practitioner that is most suited to me and my family has been something I have taken for granted but now fearing we will have these rights stripped I wonder what our healthcare will look like and especially that of my children. To see these beautiful and necessary resources taken away from us, especially when we live in such a limited area already; would be a heart breaking occurrence for our family.

Please consider the request by many to refrain from changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:47:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Actually, if there was an option for MORE integrative healthcare, I would support that option.

As someone who suffers severe PMS and hormonal imbalance, I use herbs and minerals to help treat this and balance my hormones. Regular doctors have offered me the pill and pain killers such as codeine and endone. All of these drugs have side effects and none of them actually fix the problem, they just cover it up.

Instead, I look for natural, holistic medicines and treatments which have no negative side effects and have been working well so far.

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.

I wish to have a choice in the type of health care I participate in. I have been seeing a chiropractor for over 20 years with excellent results for my previous chronic back pain. I see a holistic doctor who gives me half hour appointments and has been very successful in assisting me to overcome chronic fatigue. I have often used the services of a homeopath especially with my children. I am a 60 year old woman with good health on no prescribed medication and would like to continue that way. Conventional medical care does not give me the care I desire or benefit from. I want to always have choices, it is my body, my health and my money.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:43:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine because I have used it with great success for myself and my family for a good 35 years.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I cannot imagine my family NOT using nutraceuticals when it comes to optimising our health.

My son who suffered from eczema and asthma would have needed copious amount of corticosteroidal creams and preventative inhalers. But we decided to dig deeper into possible nutritional dysfunction. While he still carries his Ventolin inhaler with him, he hardly uses it.

My 87 yo mother is only on one hypertensive medication. She was prescribed a statin as her cholesterol was high, but we were able to look at it integratively and manage her health. While she's only the one individual, I believe we've saved the PBS thousands of dollars over the years.

While medicines have its place especially in acute situations, we simply cannot practice real HEALTH CARE by using one modality.

I consent to publication 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 4:24:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors need to be able to be curious and investigative. Treatment needs to go beyond what the pharmaceutical companies are providing which is mostly profit driven.

I consent to 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 6:46:05 PM

---

To the Medical Board of Australia,

I support Option 1.

The proposed restrictions on integrative practitioners will mean more power to pharmaceutical corporations and less choice for everyday Australians. The world is changing and natural therapies are becoming more preferred over synthetic drugs - please keep up.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complementary medicine is very important to my family. We have found this to work in supporting, treating and preventing illness.

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 doctors to have an integrative approach to medicine and health. Recommending a healthy lifestyle, vitamins, supplements, homeopathics as well as western medicine when it is medically needed. Integrative medicine has helped me extensively over the years as I have many allergies to western medicine but have suffered with illnesses that have needed medical attention, if I only had access to western medicine I would have been gravely ill. There are also times that your body needs support and guidance, yet not medications such as when pregnant that eastern and alternative medicines are most helpful. Living in rural areas makes access to many health options limited therefore a gp may be the only local option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:37:36 PM

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To the Medical Board of Australia,

I support Option 1.

I totally support option 1 ie no change to the current rules. We, the public, should not be controlled by rules that do not meet our needs. Its appears that big Pharma want to get rid of any alternate options because they want us on pills. Medicine started with using plants to heal- we have the right to use that option rather than taking pills that can have many contraindications. We should also be looking at our diets and environments and integrate all aspects of our choices in healing our bodies. After all it is our body not yours. We live in a democracy- we are entitled to choice. 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:** Wednesday, 24 April 2019 4:59:12 PM

---

To the Medical Board of Australia,

I support Option 1.

It is the right of the individual to determine the best health options for themselves and their family. The government has no right to promote and enforce the purely commercial interests of the pharmaceutical companies upon the people. The stinking stench of the pharmaceutical industry influence permeates throughout our parliament, it's regulatory bodies, our universities, hospitals, and private practice. Stop supporting a corrupt industry whose only concern is the financial return to its shareholders. How many governmental players have retired to take up plum jobs in the industry of a portfolio they were associated with? Too many! Clean out the scumbags within who sell our health for gain, before you come looking to chop the heads off 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:** Saturday, 4 May 2019 6:28:53 PM

---

To the Medical Board of Australia,

I support Option 1.

After suffering from a life threatening staphylococcal infection in 2006, which ended up with osteomyelitis at the base of my spine and a spinal fusion, it has not been conventional medicine that has helped me on the road to any kind of recovery. In fact conventional doctors prescribed the worst kind of addictive opioid pain medication that changed the quality of my life in the worst way possible for over 12 years. It has only been through the support of my family, and a herbalist and genetic counsellor that I have found new more natural therapies to help me cope with the ongoing debilitating daily pain. Doctors should be able to utilise whatever form of natural therapies in to their conventional treatments for the good of their patients as they deem necessary. Doctors are working to help heal their patients and it is quite wrong to limit their ability to do so by not allowing them to integrate holistic integrative therapies when they make a decision to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:20:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Patients are consumers and should be entitled to choice of health care models: medical or complimentary.

When I suffered from post natal anxiety my GP told me the only option was medication. I was horrified to see "Suicide" as a side-effect of what he prescribed. As a mother of small children, the fact this medication could make me sicker was not a risk I was willing to take. I looked into alternatives and decided to try an integrative doctor. He suggested changes to my diet, ordered a blood test to test my iron and nutrient levels (all my levels were low) and suggested some supplements to help with sleep and to help stabilise my hormone levels. Within 3 months of following his advice, I was completely anxiety free and stopped having panic attacks. He helped me see that anxiety was not a disease in itself but a symptom of different imbalances in the body that could be addressed naturally and without the potential harm / side-effects of pharmaceutical drugs.

It terrifies me to think of what may have happened to me if I hadn't had the choice to seek an alternative opinion.

Integrative health professionals don't just 'bandaid' illnesses with drugs like regular doctors but actually try to help people get 'well'. They believe in the safest, most natural approach to healthcare. In many cases, they offer hope when regular doctors have had no answers so they are definitely important in the healthcare landscape.

Complimentary medicines need to be accessible for all families as everyone deserves 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 3:10:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that all forms of medicine have their place, sometimes it's traditional and sometime it's alternative. I want the choice to be mine for my health and my families. Traditional medicine could not fix my kids eczema, the only option was ongoing cortisone. Alternative medicine, found and fixed the root of the problem. Very limited eczema now. That is just one example of where I made a choice to "fix" my family health, not "bandaid" it which can often be the case in traditional medicine. Thanks.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 7 June 2019 5:11:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to use whatever natural remedy i want for my body.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I have a long history of chronic illness, gut issues, immune issues and more. Until I did my own research on health, nutrition and found my amazing integrative GP, I never thought I could feel this great. Not only has it cleared my mind, calmed my anxiety, increased my immunity it has given me my sense of power back. If you take these options away from people, all you have left with is a system that treats symptoms and NOT the underlying cause. Integrative medicine is the only way to treat and diagnose the original cause and seeks to rectify the imbalances within the body. Please do not undermine it's importance in today's society. Leave the system as it is, or better yet, change the current medical standard of practise to incorporate integrative medicine for all Doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:54:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been harmed through medical negligence of 2 highly respected medical specialists- one whom I sought legal action against.

It has been through alternative and integrative health modalities that I have regained a sense of wellbeing despite ongoing issues from the injuries I received by the specialists.

I have self responsibility and want to retain choice regarding my health care- I see this as a basic right living in Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 9:47:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is an important component of the overall care for patients. Mental and emotional well being, physical well being and even spiritual well being are all contributing factors in the cure and/or recover from trauma and/or illness.

Alternative therapies including integrative and complementary medicines provide patients with choice and alternatives, particularly if traditional medicine isn't achieving everything that was hoped for. The medical profession (like all other professions) do not know everything and to dismiss or deny access to integrative and complementary medicine is narrow minded and irresponsible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 12:39:03 PM

---

To the Medical Board of Australia,

I support Option 1.

These proposed changes pose a detrimental shift to patients options of care. Alternative health care professionals should not be seen as 'fringe' instead when used effectively they compliment mainstream medical models by providing holistic options to patients. Pushing alternative therapists into a box like this will create a divide which in the long term is more damaging than good.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:28 AM

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To the Medical Board of Australia,

I support Option 1.

I support option 1 - no change to the current guidelines

There have been countless times I have used both traditional and other treatments when unwell or injured and I believe a combination of both leads to getting better quicker and healing injuries quicker with long term benefits and minimal side effects. This is apparent to me for both myself and my children - they are healthier for it hence we need doctors to be able to recommend and discuss both courses of action.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:44:45 AM

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To the Medical Board of Australia,

I support Option 1.

I support "option 1" - that there be no change to the current guidelines. Doctors should be allowed to exercise their professional judgement in treating their patients and for many doctors that includes the inclusion of some amount of integrative/complimentary medicine. Such treatments can be very effective preventative measures and as they usually have minimal or no side effects are a worthwhile "first port of call" to see if it will help before more involved treatments. I have found certain natural treatments such as bone broth, adequate hydration and diet and lifestyle recommendations more helpful for my health issues than the drugs I had previously been prescribed. I value being able to seek professional advice on these treatments from someone who understands how they are best integrated with modern medicine. Please continue to allow doctors to provide this valuable service.

I consent to publication 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 12:17:39 PM

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To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I wish to express my concern at the proposed changes by the MBA targeting integrative and complimentary medicine. People have the right to choose what kind of health care they receive and by authorities imposing unwarranted restrictions around this, it is undermining our free will to choose what we think is best for us. I am a Registered Nurse who believes in the Western Model of Medicine certainly to treat acute and life threatening issues but I am also an enthusiastic advocate and user of a range of complimentary medicine therapies. Because, I know they work for me. No amount of studies suggested their "lack of evidence-based practice" is going to dissuade me from using these alternative therapies because THEY WORK FOR ME. If I choose not to take prescribed analgesia for my back back but instead use yoga, acupuncture and herbal remedies, THAT'S MY CHOICE. And I do so because. IT WORKS FOR ME.

No one should be able to take away my right to choose what health care I wish to have. And I choose health care that has been around for thousands of years and working for individuals all over the world.

So I wish to support whatever motion allows integrative and complimentary medicine practitioners to continue their right to practice and prescribe therapies that work for different people in different ways.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:02:17 AM

---

To the Medical Board of Australia,

I support Option 1.

I [REDACTED], currently use acupuncture, herbal medicine and chiropractic care for my health issues as well as western medicine doctors. This all helps me immeasurably and I would like to see more integrative and open minded therapies included 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, 25 June 2019 2:05:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I write with great concern regarding the proposed changes.

We, the people have a right to freedom of choice regarding their healthcare. It is not anyone's right or responsibility to control which healthcare modalities that the people use, or how we use them. To assume we cannot make our own, rational, educated choices is insulting to say the very least.

I, as a parent, want access to whatever healthcare modalities best suit my family's needs. I don't need nor need red tape and politics invading my healthcare decisions.

I once had a disruptive, agonising cyst that I had tried fixing surgically, and those three medical interventions had not worked at all. My only 'medical' option left was a more invasive surgery which had a high likelihood of leaving me with permanent neurological pain. I made the decision, after thorough research, to try homeopathy/naturopathy to heal the cyst. It worked too, with no nasty side effects, and no damage to my body. Taking away traditional/complimentary medicine is not an option. As far as I'm concerned - the medical system is mostly effective for emergency care - but it is not capable of encompassing the type of health care that we as human beings need.

I prefer drug-free, surgery-free health options for my family, and thus I choose them. I have had great success with Chiropractic, Homeopathy, Naturopathy, and Yoga (amongst other modalities).

I actually want my practitioner to innovate, especially if they have knowledge and skill in that area. Innovation is the key to change - without invention and innovation we would not have any of our modern technologies.

For example, the man who introduced the notion of doctors washing their hands in maternity wards was called 'crazy' at first - but hand-washing and hygiene is now a cornerstone of basic healthcare! If he had had these laws hanging over his head, our mothers and babies would still be dying in childbirth at horrendous rates. Innovation is necessary, and innovation is human nature. Even evolution came about from innovation!

I do not see the benefit in restricting research and innovation in healthcare in any way - our healthcare system is overburdened, ineffective, and struggling. I am living proof of that - 'modern medicine' didn't have answers to cure my cyst, but homeopathy/naturopathy did! We need change, we need new ideas, and we need ways to keep our people healthy - we do not need new laws, rules or regulations.

Why try to control modalities that do not cause injuries or harm in the first place? They have been around for longer than 'modern

medicine' and have an understanding of the human body that usually surpasses my GP's knowledge.

Instead, why do you not regulate GPs and their unnecessary, harmful drug prescriptions - the side effects of which cause more problems than they solve?

Modern medicine is one of the top three causes of death in the Western world - why would I choose it over alternative therapies, which have little to no side effects and high success rates!

Can we instead start looking at the vested interests that are obviously guiding these policy decisions? Can we look at how much the pharmaceutical companies are damaging our population with under-tested drugs which cause horrific side-effects?

With this plan, you intend to crack down on integrative therapies and supplements - when these therapies and supplements are far safer than any pharmaceutical or surgical option!

Perhaps we should talk about the regulation of the pharmaceutical companies, or about their frankly ridiculous profit margins? Perhaps we should talk about the fact that these pharmaceutical companies use those profit margins to control news-media, to 'invest' in government, and influence policies that benefit them - but do not benefit the people.

Lets start making decisions for the people! Lets start looking after the peoples best interests, and our children's future health. We have a generation of children who may not out-live their parents! There is something very, very wrong with our medical healthcare system. It does not work. We need the change and innovation that you're striving to stifle.

It is clearly obvious, to everyone looking on from the outside, that these policy changes are entirely for vested interests, and not at all for the peoples best interests. I vote no to the proposed changes.

I consent to publication of my submission without my name.

Sincerely,

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



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:21:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Please give us the option to have integrative and complementary health care options in Australia. This is so important to our liberties and freedom.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 3:38:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we have the right to choose who we see when it comes to our health, and integrative and complementary medicine is one of the choices I have made. I have seen how it has made an enormous difference to my daughter's health both physically and mentally, such that I am now attending the same practice. I have also recommended it to family and friends.

Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:41:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe Australia has a thriving health care system, with doctors and hospitals offering important and rebated medical care, and a huge range of alternative therapies that help keep us healthy. I believe that natural medicine is the best choice for prevention & for chronic health problems. My kids and I have had many benefits using Naturopathy, Osteopathy, Pilates, Yoga, Chinese medicine and acupuncture. Integrative doctors have even more knowledge than many alternative health practitioners, and can help with cancer and tricky autoimmune conditions. We need this knowledge base to be supported, not shut-down. Do you want a healthy Australian population or a sick one? Really...

I consent to 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 11:43:26 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi there. I'm a great believer in the benefits of both Western medicine, especially for acute health problems, diagnosis and surgery, and natural medicine, especially for illness prevention & chronic health complaints. I have used Integrative & natural medicine all my life, and I am very healthy. My daughter was assisted greatly as a tiny baby when she couldn't digest and absorb breast milk. All the conventional methods made her sicker. A natural, energy-approach helped her to digest breast milk then foods, and she has thrived ever since.

Please keep our options open, so we can be a healthier and more productive society. It is my hope that natural and conventional medicine can work together more and more.

I consent to 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 6:40:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medical services has been essential to our family's health and wellbeing. Support of these services by our informed GP is critical to ensure a whole approach to maintaining and preserving our health. Anything less would see GPs reduced to script dispensers whole are trying to fix medical issues that could have otherwise been prevention. The socioeconomic benefit of prevention rather than cure is enormous

Please do not erode our choices for independent informed GPs and integrative practices. All society will suffer

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 holistic healthcare as well as options for best care for patients. Best care is often not just the standard medical approach, but should include other therapies such as diet, lifestyle changes, homeopathic remedies, osteopaths, naturopaths, and whatever works best for the patient. This fear mongering against alternative medicines needs to stop. 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:** Sunday, 2 June 2019 6:54:30 PM

---

To the Medical Board of Australia,

I support Option 1.

After falling violently ill in December 2013 (after what I suspected was undiagnosed food poisoning), I had a very difficult time trying to regain my previous health. I suffered an ongoing digestive problem, that severely affected my social life, my mental health and my (professional) career. Multiple visits to the GP saw numerous blood tests, a stool test, dietary change recommendations - all to no avail. In the end I was made to feel it was related to anxiety and pronounced as IBS (despite never having a biopsy to rule out chronic disease). I subsequently sought out a naturopath who put me on probiotics and slippery elm bark, as well as trying other restrictive diets. It wasn't until some six months of extended misery later, that I was referred to an integrative doctor who had an interest in functional medicine that I started back on a path to wellness. That doctor took an hour and a half to understand my personal medical history on our first meeting, and identify a way forward that has seen me return to some semblance of my former self when the 'standard' GP had essentially wiped their hands of it. Since then, increasingly we are hearing more and more about the impact of imbalances of bacteria in the gut and its direct impact on health! I also think it's criminal that I pay exorbitant private health care premiums and some of the alternative therapies are now no longer covered despite often providing equivalent (and sometimes superior) outcomes - and now the Medical Board is proposing to take away my choices for health care practitioners? Disgraceful, regressive and out of touch!

I consent to 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 8:25:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Until I discovered and used an Integrative medicine GP, I spent many years of confusion regarding my symptoms, receiving a different diagnosis, treatment options and language concerning my difficulties from practitioners from various traditions/perspectives- GP, Chiropractor, Acupuncturist, Chinese Medicine, Osteopath, Myotherapist, Kinesiologist, Physiotherapist, etc.

I was often provided with contradictory advice and no consistent explanation or path to follow.

The integrative approach I found, focussed less on solely symptom management and more on addressing underlying causes, giving me understanding and clear options. It provided the bridge I needed to process the varying opinions I had previously encountered...And I had faith that strong drugs with secondary complications would not be the first option unless necessary.

Integrative Medicine has been invaluable 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:** Wednesday, 26 June 2019 10:02:18 PM

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To the Medical Board of Australia,

I support Option 1.

These changes are ludicrous! If there are any changes it should be for more access and education given to patients on integrative and complementary medicine! Not everything can be treated and cured with chemicals and drugs.

These treatments have helped extensively for my challenges with fertility that drugs just can't do alone. In fact I needed them to ease and help the harsh side effects of the drugs I needed to take. It's incredibly short sighted for the MBA to be focusing so clinical and not taking a broader view when it comes to treating 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 2:29:17 PM

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To the Medical Board of Australia,

I support Option 1.

Western medicine is a wonderful development of recent centuries but we have millennia of experience and knowledge in respect of non-Western medicine approaches to health conditions.

I sincerely believe that to restrict the integration opportunities associated with these two major streams of knowledge would be a massive backward step for the health of Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:43:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe patients should have the right to access Doctors that are interested and knowledgeable about complementary fields to traditional medicine. I believe a holistic approach to healthcare produces the best results for patients and GP's should be encouraged to understand and recommend services and treatments that could be beneficial to their patients. I feel this approach results in patients requiring less medical intervention in the long run as many of these practices help to prevent disease and illness instead of just treating it.

I use a number of these services and without them would possibly be unable to walk as the result of a major back injury from a car accident. Instead, i am in much reduced pain and am able to actively enjoy my life and am less of a burden on my family and the 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, 30 May 2019 5:18:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe patients should have the right to access Doctors that are interested and knowledgeable about complementary fields to traditional medicine. I believe a holistic approach to healthcare produces the best results for patients and GP's should be encouraged to understand and recommend services and treatments that could be beneficial to their patients. I feel this approach results in patients requiring less medical intervention in the long run as many of these practices help to prevent disease and illness instead of just treating it. My wife uses a number of these services and without them would possibly be unable to walk as the result of a major back injury from a car accident. Instead, she is in much reduced pain and is able to actively enjoy her life and our family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:46:10 AM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with Hashimotos hypothyroidism 5 years ago. For 4 years I was treated the conventional way with thyroxine t4. Despite this I was still extremely symptomatic. I was constantly exhausted and needed to sleep every day. Visiting family an hour away would take me days and days to recover from. I would struggle to keep on top of daily life like cooking and washing and cleaning the house. I had zero sex drive. All of this took a very real tole on my relationship with my partner and my ability to care for our children. I began to do a lot of research on hashis and discovered a whole range of lifestyle changes and medical care I had never been made aware of. I was diagnosed gluten intolerant and found removing gluten made a big difference to my energy levels. Despite being extremely constipated and bloated getting headaches rashes and extreme fatigue when I ate it I always still told by some gps that it wasn't real and I Should just eat gluten. I started looking for a dr that would treat my hashis properly. I privately ordered a blood test for reverse t3. Most gps won't look at this. But my reverse t3 was high. This meant that the t3 my body was making wasn't actually being absorbed. Hence why I was still having so many hashis symptoms. I was even told by one dr that since my thyroid levels were fine I was probably tired from depression and she offered me antidepressants the very first time I ever had a consult with her. 1 year ago I finally found a good gp to treat me who understood reverse t3. He gave me extra slow release t3. Previous drs told me I didn't need t3 because on paper I had enough. They weren't willing to look at reverse t3 or understand I wasn't properly absorbing it. But surely if that were the case you'd expect adding t3 would make me hypo or send my levels too high. But my levels are actually still perfectly in range. He also prescribed me low dose naltrexone to reduce my rt3 and the autoimmune antibodies. It's been 1 year on these treatments and my life is completely turned around. It's a miracle. I feel normal. I even enrolled in uni and am doing a bachelors of law part time around all my regular life and family commitments. I've lost weight my blood tests are optimal And I feel really good and no longer struggle with huge fatigue. The thought of loosing access to these treatments terrifies me. I know I will slide ride back to where I was. Completing a degree will become Impossible as I will struggle to function even with the basics of life again. My children deserve the mother I am now not the mother who struggles to get out of bed or struggles to take them on outings. My partner deserves me as I am now with a sex drive and energy and a passion for life again. Please don't take this away from me

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:43:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Access to integrative and complimentary medicine is invaluable for the overall health of many Australians. The cost of 'non-integrative/non-complimentary' care for the conditions seen by these practitioners is much greater and very often less effective. We are also, "putting obstacles," in the way of people who might otherwise not get care if we restrict practitioners. I see no practical benefit for this sort of restriction other than for insurance companies who provide health cover. The issues of safety are not relevant when compared to 'non-integrative/non-complimentary' care. In other words they are at least as safe if not more so in almost every case.

I consent to 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 7:33:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I think you are just trying to cause people more pain. Many conditions don't have cures or even if there are treatment doctors hate prescribing them already. If you could not take every ounce of hope away from us that would be nice but I do understand most doctors do seem to enjoy seeing me in pain so I guess you'll go right ahead and take even more services away from us. All I can hope is that some of you experience the pain I feel daily and then have access to the things that works taken away from you and you can all suffer the way I do every second of every day of every year.

I consent to 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 9:54:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Imagine this were you or one of your children. You are bitten by a tick. You go to bed with flu, hangover and seizures. And you never and I mean ever get up again. This has been my life living with Lyme disease. I have passed my infection in utero to both my precious children. You go to the doctor. You are ridiculed. You go to a plethora of specialists. You are ridiculed. "Go home and stop acting like a sick person" You finally get a doctor interstate to help you and bam, they lose their license to practice on any Lyme patients. It took me 22 years to get my diagnosis. It's now been over 28 years of agonizing hell. The only relief I've ever had is from High Dose Ozone Therapy which has been successfully used in Russia and parts of Europe for over seventy years. Ozone is O<sub>3</sub> - three molecules of oxygen that eradicate viruses, bacteria and pathogens from your blood. There are zero side effects. I'm in Europe right now receiving my third round of treatment. Again, excellent results, no side effects. Get your head out of the sand and stop bowing to the greed of big pharma propaganda and do your own research. I hope who ever is reading this gets Lyme disease. Then you might wake up and make this life changing treatment available to every one. It treats everything from injuries to cancerous tumors. Shame on you all

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:03:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been much helped in my health, by visiting doctors and other health practitioners who have taken time to consider complementary measures, including nutrition and herbal medicines where conveniently medicines have failed me .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:11:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel that the weight of peer reviews on 'alternative and complementary treatments' is heavily skewed based on biased opinions (not data) published decades ago. Until we can objectively discount the clinical benefits or identify actual risks to patient health we must continue to allow patient choices without prejudice. Medical research must use science to make the decisions, not a lack of valid data. Ignorance should not be used as a reason to stop, but a reason to do more research.

While we wait, why change? Are doctors so scared of losing their position of authority they ostracise any perceived threat to this?

Even if many are only placebo, is this a problem? I see a real risk of pushing more people away from doctors (anti-vax anyone) if the AMA continue to paint alternatives as 'other'.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 12:29:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

please respect the individuals choice to access original medicines as well as the medicinal professions developments over the last few centuries.

Competition is a healthy concept that keeps both parties accountable.

I consent to publication 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 7:57:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare choices are a necessity for all people. My quality of life is better for it, as are so many others. I grew up with complementary medicine because standard Western medicine can't tell me what is wrong with me. I receive relief from herbs, oils, acupuncture and other complementary medicines. If the MBA imposes restrictions it will cut my life short drastically. These are therapies that are mentioned and used in the Bible, after all. It's not as if they don't work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 11:53:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine. I appreciate the Integrative & complementary medical approach that my doctor has provided for me over the past 22yrs. If the MBA imposes restrictions on Integrative practitioners I'm concerned that my doctor will retire early leaving me with the uncomfortable task of trying to find a replacement. A balanced approach to health needs is what most people use and expect to have available. If these changes go through they are not reflecting the wants of the community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Western medicine based on surgery, hygiene and pharmaceuticals, is fabulous with acute diseases. But alternatives do much more cost effective with chronic.

I hope we are educating our drs to be critical thinkers, capable of free thought.

I have seen what relief patients get from Emmett or Bowen therapy. Drs here, in Germany and other European countries use it in their practice. It's quick and effective enough to give results in a few minutes...

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 9:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People should have a right to choose health care and doctors should be able to feel free to practice within their scope without fear from their peers

I consent to 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 10:08:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Therapies like pilates, remedial massage, acupuncture are the only reason I can exist. I work, pay taxes. I choose to look after my body as well as possible. I have arthritis and need a hip replacement. To date, I have been able to stay mobile with regular massage and pilates classes. I will need to stop my naprosan anti inflammatory medication as it may be effecting my stomach lining and kidneys At 60 I can see that I will not be able to afford these therapies. Please encourage healthy options for health and sustain a healthy Australian society, I beg 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 9:18:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I am at a loss that we are having to defend personal freedom of choice particularly within a developed nation.

A nation that holds acclaim to one of the most obese nations worldwide. One of the highest ranked countries for cardiovascular disease, diabetes, heart disease and attack- all preventable lifestyle diseases and here we are arguing over our right to access complementary medicine once the current model of pharmaceutical intervention maintains the majority in a chronic state of poor health. You are attempting to take away an individuals attempt to take aid their own health. Rather than target lifestyle factors including DIET and exercise, you are asking to eliminate some practices older than western medicine! Look at the western world- we are failing. We are killing our selves through gluttony of ridiculously inadequate food and exercise and have the expectation of reliance on pharmaceuticals to prolong our lives. That is not health, nor should it be encouraged or continued.

There are so many practices that provide so much that western medicine can not comprehend nor compete with. It is an attack on our rights and freedom of choice to dare threaten to take this right away. Western medicine is absolutely required, but it does not produce health or promote it. Diet and exercise - NOT surgery, prescriptions and surgery.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:57 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is vital everyone had access to a range of interventions to help deal with dis-ease. We must recognise that "conventional" medicines and treatments can only help so many, so far. Doctors are far too overworked to provide the time needed to get a full understanding of someone's well-being and to investigate all potential variables properly. We must integrate holistic and complementary treatments into our standard healthcare, not remove them as an option for those willing to utilise them. I am a medical professional, and I still see the need for continued use of traditional and complimentary treatments in health care. Maybe if we treated people holistically and without judgement, we could actually heal them, not just prescribe the same drugs year after year while they suffer from the side effects. I ask that you not only refrain from making the proposed backward changes, but begin to welcome holistic and alternative care options into day to day health care practises and maybe we will see the real health benefits 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:** Sunday, 30 June 2019 1:32:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I have seen the individual's right of choice restricted with respect to health fund rebates and now access to holistic healthcare and doctors' right to offer it is under threat.

I value holistic health care/complementary medicine greatly for helping to keep me in good health over the years.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:06:16 AM

---

To the Medical Board of Australia,

I support Option 1.

World Health Organisation Director-General this year highlighted the importance of the integration of Traditional and Complementary Medicine.

The Department of Health states 1 in every 2 Australians have at least one prominent chronic condition. Chronic disease is Australia's greatest health challenge, and conventional approaches are failing us. Top of the list for chronic conditions programs and initiatives from the DoH website: "Evidence-based promotion of healthy lifestyles"!

Advances in microbiome and epigenetics research are deepening our understanding of human health and biology in fundamental ways, and hold great promise for the future. The primary causes of the chronic disease epidemic are not genetic, but behavioural, and this is where remedies can be found. Harvard Medical School tells us that intensive life-style change works!

My own father had two near-fatal heart attacks in his early '50s, but subsequently made some fundamental "unconventional" lifestyle changes and lived well into his '90s. It is time for Australia to embrace, expand, and capitalise on the integration of traditional and complementary medicine for the betterment of all, and turn the tide on the chronic disease epidemic.

I consent to publication 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 9:45:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I am being helped considerably in my rehabilitation from major back surgery by using The Feldenkrais method . This sophisticated and proven system does not lie within the confines of Cochran proven efficacy, but I know if it changing my chances of fuller recovery . I hope more Doctors will realise the importance of this Method and be able to recommend it .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:35:04 AM

---

To the Medical Board of Australia,

I support Option 1.

A persons right to choose and have choice is paramount to our ability to feel safe, to feel free and to feel happiness... integrative health makes me feel all those things and as a result I am a healthy human being and so are my family... taking that choice away robs us and all those who choose that alternative of our right to choose. There are more reasons to choose alternative health but this is the main one for me and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a clinical Reflexologist I have seen first hand the benefits of complementary therapy.

One client even told me that she went back to her specialist and said his medication didnt help but the only thing that did give her relief and worked was Reflexology.

Another client who has poor health and suffered chronic back spasms said every time he received reflexology treatment it gave him relief from his back spasms for the remainder of the day.

There is definitely something to be said for complementary therapies.  
Anything that relieves pressure on our health system and helps people to take an active role in their health has got to be a win win for everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 3:38:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Many people have conditions that are not easily identified or treated by conventional medicine. Integrative doctors often provide an essential service to these patients, spending extra time listening to their concerns, looking for the root cause of a problem and exploring diverse treatment options. Patients, who otherwise feel let down, can feel cared for, listened to and most important of all, maintain hope they can get better with the helps of doctors practising integrated medicine. And many patients who might not have improved do get better thanks to the care of these 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 8:45:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Ultimately healthcare is about the patients and returning them to wellness. Doctors take an oath to treat their patients honourably and ethically which surely means providing them with the best healthcare available. If a doctor is unable to successfully treat a patient after exhausting all the medical options available then it follows that the patient is entitled to seek other practitioners who may be able to return them to a state of wellness. It's about choice and the freedom to exercise that choice.

Over the years my family have been successfully treated by variety of natural methods and practitioners. I would not want this right to be taken away.

Patient care and wellness must remain central when making any decisions to change the current system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:08:01 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the status quo. There are so many instances I can name of friends and family who have been cured by these times. I come from a medical family and you will be removing freedom of choice and contributing to the ill health of this nation

I consent to 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 5:25:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I have MTHFR which is treated with vitamins, and fibromyalgia and bursitis, my body requires regular massages to keep moving freely. Without help from a gp how would these condition be treated?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 26 June 2019 3:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complementary health care options are essential to a balanced health care system, which respects the rights of individuals, their cultures and communities. It is professional and cultural arrogance to only value and allow Western pharmacological medicine above all other health modalities, many of which have been used successfully for millennia. Please do not undermine the rights of people to choose and access their choice of healthcare. Please do not allow Australian doctors and research scientists to be controlled and restricted in their practice. Please allow quality and evidence-based integrative therapies to continue to be taught and provided 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 6:46:55 PM

---

To the Medical Board of Australia,

I support Option 1.

This has does no harm and only takes away human rights for no good reason.

I consent to 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 7:45:32 PM

---

To the Medical Board of Australia,

I support Option 1.

The current trend of the MBA, AMA and pharmaceutical companies to try and ban or restrict complimentary medicine, allied health care, and integrative medical practices impinges on my right to chose my own medical care.

Health care should be holistic. We should not be limited to ten-minute sessions with the GP where our only option is pharmaceuticals or drugs.

I and my family rely on the benefits that we receive from Chiropractic care, naturopathy, herbal medicine, osteopathy, Chinese medicine, and acupuncture.

Without Chinese medicine, I would not have conceived my daughter. Costly assisted fertility should not be my only choice.

My daughter has ASD. Chiropractic care and osteopathic care have contributed to providing her with relief and reduced meltdowns without the intervention of drugs. I do not believe that drugging our children is the only way for them to obtain good health and be able to function in society.

My husband and I both use Chiropractic care as a way to safeguard and keep our health. My husband is a builder. Without Chiropractic care he would not be able to move or enjoy life without restrictions. Chiropractic care offers support that is simply not available elsewhere.

Acupuncture has meant that I have not had to have sinus surgery and I am able to live drug-free and pain-free. I would not enjoy the level of comfort that I do now without their support. Conventional medicine would have me popping pills or send me off for surgery.

The MBA is attempting to control the Australian Population and remove the choice of medical care. I am an educated adult who is capable of making my own health care choices. I do not appreciate having my choices taken from me. Nor do I appreciate the possible flow-on effect to the economy when many of these small business practitioners are forced out of business.

The removal of Naturopathy from private health rebate is nothing short of criminal. My father uses naturopathy to support his recovery from cancer. Now even with private health, he is unable to recover some of the costs from doing so.

Holistic health looks to the root cause rather than treating the symptoms. The same can not be said of conventional medicine. Sadly, this initiative is been driven by greed. There is no profit to be had in a healthy population able to make their own holistic health care decisions.

The MBA should listen to the Australian public and stop trying to remove patient choice. Australia is a democracy. It is about time that our Government and the prominent medical associations realise this. If any changes are to be made I would strongly suggest encouraging rather than restricting holistic medical practices.

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:** 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 support patient free choice, for patients to choose the type of treatment that they prefer. I support free choice within the medical & allied professions, for medical & allied professionals to offer the type of service to their patients that they deem the most appropriate for their patients.

From my reading of the current literature, the MBA has over stepped the mark in stating Option 2 as its preferred option, before it has read & listened to ALL of the feedback that it has called for.

Genuine consultation means that opinions are requested & evaluated BEFORE any preferred options are put forward. I would suggest that pseudo consultation is what has happened in this instance, with the MBA seemingly having determined its position before all parties have had an opportunity for comment & feedback. The Australian healthcare system is in crisis because of the focus on prescribing drugs to treat chronic illness, which only mask the symptoms.

In contrast, a focus on prevention through nutrition & lifestyle choices would not only save the healthcare system billions of dollars a year, but would provide a dramatic improvement to the health of the nation.

This is what is called a "No Brainer". However, the MBA seems determined to follow the allopathic model of medicine, which has resulted in declining health standards throughout the western world. This has required HUGE percentages of government budgets to be spent on healthcare (it's really disease care), without success.

The proposed regulations target medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. These are the doctors who have realised that traditional medical methods are not working. They should be lauded & supported, not targeted for "special" treatment.

In recent years countless valid studies which are counter to standard practice in the medical profession have been published in respected medical journals. It has been sad to see the medical profession reject these studies & take a "head in the sand approach" & continue to prescribe the same treatments which in many cases have caused the current healthcare crisis. The treatment of diabetes is a case in point. It is refreshing to see that in the UK attitudes to diabetes treatment are changing. How many years behind is Australia?

The human body is a wonderful & magical creation, which is always trying to keep itself in a state of good health. In a state of equilibrium. I would like to think that the MBA is strong enough & brave enough to lead the western world in changing the way that chronic disease is treated. That the MBA would put prevention before cure. That it would promote meditation before medication.

Should I hold my breath waiting, or will I just become another statistic?

To your good health,

[REDACTED]  
P.S. I had intended telling in detail my story of how I was diagnosed with a serious chronic illness in my early 60's. The brief synopsis is: I rejected the "only" drug treatment available because of the serious physical consequences (commonly sugar coated as side effects), & through nutrition (via a G.P. with vast nutritional knowledge & one who will be targeted because she uses complementary medicine) I allowed my body to heal, so that now in my seventh decade I have superb health & fitness. It is extremely sad to have to tell people that my excellent health is in spite of, not because of, the Australian 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, 27 June 2019 7:37:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been lucky enough to have been able to access integrative & complimentary medicine my whole life and have repeatedly seen it's efficacy in successfully treating many conditions both for myself and many friends and family. I want to be able to continue to choose to use complimentary medicine to support my health & the health of my family. I believe preventative health care saves the health service money by preventing many serious health conditions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:20:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine is the only positive step that has helped me navigate an invisible chronic illness.

I have had positive results with a holistic approach that is supporting me to function as a contributing member of society. It gives me ownership and is collaborative with my integrative and complementary practitioners.

Traditional western medicine has provided no answers for the chronic symptoms I experienced. There is no pill that can be prescribed so the doctors gave up on me. Without integrative & complementary medicine I would still be lying flat on my back staring at the ceiling 5 years on.

If I cannot use integrative & complementary medicine my life will become restricted again and frankly not worth living.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:23:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary and integrative healthcare choices are important to enable medical professionals to provide intuitive and holistic response to patients. In order to improve physical health and well being of patients doctors need access to autonomously determine a variety of options for patients and their families under their care. To restrict or change these options is both negligent and a detriment to community health and well-being practices and not reflective of contemporary community expectations.

I personally have an obscure medical condition that is not curable. This condition is hyper hydrosis affecting many areas of my body and it has significant emotional impacts (anxiety inducing) and difficulty with doing even the most basic activities at times like writing with a pencil on paper. Western medicine solutions include invasive and permanent surgical solutions with low success rates or invasive injections of toxic chemicals to try and block nerve messages. Which seems counter intuitive to maintaining good health long term.

My medical professionals and GP suggested options to explore complementary medicine to better manage the condition without the drastic and potentially damaging impacts. Both naturopathic and Chinese medicine (acupuncture and herbal remedies) have helped me achieve significant improvement in quality of life and abatement of symptoms of my condition. If these options were not available and GPs were restricted from recommending solutions would have been detrimental to my health and well being goals.

Complimentary medicine is essential to modern health practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:26 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Choice. Choice 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 3:06:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our freedom of choice. Myself and my family have benefited greatly by using complementary medicine alongside conventional medicine. Living with a little known, and long undiagnosed illness meant that I have tried everything. I have often benefited far more from some of the complementary approaches than I have mainstream medicine. Please don't make it harder or more costly for us to access whatever the best fit for an individual treatment plan.

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.

Please don't take away a choice. Integrative drs /natural medicine has helped me beat thyroid cancer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 21 May 2019 7:42 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 take away our integrative drs. Please work with them, not against them. Without them I wouldn't have gotten through my thyroid cancer and other thyroid issues. They were able to explore deeper to find the root cause of my issues, and I turn help me fix the stem of my problems.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:43:33 PM

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To the Medical Board of Australia,

I support Option 1.

My family members and I have used various forms of complimentary medicine and therapy throughout the past 25 years. It is precisely how it is described, complimentary to allopathic medicine. We have always sought responsible practitioners and doctors who practise these types of therapy with the greatest of integrity. Our family health has been enhanced and our burden to society lessened as a result of these 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:** Wednesday, 24 April 2019 2:20:03 AM

---

To the Medical Board of Australia,

I support Option 1.

Many medicines originated from herbs anyway and many conditions are a result of deficiencies in vitamins. In pregnancy eg Folic Acid and Iodine stores need to be sufficient to prevent problems in the developing baby. Lack of Vit C causes scurvy and oral diseases. Lack of Vit B12 needs to be restored as well as Iron in anaemia. We have learnt these things yet we would rather rely on dodgy studies done by drug companies such as [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 1:46:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe People should have the right to choose alternative therapies  
if that is what they want! Should be freedom of choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:58 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please keep current practices or I will never go back to a medical Dr again if you change it. It will also be putting people's health at risk because they will feel their choice to try natural health is not supported by Medical Drs and they may seek advice from alternate medicines not strictly governed and this could be dangerous. The best scenario is a medical doctor guiding you and monitoring your health with and without natural alternatives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 6:45:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Our family and friends all fully support patient access to Integrative & complementary medicine. It is critical for our health and being able to live a healthier life without medications and hospitals dramatically reduces the cost on the government funding for 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, 23 April 2019 7:56:51 PM

---

To the Medical Board of Australia,

I support Option 1.

The CSIRO, many universities and hospitals within Australia (and overseas resersch) clearly show the impact of nutrition on health and disease. Providing adequate nutritional advice, which may include supplents for those who are low, deficient or have higher requirements is essential and backed by good science.

In addition, I have personally overcome an autoimmune disease (graves disease). I was told by my Endocrinologist that my only option was thyroid ablation and to then take thyroxin for life. This did not sit well with me, I did my own research found an integrative GP and with diet and lifestyle changes weaned off my medication and did not have to have my thyroid removed. I have since moved into this area myself and have helped others try to find root causes of their illness and improve their health. Chronic diseases, autoimmune and neurological conditions are increasing, we need to encourage evidence based complimentary medicine to help Australians prevent and in some cases overcome these medical problems.

Finally I think it's important to define what is meant by complementary medicine, it's a broad term and many modalities such as nutrional medicine, exercise/physical activity, meditation and some aspects of chinese medicine have substantial robust and reliable evidence.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 3:17:32 AM

---

To the Medical Board of Australia,

I support Option 1.

My Dr has been able to help address my health issues through the use of integrative medical practice. Complementary medications and innovative practice, helped resolve issues which spanned many years and had not been able to be resolved by other Doctors. . Removing the option of complementary practice is not forward looking.

I consent to 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 7:14:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine kept me alive!!

If it wasn't for a wonderful GP who practiced Integrative Medicine I wouldn't be here. She diagnosed all my problems, including mental health disorders that stemmed from low vitamins/minerals. I feel amazing and on the road to recovery. I had a mental breakdown, suffered anxiety & depression plus adrenal fatigue. None of the regular GPs really listened or picked up what was wrong. Thank God I was sent for the right blood tests... no Vit B/C/D in my system... they wondered how I was functioning... No wonder... this is important 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:** Thursday, 27 June 2019 11:25:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Harms both patients seeking care and practitioners who have dedicated years and their lives to studying and practicing. This would basically invalidate their livelihood and discourage patients from pursuing alternate 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:** Monday, 29 April 2019 8:08:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I sincerely believe that not all options work for all people, and having the choice to pursue your health options in a variety of ways should be supported by the MBA. All things that are now considered 'standard practice' were once new methods, and if we limit exploring our health options, we also limit the advancement of alternative methods that may in time become standard practice due to their success. My mother has a lot of allergies to current conventional methods and medicines, and has had to explore outside of the standard scope, and has found that while not all of these have worked effectively for her, some have had life changing results. Please support medicine and people by remembering that we have come this far in medicine because we as a people have been able to pursue new methods of medicine, and limiting accessibility only limits discovery of someone's health journey.

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.

Please do not take away my basic right to integrative health care, to complement standard medical care. This is truly important. Please be progressive and grow. Please do not regress or stay out of touch with new science.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 5:56:20 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine

Please do not take our choice away

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:03 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Medical freedom is imperative. We should have all options available to us. What you consider to be alternative and out of scope if normal practice in Other countries.

I consent to 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 1:25:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Having both recommended integrative medicine, testing, supplements etc to patients I have worked with and also used each of these things myself, I feel I can provide an educated opinion about the risk to public health and safety that restricting access to these kinds of services would entail.

There is copious amounts of research that supports the use of herbal medicine and supplements as well as integrative therapies and tools such as meditation, mindfulness, Pilates etc.

In my experience, both professionally and personally, none of these things are made easily accessible by mainstream medical practitioners. Of course there are exceptions, however this remains the case for the majority of Australians.

This is concerning given their haste in prescribing medications that have known side effects, or worse yet, have no up to date research to support best evidence based care.

These types of integrative and complementary medicines have been an enormous help to many patients with conditions such as eczema to migraines and much much more.

It would have significant negative impacts to restrict their availability. Regardless of any of the above points, every Australian deserves the right to choose their healthcare, without restriction from governments who are ill informed and in educated in what these health professionals are actually able to provide.

Please think incredibly carefully before placing more restrictions on an already over patrolled healthcare system.

We are already one step away from having pharmacology and surgery our only two options for supposed '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:** Monday, 6 May 2019 12:04:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I support doctor's rights to provide information to patients in regard to the patients diagnosis or medical problems. I support the right of doctors to offer new, alternative or holistic methods/medicines to patients if the Dr is familiar with it. I totally support integrative and complementary medicine and have made use of many of these over the years with success. I believe people should be free to choose which sort of treatment they wish to pursue with the Dr or practitioner of their choice. Alternative/holistic practitioners most often look for the 'root' of the symptoms, not focus solely on the symptoms as being the cause as do many mainstream Dr's. I believe people need to be allowed the freedom to choose and use complementary treatments when they desire. Doctors should not be fined or penalized for suggesting something alternative. Surely common sense tells us that making changes in a persons diet, for example, is much more logical than dishing out pills and chemically made 'medicines' and that using natural methods should always be tried first over harsh medicines or intervention. 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 6:14:58 PM

---

To the Medical Board of Australia,

I support Option 1.

To change these guidelines would be a backwards step for the health & wellbeing of our country. Medicine is and needs to be used holistically. My own health journey and has been a huge success due to the access and availability of complementary medicine and conventional. Please be forward thinking and evolving on this subject. You may yourself one day need these services and 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 12:37:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1 as I'm an Ayurvedic practitioner that completely knows that this complementary medicine works.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 10:41:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative practitioners work differently to conventional doctors, and my daughter and other family members have greatly benefited from this treatment . My daughter in particular has had her life saved I'm sure with alternative treatment, where others have had no idea of her illnesses. Please let these Doctor's do what they know and have learnt by delving differently into new ways of treating their patients. It works.

Yours sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:40 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that we need to have options and it would be great if the medical world would be open to more holistic approaches. I have been trying different medications for my rare neurological disease and the best thing has come from a plant that law dictates is dangerous and illegal. It's time to change and listen to the people

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:43 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I totally support Integrative and complimentary medicine and it is every persons right to choose their preferred practitioner.

Integrative medicine has helped me and all my family for years now and we have had very positive outcomes. My son had very high content of mercury (which you never hear of MD's checking) he was feeling terrible and had to give up his uni course as his memory and concentration became terrible. The Integrative Doctor phoned him immediately to advise of the bad news. The next day he was advised what to take and he slowly recovered and his memory is great. One of my daughters was finding it difficult becoming pregnant and the Integrative Doctor helped her on the right path, my daughter has 2 children. As for me I had been loosing weight and I was evacuating my food almost instantly. I went to GP a few times had the usual poo testing and colonoscopy and was told everything ok so was referred to a Dietician which did not help at all. I couldn't keep going on like this so I had to seek an alternative option and chose an Integrative Medicine Doctor which helped me immensely. Naturopath's and Integrative doctors have very different ways of checking what is wrong with a patient. Hair Analysts Testing is never done by a GP that I have ever heard. This is just one example. My son could have ended up extremely ill had the Integrative Doctor not recommend this test for him.

I desperately do not want the MBA to impose restrictions on Integrative and complimentary medicine as they help so many people whereas it wouldn't be fair to people like my family and everyone else who have been attending Integrative doctors really improving their health, most of the time avoiding medication, usually using a few vitamins and avoiding certain foods that can cause many issues.

My granddaughter attended a Naturopath for s skin condition after a GP didn't think much about it and sent her away with a cream that didn't work. My daughter took her to a Naturopath who organised testing and my granddaughter is fine 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, 2 May 2019 3:22:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Taking away our free choice of a Doctor that has spent more learning the just the required 7 years medicine is why we go to them. We don't just want a tablet to make us better. They are not just a glorified chemist. They are so much more. Allowing them the time to practice what they choose. Caring and empowering their clients to 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:** Friday, 3 May 2019 7:40:28 PM

---

To the Medical Board of Australia,

I support Option 1.

As a 68 year old woman, mother, grandmother, I want to be able to choose the best options for my health and the current proposal will compromise and constrict doctors and holistic practitioners.

I have had heart surgery and rely on herbal, homeopathic as well as holistic support as well as prescription and mainstream 'medical model' help. I do not this compromised by regulations by any body with narrow or vested 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:** Thursday, 30 May 2019 11:18:06 PM

---

To the Medical Board of Australia,

I support Option 1.

My sister was recently diagnosed with uterine cancer which had metastasized. She had surgery to remove the tumour with a hysterectomy. She CHOSE to be supported with naturopathic and bioresonance therapy to support her body while being treated with chemotherapy. Her oncologist was shocked at the dramatically positive results she received, reducing the number of chemo treatments first planned. There is evidence and history in the safe effectiveness of many natural therapies. The bicom machine is TGA approved. The Cancer Foundation mentions natural therapies in its support booklets. If the powers that be were genuinely concerned about the health of the population they would allow natural therapies to be prescribed in the highest quality by doctors. Give us choice and allow doctors to do their job with all possible tools.

I consent to 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 8:36:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and traditional medicine has been the only thing keeping me alive. Restricting access to nature's pharmacy and only supporting big pharma is Orwellian and frightening.  
Please don't go down this path of ignorance and fear.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:39 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I fully support Integrative medicine. I particularly sought out a integrative doctor so I could have the best possible care. While I prefer and support what is considered complementary or alternative treatments (what I call Natural Medicine) over western medicine as my first option and have a strong belief in it, there is also many benefits to western scientific medicine so when you can integrate them you have the best of both worlds. I feel personally that western doctors have moved away from preventative care and patient/doctor relationships and taking the time to talk and get to know the patient and offering lifestyle choices as the first option of treatment. It is all about getting the patients in and out and offering a quick fix in the way of pharmacology which more often then not masks the real problem and quite often creates more problems. I feel we need to re-educate the public on living better and the doctors should be the first to do that.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:29:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Without integrative medicine, I would be bedridden and my quality of life would be even less than it is now.

My integrative GP includes both conventional and emerging medicine to treat my Lyme disease. I contracted the disease overseas but am still unable to get sufficient treatment in Australia. I am unfairly treated and treated with disbelief when I tell Doctors that I have Lyme disease even though I have tested positive on all required tests.

If the MBA puts these restrictions in place my treatment will become even more expensive than it is now, making it impossible to get the treatment I need. Without this treatment, I am unable to function and look after my three children.

We can not let this change happen.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 9:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have had great results from natural medicines and practioners and believe they play a vital role in good health. Patients do have a right so do Doctors to give that choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 7:24:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I totally and wholeheartedly believe GPs should be encouraged to offer non pharmaceutical alternatives. The medical practices in relation to GP visits is going backwards due to rushed consultations because of the number of people needing help. The easiest and quickest option is to prescribe a drug that targets the symptoms a patient presents with, and there's pressure to get through a huge list of appointments so this is the option used more often than not.

Some People end up taking a horrendous concoction of drugs which are prescribed in isolation with terrible consequences, and they keep coming back for more.

Alternative therapies have been around for thousands of years with unlimited evidence that they work whereas new drugs are invented all the time that dont help our bodies they just mask the symptoms.

My GP will always spend the time getting to the bottom of an issue and prescribe natural remedies first if she believes it will help. If you need 'traditional' medication she will of course prescribe it. I know I have to wait longer to see her, but I and all her patients know this too and its why we keep coming back. I've been seeing her for over 20 years even though I've moved out of area and have to pay a gap of \$40 per visit.

Please support GPs and educate them on 'alternative' therapies that have proven to work for thousands of years instead of prescribing poisonous chemicals (traditional drugs) to someone in the hope it might work. often it doesnt so they try a different one, again and again - the definition of insanity!

I also wholeheartedly believe bad diet causes a large majority of diseases and this should be a major focus for GPs who should be well versed in this area. Processed foods are without a doubt to me probably the worst cause of illness to a large majority of the population.

Thank you for taking the time to consider my 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:** Thursday, 2 May 2019 7:56:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I'm concerned to see integrative medicine being targeted and the possibility that doctors will be restricted from providing holistic care. Our current medical system seems focussed on treating sickness rather than preventing it and the integrative health model is far more focussed on keeping people well, but more than that. It helps patients who are unwell that have symptoms that are difficult to classify into a named illness. Many of these patients do very well under the integrative model where doctors spend more time with their patients, listening to them, understanding their lifestyles, their stressors and putting together treatment plans that involve more than just prescription drugs. I urge you to reconsider and maintain the current doctors' choice of treatment/prevention strategies 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, 26 June 2019 9:59:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine, in addition to mainstream medicine is important to me.

My personal experience has been that complementary therapists have been able to help me with things that conventional doctors were unable to do.

Conventional Gp's and Cardiologists have prescribed magnesium as an example, which would be seen as supplements and yet it is quite mainstream. A naturopath/osteopath had already put me on magnesium which the cardiologist was pleased to know, and indeed has great respect for this naturopath/osteopath.

I think it is better to keep integrative and complementary medicine able to be accessed and referred to by conventional medicine practitioners. The other advantage of this is keeping everything more in the open and people can be honest about what they are taking. If you restrict access, people are more likely to hide their alternative treatments which could be detrimental to their health outcome.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:09:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Access to a wide range of conventional and more holistic treatments should be a personal choice, not mandated by the MBA.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 11:26:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe the public should have the choice to see a general practitioner who provides integrative healthcare. My family has benefited greatly after finally utilising the services of an integrative practitioner. After many years of struggling despite many appointments with GPs, schools, psychologists, and psychiatrists we finally saw an integrative practitioner and our health began to change for the better. I believe that without being able to see an integrative practitioner, I would still be on Centrelink as I'm a single mum and had to be home to supervise and look after things. I now have 5 jobs and my children are well. Seeing an integrative practitioner is by far the best thing I have ever done in my life. I don't know what would have happened to us if we did not find an integrative GP. I highly recommend seeking out the services of an integrative GP to everyone I meet who is struggling with the standard GP consult. It may not be necessary for everyone but if you have chronic issues or anxiety or depression then I believe an integrative practitioner is the best place to get long-term results. You build a house with bricks, wood and concrete; and a human body, neurotransmitters & hormones with nutrients. Rather than regulate more, why not bring in more nutrition training for GP's and more CPD modules that focus on nutrition and integrative health. Educate rather than regulate. Nutrition training for general practitioners currently seems inadequate. Unfortunately, this is obvious when you visit many GP's. It seems that you need to seek out a very proactive GP, one that stay up-to-date with the latest research to get the best nutrition / integrative help. My family's integrative practitioner was the only GP to discover several underlying causes for the problems we were having at home. These have finally mostly been remedied. One of the discoveries was that one of my daughters has Coeliac disease. Finally, we have a reason for low nutrients, bloating, anxiety etc. I would prefer to see an Integrative GP over other types of health practitioners, especially where my children are concerned, due to the rigor and training of GP's. I strongly want the choice to see an integrative GP. If that choice is taken away, I will certainly take my family health concerns to other types of integrative health professionals. I believe this is my best choice for long-term health and wellness. I believe it is not an either or situation when it comes to health. There is a place for conventional medicine and a place for integrative medicine. When I go to a GP, I want them to explain my options and if there are good options for both conventional and integrative medicine, I want the choice to decide which option to try. I believe more harm than good will come from additional regulation for GP's. I believe the public should have the choice to see a general practitioner who provides quality, integrative healthcare if that is what they choose to do. In fact, I believe integrative healthcare is the healthcare of today and the future.

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, 2 May 2019 5:28:49 PM

---

To the Medical Board of Australia,

I support Option 1.

GPs in Australia get some of the best training in the world, yet the government insists on treating not just the general public, but now its Medical Professionals as uneducated imbeciles.

The system here disgusts me!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe all Australians should be given all options for their health. Doctors are seen as the first port of call for the majority of the population when it comes to health and it would be beneficial for the wider population to have the knowledge to make informed decisions, have doctors practice in what feels best to them (including having longer consults to get to root causes) and being able to undertake a variety of tests to uncover root causes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:38:01 AM

---

To the Medical Board of Australia,

I support Option 1.

It should be the right of each Australian citizen to select what medical intergration they wish to access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 6:45:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I suffer from a lifelong chronic condition. There are limitations to what "conventional" medicine can do for me and my quality of life but I have had success with a combination of conventional and other therapies; a system supported by my Specialists. If the MBA imposes restrictions, my condition will worsen, along with my quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:30:16 PM

---

To the Medical Board of Australia,

I support Option 1.

It is very disturbing that the Government could be so prescriptive in reducing people's options when it comes to their own health. In a time where public hospitals are FULL of sick people surely you can see that we need to address health concerns in a holistic manner to get people out of hospitals. I use both complementary and integrative medicine for my family and I should be able to choose what suits me without the Government interfering in that choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:48:43 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been the grateful recipient of care from an Integrative GP. They helped me bring my health back into balance by using supplements, dietary and habit changes rather than resorting to medications and more "conventional" medicine. I was also able to turn things around after years of trying to fall pregnant with no success, to falling pregnant with limited intervention and avoided costly, invasive and emotionally draining IVF.

I believe that maintaining the current guidelines are useful to patients who seek a more preventative form of care with less intervention, side effects and cost.

Our bodies know what to do, but most illness/diseases/conditions arise from either too much or too little of something. The ways that Integrative GPs practice is to give the body what it needs so it can heal itself rather than doing its job for it by pumping it full of chemicals (medications) and then it can no longer function by itself, people then become reliant on the meds and medical care. Allowing GPs to practice in this way (and even allowing it to gain larger momentum and be supported by the MBA) would increase the health of the population of Australia, decrease the chronic disease sufferers, decrease more invasive treatments and ultimately the burden on tax payers.

When will the medical fraternity make a change and realise that we need to be proactive not reactive? Too many people live a poor quality of life because their conditions have been left to manifest and then rely on "conventional treatments".

If the MBA imposes restrictions on Integrative practitioners I will start doing my own study, so that I can help myself. This is not ideal and definitely not something that would be safe for the general public as a whole. Why take away the option of smart, well trained, responsible and experienced practitioners?

Please reconsider the labeling of integrative GPs as "fringe" practitioners. They are using conventional medicine and its resources to provide a valuable and respected services for the communities of Australia and should be encouraged to do so, not 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:** Thursday, 2 May 2019 8:34:10 AM

---

To the Medical Board of Australia,

I support Option 1.

The government is too quickly removing the rights of the people. There is a portion of the population that seek out alternatives for many reasons, mine to to get away from the castle increasing medical only option including use of pharmaceuticals. The government seems to be removing options as they are not getting big kickbacks which is quickly limiting options that could offer a better healing process.

I consent to 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 12:40:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I sought help from several GP's for many years in relation to chronic health issues. With GP's refusing to test for issues and responding dismissively to my concerns. I sought help from an Integrative GP who was happy to seek diagnostic testing for thyroid, endocrine and gut health issues which uncovered a host of issues including coeliac disease, adenomyosis, severe gut health issues and others that had contributed to long term chronic ill health. Integrative and complementary medicine has seen those issues addressed and provided much needed advice on how to manage these conditions. Without access to integrative and complementary medicines my quality of life would be drastically reduced. The drain on the medical system my untreated chronic ill health would have resulted in would also be much worse. I do not support a restriction on the accessibility of these therapies, or the further restriction of what an integrative GP can do to assess, diagnose and treat. In my case, without these therapies I would absolutely not be able to function as a wife, mother and contributing member of society that I can 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:** Tuesday, 30 April 2019 10:36:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicines have helped me in many ways. They do work for people, maybe not everyone, just like pharma medicine doesn't work for everyone. But there should always be a choice in what you want done to, or goes in your body! No one should decide that for someone else! Think hard about why you might want to stop complementary medicines? Control? Money? You know it's wrong. Nature is our medicine, you can't stop nature, people were using herbs and other traditional methods before pharma was around and they are generally healthier with none or less side effects. Just let it be! It's the rights of people to have that choice! Taking it away is criminal! Where's the freedom going and why?! This is wrong, I can't believe we even have to defend Integrative healthcare!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I value and support doctors right to be able to provide new, innovative and comprehensive practices/treatment, which may include complementary medicines. It is the right of a doctor and my expectation that they have the time and ability to treat their patients. I use integrative complementary medicines/doctors because it/they are focused on solving the root cause of illnesses, rather than just treating the symptoms. It is important that these options and types of doctors are available to people and are covered by medical insurances (which will be targeted next). We don't need doctors that are just a distribution agent for 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:** Wednesday, 26 June 2019 8:50:56 AM

---

To the Medical Board of Australia,

I support Option 1.

Slowly but surely our rights are being removed from many aspects of our daily lives; to prevent individuals from a choice on health treatments is unacceptable. Please realize that this will also include yourselves and your children and grandchildren. will they thank you for 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, 6 May 2019 8:22:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I and my family have used complementary medicine for many years. They have served us well.

What does the medical board suggest we do, if they decide to stop our health practitioners prescribing these beneficial alternatives.?????????

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:34:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I support medical doctors who use proven forms of integrative medicine to provide holistic care for the patient. Cancer patients benefit from acupuncture, reflexology, yoga and meditation while undergoing chemotherapy. They benefit from juices, vitamins and herbal supplements, which do not interfere with the chemotherapy, as often appetites are affected and patients do not receive all the nourishment they need from normal diet.

Recent studies show the benefits of turmeric to support the aging brain, B3 to reduce skin cancer and adequate vitamin D to support the immune system. These are not unproven vitamins and already in common use. A doctor should not be penalised for promoting the holistic health of a patient which in many cases could keep the patient out of a stressed hospital 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:** Saturday, 15 June 2019 12:47:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like the rules to stay the same because I have found  
Accupunture,herbs and use of vitamins has saved me from accessing  
western medicine too much over the years and therefore saved spending  
on Medicare.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 2:02:00 PM

---

To the Medical Board of Australia,

I support Option 1.

The MBA are attempting to ban anything that is natural or not done in conventional medicine which to me is an absolutely ridiculous, myopic and unsubstantiated stance. It has been well established that prevention is a far better and economical approach to health care then reactionary care. However, the new guidelines aim to stymie natural prevention methods and force individuals to take drugs or have invasive surgical procedures, both of which have many potential side effects including death. I believe it is every Australians right to be able to seek out safe, legal, and effective treatment in an effort to positively affect their health and wellbeing without being controlled by a centralised governing body.

[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 1:03:35 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare has made a big difference in my life and the life of my close family. I suffer from chronic fatigue that makes everyday life very difficult. I manage to do a full days work but then need the support of my family to prepare my meals and do the everyday housework. Most weekends are spent resting to get over the week of work. This has severely limited my social life and added to my severe (and clinical) depression. Working with an integrative GP over the past few years, doing additional tests and trying various supplements has provided me with significant improvements in my health and quality of life that more conventional medicine has not provided. I am a scientific person myself and very skeptical of alternative treatments but I have seen the positive effects of these treatments and feel sure that as more research has been completed the wider medical establishment will become more accepting. I and many others however cant wait that long, for those of us who find each day a struggle (physically and mentally) integrative medicine provides hope now. Since the MBA does not consider integrative medicine unsafe, individuals should be allowed to make their own choice as to the efficacy of the treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 7:52:40 PM

---

To the Medical Board of Australia,

I support Option 1.

As a patient with Chronic Fatigue syndrome, I cannot stress enough how important and integrative and complimentary medicine has been for me. The medical industry doesn't have much to offer patients like myself and really I have found don't have much idea about what can be done to help.

Integrative medicine has given me and my family treatments that have helped me immensely and diagnostic tests and insight that I haven't found with any other medical practitioners. These doctors are highly knowledgeable and passionate about their careers. I use these doctors as it has given me treatments and support that I highly value and confidence that my condition and health can be improved. I will be devastated if the MBA imposes restrictions on accessing integrative and complimentary medicine and the practitioners that I see.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:23:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Healthcare is a much Healthier option than modern medicine (Pharmaceuticals) or the Medical model. Myself and my family use integrative and natural medicine that heals and supports the immune system helping it to fight off illness and disease. I don't believe that it is up to the government to make choices on healthcare for individuals and if you impose restrictions on integrative practitioners Those on low incomes have no option but to rely on pharmaceutical medication which we all know is supported by the government for money generating and not the health and well-being of people. It shows that the government puts the almighty dollar before human life. Health care should not be viewed as a one size fits all as it shows in treatments of today it does not work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 6:14:12 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

These “fringe” practitioners lower the load in our hospital system.

Aren't you stretched already?

Spinal health, among many other health problems, is maintained and improved where medicine fails. If the Hippocratic Oath is to “first do no harm”, then surely you cannot remove these other practitioners' freedoms? That would be control of not only free will but good, grassroots MEDICINE, and it would be fostering generations of PHARMACISTS instead of doctors. This country needs skilled, integrative practitioners capable of thinking outside of the pharmaceutically bought medical mindset in order to compete with the rest of the world. True integrative medicine works.

If this comes to pass as planned, the first thing I would do is leave Australia in the face of any of my own health problems. Thousands of people do already. Great plan for a first world 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:** Tuesday, 23 April 2019 6:03:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't change our access to Integrative Medical Doctors. So often traditional medicine on its own is so broad in what it can offer. But I have some extra challenges like many and do better when alternative medicines are used in conjunction with my traditional 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:** Tuesday, 4 June 2019 12:00:46 PM

---

To the Medical Board of Australia,

I support Option 1.

The public access complimentary therapies, there is now research proving it's efficacy, you should not limit the ability of intuitive and thoughtful doctors by hobbling their choices, as some therapies not developed by pharm work very 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, 27 June 2019 10:01:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access and complementary medicine.

I do not agree with others taking my choices away from myself, my friend's or family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:14:45 AM

---

To the Medical Board of Australia,

I support Option 1.

We have a right to choice. Do not legislate Doctors to make choices based on guidelines rather than the most appropriate option for the client.

I consent to publication 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 3:03:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice to integrative and complementary medicine is people's democratic and sovereign right to choose.

This should not be removed ever- freedom of choice is paramount in any advanced civilisation..

I have used and so do my family and friends have used integrative GP and complementary services eg osteopathy for decades- as conventional GP could not assist or have the insight to get to the root cause- They have provided me and my family quality of life where conventional medicine had a spiralling decline effect and could not assist naturally with minimal risk and impact.

If choice is removed- many people and quality of lives will be severely impacted.

Leave it as it is.

Leave people the freedom / as a democratic country the right and freedom 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:** Thursday, 27 June 2019 4:52:26 PM

---

To the Medical Board of Australia,

I support Option 1.

Not all health problems can be fully supported or resolved by seeing a doctor practicing western medicine and prescribing pharmaceutical drugs. Individuals need to be able to choose the type of health care they receive and have options especially when traditional western medicine does not work for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 2:01:10 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

As a Celiac I find integrative and complimentary medicine very important. Medical doctors have very little training in diet, nutrition, vitamins and minerals. My condition requires expertise in all of the previous areas which I can not obtain from the average doctor. Complimentary medicine has therefore helped me greatly and other members of my family with the same condition.

I believe that people should be able to access the knowledge and benefits that integrative and complimentary medicine has to offer.

I would also like to bring to your attention the extra pressure an already over stressed medical system will come under if all the complimentary practitioners can no longer work.

These small business owners and their employees will find themselves looking for work, therefore an increase in unemployment figures will be inevitable.

Freedom of choice should be a right not a memory.

I consent to 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 11:31:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has (with the combination of western medicine) not only given me my life back but has enabled me to create 2 wonderful human beings. (Chronic fatigue treatment, adrenal failure and PCOS and severe hormone dis function have been treated and assisted with not only the help of IVF but also a range of supporting complementary medicine and at times acupuncture)

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 25 June 2019 12:56 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The end is near for the MBA and other medical boards with similiar interests. People are waking up. MAGA

I consent to 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 3:14:11 PM

---

To the Medical Board of Australia,

I support Option 1.

I rely on accessing alternative natural therapy to be able to work and function in my daily life. If I had no access my only option would be a lifetime of pain medication that will create a raft of problems on my organs and early death.  
This is of grave concern to me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:06 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe there needs to be option for both traditional medicine and complementary medicine as the former tends to treat only the symptoms whereas the latter the cause. We need to have a choice as adults.

I consent to publication 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 7:20:00 PM

---

To the Medical Board of Australia,

I support Option 1.

If a method or theory don't fit to the view of the present medicine regime (established about 400 years ago and yet to be updated), doesn't mean it isn't scientific or valid.

Ignac Semmelweis in the 19t century tried to convince the doctors of Viena to wash hands between patients.  
Ther answer was "A gentlemen's hands are always clean."  
Don't make the same mistake!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

We have a right to know of all medical options including natural holistic therapies. Without the support of this in our doctors offices more people will look to self diagnose and treat in an attempt to find these natural therapy's that generally involve less if any side effects that medicating does.

Intergrative practices are important and powerful don't let money get in the way of giving people good health. Medicine should not be for profit, let's keep wellness and health our goal not money.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:45:03 AM

---

To the Medical Board of Australia,

I support Option 1.

There is positive evidence to support the recommendation of complimentary medicines by GP and specialists. For instance the use of omega oils with the health of the heart, Vit C for the immune system, the balancing of sodium and magnesium in the body, the use of Vit D supplementation in the case lack of exposure to the sun, and the supplementation of D is those who suffer bone problems, etc etc etc.

More doctors accidentally kill their patients than those who have died from vitamin and mineral supplement.

Why do I feel like this is a big pharma grab rather than a realistic problem?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:44:23 AM

---

To the Medical Board of Australia,

I support Option 1.

When I left school 40 years ago I trained as a nurse and saw first hand the side effects of many pharmaceutical drugs given to patients. Many drugs are extremely useful and lifesaving but sometimes other remedies and modalities are also very beneficial and effective in helping to restore health and improving the outcome of a medical condition.

I've used integrative medicines and treatments all my life and they have proved very useful to myself and all my extended family. Please leave these very beneficial treatments available as a support offered by Medical Practitioners who are widely educated and have an awareness of the health improvements that can be achieved.

I consent to publication 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 7:09:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to be informed of ALL available options with regard to the health of my family and myself. After all, isn't that what we expect from our GPs!! Most pharmaceutical medications come with side effects (some of them very unpleasant) and alternatives are often a much better solution. Ultimately it is our health and we should be made aware of our options and have the final say!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 11:15:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe integrative and complementary medicine is keeping the small portion of the population who uses it far healthier and of less burden to the health system than this who do not. We have every right to chose how we heal ourselves and who and what helps us. I know my family is healthier because we use integrative and complimentary medicine wherever possible and affordable. Please don't take away these rights, and the livelihoods of all the wonderful practitioners who care deeply for their patients wellbeing. Holistically. Unlike the conventional 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:** Friday, 31 May 2019 7:01:34 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi

I believe there should be choice given to patients around their wellbeing. Sometimes an alternative, wholistic approach is required and this is just as valid and necessary as a conventional approach. Therefore patients who make/need this choice should receive the same benefits as those receiving them by conventional means.

Thankyou

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

What a disgrace. We are supposed to be living in a democracy... the Free World, where we have the right to choose the interaction between holistic & pharmaceuticals. Australia is already 20yrs behind Germany, where Doctors & Naturopaths liase & work in the same premises to achieve the best outcome for the patient. When there was nowhere else to turn, natural products & Chinese Herbs helped my husband. If not for them, he would not be alive today. Pharmaceuticals (big business) came way after herbal meds. This is an OUTRAGE !!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I want the right from my GP to have the choice to use complementary medicine.. how dare MBA take away our fundamental right for choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 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 am contacting you regarding the upcoming review into integrative health care choices. Patients who actively seek to invest in their health, both financially and by utilising a variety of health care practices, have significantly better health outcomes and opportunities. More than ever Australians are wanting to diversify and take responsibility for their own preventative health. Medicare and the Australian government have heavily cracked down on preventative testing and exploration, with many preventative tests being refused to patients if they aren't already sick. This is where many of the allied and alternative health therapies in Australia come into play. By utilising all streams, we can take burden off medicare for preventative medicine whilst still having power and autonomy in our own health. It is imperative, given the way that Medicare continues to crack down and GPs are being forced to only prescribe medication rather than focus on prevent illness, that we as a society have options to empower our healthcare.

I use a variety of healthcare options. From Naturopathy, osteopathy, clinical Pilates, remedial massage, all the way through to my local GP, specific medications, herbal tonics, set nutritional guidelines and exercise routines. All of these aspects are important to the overall picture of my health.

Please take into consideration that there is a place for all elements of healthcare, not just medication and western medical practices. Many of us just want to be able to be presented all the options, and make an informed decision. If we censor and stop medical professionals from giving multiple options, we lose our autonomy to 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:** Wednesday, 12 June 2019 9:12:01 PM

---

To the Medical Board of Australia,

I support Option 1.

My body - my choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:52:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Some Complimentey medicine has been around for thousnds of years.  
Everyone wants a healthy life .No one wants to take pills that cause  
serious side effects /and feed unethical pharmaceutical  
corporations.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:52 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 it is a dark sad day when we as a nation are forced to abandon a way of healing and help from both with the medical fraternity and complementary medicine. I do not understand why we are being forced into this level of no choice.

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.

Your proposed changes will dramatically affect my health and the health of others seeking and using integrative doctors and medicine for the treatment of their illness and disease.  
Common place drugs did not provide the answers to my medical concerns and I am always thankful I was able to find an alternative. This alternative allowed me to get my life back.  
Please ensure NO changes are made.

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.

People looking for medical advice have the right to be able to choose medical practitioners who reflect their own values. If that happens to be for the doctor to take a holistic approach to health, then they should be able to choose a doctor who does just that. Medicine needs to move past treating symptoms to looking at the whole body and HEALTH needs of the person seeking treatment and advice. Nutritional advice which may include the use of specific supplements to address deficiencies highlighted by diagnosis is important. The MBA and AMA need to remove themselves from the influence of multinational pharmaceuticals and support doctors support the health of their clients/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 12:27:39 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me, my family & friends over the past few years. I had to stop taking anti-depressants because I was getting too many side effects. I would not have gotten this far if it wasn't for my integrative doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 10:21:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I am extremely concerned that the Medical Board of Australia has this on their agenda. Why would any association to do with health, wish to restrict ( or 'target') the knowledge of any doctor, who has made the effort to learn more to assist their patients back to good health? Does that mean we don't encourage 'emerging treatments' such as use robotic surgery, stem cell processes, medical cannabis etc? Or is this against the homeopathy, naturopathy, kinesiology, acupuncture and any other sort of treatment that gives much assistance to many people? eg. I have used homeopathic remedies for the last 25 years as well as traditional medical interventions. Homeopathy is the only thing that easily and immediately stops my hayfever with no side effects. (Drugs have not worked as well for me and cost much more.) I thank the trained homeopath I consult, every day during the hayfever season! I also have used naturopaths & kinesiologists for the last 30 years to maintain my health. An easy and smooth transition through menopause and keeping myself emotionally and mentally balanced have been two great benefits of seeking their knowledge.

Whose agenda is this to target integrative doctors? Who is running in fear because there is great knowledge out there to be used? Is this the next step by Big Pharma to further infiltrate and capitalise on the Australian health system? Or is it jealous doctors working to reduce their competition? I believe the MBA needs to create new guidelines about the modern 'conventional' medicines. Many are dispensed by arrogant doctors who know nothing else. People like me don't want to be poisoned by these type of doctors, so we find another doctor who listens and cares and knows different ways to assist and can give options. When I have a health issue, I am wanting a doctor to truly care and look after me –and cause me no harm.

Integrative doctors have been of great support in my recent cancer journey. I, and many like-minded Australians, look for professionals who want us to have good health, not lock us into taking drugs, which have terrible, negative and often long lasting impacts on our health. I want a doctor who knows many different aspects of creating good health. I want a doctor who takes the time to know my issues and does not shove me out the door after a ridiculously short consultation. I want a doctor who is more than a 'Big Pharma representative.' That means they need an holistic toolkit, and be open to know about traditional and complementary medicine and natural therapies.

I believe in taking responsibility for my health and I want my doctors to be supported, not restricted, in their search for the best for their patients. I want the MBA to be responsible for supporting doctors in using the best knowledge available. Australia needs to be open-minded to what is being used globally and take practices that work and lead to no harm to the patient.

An holistic approach to my health care is essential. I support



doctors' rights to provide new and innovative practices. Health choices are my democratic right.

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, 25 April 2019 6:10:46 AM

---

To the Medical Board of Australia,

I support Option 1.

It has helped myself and my family in so many ways! I have chronic skin condition and eczema that traditional doctors have not been able to not cure or treat over the long term, long time use of steroids has degraded my skin even more. Integrative medicine has saved me and given me a life 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, 1 May 2019 1:03:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to notify you of my concerns regarding any changes to complimentary and integrative health care laws in Australia.

I want to have the choice to access these therapies as I currently do.

I believe it's imperative to be able to get treatments via these means as purely relying on 'mainstream' health care is not wise nor a lot of times even essential.

In my experience relying only on pharmaceutical prescriptions (which is my experience of most doctors) is only helpful to a point-ie AFTER becoming ill.

I believe it far more important to access the integrative and complimentary health care to actually PREVENT ailments and treat current ones without pharmaceutical drugs etc. And I place a very high priority on getting treatments as naturally as possible without being concerned with possible side effects of those pharmaceutical drugs.

I have for years found great relief from periodically accessing chiropractic care, naturopathic care, acupuncture and overall improvement in my health through nutritional support with vitamins and herbs.

I cannot stress enough my concern for our rights as Australians to be able to continue to access this source of health care for myself and my family. Please do not change anything in relation this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Evidence is at the patient level, I have seen the value of complementary medicine for my family and myself and will continue to do so.

I rely on steroids for my anaphylactic daughter but I also know from trial and error that her reactions are less the stronger her immune system and the value of items like vitamin c and probiotics to supporting her immune 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 12:28:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support patient access to Integrative & Complementary medicine & practices.

If it wasn't for these practices, my partner (stage 4 pancreatic cancer) wouldn't have survived the life-prolonging onslaught of chemotherapy he's had to endure over the past 5 months. The chemo would've killed him if it wasn't for the support of CBD, herbal supplements, acupuncture, osteopathy, Yoga and meditation. We will continue to use all of these practices until we don't need to anymore.

Essentially if these services are no longer made available, that will indicate firstly an abrupt end to his current quality of life, and then certainly an end to his life - much sooner than necessary with the support of all of the above mentioned practices & support.

Please start making this about HUMANS and LIFE - and quit making it about drug companies and Western Doctors. There is a growing world of proven complementary and naturally therapeutic practices & medicines out there - which are far less taxing on the environment AND would be far less costly to fund with trials, studies etc. It's insanity to think 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:** Friday, 14 June 2019 7:31:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 50 yr old woman with degrees in Chemistry and psychology. I think scientifically and judge empirical evidence.

The removal of complementary therapy's is arrogant and myopic. Western Medicine does not have all the answers and in my experience our GP'S and Dr's are about symptom management rather than treating the cause. Treating the cause and managing lifestyle is ultimately the most cost effective and humane way of managing our rising health and our health budget.

My personal experience over the last 4-5 years I had become increasingly unwell put on large amounts of weight, was becoming increasingly exhausted, had increasing nerve pain and pain in my joints. My skin was dry and my hair brittle I had stopped riding my horse and going to yoga because I was in too much pain and too tired. I wasn't sleeping well. For 2 years my GP told me I was getting older, I should expect that. Eat less exercise more and try to relax. I then developed a sore lump in my throat so we got an ultrasound on my throat. I had a 5mm by 6mm lump on my thyroid. I was told not to worry we would rescan in 6 months. I was rescanned 6 months later to find it had doubled in size and another had developed that was about the same size as the original. The dr Did thyroid test and told me I had nothing wrong with me it was all in my head, eat less exercise more don't worry about the lumps in my thyroid.

I came home and couldn't quite believe what I had been told. I then got angry and asked to see all of my raw results. I was told that I would need the dr permission to be given that. After 2 follow up telephone calls the dr eventually telephoned me and said that she wanted to put me on thyroxine. I demanded my results.

When I looked at them the thyroid results were incomplete no free T3 no iodine. I found a dr who advocated treating the cause at great personal cost to me I went to this dr gave him all my results and he did a whole raft of new tests. What did he discover

Under active Thyroid, leptin resistance, Mercury poisoning, lipoprotein A, very high inflammation, and brain damage. I guess my Dr wasn't all wrong, it was in my head!. As he said, if hadn't seen me I would have been in a nursing home within 5yrs with advanced dementia.

Now 18 months down the track, having been put on iodine supplements, selenium supplements, niacin, and amino acids, and after 6 months of trying to kick start my thyroid without medication the porcine based thyroid medication. Been placed on a Mercury elimination plan. Changed my diet to a keto based diet, working on circadian rhythms, involving massage and acupuncture to help with pain. I am now 27kg lighter back to riding my horse and doing yoga once a week. I am still not 100 better but I am on my way.

If i had been left to traditional western medicine with bureaucracy dictating what a dr can and can't do without Looking at emerging new treatments or looking at historical treatments that have worked for the past 6000years (acupuncture) I think I would be in a really bad way.

As a sentient being I should have the right to choose how I manage my health. I pay my medicare levy and and told I can all the drugs in the world to mask my symptoms, but if I actually want to heal my body. I have to pay for that on top. Now you trying to tell me I won't be able to get professional help at all. In my view this tantamount to medical negligence. It if goes ahead people should be able to sue the AMA for professional negligence and failure of their duty of care.

Have a look at the number of people who die from complications from prescription medications. How many people have died from the side effects of acupuncture? Or vitamins,or amino acid supplements, of massage, or yoga? While I don't know the answer exactly I am positive that prescribed drugs would be responsible for thousands of deaths a year. I would think the others could be counted on one hand wearing a mitten!

Please stop trying to take away our rights to treat our bodies in a natural way and stop giving the pharmaceutical companies more and more control of how a dr helps us keep ourselves healthy

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 12:54:31 PM

---

To the Medical Board of Australia,

I support Option 1.

It is very simple -supporting therapeutic support including complimentary therapies which have government approved qualifications can reduce ill health on all aspects for a person which reduces expenditure for the government's health bill and give people a quality of health they are abd should be entitled too. We live in the 20th century not the 'witch burning historical times'. If the government supports changes and excluding doctor's from making these recommendations to their patients we all know that the politicians are lining their pockets with funds from pharmaceutical lobbyists and not caring about every Australians. Shame on you!!! Think of your own families including your children for goodness sake.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 12:01:55 PM

---

To the Medical Board of Australia,

I support Option 1.

To be honest, as a husband and father of two, I'm appalled at the ongoing threats to any form of healthcare that is considered (by the MBA, et al) as "unconventional". While conventional medicine certainly plays a critical role in healthcare, in particular emergency, crisis, and A&E trauma; it also has a statistically significant risk factor for patients. Also, many treatments and procedures utilised in "conventional" medicine have not demonstrated safety and efficacy, for which other forms of healthcare are being attacked, as in this case. There appears to be a double standard. As such this does not appear to be a 'public safety' issue, but rather another lurch at controlling healthcare. A turf war. The goal of all forms of healthcare should be about helping people with the least amount of risk while giving people INFORMED choices to what THEY want for THEIR (and their children's) bodies. OPTION 1, is really the only option here in my opinion. Thank you for your attention to this important matter.

I consent to 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 6:25:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary health care options provide preventative as well as assistive options for the public. Standards of care and quality of life are increased when Allopathic medicine is integrated with complimentary options. By prohibiting doctors from integrating complimentary medicine options you are reducing the public's quality of life and future wellness. Further, you are taking away the public's ability to make informed choices for their own health, as informed by their doctor. It's going back to the dark ages. The public is not stupid and can make good decisions along with their medical practitioners for their own health outcomes. I suggest a better solution would be to mandate more complimentary and nutritional training for doctors in their Medical Studies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 17 May 2019 6:28:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors take an oath to do no harm and preserve life. When we are forced to take medicine after medicine because one makes you better from this but makes you sick with that so you need another medicine that does the same and so on and so forth is it not the MBA that is telling doctors to slowly kill us? I was on 6 tablets at one stage for pain and anxiety and they literally made me so unwell and suicidal. Now 8 drops of natural medicine and I'm no longer in pain and my anxiety is gone. I'm living a great life again with my kids because of inconvenient medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:00:28 PM

---

To the Medical Board of Australia,

I support Option 1.

The Medical Practitioner that I currently see incorporates Integrative and Complementary medicine into my treatment. These treatments have been extremely beneficial to myself and my family. If we were to be denied these treatments, and had to rely solely on 'conventional' medicine, our health would definitely suffer and ultimately we would cost the health budget much more than we currently do. To deny us access to Integrative and Complementary medicine would be denying us 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:** Friday, 3 May 2019 4:12:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I am in my 60's and for years have gone to various GP's who have worked harmoniously with both Western medicine practices along side complementary and natural therapies and products. They have not had an issue and have noted the benefits, as have I, as no one paradigm holds all the answers on their own on a subject as huge as health. I also feel that you are taking a very narrow, outdated view of what is evidenced based medicine. We all know that much of the research of so called true medicine is found to be false in a matter of years and the real test of whether something is working or not is to be found through the patients themselves . Accordingly, I don't believe that current guidelines should be changed.

I consent to 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 5:32:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I have seen numerous instances of people I know and am close to, who were unable to be helped by standard, conventional western medicine and treatment. I myself had also seen multiple doctors both within a major Sydney hospital and smaller medical centres, to get help for regular migraines, and was recommended invasive surgery, or putting me on regular painkillers long-term. It was less conventional but still tried and tested treatment that got on top of it.

Ultimately I think that people need to continue to have the right to choose what treatment paths they take, and what practitioners they are able to see. Conventional medicine isn't always the most effective option. I have often found in the past that western medicine has come with greater side effects, and if more alternative options were available that would have been of benefit to me as well as other people I know. For instance I saw a doctor for a mild fungal nail infection, and the medication I was prescribed not only did nothing for the infection, but caused a number of all over skin conditions such as extreme sensitivity to the sun, meaning I couldn't go outside for more than a couple of minutes without becoming very burnt. The skin also became increasingly sensitive and inflamed, all of which lasted for over 9 months before everything returned to normal again, for a 2-3 week course of tablets. Other alternative treatments offered little to no side effects.

So if any changes were to be made, I think there should be more exploration into the benefits of a much more collaborative approach, incorporating alternative methods within western medicine.

I also believe that often more time is needed than the conventional 10 minutes, and to limit this we would be limiting potential beneficial diagnosis for many people who need it. This then also forces practitioners in more complex cases to shift their focus from the root of an illness, to treating a symptom. This would then put a heavier strain on our already busy medical professionals, dealing with continued issues and potentially even misdiagnosis, due purely to not being allowed enough time.

Ultimately I think it's important we don't put greater limits and restrictions on the way that Australians are able to go about their healthcare. There is a great strain on our medical professionals, so whatever we can do to improve knowledge and understanding of complementary healthcare and a more natural approach when used in conjunction or on its own, can have a significant benefit for our society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:11:14 PM

---

To the Medical Board of Australia,

I support Option 1.

It has taken over 15 years of 'quick fix', and 'refer on' type doctor care to finally find a Dr who takes the time and care to look at and treat me as a whole... mind & body. To know someone cares and wants to help you, makes reaching out less daunting and I can't explain in words the difference longer consultations and complimentary medicines have made in finally getting my health back on track.

Treating symptoms alone or offering one solution only (often of drugs) is not treating the patient at all, it's like offering a bandaid when the patient is so injured they need surgery. You might as well line up at the chemist having consulted Dr Google. (Since this is what some consults can feel like!... Is it any wonder so many folks put off going to the Dr when this is how they are treated?)

I am a strong believer that our health is treated most effectively by the implementation of a variety of tools and by looking deeper than the label or the diagnosis to find out WHY. I also believe that by taking away the autonomy of health professionals you are dictating how they treat, not only in limiting the time they have for patients, but subsequently limiting their ability to fully consider and share the options available to the patient in becoming well again. As such you are also taking away the choice of treatment from the patients. Not all patients can tolerate drugs pedalled by the big pharmaceutical companies, nor wish to use them, so complimentary medicines ARE their only option. And so they SHOULD have access to this care! THIS is integrative health care, it's health professionals working together and not against. It's looking for the newest research and supporting the professionals and patients who need these options. It's allowing medical doctors who have taken the time to train in additional fields, bring more options to their patients and raise the bar.

THIS is why I support doctor's right to provide new and innovative practices, INCLUDING complimentary medicines. I VALUE a holistic approach to the healthcare of all my extended family, and know that this is something that needs to stay. If anything should change it is the EXPANSION of these avenues and incentives to encourage better treatments in the first place. Why restrict it? What is the real reason? And who is behind this change? It's certainly not the customer...and the customer is ALWAYS right!

There is a saying that you can give a man a fish and he'll have a meal, or teach a man to fish and you'll feed him for a lifetime. I truly believe that by supporting Australians to take ownership and giving them choices in their healthcare journey, you are teaching them 'how to fish'. You are reducing the strain on our healthcare system because they no longer have a dependency on simply treating the symptoms. You are actually working towards treating the WHY, not the WHAT... and you are empowering them to be healthy. After all, that is surely the aim of any healthcare system, right?



I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I need a doctor who respects my right to choose the natural option and I love that my doctor has the knowledge of the natural options so that she can advise me when the medical option is going to be the best option. Due to her understanding of how the natural options work, she can advise why the medical treatment is the better option when required. Most importantly though, I trust her opinion as I know she is not just peddling some pharmaceutical agenda - she truly has my best health interests as the priority.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:19:13 AM

---

To the Medical Board of Australia,

I support Option 1.

As a patient of Integrative Medicine for many years with life-changing results in all areas of my health, I urge you to support Integrative Medicine practitioners so we have the choice to decide how we look after 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:** Tuesday, 25 June 2019 4:13:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I use Integrative and Complementary medicine because I believe it assists with the natural healing process of the body. If I need traditional medication for an ailment, I will adhere to the medical professional prescribing it, but I also should have a choice as a free thinking human being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:04:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative medicines and feel they should be able to be promoted as can alternate to chemical medications. Not all illnesses require pharmaceutical medications. I do believe pharmaceutical meds have their place but so does integrative medicine either alongside, in conjunction or as a stand 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:** Thursday, 2 May 2019 3:39:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been treated by Integrative Doctors over the past 28 years. Without the advice and help I have been given, I would not be the active 76 year old woman that I am. Even though I have several conditions, it is only the Integrative Doctors who know how to treat me. Local GPs I've gone to haven't got a clue and if I'd taken their advice I'd be dosed up on tranquillisers. Instead I am a volunteer in the community and a happy person. I am angry at the MBA for even considering such a move.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 27 April 2019 7:30:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Without integrating a holistic approach to my health and wellbeing, I believe my health would be more taxing not only to my life and personal finances but to the government as well.

I have integrated acupuncture when going through IVF treatments and frequently use massage & acupuncture, while taking vitamins & supplements daily which all keep me out of hospital and out of the waiting room at my chosen GP's office.

I have accrued the highest sick leave days owing to me in my place of work which means the lowest cost to my employer for sick pay, as I believe due to integrating complementary medicine & practices over the last few years, I have not been sick despite having the diagnosis of autoimmune disorders!

I consent to publication 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 1:38:54 PM

---

To the Medical Board of Australia,

I support Option 1.

My doctor uses acupuncture to help with arthritic pain and it is an absolute godsend. If this were to be taken away from me I don't know how I will be able to continue walking. Please do not assume that you know my needs better than I or my GP do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:06 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary have been very helpful to me do not change or change current guidelines. If i can not get the intergrative medicine i need my health will deteriorate.

Medicine is am evolving practice like many all arras of science. Keep the profit interests of big pharmacy out of the equation. Intergrative medicine works. Give people the choice to choose who and how they 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:** Friday, 14 June 2019 6:01:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used a range of medical treatments over my lifetime, under the guidance of registered GP's who have furthered their studies in a range of modalities. Many supplements are never going to be studied by pharmaceutical companies as they are commonly available materials and there would be no profit. Thanks to the exhaustive literature reviews of people such as Examine.com I and my doctor, are able to understand the efficacy or otherwise of many so called 'alternative' medicines. Modalities such as eastern and western herbal medicines have been exhaustively researched in China, Europe and USA. The reality is that conventional medicines often produce unwanted and debilitating side effects. In my case, it was proposed that I take medication for anxiety or try yoga and other relaxation and CB therapies. I chose to not use medications and have successfully managed my symptoms and behaviours for many years now. I understand that a population of 1 is not a statistically valid set of data. However, I have observed friends and family over the years, read the peer reviewed literature and explored a range of options. Thanks to my doctor being allowed to make alternative suggestions, I am a healthy being. As you would know, the placebo affect can in some instance account for as much as 4 in 10 recoveries in some instances. Clearly there is a lot more to healing than can be deduced from a conservative medical model. I want my doctor to have the legal and right to guide informed choice when I visit with 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:** Sunday, 21 April 2019 8:34:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine has been incredibly helpful for my family, we found a great GP who is also an integrative Doctor. Through his help we were able to identify that my son has a dairy allergy and he has been helping to heal his gut. Something that the many many doctors and specialist (including paediatric gastroenterologist) knew nothing about other than saying take a probiotic. My son was reacting to so many other foods and triggers and it was because his gastrointestinal system was incredibly inflamed and damaged by the congenital treatment we had received.

Also my husband has type 1 diabetes (insulin dependent) and through seeing our integrative doctor who picked up he was deficient in some key minerals and nutrients, his diabetes is much more controlled. He has gone from needing insulin pre meals and one shot of long acting to only the one long acting shot per day. And just by adjusting his supplements and dietary intake. Something that was completely dismissed by the endocrinologist, diabetic educator and dietician (dietician said he could eat anything he wanted and just have more insulin.... REALLY??!!)

For myself, as a breastfeeding mother seeing our integrative doctor has been wonderful as he is knowledgeable about postpartum depletion and through testing and recommending supplements, herbs and lifestyle changes I have gone from having postpartum depression and hating my baby and life, to having energy, loving being a mother and have a much better relationship with my child. The traditional treatment that my previous western medicine doctor and psychologist recommended was not helping at all. It just made me feel numb and like a bad mother.

The people of Australia should have a choice in who they see, and the practitioners in Australia shouldn't be silenced or banned. And while you're at it stop being such judgmental old fools regarding home birth and women's choices regarding their bodily autonomy in pregnancy, labour and birth. It's disgraceful.

If MBA choose to restrict complementary medicine and integrative medicine, my whole family will suffer. And not just mine, but the many hundreds of thousands of Australians who use these therapies every year. They are not "fringe, dangerous or alternative". They have been proven to be safe, effective and worthy of respect, or at least tolerance by the "medical" community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 7:17:29 AM

---

To the Medical Board of Australia,

I support Option 1.

You simply cannot take away complimentary medicine, it has helped me,  
my friends and my family for as long as I can remember  
There is a possibility that without it we would not be here  
If something works, why don't you just 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:** Monday, 27 May 2019 1:42:58 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine really works for me and has for over a decade. Myself and some family members respond adversely to certain drugs and medications, without integrative medicine practices we would be unwell, in some cases seriously. Consequently work and study. Would be negatively impacted. We should be supporting more, why have we forgotten that integrative medicine has been successful for thousands of years, globally.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 10:18:19 AM

---

To the Medical Board of Australia,

I support Option 1.

Over the last three decades I have cared for family members experiencing a range of chronic as well as acute illnesses. Leukaemia, Ulcerative Colitis, Post Viral Fatigue Syndrome (causing severe chronic fatigue lasting for years), Quinsy, Depression and many more ailments have caused much difficulty and suffering within my immediate family of five.

I am extremely grateful for the treatments and support provided by the medical practitioners who have attended us. I am particularly grateful for the expertise, professionalism and support given by my GP who upholds an holistic approach, practices integrative medicine and respects my decisions to employ complimentary medicine as well.

On many occasions it is the so called 'alternative treatments' and natural therapies that have given the greatest help and most effective treatment when we have been sick.

I believe it would serve society better for the MBA to support such practice rather than regulate against it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 4:12:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose acupuncture when I was pregnant as it was the only thing that made me feel more relaxed and healthy, I choose chiropractic because they are the only ones who can get the kinks out of my neck and help me sleep. This is about freedom of choice and hopefully isn't about money for the big pharmaceutical companies because they are missing out. They are money hungry conglomerate last who could save people lives and make medicine affordable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:43:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrating both medical and natural health is the best outcome. Both have their positives and if they can work together it's of optimal benefit.

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, holistic approaches to my care ensured I was able to get my health back in my own control, I do not rely on any form of drug now and live a healthy lifestyle. Without this I would be still chronically ill and unhappy. It is vital to keep the choices of humans as this is our right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 4:45:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I have 2 children aged 8 and 9, so to date there have been many medical issues along the way. I am very thorough when it comes to my children and I have found that a mix of conventional and alternative medical approaches have provided us with the best health outcomes and that some alternative approaches have actually provided the answer! I believe limiting consumer's choice in integrative and complementary medicine would be a very backward step. We need to be progressive and allow further development of practices that provide positive health solutions, whether they belong in the conventional or alternative camps.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 5:17:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi

I'm writing to express my concerns, I want to have an option for my own health. I have the right to have what I need done..

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:** Wednesday, 22 May 2019 10:16:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to register my preference for option 1.

I suffer from a condition called Chronic Inflammatory Response Syndrome - the focus of the 2018 parliamentary inquiry into Biotoxin Illnesses.

If you were to restrict Integrative Medicine Doctors using certain vitamins, minerals, herbal supplements and tests, I would have no treatment available to me. My life long GP (who practices conventional medicine) has told me she doesn't know how to help me and that I should continue to see my Integrative Medicine Doctor.

Please support Option 1 for the sake of all people like me who don't have any other treatments available.

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, 3 June 2019 11:52:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine. I feel everyone should have the ability to use whatever works and heals them.

I have used Integrative & complementary medicine which has helped me: naturopathy, acupuncture, energy healing. Often it is based on traditional medicine, which has been used for hundreds of years.

Please don't impose restrictions on Integrative practitioners

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complimentary medicine.  
Without this, I would not use Doctors at all.  
I value a holistic lifestyle and an open approach to 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 11:13:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I ask that you allow integrative practitioner to continue practicing. They have a wealth of knowledge on how to work with individuals to help improve their overall health. For myself and my sister in particular we have both faced chronic illness that did not fix any diagnostic criteria and were quickly declining. I was scared that my future would no longer exist because all of my hopes and dreams that allowed me to be a productive member of society were quickly disappearing. As our illnesses could not be diagnosed conventional practitioners dismissed us as they did not know how to help. It was when we saw an integrative practitioner that they were able to see aspects that were not working optimally within our body and worked to support them through the combination of conventional knowledge and complementary knowledge about lifestyle changes and nutritional support. Furthermore, seeing somebody with such a high level of knowledge about body systems and anatomy was comforting as I knew I was in safe and knowledgeable hands. I ask that you allow me and people like me to have the option to seek these knowledgeable practitioners that I can honestly say changed my life. All I ask is that I am allowed this choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:26 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 complementary therapy.

This therapy has been practised in india and China for thousands of years.

They should not be complementary but should be in main stream medicine.

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, 30 May 2019 9:34:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors should be allowed to use natural as well as pharmaceutical medicines when treating patients. The major complementary medicines are well proven, despite the negative and methodologically unsound reviews by the NHMRC saying the opposite.

The best systems of medicine allows Doctors to use their initiative. I have worked within overseas systems, from Switzerland to Cuba, there is plenty of evidence showing this provides the best treatment for patients.

Australians are suffering from an epidemic of chronic disease - we need a better paradigm to deal with chronic illness, and more drugs are not the answer. Using the best of pharmaceutical and natural medicines is.

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.

My health has benefited greatly from integrated and complimentary medicines

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 1:35 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 educated person I consider its my right to use whatever therapies to benefit the health and well being of my family. I use both traditional and integrative and complementary medicine to manage our health issues and believe everyone should have that right to do the same. Where traditional medicine has failed complimentary has helped. Traditional medicine has its place in my families health and we cannot do with out that. However complimentary medicine has helped discover the missing links in understanding some of our medical issues. An example of this was brain fog that tormented me for many years and became progressively worse, doctor after doctor told me there was nothing wrong with me, complimentary practitioners rectified the problem by balancing my diet and supplementing with vitamins and minerals, this is an area traditional doctors simply do not understand.

We live in a democratic society, every individual should have the right to choose what ever means they choose to keep their families healthy and happy. Integrative and complimentary medicine practitioners spend years training to help those who seek them out and it is the patients right to search for them if they choose to do that.

Removing this right is impinging on our free will, therefore I unequivocally support option 1.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:18:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I have utilised acupuncture ok numerous occasions to assist with reproductive health. This was in addition to my GP health. One complements the other. Why would you want to get rid of It??

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 7:30:25 AM

---

To the Medical Board of Australia,

I support Option 1.

To Whom It May Concern

I have two overlapping chronic autoimmune diseases for which there is no known cure or effective medication. In my situation people often seek relief from symptoms outside of the traditional medical system.

Over the years I have sought help from several integrative practitioners, which has brought many benefits, including:

1. A listening ear who has the background to understand my complex condition but who can provide suggestions to aid my symptoms outside of traditional remedies
2. If the practitioner is still practicing medicine they can order tests - sometimes tests that other doctors may not think of.
3. They can refer to other specialists.
4. Appointments are usually booked for longer than 15 minutes
5. A practitioner that straddles both the medical and alternative health worlds brings a broader view to your condition and treatment.
6. If you have a serious illness, as a patient you are safer with a doctor than an alternative practitioner.

Please consider the experience of patients and the importance of their agency in making choices about their health and disease management when making these regulatory decisions.

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:** Saturday, 1 June 2019 9:06:46 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

I'm writing to express my support for the current guidelines. If there are to be changes, then I would hope they would be developed as part of a consultative process with integrative practitioners with the aim to create a set of guidelines that would include and apply ALL medical practitioners. For too long there has been an "us and them" mentality, and it is time for all sides of medical practise to be honest and clear about the strengths and limitations of their modality so we can all work together to serve the best interests of patients.

I was driven to seek alternative medical support from a naturopath 12 years ago when my GP declared my husband and I infertile based on a hormone reading at 14 days into my cycle and a sperm analysis. As someone with a science degree and a clear understanding of evidence based practise, I found the initial GP diagnosis flawed as she had ignored my questioning the validity of the way the initial data was gathered - my cycle wasn't 28 days, so a reading at 14 days wasn't going to give an accurate picture. "This is when we do it" was the answer to my concern. An IVF referral was handed to me with the declaration "With results like yours, you could try alternative therapies, but they WON'T WORK. This is your only option". As I was keen to avoid the IVF procedures that I knew to be highly invasive, we sought help with a naturopath who was a fertility specialist.

After taking a detailed medical and developmental history of both my husband and I, as well as getting blood and hair studies done, our naturopath advised us to make some lifestyle and dietary changes, and then we started taking supplements and chinese herbs to improve my hormonal cycle and the quality of my husbands sperm. I also took a course of antibiotics to treat a previously undetected bacterial infection that had been shown to be associated with miscarriage. The attention to every detail of our lives was extraordinarily impressive. After several months of treatment we conceived naturally on our first attempt. I enjoyed a comfortable, uncomplicated pregnancy without the apparently standard early miscarriage heartbreak that so many of my friends and family had suffered.

This experience has been an invaluable education to both me and my husband that has set us on a path to raising our family with far greater health awareness than the average family. We have maintained our use of naturopathy since that time and have benefited enormously, with both our children growing up strong and healthy with far less illness than their peers. As our children grow, we have also benefitted from integrative doctor visits, chiropractic, kinesiology and energy work. Our health is supported and strengthened by ongoing care by our naturopath, and I have seen many friends and family members get similar results when they start seeing a naturopath - they get answers and solutions to issues and problems that their conventional GPs have little to no ability to treat because of the

limitations of the traditional medical model with it's emphasis on prescribing drugs for symptoms rather than looking more holistically for a deeper cause. We have also been very fortunate to find conventional GPs who are respectful of our work within the complementary health space and the knowledge and expertise that exists there.

If the MBA were to impose the kind of restrictions proposed it would mean denying many people the kind of care that can make a huge difference to their health and the health of future generations. The future of our health depends on different branches of medicine coming together and working together, not being cut off and separated. To limit and separate would be an incredibly retrograde step that is out of line with world standards and would lower the standards of medical care that Australians are able to access. The evidence of my experience is not a freak occurrence, and to deny such evidence would be to make a decision that ignores logic or the evidence many studies that show naturopathy to be a safe and effective practise. Please don't play politics with our health.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is a person's right to choose alternative methods if one has experienced results where conventional medicine has fobbed you off. been unhelpful or dosed you up with yet more of big pharma's pills... I believe the 2 should co inside with each other and an informed choice be made as to preference of individual 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 9:29:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative health care is extremely important for a lot of conditions. Health professionals should be working together not trying to segregate because of snobbery and egos

I consent to 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 12:31:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I support free choice and my ability to have an integrative health professional who can recommend vitamins/ supplements etc. that support a natural approach, rather than 'medications' all the time. Please stop trying to take away patients options to natural methods of healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:05 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wholly support patient access to integrative medicine. Three times on three different prescriptions for three different ailments - depression, fertility & dermatitis - I have attempted suicide as a side effects of the medicines prescribed by conventional doctors. I am alive today because of integrative medicine. If you impose restrictions, my life is in jeopardy. I am one of many and we have to matter. I have suffered zero side effects from integrative medicine and I am thankful for it in my life, for my life, every day.

I consent to 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 7:48:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not restrict access to integrative doctors. There are far too few of them, and access is already difficult. After years of pain, the only doc who helped me was an integrative one, who took the time and trouble to work it out instead of just prescribing more and more medication that was ultimately useless. If I'd found this doc sooner, it would have saved money (not to mention pain, frustration, depression, etc) for myself and Medicare and 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:** Wednesday, 26 June 2019 9:29:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish medical practitioners were able to use complementary medicines/ Therapies. I will give one example. A patient who has leg ulcers and where a commonly used medicine called 'Silvazine' has been used but is after a time ineffective as the bugs become resistant to it. "

Manuka Honey" is a more superior product..

Also.. Tea Tree Oil to treat bacterial wounds. It kills MRSA. I gave two examples. And as an RN and using these therapies i can say they are superior to the chemicals normally used

I consent to 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 12:28:02 AM

---

To the Medical Board of Australia,

I support Option 1.

My daughter suffers from severe anxiety, ocd. We have had great results from functional medicine. We have noticed a massive difference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 9:41:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a Chinese Medicine Practitioner and I really appreciate the skill of integrative GP's and hem bridging the gap between Western and Complimentary medicine. I have a number of patients, who see Integrative GP's and rave about them. It would be immensely upsetting and detrimental to many people if cuts were to be made

I have also been to an Integrative GP, for business and personal reasons, both which have proved very beneficial and feel we would all be at a lack without having this option.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:31:53 AM

---

To the Medical Board of Australia,

I support Option 1.

It is vital that Australians can know and be told by doctors about the natural treatments available to try before resorting to antibiotics and other prescription medication. Prescription medication often has a long range of side effects and doesn't truly support the body to getting healthy and results in more medications added. Natural remedies often do support the body and don't have so many side effects. Sometimes the natural remedies can help and result in not needing prescription. But as we know sometimes yes the prescription is necessary which is exactly why doctors still need to be able to recommend natural remedies and signs to be aware of for needing to change to prescription. If doctors can't and don't recommend natural first then you risk many patients then ignoring doctors advice and treating themselves. While some patients might succeed many will get irreparably worse because they feel they can't trust a doctor. We live in a society where people are starting to be aware of the dangers of modern medicine and turning back to natural remedies and already ignoring doctors who don't recommend natural remedies.... don't make it worse and completely destroy doctor patient trust.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:17 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please let us have the choice if we would like to get advice from a professional who does not have a vested interest in supporting the pharmaceutical industry. It is better to get our advice from an functional or integrated doctor rather than random advice from the interwebs.

I consent to 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 10:20:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel that you are taking our ability to choose away! I am so far from being dependent on the government for medical attention or at all for that matter and as people Choose to pump themselves full of drugs and poison I should be able to have some support to choose not too and be proactive about my health. Australia doesn't have a 'health system' it has a 'sick system' and if we continue the way we are you will have more sick people than healthy and no one working to pay for the sick. Wake up idiots!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:41:57 AM

---

To the Medical Board of Australia,

I support Option 1.

This is another invasion of my rights to make decisions about the way  
I choose to live and be well and not become a burden on the community.  
I should have the ultimate choice - leave me the ability 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, 21 April 2019 12:17:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I am 69 years old and have spent my life searching for a doctor who employs common sense in his treatment of me and respects the fact that I know my body better than anyone else. Please stop interfering with my choices. Enable all of us to continue to make the choices that are best for us - not a one size fits all 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, 8 May 2019 7:57:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Stop trying to control peoples right to choose preventative medicine ie. complementary medicine. You should be supporting the public's right to prevent illness and chronic disease to life the pressure on the public health system. This country is suppose to be a democracy not a dictatorship. Show some common sense and reinstate the acceptance and respect complementary medicine deserves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:44:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Since the death of my son 17 years ago complimentary therapies and integrative medicine have greatly helped me return to the workforce and remain alert and active in my profession as a Registered Nurse in the acute care setting. Medical treatment alone was inadequate. Medication made me feel disconnected from life and affected my alertness. Chinese herbal medicine and acupuncture helped my depression and anxiety without the side effects of regular medication.. I felt mentally alert, my mood lifted, i was able to engage in meditation to bring calmness to my mind and i was able to return to work and engage with my patients and coworkers. Complimentary therapies have also helped my body as its aging (I am 63yrs old) to release stress from my muscles and skeletal system so I can continue to work in nursing without frequent sick leave from back and neck pain. I strongly support allowing medical practitioners to practice integrative medicine and for complimentary medicine like Chinese herbal medicine, acupuncture, osteopathy and Bowen therapy to name a few to continue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:35:54 PM

---

To the Medical Board of Australia,

I support Option 1.

The current medical system isnt keeping up with illness and disease, the system will be bankrupt before long. Any sort of therapies that can help improve the quality of life and the body is going to assist the medical system.

It is absolutely crazy to be removing this!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:49:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose to see GPs who have an integrative approach because they take the time with consultations to understand the complexities of my health issues and they offer naturopathy, osteopathy and a range of complementary therapies that greatly benefit my health. I can't see any benefit to limiting my choice to access to the best holistic services, and the GP's choice to provide that service.

I consent to 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 12:31:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has saved my life!

Traditional western medicine practice stole so many years of my life, and so much government funding (taxpayers money) was wasted, trying to get a diagnosis. With many years of constant tests i was never given an answer for my illness and eventually given a bandaid treatment. I had little "quality" of life until finally I decided to take the functional medicine path. I pay out of pocket for many tests, but I don't care because I'm finally getting answers and now on the long journey to repair my broken body which was abused by the mainstream medical system.

I am so disappointed that the MBA are even considering stopping the practice of functional medicine, it has saved so many lives and improved quality of life for so many people. I honestly fear for the life of those who will have their health rights taken from them.

I'm assuming big pharma is behind all this and will go to any length to make the world bow down to them. Bullies is all I can say!

I am a daughter, wife, mother and aunt. I deserve the right to have my life back and make up for all those past lost years of sickness. Please don't take my cure away!

Functional medicine not only saves lives, it saves the government money. Thank you for considering my submission.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:16 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There are some conditions that are not cured/helped by pharma medications. To ban supplements etc goes against the creed of curing 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, 25 April 2019 1:45:36 PM

---

To the Medical Board of Australia,

I support Option 1.

After the birth of my third child I developed very bad cystic acne. I saw a dermatologist who suggested I go on ruacutane, which has very harsh side effects. I saw my gynecologist who recommended I go on oral contraceptive pills which have given me terrible headaches in the past and messed up my menstrual cycle. I felt these were all effectively 'band aid' solutions that didn't get to the root of the problem. I then went to my integrative GP and together with a naturopath started working to heal my gut and my liver. I took various vitamins and probiotics and changed my diet. It took a while but my skin started getting better. After about 6 months it cleared up completely and has now been clear for about 8 years. I have friends who had a similar problem and went on ruacutane and as soon as they try cone off it, their skin flares up again. I believe I am healthier today because of the path I followed and strongly believe in integrative health and natural therapies. I do however still believe in conventional medicine and use it where appropriate. I take antibiotics where needed and so do my children. Please allow public to continue having the benefit of both conventional medicine and alternative therapies and 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:** Saturday, 27 April 2019 8:57:02 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine as it is the patients right and choice to be able to make an informed decision on their health care. No person fits into one box of health care, what works for one person may very well not work for another and the have a health carr professional willing to offer alternatives is beneficial to the community and to our health system. I would like to think that I have the right to choose whats best for my health to be able to access integrative health services if ever needed for myself and my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 4:23:19 PM

---

To the Medical Board of Australia,

I support Option 1.

For more than 30 years I have used Integrative & Complementary medicine for my family and myself. It has helped in many ways, too many to name here. I have spoken to family members many years ago about how I thought the future would probably have doctors and natural medicine working together as we would become more forward thinking and use what works well on the people of Australia. I am now 58 years old and I think that my 24 year old self would be seriously disappointed to know that in 2019 we are moving backward not forward. We have some of the most wonderful Doctors and medical people in the world. Please do not stifle their chance to help our people of Australia to have the best care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:29:00 PM

---

To the Medical Board of Australia,

I support Option 1.

If it was not for access to Integrative & complementary medicine, the last 20 years I would have been on a Disability pension. As I would not have been able to work and pay my taxes.

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.

We all deserve the right to have options

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 4:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Change to this is unfair and unreasonable! This isn't right for it to be changed and its our right to choose our own medical path on what we think would be best for us to heal. Some things can help thats behind the counter but not is safe to use and reactions or other side effects always without fail appear, where as a holistic approach is more naturl helos the body heal and has been used for centuries. Why remove something that has work and helps the human race for so long. Why take something that we still believe in why change it when it doesnt need to be changed!! Dont take our right away to choose what we think is right for us if we want to make the choice to have natural remedies than that is a choice we prefer then so be it. Our bodies it is our right to have more choices to help us recover, heal or to improve our wellbeing. It isnt yours to take that choice away and it should never have come up in the first place.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 12:09:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Natural medicine has been part of my life since I was a child. Therefore it was the first path I always took to help my daughter and other family members with illness, and when needed used allopathic medicine as well. Overuse of pharmaceutical medicines such as antibiotics/ antibacterial etc, certainly have not helped our society,- homes or hospitals.

Practitioners that recommend vitamins, minerals etc have received university training in their scope of practice and these practices in natural therapies have been around for many years in fact some have been around since before pharmaceutical medicine. There is an enormous amount of empirical documentation to support these practises and therapeutic results.

I have personally had advice and support from many practitioners that helped me over the years for hypothyroidism, pre/peri/post menopausal symptoms, Breast cysts and hair falling out through deficiencies that I suffered that normal pharmaceutical drugs would not help. My body required mineral and vitamin support on top of my improved diet to help me resolve my problems.

Chiropractic and osteopathic treatments are critically important to helping keep my body functioning well, to enable my body to be aligned and reducing pressure and compression on nerves and muscles- which retain integrity to body function.

If restrictions occur I believe that many as well as myself will suffer illness that cannot be treated/corrected by normal allopathic medicine.

Restricting access for patients will drive it to go underground.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 12:09:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I have Scleroderma, an autoimmune condition. My functional GP has worked tirelessly to build my immune system so I can stay off crippling drugs that depress the immune system. Please continue this choice for us with disease.

I consent to 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 7:14:14 PM

---

To the Medical Board of Australia,

I support Option 1.

My GP refused to treat my thyroid condition and said I would have to wait until the symptoms became worse, even though I had thyroid antibodies and my TSH was at the high end of the scale. I was already suffering from pain, weight gain, exhaustion, infertility and allergic reactions to everything I ate just to name a few. I couldn't handle feeling so horrible any more and started finding thyroid support groups online. I decided to see a recommended local integrative GP. I was prescribed a natural thyroid extract, and was given a suggested diet and supplement plan. My hormones were all out of whack due to Hashimotos, something my GP said was nothing to worry about. Within 2 months of this treatment my whole life turned around. My antibodies and TSH levels came right down, I could eat without any bad reactions and rashes, I had way more energy and I finally felt myself again. Within 3 months I became pregnant with my first child. Something I had been trying for for years. If I had waited until my levels became worse before treatment, like my GP had advised, I would be so much worse today and I definitely wouldn't now be a mother of two! The treatment my GP would have advised would be to have my thyroid removed through surgery. This is something my Mum had to do and I am so extremely thankful that I found my integrative GP in time so that this will never happen to me. Integrative GPs provide support to people who have been let down by conventional medicine. They are also keeping people out of hospitals and operating theatres. I don't want to think of a future where I couldn't have access to my current natural thyroid extract or gain a second opinion when conventional GPs won't treat 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 7:35:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't want to see any changes that restrict my choice to improve my health with any Complementary practice that I and my doctor deem to be beneficial for my health.

I see an integrative doctor who has improved my health after suffering from Chronic Inflammatory Response Syndrome (CIRS) which is recognised in the U.S but not here.

I don't agree to the restriction of a patient's right to manage their health and to be able to form a team with their medical practitioner to use the full spectrum of medical practices available.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:25:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned about the proposed changes regarding access to Integrative Medical Practitioners.

In the course of my life I have been challenged by several life-threatening illnesses. I appreciate and value the medical science that has assisted me to recover, such as diagnosis, surgical procedures and medications prescribed. However I know that I would have not survived these illnesses without the complementary and wholistic overview provided to me by my Integrative GPs.

Currently I'm having another serious health challenge that does not have a "medical answer" and my Integrative GP is working with me and is a crucial support for me, helping me return to health so that I can return to work.

I believe that if the Medical Board expanded its support for both Integrative Medicine and Functional Medicine, rather than restrict it, there would be many doctors who would like to develop their medical practice into these areas.

I consent to 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 11:11:55 PM

---

To the Medical Board of Australia,

I support Option 1.

My doctor has done tests which come back stating I am low in vitamin d. They should be to prescribe vitamins and suppliments as they are trained to do so. I've also been advised to take glucosamine for my knees which has helped heaps. Also prescribed by 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:** Friday, 3 May 2019 12:44:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 86 years old and have used Integrated and Complimentary medicine. I was diagnosed forty years ago with R/Arthritis and found that the complimentary medicine has given me a healthy life, and kept me free from pain and the swelling of joints. I am very sensitive to many of the drugs given for R/Arthritis.

If restrictions are put on Integrative practitioners, who will not be able to use the complimentary medicines I know each day will be very difficult for me to get through.

I consent to 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 1:11:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I support No CHANGE and I just can not believe that this is even being considered to lose our rights of what we want to use for our own health care. If it wasn't for integrative & complementary medicine treatments I would not be as well as I am today. To be told that I should just take pain killers but then go to a chiropractor and walk out of there with no pain is amazing. We have the right to chose our own treatments and I wish they would work together more and use more herbal medicines instead of some of the dangerous medicines that have so many side effects. There is a place for both in this society. Please listen to the people and DO NOT change at all the regulation of practitioners providing integrative treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:15:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I petition the Australian Government to leave the current integrative health care options in place so that we the Australian people have a right to choose our own types of health care. It is a basic human right to be able to make our own choices regarding how we manage our own health. It is not a decision that a government should make for an individual, and to withdraw our access to the health care practices of our choice is undermining humanity's basic 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, 4 May 2019 4:52:08 PM

---

To the Medical Board of Australia,

I support Option 1.

My personal experience with my health has been a combination of Natural Therapies, natural herbs, hypnotherapy, etc, at this time I have not been able to find a GP in my area who supports these, but if I had access to one I certainly would see them more often, I have no faith in the government doctors services.

I fully support any doctor that integrates a Holistic approach in their practise. My daughter is the same, if you don't fit in to the mold of normal, you are not looked at from a Holistic approach (as most GP are governed by the Government, monetarily) you can not be helped and most times sent away. So I fully support Doctors who have these services and wish the Government not to restrict them in any way shape or form.

I'm sick of the government looking at everything from a monetary perspective, and in this day and age of change in our thinking and spiritual growth, all doctors should be versed with alternatives, not just here have a pill and off you go. I take my hat off to any new Holistic GP who is willing to look at the bigger picture and not put restrictions on a persons knowledge of their own bodies and to be able to listen to them and there thoughts. Our world is becoming more aware and no longer do we have to believe or trust in GP's or Priests, there is so much out there that is unfolding and it is about time all Governments & Government boards became more aware and awake and stop controlling the health of individuals, we are no longer sheep following, we are all becoming awake to how we learn and how our bodies function.

It is a new age and the Government needs to be more receptive and open to new ideas.

I consent to 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 7:54:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Regarding: the MBA's proposed changes to doctors' rights to offer patients complementary, traditional, innovative and emerging treatments.

I am a physiotherapist, and therefore usually thought of as part of the "conventional medicine" group, however by definition, physiotherapists work towards healing issues through natural and physical means.

Having had now over four decades of observation of family members, and of patients -in hospital, in private practice and community work, with various health conditions, and the treatments and therapies they have availed themselves of, I have good knowledge of both "conventional" medicine and what may be termed "complementary", "integrative", "natural" or "traditional" medicine or therapy. I have seen complementary and integrative medicine deliver reduction or elimination of signs and symptoms of many health conditions, with family members, friends, and hundreds of patients, in conditions which include asthma, irritable bowel, anxiety and stress disorders, metabolic disorders and thyroid conditions.

I agree wholeheartedly with Professor Stephen Myers, director of the Nat Med Research Unit that the proposed new MBA guidelines (targeting doctors who integrate complementary medicine and emerging treatments into their practice), should be labelled as "an invasion of civil rights and academic independence".

I cannot believe that in a democratic country like Australia that this change has been proposed. It is most definitely NOT in the best interests of patients. Nor is it in the interests of the public purse! Traditional and complementary medicine has had a long and well documented history of success in prevention and management of lifestyle-related chronic diseases. That's why it is supported in so many countries. Not just supported, but encouraged, and being expanded. It's farcical that Australia could become the only country in the world where these approaches were restricted.

Without these approaches, people will suffer, Australia's rates of incidence and severity of chronic mental and physical illness will increase, our health budget will blow out even further.

Even without these reasons, why consider this proposal? What harm is traditional and complementary medicine supposed to be doing? How do the complaints, recalls, discontinuations, and class actions for complementary, integrative and traditional medicine, compared to those for "approved" pharmaceutical and surgical interventions that are classed as conventional? The most recent "conventional medicine" disaster that I'm aware of is issues with the mesh used to treat gynaecological problems. Throughout my career, I've been aware of many "issues" in the conventional medicine world, while also acknowledging and witnessing many triumphs.

I immensely value holistic health care and the right of doctors to offer it. I speak from research, experience, and my heart. For the sake of fairness, democracy, humanity, science, evidence and common sense, maintain the current Guidelines (Option 1).

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, 22 April 2019 6:46:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Don't change current guidelines to integrative medicine, people have the right to 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 8:33:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 38yr old female who has lived a healthy, active life thus far thanks to the availability of complementary medicine.

I rarely contract the common cold (have never had the flu) although I have worked in corporate office spaces with over 50 staff in the same room for almost 10yrs.

I regularly take vitamin, mineral and herbal supplements and have sought the assistance of naturopaths, chiropractors, remedial massage therapists, acupuncturists and kinesiologists over many years. I firmly believe that their assistance has in fact resulted in thus far not requiring the assistance of a GP for common health complaints. If and when I do require a GP, I would hope that they too support the belief of a preventative approach to health. This is the way of the future and it would seem somewhat antiquated to suggest we should shy away from supporting the body's natural ability to fight common illnesses.

I believe that this approach, supporting our immune system through integrative methods, has been the driving force behind my high level of wellbeing, which was introduced to me as a child by my mother.

If you require any further information I would be more than willing to provide it as needed.

Thanks for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:40:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complimentary medicine.

My reasons are:

1. People are genetically diverse and many pharmaceutical drugs are not suitable for everybody within the genetic context. Medicine/treatment is not 'one-size-fits-all' and the holistic approach by Integrative and complimentary practices effectively fills in many of the gaps that conventional medicine fails to recognise (e.g., associations between body systems such as brain and gut). - Gaps occur possibly due to lack of communication between specialists (due to not recognising associations within body systems) and specialising that limits learning for professionals.

People/patients must have a right to choice of medical care (for the above reasons) and because we must always have the right to exercise choice of medical practices/treatments for our own bodies. The people of the Commonwealth of Australia must never be forced to undergo medical practices/treatments against their wills. Forcing conventional medical choices for Australians goes against the Commonwealth of Australia Constitution and causes individuals in the MBA and Australian government to be vulnerable to liability.

2. Integrative medicine has helped me by enabling me to source medical treatments that conventional medicine has been unable to, or unwilling to offer. For example, earlier and natural medical treatments that were once acceptable conventional treatments, yet no longer used, as unprofitable.

I can use my genetics to determine my medical treatments and that is possible today for everyone, therefore integrative and complimentary medicine must be a choice.

If MBA impose restrictions on Integrative practitioners, then I will no longer be able to access medical treatments that work best for me. I will be forced to use pharmaceutical products approved by MBA and I will become ill, I will have side-effects that require more treatments using MBA approved drugs. I am in the 20% who do not respond to the synthetic drugs approved by FDA for a particular condition. Therefore, I will become very ill, with side-effects added, and I will die.

I consent to 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 9:35:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe health care is a personal issue and I support a patients access to integrative and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:54:05 AM

---

To the Medical Board of Australia,

I support Option 1.

What a sad state of affairs, to see that democracy is an illusion, and we actually live in a dictatorship. Surely freedom of choice over the decisions regarding one's health is the right of every human being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:34:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I vehemently support patient access to integrative and complimentary medicine. People should have the freedom to choose the services that help recover and maintain health.

My son has benefited from the integrative medical approach after an integrative gp suggested testing for a condition I hadn't heard of before. This helped turn my son from an angry, and at times violent, young boy who couldn't focus long enough to learn, into a child who can now learn and is calm. A simple combination of vitamins, in conjunction with a clean diet, achieved this result. My son recognised the changes and verbalised these after 5 weeks of treatment. His teacher saw changes after 2 weeks.

It was also discovered that my daughter and I had the same genetic disorder. The same compounded vitamins and clean diet have helped with the mental health of this household. As a result, I have been off antidepressants for over 5 years now.

My daughter also had a traumatic birth (shoulder dystocia) and didn't sleep for 6 weeks. A visit to the chiropractor was recommended, and afterwards we all had our first night's sleep since leaving the hospital. We have since used chiropractic care regularly, as a family, to keep our bodies functioning and in alignment.

As a teacher, it was recommended by my integrative GP to participate in yoga and meditation to relieve the high blood pressure caused by the stressful nature of my job. Both of these have been scientifically proven to work. Many doctors would have just increased my blood pressure medication but, as a direct result of these 'alternative' suggestions, I have now been off blood pressure medication for 5 years.

Complimentary medicine has been proven to work and has been around for longer than conventional medicine. Integrative and complimentary medicine focuses on the cause/root of the problem .... conventional medicine tends to take a 'bandaid approach' and focus solely on the symptom. A 10 minute consultation is a grossly inadequate allocation of time for an in-depth assessment of a person's health. Suggesting that this measly amount of time is all patients require for health is, in my opinion, grossly negligent, considering that conventional GPs are already responsible for, or contribute to, multiple deaths a year due to lack of patient background knowledge and training.

If you take away the rights of people to access integrative and complimentary medicine, I strongly believe that medical costs will skyrocket across a health system that currently can't cope.

In addition, current research is revealing that many 'conventional' medical beliefs are inaccurate and theories are consistently being disproven.

While people access integrative GPs, they are receiving specialised advice from a doctor with additional skills and training. I have no doubt that if you limit the advice and expertise these doctors provide, that people will start self prescribing. If the patients, desperate for advice they can no longer access get it wrong, the ramifications for our hospital system could be catastrophic.

The Medical Board of Australia needs to put people's health, and their right to choose, before corporate profits. Leave integrative and complimentary medicine alone!

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, 28 May 2019 11:39:39 AM

---

To the Medical Board of Australia,

I support Option 1.

It is my body and my choice to use ORIGINAL MEDICAL practices. You do not know or own me.... the choice should be mine alone. If you are trying to force me to follow drug and big pHarma..... then I assume you are being paid by big pHarma.... Show your hand..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 2:31:44 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors are highly trained medical professionals and as such are able to look after my health needs. I respond well to alternative homeopathic medicine, am proactive about my health and would like to be able to use integrative medicine more with my GP. I do not feel GP's are supported to use more natural medicines or prescribe natural treatments. I and my family have certainly benefited from natural holistic approach to medicine.

Any more restraint limits access to doctors who have access to comprehensive diagnostic services to manage my health needs.

Longer consults are also very important, for example the recent campaign for heart checks, ongoing campaigns for cancer, the symptoms may be non existent but a longer consult may help the patient to recognise subtle symptoms and feel they can express any health anxieties. Unfortunately screening does not always detect early stage of disease, so every now and then the skill of the GP to listen and ask questions might be the only clue, or it may need another practitioner's feedback.

I hope that the MBA will do more to support Integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 1:44:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I would not be here today if it wasn't for what you would call complimentary/alternative medicine. Conventional medicine has failed me more times than I can count. Thanks to an open minded doctor, nutritional changes, herbs, and holistic therapies, I am now completely symptom free from chronic fatigue, fibromyalgia and lupus. To say holistic medicine does not work is completely ludicrous and very much indicates that only power and profit are being considered. This is becoming more and more transparent to the general population and things need to change. 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, 2 May 2019 10:46:01 AM

---

To the Medical Board of Australia,

I support Option 1.

Access to integrative and complementary medicine is the backbone of my families wellbeing. Integrative and complementary medicine has allowed us to heal from chronic illness where western medicine has been unable to help.

We prefer a balanced approach to our health including traditional and integrative medicine therefore a holistic approach where we can make decisions being fully informed. We would have to move if this access changed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 2:40:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Australians should have the right to choose health options & alternatives treatments without government intervention. Approved & supposedly safe Pharmaceutical products & medical devices have proved more disturbing & dangerous. Thalidamide, alatrofloxacin, silicon implants, metal on metal hip replacement devices, trans vaginal mesh to name but a few & yet that is not the target. Complimentary & alternative Medicines & therapies may be perceived as a threat to the pharmacological industry but many of these treatments have stood the test of time. This action would be biased. Leave them alone. People who want an alternative should be able to have one.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:20:33 AM

---

To the Medical Board of Australia,

I support Option 1.

Without nutrition and naturopathy I would not maintain a healthy control over my endometriosis and therefore my ability to conceive, grow and birth my daughter. What are we teaching the next generation about their health and wellness and lifestyles if we disregard options that have been essential to improving the quality of life for Australians? When the quality of life is improved by these integrative and complementary modalities then we have more people able to conduct quality work, quality parenting. Sickness or pain or wellness barriers can lead to stress. Sustained stress can lead to anxiety and depression. Anxiety and depression can lead to people not able to be active community members, active workforce or active parents. Aren't these essential to the future prosperity of Australia? Isn't patient access to integrative and complementary medicines therefore essential? Without it I would be in pain, impaired at work and childless.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:05 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 patient right to choose what modality they would like to continue treats. Not having access to holistic approach means patients are not given that right to choose. This is robbing patient of their choice for freedom. All healing modalities must be made available to the patient

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 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.

I choose to see integrative doctors because they give more time to understand the root cause of my problems and are willing to think outside the narrow square of a problem only being confined to one part of my body, when in reality the whole body is involved in some way.

Also, they incorporate more natural ways of dealing with the problem not just drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:42:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that patients should continue to have access to integrative and complementary medicine through their doctor or health care provider if that is their personal choice. Personally with my daughter's rare disease, the use of a complementary medicine has been the most helpful of all treatments tried and this was at the recommendation of our specialist doctor. Please don't take that right away from us or anyone who doesn't fit into the 'box'.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:25:39 PM

---

To the Medical Board of Australia,

I support Option 1.

It is imperative that the Australian public retains the rights to seek complimentary and integrative treatments for their health. This branch of medicine and health is largely a preventative care measure and reduces cost to the Medicare network long term. Many people require whole body care to have quality of life and this cannot be found in mainstream medical care paths with long waits for consultations and over specialized fields of care with little communication between practitioners.

Integrative medicine bridges the gap between mainstream medicine and the complimentary therapies and they are focused on improving the wellbeing of their patients with good outcomes and measurable improvement in the health of patients.

The education and licensing of these industries is still very important to ensure best practices as with any health industry.

I feel that rather than restricting this industry the General practitioners should instead be seeking to integrate and work with them more intimately for the benefit of their patients and further improving outcomes and health management.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take away our freedom of choice of what we are entitled 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:** Wednesday, 19 June 2019 10:52:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I 100% support doctors being able to provide a more holistic approach to healthcare. My daughter was terribly sick & was getting worse. After having lots of blood tests & being turned away by three doctors, we found a dr who was willing to look at the big picture. She helped us get to the bottom of her issues through microbiome testing, and she is now a different girl. She is thriving at school and slowly able to enjoy food again without terrible pain.

I truly believe this approach should be supported & expanded, rather than restricted. The thought of going back to those long nights, up with my daughter crying in pain in her tummy.....I'm actually scared at the thought of doctors not being able to truly help 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:** Saturday, 15 June 2019 8:33:35 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me, my family & friends. It has been the mainstay of our healthcare when mainstream medical approaches and doctors did not have answers or were unable to offer alternatives. Our family medical needs are complex with social needs kids and autoimmune conditions. Australia should lead the world not fall behind it in incorporating traditional and complimentary treatment approaches as a wholistic approach to healthcare. If New Zealand can do it, why can't we?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:22:53 AM

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To the Medical Board of Australia,

I support Option 1.

I manage my chronic condition using a mix of conventional medicine and natural/complementary medicine. My doctor recommends and supports this as he has seen me struggle on drugs that have not helped me and have in some instances harmed me. He has helped me get the right balance and I am really pleased that these choices were made available to me. Please don't restrict my doctor's right to recommend another approach or combined approach. I feel as a patient I should have the right to visit a doctor whom I feel I can discuss alternatives - my doctor is an experienced professional, these proposed restrictions are demeaning and unnecessary.

I consent to 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 9:37:45 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I value access to holistic healthcare and support doctors' right to offer it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:50:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrated medicine because it's helped me allot with using harmful pills which are only a bandaid affect. It's my right to choose what type of treatment I would like my family and myself to try. If the mba imposes restrictions on integrated medicine that would be a horrendous act. I've had more luck with diagnosis with my integrated practitioner than I've had from my mainstream doctor.  
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, 6 May 2019 1:26:53 PM

---

To the Medical Board of Australia,

I support Option 1.

The acupuncture which I am able to get from my GP is essential to my health and wellbeing. It was the only thing that worked for me after trying various other options. It must be kept as part of the health system. The benefits are clear. Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:04:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Please stop taking away our freedom of choice. For a lot of people natural health care is the only thing that works, just because it's not mainstream doesn't mean it doesn't work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:46:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I do not want change to our medical system. I choose to see an integrated doctor and have  
Them prescribe for me from a full range of options. Do not change this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:00:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to be able to choose to see an integrated doctor not just one who prescribed drugs. I believe in preventative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:25:31 AM

---

To the Medical Board of Australia,

I support Option 1.

After cancer treatment I was diagnosed with clinical depression. I tried anti depressants for 1 week and did not want to be dependent on suppressing what was happening for me. Through complementary medicine in many avenues I no longer have this condition. I have also used complimentary medicine for back and hip pain from a fall I had when I was a teenager. I thought we lived in a democracy where we had the right to choose. I still go to a regular doctor and believe everyone should have the right to receive assistance from whatever kind of medicine helps them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:02:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe the patient should have a choice on who they can go to for health advice. My belief is to keep myself as fit and healthy as I can so I don't require medical assistance.

My Mantra- health is wealth

I consent to publication 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 9:49:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1 and do not want to see any changes for doctors practicing integrative healthcare for their patients.

My doctor integrates wider possibilities for my healthcare as well as mainstream allopathic possibilities for me. I would not choose to have a doctor restricted to allopathic medicine as my healthcare provider.

I use integrative medicine because it works, it is safe and it has less side effects than the choices offered by the pharmaceutical industry.

Do not restrict my choice to integrative medicine and complementary health care provisions by my physician.

Thank you

[REDACTED]

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.

The MBA's proposal to impose restrictions on complimentary and integrative medical is purely a business decision and does not put the health of Australians first.

I believe to not allow doctors to recommend vitamins, herbs, supplements and other natural health options will be detrimental to the human evolution. I am a health professional and believe both western medicine and complimentary medicine all hold a viable place in health care.

The human body is not a machine but a highly syphisticated network. Disharmonly in the body can be caused by a variety of reasons. A lack of enzymes (necessary building blocks to the optimal function of the organ or tissues) may be one reason a client feels unwell, out of sorts, and to declare a doctor cannot recommend supplementation to increase these enzymes, their catabolism, anabolism or obsorption is potentially detrimental to the said individuals healing.

At a time when humanity is returning to its roots and opting for natural health there becomes talk to end their freedom of choice. How barbaric. All for what? Profit and control over allowing man to understand the workings of their own body and make educated decisions.

Presently they are not making these decisions alone but going to a doctor for advise.

I ask you to not go worth with the MBA's proposal to constrict practitioners advising on alternative, integrative and complimentary medical recommendations, that of which they are educated in. If an member of the medical profession has sought out education in a complimentary medical field would it not be unethical to withhold information from their parients that may help them to feel better and regain optimal health.

Please, consider this application ethically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 9:14:45 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe there is a place for both models to work side by side. We should be moving forward and combining both fields of expertise. It's not a competition they both have their place and can be used to compliment each other. The freedom of choice should not be taken away in regards to health in any aspect, a one size does not fit all in this area, we are all very unique and a customised approach is needed.

Kind regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:06 PM

---

To the Medical Board of Australia,

I support Option 1.

My personal experience of Integrative Doctor patient care which has included support with appropriate vitamin & mineral recommendations has literally been positively life changing for me. For someone with quite compromised genetic predispositions (unable to take standard off the shelf vitamins due to double copy of mthfr gene along with other gene snps that needed to be taken into consideration) & poor gut health due to chronic parasitic infections my integrative doctor has helped me turn around my health from being unable eat nutritious whole foods & struggling with debilitating tiredness ( due to low iron & parasitic infection) to thriving on wide range of whole foods along with enough physical to live a very active life (including since running ultramarathons with great recovery results), not to mention the gift of being pregnant with such good health. I'm undoubtedly faring better than most pregnant women (no naps taken in 5mths so far!) & honestly believe my integrative doctor has been pivotal in helping my body achieve such an incredible experience.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 10:52:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been in the care of integrative medical paediatricians for my children for 18 years and also these trained medical practitioners for myself and my children for 25 years. I have found the broader scope of approach life changing and it has helped resolved multiple complicated medical problems that failed to be helped by the Conventional approach alone. I appreciate the combined approach rather than just a natural therapist as I have the security of knowing when a pharmaceutical approach to medicine is necessary they have the medical skill to know when this is preferable and when there is another alternative it is preferable. I have found this a constantly helpful approach of care for me and my family.

My children have inherited genetics which makes them susceptible to allergic reactions to a lot of pharmaceutical medicines ( and foods also etc) so their safety is always a concern for me. To have an approach to treatment that incorporates supplements and diet for medical symptoms whilst still the broad medical training underpinning this advise is a huge comfort and security to me when evaluating choices of action. I have of course sought care by mainstream medical practitioners and specialist as needed but I view an integrative dr as a form of specialty as well.

My daughter had chronic illness at age of 11 years for 2 years after her starting puberty. She missed a third of her schooling for 2 years and went to 8 different drs/ specialists to seek help. The 2 people who helped her most to recover her health were both trained in an integrative approach and helped more than any other of the approaches we tried. As a result she now wants to train to be such a

My son also was very unwell for his first year of life and was very successfully treated by an integrative approach by the pediatrician at 10mth to help resolve his chronic health care issues with great success. I was incredibly grateful for this change of direction and result for him after so many months of chronic health problems and the stress and time and cost of trying to resolve his situation with a more traditional approach only.

I also struggle with the availability of supplements and advice in retail outlets but untrained retail assistants in chemist and health food stores not being limited yet Practitioners who choose to spend time and money to upgrade professional study to allow for this approach are being asked to not advise when they are more qualified than a retail assistant. The inequity and hypocrisy of this makes no sense to me at all.

I would be severely disappointed and affected should this change occur to limit my health care choices for me and my family due to the huge success we have had over multiple situations over many years of care. I am also a chiropractor and I have referred many patients for this care for the last 25 years and have so many situations of seeing this same scenario of help for my patients and have incredible experience and confidence that the system of approach with quality practitioners is hugely successful for my patients also.

[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 4:52:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been following integrative and complementary medicine for most of my life. I do not consider myself a burden on the Government coffers and have paid over many years much of my alternative healthcare. To come across a doctor, or professional to take myself and my family to has helped me to go back to some doctors who will listen and show concern for my welfare - not just give me a script and say goodbye. It has assisted me, and many of my friends, to look for assistance over the years.

I certainly encourage the MBA to really look at what they seem to be wanting to do - take this away from the individual. WE ALSO HAVE CHOICES - and I would like those CHOICES to remain in my hands. 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 1:00:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I have for many years been a patient at an integrative and complementary medical practice. I am strongly opposed to changes which will prevent me being able to make my own decision regarding my own health. The only time I go to a GP is to get referrals which I feel is already a cost I shouldn't have to pay in order to access my choice of healthcare. My health is my business and not the area that the government should be telling me what to do.

If these changes are made I will have to withdraw from my private health benefits as I only claim on medical ancillary appointments. I have researched health situations and I choose to take charge of my own health decisions and attend practitioners who just don't hand out chemicals to me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:02:09 PM

---

To the Medical Board of Australia,

I support Option 1.

You need to open your minds to the fact that as humans we require holistic and integrated healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:33:57 AM

---

To the Medical Board of Australia,

I support Option 1.

My choice of complimentary medicine has helped my life and my quality of health has increased in level since I was diagnosed with diabetes Type 2 since 2016, if I was not able to access other forms of bio medicine or other methods of pain management rather than pharmaceutical medicine alone to treat chronic pain I have also been suffering from since 2014 as I believe has now been less chronic as a result and will also be my key to keeping my whole sense of well being and maintain good physical and mental health into my old age. Further health fund benefits will need to be increased and I also support 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 11:25:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I am angered by the proposition of reducing access to complementary medicine when western medicine has failed so many people already.

I suffer with rheumatoid arthritis and have greatly benefited from combining traditional medicine and integrated therapies as well.

Removing our ability to have the choice is not in our own best interests, and seems very orchestrated for your own benefit which is simply immoral.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 7:16:28 PM

---

To the Medical Board of Australia,

I support Option 1.

As a holistic practitioner myself, I have seen doubtlessly on a daily basis how the conventional medical profession has either misdiagnosed or not even treated the underlying cause of the issue at hand.

This is trying hands of people with no ability to seek a second option or alternative solution with far less side effects and dangers.

I know all too well that modern medicine is not what it is cracked up to be. They can not provide all the answers to give us quality of life.

No government body should ever have the power to take away this choice. It is the worst decision and political party could ever invoke and it will create a void in our human timeline for decades to come as lost art and culture.

Soon you will be controlling if we are allowed to grow our own food in our own homes.

Alternative medicine certainly has its place and should be the very fabric that the modern medicine is trying to support and understand better.

Our system of government is broken and corrupt. So is our medical and many other systems we rely on for transparency and moral ethics. We are constantly lied to about so many things.

We should commence a revolution to overthrow any government that tried to introduce such laws or 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:** Thursday, 2 May 2019 9:10:17 AM

---

To the Medical Board of Australia,

I support Option 1.

The choice is ours , how our treatment continues 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:** Wednesday, 19 June 2019 6:56:24 PM

---

To the Medical Board of Australia,

I support Option 1.

As a health researcher, I feel it is at the best interests of the Australian public to have the choice to see a general practitioner who also uses complementary therapies, of which can assist the patient greatly in healing naturally, without modern medicines if possible. Also, conventional medicines can also heal dramatically alongside alternative therapies, this is important, as empowering the patient in their own healing is 'key'. Taking away this choice will only encourage people to depend on modern medicines only (perhaps this is the intention ?) I plead that you reconsider this and give choice back to the people.

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.

To whom it may concern, we have used integrated practitioners for the last 15 years. We like using both medical and holistic treatments for all our family. We believe we have the right to choose for ourselves what type of medical care we are comfortable choosing at different stages of our life.

Integrated practitioner has changed the quality of life for our autistic son for the last 10 years. It has improved his gut, weight and immunity. We have a much better quality of life for all using both medical and holistic choices. You are constricting my right to choose making an informed decision on what is best for us. Before any recommendations I research and think on any choice for our family.

Then after treatment we make sure there is evidence of improvement.

This is our choice, we should be able to pay our health fund and be able to pay for our choice of practitioners.

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 5:36:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used and relied on alternate medicines since it cured my chronic fatigue when I was 13. My parents used Chinese Herbs and it was a success.

Since those days and becoming an adult, I have continued to use Chinese Herbs, Naturopaths and Acupuncture along with a traditional doctor depending on what the problem is.

For whatever reasons, my body doesn't like drugs and I get severely constipated. Plus I have a severe reaction/allergy to the main drugs - penicillin and morphine.

I don't think restrictions should be imposed on Integrative practitioners. We have a right to choose what is best for us. They have to complete study to be qualified as well.

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 have been seeing an integrative GP for five years to manage my health. The root cause of my health issues are related to a gastrointestinal disorders. Without being afforded the longer consultation times this may not have been picked up. An integrative approach has been central to improving my health and wellbeing through vitamins and other supplements. And now that the underlying condition is being managed I no longer need the supplements support.

I would also like to stress that my GO has not at any point practiced beyond their authority. Through my treatment I have been referred to a qualified dietitian and gastroenterologist for expert advice and diagnosis.

I consent to 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 7:32:56 PM

---

To the Medical Board of Australia,

I support Option 1.

It makes no sense to not integrate all forms of primary health care, preventative medicine, herbal supplements, and natural therapies into a medical doctors offerings

I have been successfully managed with complementary treatments for over 27 years - before that I was quite unwell but no solution had been found with the doctors

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 6:27:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I use conventional medicine when necessary and visit my GP twice a year, but on a day-to-day basis I rely on good nutrition, physical activity and use of herbs I grow myself and natural remedies to keep myself healthy. My emphasis is on health, rather than illness. Osteopathy has been very important for me, in relief of back pain which had lasted for decades and was not remedied by conventional medical means. I oppose moves to restrict access to medical practitioners and other practitioners who use natural approaches to maintaining health. This is an infringement of my right to maintain my health in the best ways possible.

I might add that my general practitioner approves of my approach to health, but is, understandably very cautious about ever making these views public. The constraints on medical practitioners are draconian, and restrictions on them place great restrictions on 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, 31 May 2019 9:42:12 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been using and preferring natural alternate medicine for 9 years now after being diagnosed with lupus / rheumatoid arthritis and Raynauds phenomenon. I was taking pharmaceuticals initially but found they made me depressed and other health issues started arising from taking them -now taking vitamins and having opportunities when I can afford it to have natural therapies have really helped me to function as normally as possible whilst being able to stay in the work force . I know these natural therapies are so much better for us and also know it's big pharma standing in the way of having this option and movement in this 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:** Wednesday, 26 June 2019 3:08:14 PM

---

To the Medical Board of Australia,

I support Option 1.

We live in a country of free choice and in tightening the laws will affect our choice and right to an holistic healthcare.

IF we are to maintain real health we need to be following natural diets and way for life including therapies such as chiropractic, Bowen, Accupuncture and many more that can heal with out the artificial chemicals. This is an holistic approach and what I follow for myself and family. Many more families are aware of the benefits of this appriach now so we should be encouraging it now stopping it.

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 9:59 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I strongly support the important connection between Doctors and Integrated Practitioners. Five years ago I was a regular visitor at my doctor for numerous conditions. The Dr gave me a wonderful cocktail of drugs in my 10 minute appointment and set me on my way. I was lucky one day to see a new doctor who looked at my history and connected some issues. She recommended I see a Naturopath for preventative health, while also organising some immediate treatments with her. That advice (which she said she shouldn't actually recommend) was the best thing to ever happen to me. After 12 months of monthly one hour appointments all my blood tests were returning as normal, my mental health improved significantly and my overall well being was clearly better which was evidenced by tests. I was lucky enough to have a supportive doctor who was also blown away by the results.

My ideal world is that the MBA can start to see the benefit of collaborating with integrated professionals for preventative health - something that Doctors simply don't have time to do in short appointments.

Please focus on building the relationship, don't shatter what could be amazing in improving the health of our community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am relying on Integrative and Complementary treatments for mobility and pain reduction which medication can not provide for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

I am a 59 year old woman, currently in good good health. I choose to be my own health care advocate and while I know doctors and medications are useful in certain circumstances, I prefer to try less invasive and less toxic treatments first. This has proven very successful for me in the last ten years, especially having been damaged by strong medication 11 years ago. I want to have the right to choose and I want my doctor to have the right to suggest alternative treatments as well as the right to refer me to natural therapists.

If I am seeking health assistance, I want to speak to someone at length about my situation. Ten minutes is not long enough for a doctor to make an educated decision about my health and well being. It's not long enough for me to explain, for him/her to ask the right questions, for him/her to make a diagnoses and prescribe, for him/her to answer my questions regarding the diagnoses and prescription.

I am important. My health is important to me. I will not take it lightly. I want the right to choose what I believe to be the best option for my health and well-being. I want an informed doctor who knows the value of both natural therapies and mainstream 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, 30 June 2019 1:56:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I have Neuroborreliosis (including chronic co-infections) as well as Chronic Inflammatory Response Syndrome (CIRS) from repeated mould exposure. The only treatment avenue open to me in Australia, is by the use of herbs and supplements. My herbal regime and other supplements have been instrumental in helping me regain some measure of health back. Without it, I would be in fully dependent on my partner for ALL of my daily care and left with no hope for any quality of life.

In 2015 the Nobel Prize for Medicine was given to Professor Tu YouYou, a pharmacologist at the China Academy of Chinese Medical Sciences in Beijing, in recognition of her work with the herb *Artemisia annua*. This herb (and many others) has had very promising results in the treatment of tick-borne illnesses and provides an avenue of hope for those that have been denied treatment (or re-treatment) by the Australia Medical System for chronic tick-borne illnesses and CIRS.

I believe that the proposed MBA guidelines - option 2 - contravenes my human rights and right to choice. It also brings into question who the MBA really support, clients or pharmaceutical companies? Is this just another avenue to persecute the health professionals that treat tick-borne illnesses in this country?

All doctors are charged with the oath to "do no harm" and by restricting choice of treatment and access to complementary therapies, the MBA will do immense harm to those where this treatment modality is their only choice. The ones that will be harmed the most, are those that are severely and chronically unwell in this country. Restricting access to complementary therapies will erase hope for better health and for some, it will sign their death sentence.

Also the MBA need to be reminded that about 50% of conventional medicines are developed from natural substances, including herbs. But, since you can't patent something derived from nature, then medical companies have to change or break these substances in order to obtain patents and then charge big prices for their 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:** Tuesday, 25 June 2019 4:46:00 PM

---

To the Medical Board of Australia,

I support Option 1.

In 2007 I birthed my first child. By 2008 I was fatigued, always exhausted and struggled to care for my son. 3 different doctors were unable to give me a reason why, nor any solutions to regain my health.

My 4th doctor was an integrative physician. Within a week (and some tests) I had definitive confirmation of adrenal fatigue, copper toxicity and the basis of these was a genetic pyrrole disorder.

Some supplements designed specifically for me had me back on track.

10 years later I'm a mother of 2 with a small business and good health.

Without the ability of an integrative practitioner I am sure I would not be functioning and certainly not a good parent and wife.

I have a BSc (Hons) in biochemistry and pharmacology and a MSc in cancer research. I understand the need for both conservative and complementary medicine. Both need to be available to all Australians so they may choose what is right for themselves.

I consent to 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 4:56:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to have choice for the treatment of my conditions. Normal medicine has left me unwell and unable to function. I am now a fully functioning member of society and well. If you take the choice away from me I will be unable to continue working and contributing to life. Normal medicine and practices have left me out of pocket and still sick.

Alternate / Integrated / Holistic approach to medicine has given me my life back by providing major health improvements. I want choice please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 9:24:11 PM

---

To the Medical Board of Australia,

I support Option 1.

We the people, should have the freedom to choose the healthcare that we feel is best suited. If we do not agree with a mainstream medical doctors approach to our health care, we should be able to seek a second opinion. If the path we decide to take for OUR OWN BODIES, is towards a naturopath or holistic doctor, then so be it.  
IT IS OUR LIFE, SO OUR CHOICE TO MAKE.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:20 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 without doubt that you lack good judgement, once again, about the importance of health choices in Australia. Countries like Sweden, China, some third world nations, India and many others support integrated therapy in health care, and for some, unless your cable and trained in both, you generally don't get valued as a high end medical service professional. Why is it that in Australia, once again, there is another attack, a further threat to the delivery of integrated care, using proven modalities such as western herbal medicine, TCM, and many others? Doesn't your allopathic (mainstream) medical system fault enough? Do you think we have a wonderful fulfilled and capable system of care in Australia? Far from it! Allow integrative doctors, naturopaths and herbal practitioners to support the flailing below performing medical system, especially with respect to preventative care. Stop finding excuses to keep people sick. We know big pharma loves it, but people are wise to it. Allow Australia to remain a democratic country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 14 June 2019 7:05 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support having a choice. I support a GP integrating modalities to give me the best possible care. Why do I deserve anything less.  
Allopathic medicine does not have the answers to all ailments. A combination of many modalities is in more cases than less, the best possible option for patient care. Why is this country hell bent on keeping people sick and reliant on big pharma.. Let people chose!! If you were that passionate about health in this country, you'd lobby and ban cigarettes.

I consent to 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 11:27:03 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

Please do not decide to pass a bill to stop integrative & complementary medicine. True forms of vitamins and minerals are better than synthetically made ones. I am not against man made medicines which do help, but I'd always try natural remedies first. I have recently started seeing an integrative doctor and am seeing huge improvements from natural vitamins. Please don't take my newfound health which has been determined and regulated by a professional who has studied many years to become the best and most well informed doctor they can be.

I consent to 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 8:16:25 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I live in a small country town with limited resources, I have allergies and some of the medicines prescribed I can not take as I have reactions to them, so I have been finding great comfort in seeing naturopathic help for relief and living a more comfortable life. In those instances I would've repeatedly gone back to the doctors to find something suitable to take, which I find very frustrating, time consuming as I have to take time off work without pay as I'm casually employed, and every time I have to buy a new prescription at my cost, they are not cheap. It causes undue stress on my lifestyle.

If adopted, Integrative doctors may face restrictions on treatments they currently offer that are not considered "conventional" medicine. I quite often use a chiropractor to fine tune my back, if it wasn't for that support I be home or in hospital taking up valuable resources that could save someone else's life. I'm mobile without using up costly treatments that I can not afford. I don't have to have X-rays or other imaging treatments which definitely are not cost efficient, Using these services cuts costs of using public hospitals, freeing up time from doctors waiting times and gives mobility to people who do not choose to see a doctor about petty things which can easily be fixed by seeking help from the list of complimentary medicines.

Our ancestors lived with complementary medicines for thousands of years why take a basic human right away by being forced into a medical society you do not believe 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:** Wednesday, 24 April 2019 8:43:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I support alternate health choice because current parameters that my excellent GP is required to follow did not provide options to improve my & my husband's health issues. Pain management & quitting my husbands job were offered for severe back pain from bulging discs. After seeking alternate health practitioner treatments such as acupuncture & osteopathy combined with GP treatments , improved function & greatly reduced pain for my husband were the result. He continues to work . Similarly my irritable bowel (15 years) were resolved because pathology tests currently not on the GP list were done which identified pathogens that current advice indicates are not problematic that caused the severe bowel dysfunction. It was treated by my GP successfully & my bowel is no longer irritable. Both my husband & my health & quality of life have been enormously improved by using alternative health services together with GP treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 3:41:33 PM

---

To the Medical Board of Australia,

I support Option 1.

MBA, I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines - which maintain and supplement good health! It is OUR right to have this option!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 1:52:52 PM

---

To the Medical Board of Australia,

I support Option 1.

It is clear that Western medicine largely targets symptoms, not causes. Functional medicine, naturopathy etc treat causes and recognize importance of gut health and diet, where certain minerals might be deficient or there is gut dysbiosis and this needs special tests, supplements etc a Western Doctor doesn't know about 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:** Monday, 22 April 2019 7:40:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative doctors are an important part of medical care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:55:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has worked for me when pharmaceuticals did not! I am here today because of it

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:20:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not make changes to the current guidelines on doctors using complementary therapies as part of their service. These therapies should not be disregarded and our health handed to the drug companies to toy with. Doctors should be able to prescribe and recommend treatments for their patients that are effective and as drug free as possible. There is no magic pill that you can buy that will fix every problem and complementary therapies a vital part of patient care and should be offered.

Prevention is way better than "cure".

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:47:57 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

Look, the more you restrict doctors treating modality, the patients are just going to bypass you and go to backyard witch doctors. At the least, if doctors are providing natural type remedies, you know they have decent training behind them. The doctors who go this way usually have a better knowledge of these modalities than most conventional GPs have knowledge of the prescription meds they prescribe.

So stop feeling threatened by doctors who seek to expand patient treatment options. The goal is the same, 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:** Saturday, 15 June 2019 12:32:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I have experienced greater benefits to my health and thereby less cost to the health system from multiple integrative practitioners than from a non integrative one. I should have the right to choose and to be healthy rather than forced into a system that doesn't help me.

I have overcome chronic pain, mental health issues and avoided surgery by being able to choose.

Integrative options are preventative options don't force us to become sick before we can seek help, by then it is a greater financial drain on an already unhealthy system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 2:05:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Hello

'Modern' medicine which is only hundreds of years old is driven by pharmaceutical companies. Alternative medicines are thousands of years old and treat the cause not the symptoms. Modern medicine, for many ailments, provides a bandaid solution.

Many of these 'fringe' therapies have studied for years and must continue studying to retain their insurance.

I would like to be able to make my own well informed choices regarding my health and have available to me a range of health care 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 3:36:22 PM

---

To the Medical Board of Australia,

I support Option 1.

integrative and complementary medicine has helped my family and I for over 34 years for various needs and reasons. I suffer from endometriosis and would not have been aware (or diagnosis would have taken many more years) that I even had this condition if not for the complementary medicine sector. My mother has a history of autoimmune conditions that conventional medicine did nothing about for decades, with a deteriorating health that would have been worse if she had not turned to complementary medicine and now she is mending years of problems almost back to full health. My father hasn't needed much in terms of health support until recently and cannot believe what changes have occurred during his transition from conventional to complementary medicine. Restricting integrative practitioners is like a violation. It will stop preventative medicine and increase the Medicare needs of conventional drugs that will cost the nation more in the long run. If these restrictions are imposed it will be interesting to see what a downfall the nation will have, in so many facets. I have spoken with many friends and we are all contemplating even leaving the country as this would be the final straw on such a horrid lack of rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:00 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I do not understand why alternative, natural, complimentary medicine can not have place next to conventional medication. People should have the right to choose. Our family uses homeopathy, chiropractic, accupuncture and natural medicine and practitioners to help prevent and help heal from sickness, injuries and ill health. We also use conventional doctors from time to time. This should be our choice to do so, our choice alone, and that choice will be taken away from us if restrictions are 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:** Monday, 3 June 2019 11:08:41 AM

---

To the Medical Board of Australia,

I support Option 1.

ADDISON'S DISEASE, i have this rare disease. I needed an Integrative doctor, who was able to take the time to find out my adrenal glands were not working, luckily they did not long before I would have died. Once they discovered this, I was then referred back to my GP for management (with lifelong steroids), as most patients are. There is a NEED and room for both. It is only people who can not find the right answer for their health problems who will seek out an integrative doctor. Lives will be lost if these changes occur. Thank you for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:13:05 AM

---

To the Medical Board of Australia,

I support Option 1.

As a patient, I want to be able to have access to Integrative & complementary medicine when I see fit. I can see no reason why this choice would be taken away from me and what gives the right to the Medical Board to do so.

Integrative & complementary medicine has helped my family and me over the years and has allowed our practitioners to access the beneficial therapies of two worlds which should never have been separated. Who would not want to see a holistic approach to health developing? Maybe greedy organisations which prefer to block progress than sharing patients with efficient alternative therapies, which unfortunately do not have the same financial funds to demonstrate their results?

We have, in Australia, courageous and avant-garde practitioners working for health, not only for their finances. Let them do what they think is helpful and work for their patients' health without adding restrictions on the way they do it. How is your proposition of restricting their work based on health facts? We all want to know. Restrictions on Integrative practitioners means that new possibilities of cures and care will be interrupted, at a time when they are emerging and even becoming solid in other countries, especially Europe. In Switzerland, alternative therapies are working hand in hand with doctors in hospital situations!

Australia is going backwards. Restrictions are a way of slowing down any sensible progress of health in Australia, which is, at this stage, a thriving and safe environment for avantgarde integrative therapies.

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 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support Integrative medicine because I feel that this truly is how doctors should practice. It's not about going to a doctor to just be given a pill but integrative looks further to seek out what the underlying problem is. And isn't that what we all want? And after all shouldn't that be our choice and not the MBA?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 5:09:39 PM

---

To the Medical Board of Australia,

I support Option 1.

We have a right to choose and not be dictated to. One of my sons was so sick after immunisation I study up on what is in it . NO WAY would I give this to any child as there are natural medicines that have been proven. Natural medicine has been around for centuries and proven. Holistic has been proven to help keep the body in harmony. Massage chiropractic etc. meditation for mental and physical. . To not support this industry would be a very sad day for Australians . As we, I thought, stood alone as strong independents. The clever countries have embraced holistic ways to strengthen their culture. We are a young country that should take onboard what our ancestors have taught us. Win back the faith of our people by showing us you care and all about the dollar

I consent to 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 11:31:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe there should always be an alternative option in healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:11 PM

---

To the Medical Board of Australia,

I support Option 1.

My life was saved by this kind of healthcare - please do not change it or stop doctors from having a real medical opinion! I am not here for 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, 29 June 2019 3:49:20 PM

---

To the Medical Board of Australia,

I support Option 1.

My husband takes statins for cholesterol and his doctor advised him to take Co-Enzyme 10 to help with muscle wastage which happens with taking the statins. Without this advise he wouldn't have known this.

Without the advise from doctors on this people will be reliant on health shops and pharmacies for advise and their aim is to sell the supplements no matter what.

It is the right of doctors to advise on all aspects of their patients health not just write out a prescription.

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.

We should all hv our human rights and ethical rights adhered , first do no harm. Secondly we should all be assessed as individuals , with individual treatments / protocols for each individual , and we should hv an individual choice of plan. We should be able to choose health care over sick care ... pharmaceuticals address symptoms not causes and believe there is a place for them in pain management , emergency and corrective treatment plans . Let food and nature be thy medicine where possible . Integrative therapies alleviate the burden of the sickness Industry . I understand healing a patient to get healthy is not a good business model for the pharmaceutical companies but it is a sure win for the patient and our overburden health (actually should be called) 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:** Saturday, 20 April 2019 11:03:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Please allow me and others to choose holistic practitioners to keep me healthy. I need to see my doctor for more than 10 minutes because I have complex health requirements which require complex solutions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 6:38:32 PM

---

To the Medical Board of Australia,

I support Option 1.

My family uses complimentary medicine for chronic issues that are assisted by vitamin supplementation and dietary changes. No drugs would assist and only mask the deficiencies and cause further issues. All patients should have access to treatment that does not involve pharmaceutical drugs.

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 support alternative medicine because it has worked many times for me and my family.  
My health my choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 3:08:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Both patients and Drs alike deserve the right to choose what course of treatment is best suited to the patients needs and wants.

If a Dr chooses to recommend say magnesium to a patient, they should be able to, it is after all a very good vitamin for many things.

A GP is not a God, ( although sometimes I question that too), other practitioners can help them do their job. Hence a healthier society, lower medical costs to the government. This is a way off yet, but many Drs are aiming for that.

Also if I choose to want a natural therapy it should be up to me.....

and NOT involve the pharmaceutical companies. I understand the vitamin industry is a multi billion dollar business, but I'd rather support that than the chemical 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, 20 June 2019 3:30:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel it should be mine and my drs choice and right to choose treatments that we feel are best for me. If that includes so called alternative or holistic treatments so be it. That IS my personal preference because I feel drugs are handed out too easily for problems that can be treated naturally. I have a number of health issues, many of which I need drugs for. Others can be treated with vitamins etc, so why not use 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 2:19:29 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors should be allowed to pursue whatever treatments or therapies they feel would benefit the patient. There is proven research complementary therapies work, and shouldn't be disregarded due to pharmaceutical pressure & lack of knowledge (of eastern medicine) within the western medical profession. Western medicine serves a purpose but it isn't everything. Lets start looking at root causes of illness & helping people heal not just resort to expensive bandaid solutions (pharmaceuticals). My healing journey has come from complementary therapies with short term relief from western medicine (providing pharmaceutical treatment). Make the patients health number priority & allow doctors autonomy to refer patients for treatment that is outside the scope of western 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, 29 June 2019 10:05:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to use whatever mode of medicine available to keep my health.

If something is not working then I have every right to be able to use what would benefit.

I use integrative doctors. They actually listen and help work with your situation.

Pharmaceutical should not and must not control every aspect of Health.

Chemicals are not the answer to health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:31:56 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED] I have used practitioners who use complementary medicine as well as conventional all my life and have had wonderful ,quick and easy results way above using conventional drugs.  
I react to most drugs and totally NEED access to a variety of health options.  
This is simply freedom of choice which I demand as a citizen of this country.

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.

Over a long period of time I pursued a resolution to my illness through the medical profession consulting with more than a dozen doctors and specialists. None of them could offer anything to help me and indeed I ended up hopelessly unable to get out of bed.

That is when I began pursuing a remedy based in the nature of my body, healing using my body's natural mechanisms.

That was 10 years ago. I have since gotten out of bed and continued to live my life. Had the natural health profession including its growing band of scientists and doctors and the natural protocols they employ not been available to guide me I would quite likely have lost my life when the medical doctors' efforts were exhausted all those years ago.

A more relevant, productive and morally appropriate study would perhaps be to examine why the medical profession's practitioners did not refer me to the natural healing professionals when their drugs based approach was exhausted.

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 4:26 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Those that seek out Integrative doctors are acknowledging that complementary medicine has the capacity to be beneficial alongside Western Medicine. In a day and age whereby rates of anxiety, depression and obesity are on the rise (particularly in young people), I believe it is crucial to the sustainability of our health system that people are informed and feel confident to try complementary medicine, with the support of a GP rather than a naturopath practitioner alone. Providing the option of Integrative Medical practitioners allows people to feel that their emotional, mental and physical needs are being met, rather than solely physical which is often the focus of prescriptions from GPs.

I consent to publication 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 7:32:56 AM

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To the Medical Board of Australia,

I support Option 1.

We the public DO NOT support anything that limits our rights to access healthcare of our choosing.

It is ignorant and infringes on our human rights to suggest that we are incapable of making our own informed choices.

Without so called alternative or fringe medicines, the burden on the current mainstream sickcare (healthcare) system would be huge and unsustainable.

People use these treatments because they work! People want an integrated best practice healthcare system which uses a holistic approach to get the best of both worlds.

We do not want so called alternatives to be alienated and restricted further. This approach will set back our healthcare model behind third world countries and make Australia a draconian dinosaur country, undesirable to live in.

**STOP TAKING AWAY OUR RIGHTS AND CALLING IT PROGRESSIVE. STOP TAKING AWAY OUR RIGHTS 'FOR OUR OWN GOOD.'**

We are capable. We are knowledgeable. We are able to access treatments to cure what ails us. Stop insulting us.

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 want the right to choose from a variety of treatment options for my own health, and the health of my family. In order to do that I choose to put my trust in an integrative doctor who will take the time to discuss ALL of my treatment options, including 'complimentary' treatments, instead of just pushing pharmaceutical drugs at me before showing me the door!  
As humans we need the right to choose what is best for us, and if you take away my doctor's right to advise of any complimentary treatment options, how am I supposed to make an INFORMED 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, 22 April 2019 7:39:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Surely in this day and age patients should be given the freedom to choose doctors who use approaches that are aligned with their health philosophies and which integrate practices from across the whole spectrum of medical care. Allopathic medicine is extremely narrow in its one size fits all approach and these changes would reduce the options for those of us who do not fit the one size fits all standard treatment that is offered. Integrative medicine is the way of the future. Is the goal here to help people get healthier or save money? To utilise both modern science and the best of so called "alternative" therapies that have been used often for thousands of years is my choice and my right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:16:56 PM

---

To the Medical Board of Australia,

I support Option 1.

While other countries are doing things like opening new Homeopathic hospitals, Australia is going backward by firstly cutting private health insurance rebates for many practices which are mainstream in most other countries, and now you're trying to impact how doctors do their job and care for their patients!

Doctors should be able to use whatever means are available to them to help patients. The pharmaceutical industry is like a monster who viciously protects it's profits. Science does not have all the answers as patient stories show again and again.

I have personally worked at a natural health clinic where natural medicine healed when Western Medicine had failed.

You are literally putting patient's lives at risk by cutting doctor's ability to heal them as needed.

I'm disgusted that the MBA should be more concerned about increasing pharmaceutical profits instead of actually supporting the people!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:53:55 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has positively impacted not just my life and well being but also my children's. In conjunction with normal medical practices it has improved our health immensely and without it we would continue to struggle with the common health concerns - cold/flu, anxiety, etc etc. Also we have been able to cut back on medications which costs the government money so that's a win win for both.

Putting restrictions on this is like taking out a piece of the puzzle..... without the piece your body/health can not function at it's full potential.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 3:35:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it is important to keep an open mind in regards to doctors and how they practice. If a doctor chooses to offer other 'conventional' procedures they are allowed to, so why not with natural alternatives or other alternatives? If there is not enough scientific evidence that they are safe, then let the research be done, instead of ignoring it. In my experience alternative medicine has helped my family and I in a variety of different problems, usually when normal medicines have failed to solve the problem. Alternatives have solved a chronic cough, bedwetting and anxiety to name a few. There will always be a place for traditional medicine, but there's also a place for alternatives too. If more GP's felt they could offer alternatives without coming under scrutiny, then People might actually use their services more often. If these restrictions are placed on doctors then it will confirm to me and many others that the authorities do just want to keep us sick and using pharmaceuticals and aren't interested in true health. The medical profession is supposed to have the rule 'do no harm', but I have seen pharmaceuticals do plenty more damage than alternative therapies have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 1:56:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I use both conventional and alternative medicines and doctors. I try and avoid chemical cures as much as possible.

The ancient knowledge of cures using what Nature provides has stood the test of time. Beware of the insidious power of Big Pharma who have too much power and money.

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, 27 June 2019 9:38:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't believe this should happen. I should have the right to make choices that I think are suitable for my family and I. Why are these rights being threatened? People are able to make choices For themselves. Don't take this away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:35:58 PM

---

To the Medical Board of Australia,

I support Option 1.

We believe all types of medicine both naturally derived and pharmaceutical are necessary in today's modern society

We believe in the healing power of the mind with the support of natural medicine and western medicine where necessary, along with a balance diet full of fruit and vegetables full of nutrients and meat free from antibiotics.

As a family we used acupuncture to support my fertility without the need for IVF. For our daughter we have used essential oils to support her respiratory challenges. We frequently use physiotherapy to support niggling issue without the need for ongoing reliance on medication.

We tend to use holistic health first and if that doesn't help we turn to western medicine and we have seen a huge shift in our overall health and well being. Less trips to dr, less time off school and work.

Posing these restrictions would make many of these practices unaffordable and that as a society we are ok to be pumped full of drugs no matter the condition. It ruins our teeth, our gut health and treats the symptoms not the root cause.

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I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 4:55:25 PM

---

To the Medical Board of Australia,

I support Option 1.

Support our right to be able to choose 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:** Sunday, 23 June 2019 6:23:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the easy access of patients to integrative and complementary medicine as these fields of medicine focus far more on prevention and health maintenance than modern western medicine. I have found these types of therapies to be incredibly effective at preventing illness for myself and my family AND supporting cures and treatments both independent of and in conjunction with modern western medicine applications.

The blatant ignorance of many medical professionals and the general public about the effectiveness of integrative and complementary medicine is astounding and due for improvement. Those modern medical professionals the do support such alternative therapies need more support to integrate these therapies in their day to day treatment of patients.

By restricting integrative practitioners I and my family may find ourselves limited in accessing therapies that have kept myself and my family incredibly healthy. It will place serious doubts in my mind about the government's genuine interest in protecting individuals and their families from the horrific effects of illness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I would rather attend a medical doctor that has an interest in whole person medicine - both east and west - to achieve the best outcome for the patient. A doctor that understands the body, research, how to interpret tests, what's utter quackery and what can possibly augment or work along side mainstream medicine. If doctors are not able to recommend alternative treatments then people will just go a naturopath to get homeopathic crap that has absolutely no evidence.

Also... the placebo effect is very real - mainstream medicine is doing patients a disservice by not allowing people to have this option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 5:13:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly object the the proposed changes to the guidelines.

Me, my three children and my partner have all had great success using complementary medicine including natural remedies and "alternative" practices. We have sometimes suffered poorer health when we have used "conventional" therapies.

We have had a variety of health of health issues between us and in the majority of cases we have most benefited from "non conventional" (to some) treatment.

We don't mind if you or anybody else doesn't agree with our choices. However having our personal choices limited, reduced or in any way interfered with scares us. We don't want to suffer poorer health because somebody doesn't like our choice of treatment. We are also scared of where the removal of choice will stop. Removing people's freedoms is not democratic and it's a slippery slope you should not be a part of. If this goes through there could be another move down the track to the next level of restriction, and then another after that, until the powers that be have achieved their goal of mandating conventional medicine for all.

The proposed new guidelines will ultimately make it more difficult for us regarding health care, and we believe we and anybody else should be able to make their own choices so please don't change them.

If you do not agree with any or all of our views that is integral to our point; you should not impose your new guidelines on us simply because you disagree. You should allow full choice for all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 6:20:33 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi

I support patient access to Integrative & complementary medicine for many reasons. The first is that any democratic society needs to give its people freedom of choice and the Australian public for many years now are choosing to use natural health care as a source of becoming empowered for their healing and getting well by using it.

Whilst it is necessary to have doctors medical attention in some instances we need to remember that up until a few hundred years ago people healed from herbs from grandma's garden. Many of the so called complementary medicines are hundreds of years old. Herbs have been around centuries and certainly such systems Ayurvedic and other medicines.

Daily I see people helped with natural therapies for everything from arthritic pain to panic attacks to heart disease to cancer and so on.

I began myself as a teenager using ideas of such people as Dorothy Hall and Louise Hay and now in my 60's can say I am healthy and active.

Sometimes it is better to use natural means than prescribed medication as prescribed medication can have many detrimental side effects. So while you fix one malady you create another. An example is the use of statins for cholesterol which can affect so many other areas of the body.

The MBA certainly should not be able to impose restrictions on something as natural and simple as natural treatments which are able to be grown in our gardens. This is an infringement of human rights and the rights of freedom in a democratic country as well as showing that the duty of care of an organisation that is in charge of doctors are going into an area that has nothing to do with them. The Hippocratic oath is to 'do no harm'. Drugs do sometimes do harm and the medical profession is not infallible. Natural herbs, mixtures and the other complimentary therapies do no harm on any level and the warnings we see containing herbs are only when people are taking the drugs by the pharmacist.

Australians have the right to choose their healthcare and doctors who are awake enough to realise that natural therapies will help their patients heal have the right also use natural therapies however the natural therapies are separate to anything the medical profession needs to or should be able to control as most Australians first choice these days is to go the natural way. There is no reason to rule each other out.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support the use and recommendation of complementary medicine and natural therapies. With out these science backed modalities you will see our countries health decline even further. How shameful we even need to fight for our right to access these therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:00:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I use alternative medical help in conjunction with what is provided by my GP, for instance after 4 operations using herbal pain relief i was able to reduce the amount of paracetamol.

My family and I use herbal tablets and teas to relax and assist sleep - especially after all those operations.

These items are kinder on the stomach, Liver and kidneys.

if my GP or Alternative health care worker could not recommend other types of treatments we would not be as healthy and we would not know what would help.

Our bodies Our choice???

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:20 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As with all medicine, the patient's right to choose their primary, and/or secondary care-giver is sacrosanct and should be left to the will of that patient.

As with any section of medicinal autonomy, from reproductive rights to this issue, the best care for each patient will change with the needs, the experience, and the will of that patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:38 PM

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To the Medical Board of Australia,

I support Option 1.

I believe that the patient and Doctor should be allowed to choose the best way forward medically without being forced or penalised for doing so. I believe the Nuremburg code should be upheld during any medical experimentation and that this should be even more vital when patient seeks medical assistance from a trained professional. The Dr is there to serve not feel pressured into providing health care that is goes against what their patient wants. Thank you for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:24:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to request that the current guidelines for integrative doctors be maintained. As a veterinarian, I understand the importance of evidence based medicine and seek to practice this for my patients. However, there are many gaps in our current understanding and as new evidence becomes available, it often reinforces concepts that have been utilised by naturopaths and integrative doctors for decades prior to being accepted in mainstream medicine. First, do no harm is critical. And I acknowledge there are treatments offered by alternative practitioners that are not proven to be safe and may be harmful that should be avoided. However, doctors have ample grounding in science and evidence based medicine to evaluate therapies on their merit in literature and through experience and should be able to offer nutritional and herbal treatments without fear of compromising their licence.

Patients seek doctors who look at them holistically, and with new knowledge on the microbiome and genomics we understand that everything in the body is linked. Mainstream medicine tends to compartmentalise patients into body systems, treating symptomatically, and often fails to address root causes (as has been my experience). Ensuring qualified doctors have the ability to recommend integrative treatments means that patients will receive the best of both western and alternative therapies, provided by a science minded, qualified professional. If doctors cannot offer this service, patients may seek treatment from less qualified and unregulated practitioners which could cause harm.

Please allow medical professionals the right to offer these treatments, as failing to do so may also compromise their own convictions and ethics if they can no longer recommend treatments they know to be effective.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:38:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Stop trying to take the choice of how one wishes to treat or medicate  
their own bodies!!! OUR BODIES, OUR CHOICE!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The importance of nutritional supplementation cannot be underestimated and as contributing, if not driving, cause of disease and imbalance within the body. It is quintessential that such approaches are included within the current medical framework.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:14 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Leave our choices alone!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 6:16:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support strongly the use of natural medical practice because it has been shown to work often for centuries of use. I believe strongly that we need this viable alternative to current medical practice based on pharmaceuticals, considering the very high percentage of times it damages the patient instead of treating them successfully as it does not treat causes of problems just symptoms. Australia can do far better than this and we must. Apart from anything else, a treatment that actually cures a patient will be far cheaper for the taxpayer funded health budget than the current ineffective system that does 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:** Saturday, 15 June 2019 9:08:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Please don't stop Drs from using complementary medicine!

I finally found a Dr who uses a combination of conventional medicine and complementary medicine. She is amazing and is more thorough than other Drs I have seen in the past. When I see her I truly feel that she cares about my health and uses the best methods and treatments there are most relevant for me. It would be a shame to take away our choice as patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:33:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that alternative therapies can compliment traditional medicine to optimise patient outcomes.

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 3:51 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Firstly I don't understand why this has to change at all, why change something that works?

It should be up to a patient to have the choice of doctor and what background they are educated in. I salute doctors who go through additional training to be able to give their patients better advice on nutrition and how to stay healthy, instead of only trying to remedy symptoms.

I would be a very sick person today if I had to rely on a normal GP, being told there is nothing that can be done for me.

No one tells a patient they have to see an integrative doctor and I certainly don't want to be told I have to see a normal GP, if I choose not to.

We need to have choices, its also called a democratic process.

Shutting everything up that doesn't suit one group of people is called a dictatorship.

I really hope that the responsible people will have a long think about this process and realise that control is dictating and choice is 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:** Tuesday, 25 June 2019 5:48:44 PM

---

To the Medical Board of Australia,

I support Option 1.

According to the World Health Organisation (WHO) “Traditional and Complementary Medicine (T&CM) is an important and often underestimated health resource with many applications, especially in the prevention and management of lifestyle-related chronic diseases”.

I am a complementary health user and I feel very strongly that our population should have the right to choose what type of health modality they wish to use and, as long as the practitioner is suitably qualified, which practitioner they wish to consult. My way of maintaining good health is to prevent disease, which traditional doctors do not practice. Which is why I prefer to see an integrated doctor who understands that I do not want to take medication when a good eating regime and healthy lifestyle is what keeps me from becoming ill.

There are charlatans in all professions, including medical doctors. Science is not a closed pathway, which is what it seems you are wanting to create.

I feel very strongly that my health choices are potentially going to be curtailed, which is not what a democratic country would be doing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 9:43:38 AM

---

To the Medical Board of Australia,

I support Option 1.

I am in disbelief that now integrative health care is under threat. Were it not for a Chinese medicine practitioner, my mother who had 9 operations in 7 years due to Crohn's Disease would be dead. She is well and has a healthy, active life at 62. This is all because she is under the care of an integrative GP, osteopath, acupuncturist and TCM practitioner. Through these people she has acquired a wealth of knowledge about crohn's disease and it is certain, as I said, she would be dead if 'western' medicine was all she was able to rely on.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 1:05:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support the idea of integrative doctors and they should not be restricted from providing a valuable service to the community. Please allow us to continue to have the choice that works for our own health and aligns with our own beliefs and experiences.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 2:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Whilst it's important for medical practitioners to be sought after in a lot of cases complementary therapies and practices have also had a major benefit on the lives of others when they have given up hope on the normal treatments. It should be a persons right without the underlying hassles from others to determine what is right and 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:** Tuesday, 25 June 2019 9:14:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Not everything can be treated with western medicine. Look at the problems we now have with western medicines antibiotics!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:03:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I personally am a patient of an Integrative Medicine doctor and since I started my consultations with him my quality of life improved and suffering decreased substantially. I was treated by 'traditional' doctors before for years with no results. An Integrative Medicine doctor took the time to listen to me (long consults), do a proper testing (outside of scope of what traditional doctor wanted to do or knew about) and was willing to investigate and to find the root cause of my health problems. Those consultations with an Integrative Medicine doctor were more costly and took more of my time but actually brought a great result. The result, my good health and quality of life, that I could not achieve with 'traditional' doctors before. In my case the benefits outweigh the cost. I was treated as an individual with an Integrative Medicine doctor. Before, during consultations with a 'traditional' doctor, I felt like if I didn't fit into the standard and uniformed way of assessment and treatment prescribed during 10 minute long consultations that's too bad, nothing else was offered to me. I felt there was no real care or interest in my improvement, just turning patients in the queue in and out. The 'traditional' way of treating patients has many flaws in my opinion, as it takes the approach of one solution helps many, which is not true in most cases. It was definitely not working in my case and therefore I think that all Integrative Medicine doctors should be praised and highly valued for their way of treating the patients, and not penalised 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:** Saturday, 4 May 2019 5:38:12 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter reacts adversely to pharmaceutical drugs and the amount of antibiotics she has been administered has actually compromised her health. She experiences constant pain and can no longer enjoy the same foods due to allergies. Without being able to access supplements her dietary restrictions would result in her having numerous deficiencies. Herbal medicine has been used for hundreds of years (with little to no side effects) compared to the pharmaceutical drugs. New research on integrated medicine has shown evidence where it has had positive benefits on individuals.

DO NOT change anything if it has not been broken!  
We have a right to be informed and to make our own health choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:22:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Valid research has established that over 70% of Australians prefer natural solutions for their health, citing mainly their fear of adverse reactions to pharmaceutical drugs as the reason.

When advised by a Specialist and a GP that my wife then aged 56 was suffering from an endocrine which was closing down and she had between six weeks and six months to live.

We sought a natural solution which successfully reversed this condition in six weeks, she is now 76 and in good health.

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 support complimentary and intergrative medicines as I believe that detoxing your body will help in preventing diseases and also in the recovery of diseases and sickness. There are many other natural health treatments that doctors can recommend that may help their patients . I believe in the best of modern medicine and in complimentary medicine .

I have used diet information and supplements information for my son which has improved his condition . I researched this on the internet as I can not afford to see a naturopath or intergrative doctor . I had a great experience when I broke my ankle with the medical treatment I received from a hospital in brisbane . I have also seen a chriropractor for many years . So in my mind we cannot do without choice of both western medicine and complimentary medicine . If Doctors are restricted in what they can recommend to patients in regard to nutrition , supplements vitiamins mineralis , complimentary medicine and in the time of their consultations then I don't think I will continue to live in Australia anymore as it is turning into an authoritarian regeime .

I consent to 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 3:32:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because I have found that Medical practitioners who are trained in both tend to find the cause and deal with the condition from this point- not just treat the symptoms.

They are educated in understanding drug interactions with herbs, vitamins, minerals etc. ( as are Naturopaths ).

I find it comforting to know that I have the expertise of Medical Training combined with the choice of a Natural approach and/ or combined with medical prescription. It has been my experience that I have found solutions through this avenue when I was going round in circles with my usual GP, and Specialists.

I consent to 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 2:24:44 PM

---

To the Medical Board of Australia,

I support Option 1.

My doctor is an integrative doctor. I had undiagnosed thyroid issues for years. It was only when I saw an integrative doctor that my issues resolved. I also want the ability to choose to use some of the alternative approach's to conventional medical practice.

I strongly object to the MBA's proposal to change the guidelines that threaten integrative doctors' ability to offer patients complementary, innovative and emerging treatments. I want the choice to benefit from the best of allopathic medicine & the best from complementary medicine?

Medicine is an evolving science & every day we are seeing discoveries that enhance medical care. Not all of these discoveries "fit" with accepted allopathic medical practice & yet the MBA is attempting to restrict the ability to educate, research & advise about complementary medicine. Money for research is critical to expanding our knowledge of some practices that have been practiced for many years. Why have they been continued for years? Because they have worked for people. (In case you are wondering, I am not an anti vaxxer!!!!)

Should this proposal be adopted there will be less research devoted to it. Medicinal cannabis is one such example!!!! The ability for a complementary practitioners to liaise with integrative doctors to get the best outcome for their patient is pivotal to some people's care. Example's of this are some procedures, diagnostic testing & IV vitamins.

I will feel cheated if this proposal is approved as I always want to feel confident that I can have control of what I want to do with my body. Although there have been great advances in conventional medicine it does not always have the best answers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 10:22:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I have long been a patient of healthcare not deemed conventional by medical professionals and they have helped me immensely. Right or wrong, my elderly parents resist taking synthetic drugs for fear of them doing harm. So it is important that they have other options to medicate and for the full spectrum of options to be explained to 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 7:33:26 PM

---

To the Medical Board of Australia,

I support Option 1.

People should be able to make choices for their own health that suit them. We all know that in many cases western medicine masks symptoms rather than deals with the root cause of the issue. In many cases our bodies with the right nutrition can heal themselves. Let people choose. An integrative Dr offers the best of western and natural medicine combined. Perfect

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am writing to ask that the MBA please keep access to holistic integrated medicine available.  
I have personally been through severe medical illness in the last year with thyroid and i believe that using alternative medicine alongside, surgery amd specialst treatment has helped me regain my health.  
If the MBA imposes restrictions on integrative practitioners it will mean that i and others will have our right to choose taken from us and I will have to accept treatment against my 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:** Thursday, 2 May 2019 8:14:13 AM

---

To the Medical Board of Australia,

I support Option 1.

As an individual who has had to have many trials on different drugs to treat serious connective tissue disease, severe pain from it and bipolar conditions, stopping my doctors/specialists from suggesting, advising or mentioning therapies that really do work IE prolotherapy, natural medicines, accupuncture and the like could be life threatening. I can't take these horrible and dangerously addictive pain meds. I refuse to go down the track of expensive drugs that may or many not work. I have had severe side effects/allergic reactions to drugs over the years. It's not pretty. Lyrica being one of them, it sent me suicidal. Fortunately I am smart enough to check PDS's on drugs because I use to work for the Pharmaceutical Benefits Scheme before I was medically retired early. It's bad enough that health fund rebates were going to be stopped. If I could have access to cannabis oil I'd be trying that as a pain alternative. As it is I don't even know where I can get it and if it is available on script I certainly can't afford it and probably wouldn't get it authorized as Australia is so very far behind the rest of the world in the use of this natural non-addictive oil!

I consent to 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 1:35:15 AM

---

To the Medical Board of Australia,

I support Option 1.

All and any form of medical assistance, backed by appropriate and approved educational training and qualifications, should be options for those who choose to use them. I personally would not go past medical practitioners for many things but also use chiropractors, osteopaths, and acupuncture when an appropriate need arise. With the rise is vitamin deficiencies due to poor diets, aren't herbal and vitamin supplements part of a holistic approach to health? As long as the practitioner is qualified in their field with a recognised qualification, and certified in some way, no alternative to traditional western medical treatment should be taken from people's right to choose how they will take care of their health. It is very narrow minded and arrogant of certain parts of the western medical fraternity to think that they have the exclusive knowledge for appropriate and successful medical treatment. I am thankful that I have a GP who not only looks after my health with exceptional western knowledge and skill but is also open to my use of chiropractic treatments and has approved and suggested the use of acupuncture treatment in the past when western treatment failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:07:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 60 years old, have lived on 4 continents, and have used integrative medicine all my life. Prevention is better than cure. Prevention includes the treatment of minor ailments before they develop into bigger health issues and the best way to do so is by integrating natural medicine. An integrative medical doctor has the most complete way of treating a patient. Pharmaceutical drugs are not always necessary or the best option. Modern Medicine claims to be the brainchild of Hippocrates who also very famously said "Let food be thy medicine and medicine be thy food", in other words: eat healthy food to get well and stay well. A lot can be done with food and herbs, extracts, tinctures, etc. Drugs should only be a last resort for conditions that are not treatable by other methods. In fact, we have a tragic shortness of skilled doctors who practice integrative medicine. This should be encouraged and more widely introduced, not restricted.

Prevention can save Medicare as well as employers a lot of money by having a real impact on people's health!!

Therefore, I strongly object to restricting doctors' abilities to include natural therapies in their treatments. Please prioritise health interests over pharmaceutical profits!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I wish to retain my rights to medical freedom I my self as well as witnessing family and friends have great success with alternative medical approaches.

Taking away our right to choose feels like a violation to rights to autonomy

I consent to 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 9:42:41 AM

---

To the Medical Board of Australia,

I support Option 1.

If I hadn't had the option to see an Integrative DR I would have died. I am a 28 year old mother of a 3 year old and all normal GPs missed what was wrong with me. They didn't have any idea and I was left bed ridden for 4 months.

If it wasn't for a integrative Dr running tests and treating me I wouldn't be alive today.

If you take this away many many people will suffer or die when it is unnecessary. Please don't take these services from people.

Only people that really need this help see these doctors and they are a good send.

If you change guidelines I will not get the treatment I need and my body will not function.

I am only getting better because of these doctors.

This will take my life away.

If you take these doctors away from people then you will be responsible for killing people's mothers and fathers, daughters and sons when it could be prevented.

We have the right to see what doctors we wish and seek the treatment we wish. These Drs are far far more responsible then your GP down the road who gives out prescription medication.

Integrative Drs listen, they run test, they talk, they understand, they give you only what you need and don't force prescription medication on you that may make you worse as many Drs did to me.

Normal GPs medications actually put me in hospital and made me worse.

Please don't take these services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:25 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that it's not fair that the MBA try and take our freedom of choice to take alternative medicine because we as humans have the right to choose our own path to medicate ourselves naturally. I know friends that swear by using natural oil and if it helps why take that away from them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:37:07 AM

---

To the Medical Board of Australia,

I support Option 1.

I would like to let you know that i am treating auto immune with alternate medicine.

I have anklosing spondylitis. The only options i have given prior to this was long term antiinflammatory, pain control including opiates, and Humira. The option i was given was walk or rot my gut. I am using doTERRA essential oils to repair this damage and to put a halt on this disease. I have reduced my pain meds to panadol used randomly and no oral antiinflammatories. I still use humira.

I have done this with the assistance of an integrative gp.

The pharmacy companies have made enough from me spanning 35 years and with no hope or discussion on alternatives i have cost the Government a lot of money!

Please support GPs supporting this. They really are caring humans wanting to give their clients choices when perhaps the medical industry feels they have none to give.

AS is crippling. Auto immune is being talked about more and more. Give them the human right of choice. Please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:03:01 PM

---

To the Medical Board of Australia,

I support Option 1.

We are only just beginning to fully realise the benefits and far reaching positive outcomes of integrative medicines. When accessed by more people, it can only benefit the system; less stress on the already struggling hospital system, more control of health to the individual, and far great preventative methods adopted.

Surely it is clear, that the ONLY outcome of limiting access to integrative Medicine, is benefit to big pharma.

Let's just sit with that for a minute.

It is CRIMINAL to not make the path to integrative medicine as EASY as possible.

Primarily for me, without my chiropractic and treatments. I don't know that I would have survived the mental stress of chronic pain from scoliosis.

I hope you find merit in my request.

I consent to 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 4:17:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary health care have saved my life and that of my children over the years in ways the normal medical approaches could not - all my doctors were totally supportive of the integrated approach to our problems and were amazed at the results of combining western medicine with other forms of health care.

In a normal Doctors appointment I barely get seen - its a quick consultation and they do not discuss much with me - then its a long process of going for multiple test rounds which could have been sorted with one longer conversation and some basic observations... like my toe - it was sore - and my shoulder - the doctor did not even look at either - just selected some tests... the nurse has been far more helpful. I had to keep going back for more tests as the first ones did not answer the issue - a simple examination would have saved a lot of time and money.

A holistic approach would have included some examination - not just typing at a laptop.

Also - a doctor only studies half a day to one day of nutrition at most - so is clueless about diet and the impact of diet.

I currently do not have health cover as there is none that will cover the options I want... its cheaper for me not to have the cover at all.

Many thanks and blessings

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 support a holistic approach to healthcare and the guidelines should not be changed.  
A change would send more people to the internet to do their own research to health issues.

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.

Integrative and complimentary medicine should be available to everyone. Both are the basis of prevention of disease and prevention is always better than just prescribing medicine for symptoms!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:10:41 PM

---

To the Medical Board of Australia,

I support Option 1.

As an OT who works in Pain Management I know medical knowledge using Integrated knowledge make patients give up old behaviours and Pain circuits reduce. Surgery is the end of the road. Medication is dangerous as a solution. In many cases, less is more and appropriate treatments presented by trained practitioners integrating knowledge get good results. If each discipline maintains their accreditation practices I see no need to reduce options to patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 5:18:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has changed the trajectory of my children's lives, and I stand by it 100%.

I consent to 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 8:14:43 AM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern: I support autonomy of healthcare choice where a GP or other healthcare provider has the ability to prescribe the appropriate treatment of choice, and where the patient has the free choice to accept or decline treatment without restriction by a 3rd party (e.g., government, insurance company, etc). I lived in the USA for many years where health maintenance organisations (HMOs) and then insurance companies adopted restrictive policies that forced their providers to only offer certain services at the exclusion of others. The results were an utter disaster where people did not receive care that they needed, and where doctors were driven to ruin following procedures they knew would not help their patient's either. Please ensure that the same mistakes are not made here in Australia by keeping health and medical choice free for the individual, and a matter that remains between the individual and the doctor with the method of their 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 10:23:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I support that integrative doctors should be able to practice within the current guidelines without changes. My family has personally benefitted greatly from integrative doctors when a regular gp did not have the extra training that was required to treat my son. Had it not been for the integrative gp approach my son would not have managed to flourish in school due to anxiety that led to school refusal. He was only 6 years old. He had multiple food intolerances that were all treated through integrative approach. Had it not been for the integrative gp my son would have been on a highly restrictive diet and there were no other treatment options available his anxiety would have greatly affected his ability to attend school. Proper testing and treatments were provided by integrative doctors when our regular gp offered no options. Psychologists were ineffective for my son. He needed the extra nutrients prescribed by his integrative gp for his body to produce adequate enzymes the liver needed to break down toxins in his body. Nothing else worked to cure his food intolerances, hyperactivity and sleep issues before this.

Please don't change the guidelines that hinder the integrative doctors to take the approach that works for children and adults alike when nothing else does.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:38:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Please leave the decision for an individual to seek integrative treatments to the individual. People who see these treatments are not gullible but may be abandoned by health professionals and left to seek their own treatments. This is true in my case. I have a condition that due to medical abandonment in Australia forced me to America for surgery. I'm back and still not allowed or accepted by some health professionals and have found a healthier body and mind through integrative therapies as I was left to!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 11:05:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that as a human being I have the right to choose how I wish to help my body heal. Whether it be as naturally as possible or with any modern methods. No one has the right to tell me what I can or cannot put into my 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, 23 April 2019 9:18:10 AM

---

To the Medical Board of Australia,

I support Option 1.

After years of recurrent infections and doses of antibiotics, with no real improvement to her overall health, I knew I needed to approach my daughter's wellbeing differently. Traditional medicine had been great at treating some of her symptoms, but had failed to heal her body, and as a result, we were having lots of ongoing issues that weren't being addressed in our many doctor visits. Integrative health literally changed our lives. She is a radically different person now, with much more energy, an incredible appetite for real food, and stabilised emotions as just a few of the outcomes. This kind of result would not be possible if restrictions are imposed on interpretive health practitioners, and I firmly believe in a wholistic approach to health to see a person reach full levels of being well. I support patient access to integrative health options, because they really work! Our family, and families everywhere, have been changed for the better, quite literally, because of the use of integrative healthcare. Please do not restrict its 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:** Friday, 21 June 2019 10:17:33 PM

---

To the Medical Board of Australia,

I support Option 1.

Democracy means the people choose. Not the government. Remember, the government works for the people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:46:14 AM

---

To the Medical Board of Australia,

I support Option 1.

Our family of five utilise a range of integrative and mainstream medical options. As a result we have found we have better health outcomes. We utilise Medicare and subsidised medicines significantly less than the average family we meet. Restricting integrative health options will increase Government health spending and have a negative impact on the health of Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:37 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I reserve the right of free choice in my medical care. Hands off 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:** Monday, 24 June 2019 9:21:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the choice to use any type of therapy for me and my family. I don't want forced limitations that exclude a therapy that might work for myself or my children. I don't want to be limited to using expensive drugs that are synthetically produced or very overprocessed by greedy drug companies. I want the choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The proposed restrictions will remove my& my family's access to treatments that enable us to lead full & active lives including being able to work & support ourselves financially. Removal will place a huge financial burden on taxpayers with people being left no option but to claim social security payments not to mention the mental health issues that will arise and also require significant funding for an area that is already under stress.

I consent to 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 7:34:25 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrated medicine is responsible for my ability to hold down a full time job. Don't take that away from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:04:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Who's complaining? Patients? Very strongly doubt it!!! As a health professional I know all too well how many people are seeking more holistic care. This type of care often results in better outcomes for patients (I've personally never seen worse outcomes!) and ultimately this helps to reduce the burden on the health care system. Patient choice needs to be respected and protected. If it's not, they will end up trying to treat themselves!! This I also see with patients who are frustrated with standard care and who have not had access to an 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:** Wednesday, 24 April 2019 5:52:48 PM

---

To the Medical Board of Australia,

I support Option 1.

After being diagnosed at the age of 18 with Rheumatoid Arthritis my daughter saw an integrative General Practitioner as well as her rheumatologist . Whilst her Rheumatologist was able to prescribe the necessary prescription medications she needed, her integrative GP played an enormous role in keeping her immune system healthy and discovered vitamin and mineral deficiencies that her regular GP never found or thought to look for. I believe that without her integrative GP she would still be struggling with her every day well being and 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 6:04:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't understand what the benefit would be of removing complementary medicines. Surely & solely the important factor here is human rights & our decision to choose what treatments works best for the individual & to provide the best possible solutions to maximise wellbeing. Complementary medicines can & do eliminate illness without killing off another vital part of the immune system or body organs. So the only hidden reason I can see of why this would even be considered is a money making scheme for pharmaceutical companies

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:42:41 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I have been impacted by chronic illness throughout my entire life, integrative medicine helped subside symptoms that made everyday tasks a challenge in their own right. Without the access to integrated medicine daily life would prove to be incredibly difficult, possibly to the point where overseas options may be needed. I urge that Integrative medicine not only be allowed in Australia but its beneficial properties be explored 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:** Wednesday, 26 June 2019 6:30:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors or over run already, there is enough people for everyone to choose their own way , WE DON'T NEED anyone to take away choices, that is Forced Control.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:09:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a married mother of 2 kids. Myself and my husband, have been told, time and time again, for various and different ailments that the only option in the medical industry is a one size fits all drug, or simply no conventional medicine help can be given. To take away our rights to access integrative medical care would lead to significantly more chronically ill people who can't be helped by modern medicine. Modern medicine is not one size fits all. This is a human rights issue. I am concerned for my children's future in this world that continues to bring in more and more restrictions of freedom.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:36:45 PM

---

To the Medical Board of Australia,

I support Option 1.

We are all ultimately responsible for our own, our family's and our country's health. To assume that. My one system of medicine has the solution for all disease is arrogant and denies individual freedoms of choice. Complementary medicine is not a luxury but a necessity for our people to take greater control over their own health and should be encouraged and pursued. Where medicines are dangerous then people should be educated about the dangers rather than a blanket ban on the medicine. This has not worked for many dangerous drugs in the past and to impose restrictions on complementary and integrative medicine will merely give rise to a surge in dangerous medical practices where now there is in place rigoureuse guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing as an Australian Citizen who has seen an integrative doctor for many years. After seeing one GP after another —‘d not getting ANY answers, solutions, or long term plans for my health -I decided to see an integrative GP.

I like the fact that I can be assured I'm seeing someone with GP qualifications and knowledge - yet has completed ongoing study - whether official or otherwise - to be able to think outside the box - of what they were taught in University (to treat symptoms) - and finally found the causes of my health issues. The tests were different than ANY other GP does - I have been to a couple of GPS since to get my 6 month blood test - and both GPS didn't even know what tests I was requesting - because the Integrative GP explained things so well - I was able to explain to these GPS the reasons for the specific tests I was asking for - why I needs to check the levels — and themetabolic pathways /relationships these marjers show/have in my specific body type.

To think that ANYONE can take away our consumer RIGHTS in a FREE COUNTRY to CHOOSE who we receive health care from is outrageous - I may as well live in North Korea!!!!

I'm passionate about evidence based therapies - we're talking GPs!!!!

The fact that they are helping with nutrition and vitamins etc - is not a scary thing - we clients still have the same organs, hormones, health issues we have when they prescribe pharmaceutical drugs.

My personal experience has resulted in me changing from a tired, grumpy mother and worker on pharmaceutical drugs, to - once this integrative GP actually found out the source of the issues - I changed my diet - took some supplements and god forbid I take some herbs in a capsule for pain! Yikes! Terrible!

Anyway - I'm now a much happier mum - which is contributing 2 lovely children to Australian society - a happy worker - and more awake, alive and thriving than ever! The dark, achy days have gone when GP after GP (Both nsw and Qld) could not figure out what was causing my health issues.

An integrative doctor changed my life

And As an Australian Citizen that employs you - I will fight alongside the many others that not only object in principle to government taking away our choices - but in a practical way where our health is now better due to seeing a GP was dissatisfied with only treating symptoms as taught - that took the time and spent money further educating themselves - and offering non-toxic- less harmful options for long term management of chronic conditions

Medical Board of Australia - most Australians know you are controlled by the pharmaceutical companies and that this is one more what they are trying to keep control. My prediction is that if you bow and bend to big pharma business, there will be two responses

A complete uproar and push back using politicians against the AMA  
Or

It will drive integrative GPS 'underground' - which is not what anyone would think to be useful - or safe.

So please keep Australian GPs that are qualified, adults, and

Intelligent and business savvy enough to know what the general public want - able to stand with other GPS who just want to follow what Uni teaches them like sheep and do no further exploring or education.  
AMBA - please keep up with the times - and the people - it's not dark ages England - it's Australia - and we want to be pro-actively healthy.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 8:46:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my strong disagreement with the proposal that medical practitioners should not be allowed to prescribe complementary medicines. I strongly feel that if a medical practitioner has obtained additional qualifications or training, including through personal research, that they should be able to include alternative medicines in their arsenal. This will reduce burden on the pharmaceutical benefits scheme and reduce the unacceptably high rates of iatrogenic illness and accidental deaths resulting from pharmaceutical drugs, as complementary medicines are known to be by and large far safer, have fewer side effects, are less expensive and can be as effective as conventional medicines if properly prescribed. My own family's health has been greatly improved by the use of complementary medicines and in fact my need for medicare services is now incredibly low due to the robust health that my family experiences. This robust health is due to the use of vitamins, dietary and lifestyle alterations, physical therapies and other nutritional treatments. Please do not try to restrict different treatments, just because they are not 'conventional'. The fact is that conventional medicine has very few answers for some of our modern epidemics, and patients and their physicians need to be able to explore alternatives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:02:56 PM

---

To the Medical Board of Australia,

I support Option 1.

In my personal experience, I can proudly testify that complimentary treatment has literally saved my life, after over a decade of being misdiagnosed and given useless and often counterproductive prescriptions by doctors and psychiatrists as I deteriorated further into a person in chronic physical and emotional pain who couldn't leave my bed for most of the week, let alone my room or house.

Thanks to the support of wonderful doctors who incorporate complimentary medicines and treatment into their holistic practice as general practitioners as well as complimentary practitioners such as acupuncturists, naturopaths', herbalists of both traditional Chinese and Ayurvedic influence and osteopaths' I have turned my life and health around and am now thriving as I embark on a bachelor of clinical science (osteopathic studies) so that one day I can improve and even help to save the lives of others as the above mentioned have done for me.

Legislation like that which you are proposing is not only counterproductive to health outcomes in our communities, it also infringes on citizens human rights. The proposed laws attempt to white wash the mismanagement that occurs within the conventional medical industry where high rates of hospital born infection, botched surgeries, pharmaceutical over-prescription, negligence and mismanagement lead to a full spectrum of harm on the community at large, which is generally minimized, lost in bureaucracy and even swept under the rug, away from judgement on the industry as a whole.

Embracing complimentary medicine is a step in the right direction for the conventional medical industry and leads to improved outcomes on a community level. It is devastating for me to think that you could or would do something with such far reaching and harmful consequences on the community level, and something so out of touch with the needs and ambitions of the community you serve (public not corporate).

I consent to 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 9:21:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose to attend an Integrated Dr medical clinic where they give me both regular medical advice, care and treatments and so called complementary treatments. Taking pills is not always conducive to better health and by adding alternate medicines, herbs, meditation and advice add to true health. To rid us, the paying public, of this choice in health care is an abomination of our basic rights and choices, and compromising our and my health.

What on earth is the Government and AAMA afraid of?

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 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.

Medicine, like all science is an evolving field. Research itself is an evolving field. We need to be careful in not developing hubris regarding our understanding of how holistic interventions impact the mind-body system as a whole. We need to allow well-trained practitioners the capacity to exercise their own discernment. We need to be careful of the zeal or ideology of scientific trends dominating the field and understand the history of science itself and understand the limitations still present in our research modalities. Look at how much keeps being revised and radically changed over time. We need to be starkly careful of the influence of all who have a vested interest in the healing professions (yes including natural health care suppliers, but also pharmaceutical companies and research institutions). As medicine finds more and more cures, population health develops ills in other areas - and potentially reflects the need to do better in seeing the whole rather than the part.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 6:03:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe doctors should be able to incorporate intergrative medicine into health care should the patient be receptive to 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:** Wednesday, 26 June 2019 10:16:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Many thousands of years of complimentary and wholistic treatments for varied ailments can not be dismissed. The benefits to people and the reduced pressure the health system by use of these complimentary treatments must be recognised. Seems 'big pharma' are infiltrating every aspect of our lives and not allowing people to make informed choices.

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.

☹ No way! It has taken a few years for my body to start repairing the effect of pharmaceuticals - the side effects of being treated for one problem and ending up with other more complicated health problems.

I'm not saying I am an anti-western medical treatment gal, they can be administered hand in hand. My improving health is a testament to that.

My GP swore an oath to do no harm.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 12:34:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare choices under threat

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 4:54:22 PM

---

To the Medical Board of Australia,

I support Option 1.

The Australian people have the right to decide what works for themselves. Last I checked we were not living in a dictatorship. Shame!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:47 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have two diseases that regular doctors have been unable to treat successfully and they said I would just have to learn to live with it.

Through integrative medicine, I have been able to cure one of them and greatly improve the other.

I consent to 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 11:08:35 PM

---

To the Medical Board of Australia,

I support Option 1.

It is unconstitutional to restrict the rights of Australians to access and use any form of health or wellness care. There is plenty of evidence showing efficacy of a multitude of modalities, herbs, supplements which assist in optimum 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:** Monday, 22 April 2019 7:28:43 PM

---

To the Medical Board of Australia,

I support Option 1.

It would mean that I don't have the right to choose alternative medicine, I believe these alternative medicines are vital to our society. They have been around long before pharmaceuticals, they are natural, where as pharmaceutical medicine needs to be artificial and it is proven in lots of medical journals that certain humans benefit from them.

Don't take our 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:** Friday, 31 May 2019 5:57:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a number of chronic medical issues that are easier to maintain using an integrative method of complimentary and pharmaceutical health care. I attend a chiropractor and psychologist regularly and take seracalm (lavendar oil) to assist with anxiety. Probiotic and herbal supplements and lotions help suppress inflammation of joints that cause arthritis and gout. Other medicines can be harsh on the gut and I also have chronic health issues with IBS, Diverticulitis and reflux. My GP is fully aware and supports and encourages my choices for natural and often more subtle alternatives to maintain my health and is balanced with prescription medicines if and when necessary. It's about a balance that my system can support. Please do not discourage Doctors from allowing and encouraging integrative 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, 20 June 2019 10:54:36 AM

---

To the Medical Board of Australia,

I support Option 1.

It is OUR CHOICE as patients, parents, daughters, sons, friends, communities - to choose medicine that we feel is beneficial for our health and the health of our families. Integrative and complementary medicine has increased my general wellness and well being. I choose integrative and complementary medicine because it is a safe and natural alternative for my family. I will be devastated if the MBA imposes restrictions on integrative practitioners. We should be able 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 5:11 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am a pharmacist and naturopath. I see patients every day that fill prescriptions for conventional medications and also those that have chosen to see an integrative medical practitioner because they have not found health through conventional medicine but are finding benefit from integrative approaches such as compounded medications and supplements which have traditional and evidence based on use rather than the large RCT's (which cost large amounts of money to fund).

Patients have a right to access the treatment or therapy they find works for them and it is essential that integrative practitioners are allowed to continue to provide this essential service.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:**

■

**Subject:**

Consultation on complementary and unconventional medicine and emerging treatments

**Date:**

Friday, 28 June 2019 5:55:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I prefer to have a choice as to the treatment I may need.

The reason I choose the above is that I am anti pharmaceutical having seen and experienced what some of these drugs can do.

Unfortunately pharmaceutical companies have too much hold over the Medical profession.

Choice is paramount.

I consent to publication of my submission without my name.

Sincerely,

■

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

---

To the Medical Board of Australia,

I support Option 1.

Medicine encompasses the health of the human body, the body uses and needs supplements to maintain its good effective function. Without these things the body fails, causing ill health leading to more sickness. Without good interventions the people will get sicker with no hope of recovery because most have no idea what they need and it takes the scope studied by integrative doctors to assist so many to get on the road to wellness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I cannot understand why the MBA would want to change the rules. I personally don't trust Doctors that do not believe in integrated medicine. People are too smart these days and know a lot about holistic health options and I feel integrating them with modern medicine is a great way to support our health [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 6:26:53 PM

---

To the Medical Board of Australia,

I support Option 1.

There are far too many side effects to some drugs used for medical problems & with an ageing body, I do not wish further problems to my medical conditions. I prefer to use vitamins & minerals to boost my nutrition, even tho' I eat healthily & I exercise. I use Physio advice to discover what exercises to do to help my body & discovered a wonderful Dance Therapy Group. My Podiatrist gives me exercises to strengthen a damaged ankle & I believe more programmes should be available that keep people healthy, whilst mixing with others socially & thus improve their health & reduce visits to G.P.s & hospitals. Please do not limit our choices as I cannot see a good reason for doing so, unless, of course, the drug companies are behind this latest move to curb our choices. Our country is a Democracy, or so I believed !!!

I consent to 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 4:14:11 PM

---

To the Medical Board of Australia,

I support Option 1.

It is essential that we, the public, be allowed to continue to access integrative and complementary medicine. The personal, financial and medical cost of denying that could be huge. Many people, including myself, have consulted with and been treated by medically trained integrative doctors and complementary medicine practitioners who are not content to simply focus on symptoms but who are prepared to investigate and treat actual causes. Acupuncture, that was once derided by western medicine, is now recognised as a scientifically valid modality for treating a number of medical conditions, the least of which is pain.

Without access to the wide variety of integrative and complementary services that I've used for myself and my family, a far greater burden would have been born by the mainstream medical system and I firmly believe that our personal health outcomes would not have been as good. There is a limit to the knowledge and skills of a regular GP, many of whom, are under huge pressure to meet KPIs because of the financial models that dominate their practices. Integrative and complementary methodologies focus on prevention. This keeps pressure off many mainstream medical services and ultimately saves the taxpayer dollars. All people (and we all contribute through our taxes) should be able to continue to make their own choices about the type of medical treatment they access. It should not be a 'one-size-fits-all' approach to maintaining health and disease prevention.

I consent to 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 10:04:58 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not make any changes to the MBA guidelines that restricts practice of Integrative Practitioners or providers of complementary therapies in any way. As a

Registered Nurse of 30 years I completely support the use of these therapies as an adjunct and where appropriate, an alternative to allopathic medical practice. I vehemently support the right of the patient to make a personal choice about the type of treatment they choose. I myself have used alternative therapies with positive outcomes when allopathic medicine could offer no 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:** Friday, 31 May 2019 10:57:20 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a female, aged 67 years, and despite having an immune system dysfunction (medically diagnosed, but only ever treated via natural therapies), am in excellent health and do not, (and never have), taken any medication.

For many years prior to the inclusion of Naturopathy in Health Insurance funds, I invested in natural preventative health care products and treatments, whilst paying higher premiums to cover the claims of people who didn't tap into healthy lifestyle opportunities, instead relying on the limited treatment options available via the conservative health system.

Consequently, (and fortunately) I am and have been, virtually no cost to the public purse for health repair or maintenance, nor do I personally have to suffer aches, pains, disabilities, viruses, bacterial infections ... or malfunctioning body parts.

Be assured that I am an intelligent, well educated (field: health) and moderately conservative individual (ie: typical LNP targeted voter) – not a burnt-out hippy nor a hypochondriac with crazy, uninformed belief systems!

I do visit naturopaths when I know that my body is on the edge of succumbing to a virus or other minor condition, and as a consequence of the treatment received, I regain full health without having to suffer either an illness, nor the possible side effects of a general medical intervention.

My family has been raised with the knowledge that natural treatments and sensible life style choices are the best preventative medicine available. Consequently, neither of my (middle-aged) sons take (or have taken) any sort of drugs/ medication and are both healthy and fit.

I know (as you probably do), many people who have reclaimed their lives following a natural therapy treatment ...

I ask that you pause, think about the wider implications of this decision ... and do what is right for everyone.

Firstly, note the outcomes of the recent The new Southern Cross University study into the efficacy of natural therapies (focussed on Naturopathy). This study summarised the most recent evidence for whole-system Naturopathy and identified 33 Randomised Controlled Trials comprising 9,798 patients, and provided evidence for a wide number of chronic conditions improved by Naturopathic care. (Published in the Feb 2019 issue of the Journal of Alternative and Complementary Medicine).

Furthermore, you must be aware that a complaint regarding the NHS

review was referred to the Cwth Ombudsman for investigation. As you are aware, the results of this significantly flawed (NHS) study, were used to give the Dept of Health the “go ahead” to attempt to stamp out a raft of effective healthcare support systems – consequently, leaving no freedom of choice to the Australian population, and it would seem (?), leaving the way open to conservative medical practitioners to corner the market.

There is no question that conservative medicine and its practitioners, cannot provide effective diagnoses, treatments or prognoses for a number of “patients”, and much is known about the morbidity and mortality associated with iatrogenic disease (or disasters). Even the least educated of us is aware of the compounding complications which are associated with many prescribed medicines and surgical slip-ups.

Whilst I have pointed out that there are significant limitations to conservative medical practice, I don’t believe it is sensible to sides with either one party or the other. Each discipline/ modality has its forte, and in combination, are able to offer a significantly better (and ultimately much cheaper) healthier health-care service.

The people of Australia are educated, intelligent and have the right to work with a health care practitioner of their choice.

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, 22 April 2019 7:40:53 PM

---

To the Medical Board of Australia,

I support Option 1.

There is so much evidence that natural medicine works. The MBA simply needs to consult with China and India whose medical systems adopt and prefer natural medicines to see how successfully natural medicine treatments can be integrated into allopathic models.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 6:27:14 PM

---

To the Medical Board of Australia,

I support Option 1.

There is so much discussion at the moment about living in a nanny state where we are denied our individual right to choose.

We morally should be allowed to receive whatever form of health we choose and doctors should definitely not be bound by the economics of pharmaceutical companies when they are trying to help clients. DRUGS ARE NOT EVERYTHING!!!!

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 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.

We need to be able to make these choices ourselves. Not to have them made for us by pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 7:24 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I can't believe this is even a question whether patients should have access to complementary or integrative medicine?? Vitamins, minerals, probiotics... and then massage, chiropractics and other holistic modalities are essential options 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:** Wednesday, 26 June 2019 1:28:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly value integrative and complementary medicine. I implore you not to take the right away of the Australian public to be treated by practitioners of complementary medicine. I use herbal medicine, acupuncture and osteopathy to keep my body well and it is extremely important to my health that this is allowed to continue. One example I have (of many) of a time that I have been effectively treated by an integrative Doctor was when i had trigeminal neuralgia and could not gain relief or cure. I had one acupuncture treatment with my Doctor and it was completely fixed and has never recurred. Integrative and complementary medicine has a place in our society and it is not appropriate, ethical or democratic to remove this right from Australia's citizens.

I consent to 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 11:37:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I turned to an integrated doctor when my migraines got so bad I was unable to function for 24 hours out of every 10 days. I would be suddenly taken down with vomiting, severe migraine and many other symptoms. An integrated gp was able to dedicate the time and attention to detail to ascertain that histamine intolerance was my issue. Since that support I have not had a single migraine in 4 years. Regular GPs are stretched for time and I don't feel it is productive for me to take up their excess resources when I can spend the time and money with an integrated gp who can take a wholistic view. These wholistic approaches align with my experience of medicine while living in China 9 years.

Different bodies, different viewpoints and different lifestyles warrant different 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, 2 May 2019 9:43:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I HAVE IN THE PAST USED ALTERNATE METHODS OF HEALING WHICH HAVE HELPED ME TO REGAIN GOOD HEALTH, THESE INCLUDED HERBAL REMEDIES, ORGANIC OILS AND FOODS , GYMNASIUM PROGRAMS, NATURAPATHY,DIETICIANS,DENTAL PROGRAMS. THESE ALL PROVIDED REAL BENEFITS, AND ENCOMPASS DIFFERENT VIEW POINTS, NOT JUST SINGLE MINDEDNESS AND 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, 4 May 2019 12:23:22 AM

---

To the Medical Board of Australia,

I support Option 1.

The best medical and health advice I have received in my life thus far, has been from medical doctors who integrate natural and alternative remedies. They take the time to understand your medical history and focus on treating the cause of medical conditions.

After consulting various general practitioners over a recurring infection and being prescribed low dose antibiotics for 3 years without any resolution, I turned to a doctor who provides complementary medical naturopathic services. After 1 week of altering my diet and taking some vitamins and herbal medicine, I felt better than I had in years. I was able to stop taking antibiotics immediately.

If all medical practitioners offered access to complimentary therapies, I genuinely believe we would have much more educated and healthier population.

When doctors are under time pressure, they give quick bandaid treatments or refer the matter on to another doctor. Doctors that take a more holistic approach to the care and treatment of their patients provide the opportunity to genuinely improve the health of their patients.

It will be devastating to the public health system if doctors are restricted in providing access to integrative and complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

My family and I use and fully support integrative and complementary medicine. Please do not place any restrictions on these 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 11:19:33 AM

---

To the Medical Board of Australia,

I support Option 1.

I have treated many of my health complaints with a combination of conventional and herbal medicine, and it has worked wonders. It would be a terrible shame if this went to loss. Natural medicines are a cost-effective, often less invasive way, of addressing health concerns.

I hope to improve my future health with integrative medicine, and also that of my children, family, and friends.

It is a valuable tool, and it is simply untrue to state it is not evidence-based. Yes, a lot of it is based on traditional usage, however, this traditional usage is no being backed by evidence. Please consider carefully the wide-reaching effects a change to the current guidelines would have.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 9:32:05 AM

---

To the Medical Board of Australia,

I support Option 1.

My health is my choice I have a GP and Specialist both treat me according to their expertise however neither treat my entire body on a physical, energetic and spiritual basis. I have sought treatment from many alternatives and then choose the one that works for me. I believe that as an adult I am able to make that decision and not have the medical fraternity force the issue on me. 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 7:13:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to express my support of the current guidelines for integrative doctors. I feel I and my family get better health care by seeing an integrative doctor. As I have a broken back, seeing an integrative doctor has helped keep me working and off the disability pension. They also have helped my son with IBS and eczema when conventional medicine contributed to the cause.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 11:06 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a diverse and innovative society, we need to place value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:23:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered chronic pain since being assaulted (DV). Other than strong opioids the only things that help are integrative & complementary medicine. Please don't remove mine (or others) access to these treatments.

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.

Patients have the right to choose their own type of care and to avoid the complications that come with medical care:

<https://www.bmj.com/content/353/bmj.i2139?fbclid=IwAR3Kf8r0fEsIZfCC5ATWofoppLXCj-Ty00MVbSXm6XNA6YWCsVGwVoNVhWc>

I have spent my life researching supposedly alternative therapies.  
These are safer, regularly evidence-based and effective.

To remove the right of medical doctors to choose an effective and safer option for patients, in line with what their patients want, removes the right of doctors to follow the Hippocratic oath, their right to practice as they see fit and are qualified to do, and is vast overreach that is not in the best interests of the patients, the doctors or our 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 6:46:50 PM

---

To the Medical Board of Australia,

I support Option 1.

My child has chronic fatigue syndrome and the things that have assisted his health to improve are from natural therapies. My child also accesses an osteopath to manage his body pain. This has also been helpful in managing extremely bad headaches as well. Without the non conventional treatments, my child would be in an extremely bad position.

Please do not remove our right to seek healthcare out of the conventional structure. This is not in his best interest or many others who battle chronic illnesses.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 8:38:28 AM

---

To the Medical Board of Australia,

I support Option 1.

People are intelligent enough to make their own decisions.  
Alternative medicine is sometimes the only option. Do not take away  
someone's only options which may cause them their life. I know my  
sister would not be alive today if alternatives weren't available.  
Stop thinking about how much money you can get and let people decide  
for themselves.

I consent to 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 9:45:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Whilst generally I follow general medical practices as times, I have used alternative therapy and the results have been received in treatment plan.

I believe the doctors need to look at medicine from a whole view and especially the mental side. These have been used for many years & so many of my friends use the type & are 100% committed to the results. Not all modern treatments are the only way to go, I had foot related injury & the only treatment from podiatrist was to get orthotics & look to future for operation. I used alternative practice & followed a plan and results have shown that I can get away with spending money on orthotics & operation is not necessary in the short term, maybe 20years time should I stop doing the plan.

To take the choice away & also potentially ruin and industry would not in any way help people & also help the economy.

Big companies are dictating what people should do rather than give people a choice.

**DO NOT TAKE THE CHOICE AWAY!**

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As someone who has been through the medical system many times (cancer, gall stones etc) I know that having a GP who gave longer consults, who looked at diet and life style offered nutritional and supplement advice is a big part of why I am still going strong. Why on earth healthy food, supplements and other therapies are classed as complementary or alternative is beyond me - they are logical and give us the ability to fix ourselves and not be a burden on the medical system. No one wants to be stuck on pills for years (unless they are told there is no other way or are made to think that diet and lifestyle are secondary to pills and interventions). I want choices, I don't want to make big pharma bigger while giving me less choice and I don't want a GP to rush me through in 10 minutes when I have lived "x"

years on this planet and it has taken me more than 10 minutes to get to whatever ill health has take me to the GP in the first place. 10 minutes is fine for renewing scripts and touching base but it does no good for anyone who wants to get to the bottom of their illness. GP's generally only treat symptoms and what is the point in that? Short term is ok if necessary but really the root cause needs to be found and fixed. If this isn't the case it makes me wonder if sick people are just another industry.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that patients should be able to access holistic healthcare in seeking a medical practitioner who can advise as to the use of complimentary medicines. When these complimentary options are not supported by western medicine I have found patients desiring natural options will completely forego the western medicine until their condition/disease has worsened, often to the point of palliation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:57:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I have multiple sclerosis. One thing I never learnt as a child participating in the MS Readathon was how incredibly painful this disease can be, from the intense burning sensations on my skin to the agonising spasticity in my legs. For myself and others who share my diagnosis I can tell you complementary medicine can make an enormous difference to our quality of life. MS is a complex disease and each patient presents differently. It was so important for me to have found an integrative practitioner who took the time to ask questions to get to know my symptoms and then guide me through different complementary options to help with my chronic pain. Please support integrative practitioners and don't place restrictions on them. They are heroes to people like me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine and believe we have a right to holistic medical 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, 6 May 2019 6:36:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I have found that integrative medical care has been a far better option for me and my extended family. I have used many alternative medicines over the years that have had great outcomes for mine and my families health. I would see removing this option from the system as an assault on my rights.

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:** Tuesday, 7 May 2019 2:38:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural "alternative" complimentary health therapies have been used by humans for thousands of years, and many of them continue to be beneficial to our health.

A medically trained Doctor who has studied and can intergrate natural therapies into their health practise is in a unique position to offer patients the best of both worlds.

Offering advice on nutrition, vitamin/mineral/herbal supplements, acupuncture, homeopathic medicine and suggestions or support of lifestyle changes are a wonderful option to be offered alongside other medical practises. In many cases, a patient may respond positively to the recommended natural therapies with a reduced need for suffering the potential side effects of some pharmaceutical medines.

A doctor who wants to offer patients longer consultation times is simply being a high quality health professional who knows the treatment of health cannot be rushed, and they are a rare gem.

There is much scientific evidence which validates the usefulness of Natural Therapies if one takes the time to read it. I believe extensive notes were supplied for government study quite recently. Please continue to allow medically trained doctors to offer natural therapies and longer consultation times - both of these will continue to be of benefit to the health of Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:29 PM

---

To the Medical Board of Australia,

I support Option 1.

It is the right of every person to choose what their medical care comprises of and to be informed of all options available to them. It would be a failure of the 'duty of care' obligation where the medical practitioner was not permitted to offer alternative options to a patient, especially when the traditional Western options were not viable or proving useful.

I consent to 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 3:07:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1.

We want choice for our health. We want you to value the Doctors who are integrative and offer preventative and complementary health services that support their patients. 10 minute time slots do not suit everyone or all ailments. Let the clients choose their service and their doctor. The health system is under extreme pressure and your doctors are under extreme pressure. I value a Dr who can offer a holistic approach with professional advice pertaining to me and my body. Traditional medicine is safe , provides best practice and promotes prevention of disease . Doctors are professionals who follow professional codes of conduct and within in this, should be free to advise patients to the full range of their skills and abilities.

Doctors have the right to advise patients and should not be legislated to offer a simplistic, one consultation fits all approach. Doctors have the right to get to know their patients to a depth that they consider necessary in order to advise to the best of their knowledge.

Any restrictions to this right can and will adversely effect the overall quality of patient care to the detriment of society.

Restricting diagnosis and advise could also have the effect of increasing the cost of health care and creating unnecessary burdens on a system. Limiting diagnosis and advise to a narrow range can only result in increased trips to doctors and therefore increased costs to individuals and to the medical system as a whole. Integrative and complementary medicine is a valuable tool that can exist safely and effectively alongside conventional medicine. Doctors themselves are in the best position to judge the health requirements of their patients.

Patients in a free society have the right to be advised to the full extent from professional health care givers and doctors definitely fit into this category. Any restrictions on doctors in this regard constitutes an attack on the basic rights and freedoms in a free, democratic , educated society such as Australia.

I consent to publication of my submission without my name.

I consent to publication of my submission.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 6:31:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I support no changes to the current MBA guidelines concerning integrative medicine. I value access to a range of health care providers and a holistic approach to my health which includes 3 approaches 1) preventative approaches to disease (i.e. risk reduction), 2) health promotion (i.e. moving me to a state of health and health resilience rather than just avoiding disease) and 3) curative medicine. If restrictions are placed on integrative practitioners it seems a sign that the MBA is moving to just focussing on aspect number 3, though valuable it is not enough to sustain the health of myself and my family.

I've received great benefit from integrated practitioners across all 3 aspects, my experience with conventional doctors in Australia is a focus on curative medicine and a limited understanding of my life circumstances which might have contributed to disease in the first place. Through integrated and complementary medicine (this includes but is not limited to TCM which is a system that has been used, applied and studied for thousands of years), I've managed to stay relatively healthy and when I'm sick received great benefit from integrated practitioners. I've also valued the time they've given me in consultations to understand me and the complex factors which are applicable to my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 3:21:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I have personally found integrative medicine very helpful. Done well, it can help people to tackle health issues, and who better than GPs to have the knowledge to administer integrative medicine well. Please ensure that option 1 is used.

I consent to 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 8:17:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated approach has helped me immensely. I am not pulling on the mental health system or on medication due to alternative safe natural and common sense approach to diet, supplements and diet. Also, my autoimmune disease is being managed holistically 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, 25 April 2019 9:07:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support access to integrative and complimentary medicines and treatments. It is every persons right to have choice that is not predetermined by a pharmaceutical lobby group.

I prefer to use natural remedies for any ailment where it is available and at 56 I'm fit healthy and completely prescription drug free.

Restrictions placed on integrative practitioners is taking away an individuals right, my right, to freely choose what is best for themselves.

Do not take away our freedom 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:** Thursday, 20 June 2019 7:51:48 AM

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To the Medical Board of Australia,

I support Option 1.

I am so grateful to be alive still thanks to drs helping me with integrative medicine. Please do not shut down these services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 5:24 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

This is Australia, a free country.  
It is not a communist country.  
I have the right to choose what I want without the interference from the medical board.  
I choose medical and complimentary medicines combined for my health care.  
No one has the right to dictate to me what I wish to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 27 May 2019 7:47:26 AM

---

To the Medical Board of Australia,

I support Option 1.

Despite the fact that our hospitals are over burdened with patients that could be treated with by integrative and complementary medicine, traditional medicine is treats symptoms rather than recovery for many conditions. We rely on integrative and complementary medicine for quality of life and wellness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:12:47 AM

---

To the Medical Board of Australia,

I support Option 1.

My GP recommends CoQ10 as well as other pharmaceutical products, as a preventative against further cardiac symptoms.  
I want to have choice in my medical 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:** Sunday, 30 June 2019 10:16:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a few friends who rely on integrative medicine as mainstream medicine has not worked for their particular health condition. In one case, a friend is sure she would be dead without it. I urge you to keep our options open, available and affordable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:06:25 AM

---

To the Medical Board of Australia,

I support Option 1.

It is very important to allow the Australian public to seek their own health care appropriate to each individual's specific requirements. Allopathic medicine can be lifesaving in an emergency situation, but unfortunately currently failing numerous generations in regards to long term chronic health conditions, (allergy, asthma, obesity etc). This puts strain and pressure on our families and society as a whole. It is crucial that holistic health care providers are able to provide a professional, rigorous and thorough alternative, encouraging preventative measures and wellness and often providing answers, where the allopathic system can't and is failing.

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.

I strongly believe it is patient choice to have access to integrative and complementary medicine. This doesn't mean all or even many patients will choose this, however it should remain a choice for patients and their families.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 4:56:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned at this backward step. I have personally received wonderful care and am now in excellent health, due to attending an Integrative Medical Practice. The GP there managed my breast cancer needs before and after surgery and has been a huge part of my recovery and self confidence. I still visit my normal family GP for other more mainstream care - but when I am concerned about major issues around my cancer situation, I feel more supported in my choices with an integrative practitioner. My usual GP understands this also and has no issue with it.

Absolutely the best situation. And it should remain thus.

I consent to 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 11:58:16 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. I support the provision of individualised care and the right of doctors to draw from a wide range of potential solutions in order to facilitate the health and well-being of all patients.

I'm very concerned about this attempt to restrict doctors to providing only conventional treatments. It is not acceptable that patients should be denied information, advice, access and support from doctors in choosing the most suitable and efficacious treatment for the patient's individual situation merely because it is not considered as "conventional".

I have a number of health conditions which respond extremely poorly to conventional medicine. Among these is Multiple Chemical Sensitivity which means I have violently negative reactions to conventional drug therapies.

Access to a doctor applying integrative practices and complementary therapies has enabled me to regain some functionality, but it continues to be a process. Denial of this access would undoubtedly have an extremely harmful effect on my health.

Innovation forms the cutting edge in the development of potentially more efficacious options, therapies, strategies etc. Restricting access to what is currently conventional (and was once innovative) does not support the health and well-being of all patients.

Do you actually read all these submissions? I want my doctor to have a full range of possibilities to apply to my individual situation. I want my doctor to be able to make a recommendation, prescription or give advice based on what is best for me (the individual) instead of being restricted to the conventional.

The best person to make decisions about which strategies and therapies to apply to a patient's personal situation is that patient (in consultation with a doctor with unrestricted access to consider all possibilities and make recommendations based on the health and well-being of the patient rather than whether said strategy is considered conventional).

Please listen. If doctors cannot provide a relevant service, they cease to be relevant.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:17 PM

---

To the Medical Board of Australia,

I support Option 1.

There is a need to retain original medical remedies and practices as they are more successful at curing rather than 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:** Saturday, 11 May 2019 5:55:17 PM

---

To the Medical Board of Australia,

I support Option 1.

To take away the people's choice, of a practitioner who they wholeheartedly believe in, who meets their needs on every level. except cost, if rebates are stopped the cost is prohibitive, leaves people no choice, but to reconsider Health Funds costs. There is more to healthcare than a prescription, many people have been helped with advise on holistic approach to their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:09:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't understand what the MBA is so afraid of. Integrative and complementary medicines is a choice for the doctor to practice and offer and the patient to use and pay for. It's not taking anything away from doctors who choose not to practice this. Stop making a mountain out of a molehill. Let people have choice is is our right! Stop being 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:** Friday, 24 May 2019 12:03:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that integrative medical treatment should be an available choice to patients.

To not have this option would be devastating for many people. Big Pharma does not have all the answers..and in fact creates many health problems.

We should be able to choose a doctor that does not just treat the symptoms but looks at the wholistic picture.

I consent to 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 9:56:13 AM

---

To the Medical Board of Australia,

I support Option 1.

As far as my own personal health goes, my body reacts in a negative way to most medications leaving me no choice but to use natural therapies. I need my Doctor's advice on this.

I really feel the Government has no right to tell Doctor's what they can and can't do for their patients. This makes me angry.

I consent to 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 8:52:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Good god for 40 yrs I have been using both. At long last doctors now realise that people like myself have found our medical system can work with alternative medicine and medical professionals . What about all these professional that you happily took their money to study in their alternative fields but you then took away the freedom of private health to people like to get rid of these professional . If it wasn't for these wonderful proffessionals I don't believe I would be here today to enjoy my beautiful grandchildren . I am very upset to think that you are still copying the American lifestyle and not a European one that enhances all form of alternative medicene the doctors work together . STOP THE PHARMACUTICAL COMPANIES GIVING YOU MONEY AND FALSE INFO . It time to grow up and leave our doctors alone they are overworked with so many restraints they need more time with their patients .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:04:36 PM

---

To the Medical Board of Australia,

I support Option 1.

As a concerned citizen, I would prefer that there be no changes made.  
Leave it be, there are more important health issues than this!

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 seriously support access to integrated doctors and complimentary medicine as without their testing, diagnosis along with their complimentary medicine I am most certain that I would not be still alive, let alone still being able to hold down a full time employment and not have to rely on disability pension. From my experience and other people that I know who use integrated doctors, we all wish that there were many more integrated doctors available. For myself I have been diagnosed with pyrrole and the support have been life saving. I can't sing their praises enough and they should be more available to the wider public. As just from what I have learnt about pyrrole if all scitsophrenic people and criminals were tested for pyrrole there is a high possibility they would be positive to pyrrole, then with treatment from integrated doctors this could reduce the amount of crime in our 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:** Sunday, 21 April 2019 12:17:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Drs to practice the way they choose to complementary. If it's working and there is positive patient outcomes then there is no 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:** Wednesday, 26 June 2019 10:04:04 AM

---

To the Medical Board of Australia,

I support Option 1.

For many years I have successfully combined conventional medicine with several alternative therapies. I have deliberately chosen medical practitioners who are sympathetic to my views and are not critical of my preference for alternative therapies when I choose this treatment. I have found naturopathy extremely useful in preventative healthcare, and prefer Bowen therapy to alleviate back pain and discomfort that conventional physiotherapy failed to remedy. Any restrictions imposed on medical practitioners to limit the range of appropriate care they provide to their patients is unnecessary in my view, and ultimately infringes on my rights to choose a treatment that is appropriate 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, 14 June 2019 4:24:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines - access to complementary / integrative medicine is vital to our current and future health and wellness. Having the option to use natural plant based medicine, for example, instead of synthetic drugs with ingredients extracted from plants seems to be a 'no brainer' to me!

Our bodies. Our choice.

There are so many health hazards surrounding us (eg 5G and EMF / EMR) that we have no control over, so don't take our basic right to look after our own individual health and wellness away from us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 7:05:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I support 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:** Wednesday, 26 June 2019 4:06:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Please allow my integrative GP to practise integrative medicine transparently without hindrance.

I consent to publication 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 7:09:46 PM

---

To the Medical Board of Australia,

I support Option 1.

Every person and family deserves the right to choose a doctor who offers integrative medicine if they want. Our health is our own private business and should not be dictated by the MBA.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 8:15:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to reserve my right to patient access to Integrative & complementary medicine, and am outraged at this idea of removing it. Integrative & complementary medicine has helped me, my family & friends and has complemented western medicine protocols in my treatments and therapies in the past. It makes NO SENSE to remove our access to it

We use Integrative & complementary medicine because there is not one medical approach that suits all people, and having a range of options is supportive of our physical, physiological AND mental health. Why would you limit our options when having options is beneficial? The patient must have a say in their own healing and not become disempowered which is what will happen if this proposal eventuates. It will mean I will have nowhere to go when I need medical intervention if this proposal is entertained and passed. It is a most sinister idea to entertain. I will be sharing this with my friends and family and social media followings, and will not accept quietly this proposal. It is absolutely unacceptable in a Democracy, and entirely intolerable.

Please consider this insidious proposal and its possible repercussions very carefully.

I consent to 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 5:11:09 PM

---

To the Medical Board of Australia,

I support Option 1.

My son relies entirely on integrative medicine as treatment for his severe chronic illness, for which there are no medical specialists and no government approved treatments in Australia. He has suffered from the neuro- immune illness, ME/ CFS for 11 years and has been helped and supported very well by a series of integrative GP practitioners

Without close monitoring and advice by the only doctors who are experienced and expert in managing these complex chronic diseases, he would have no practical support. Without off label treatments such as Low Dose Naltrexone, he would be in constant pain and unable to function cognitively. Without antibiotic treatments for coinfections, his immune system would have been further compromised and risk serious harm. Many other complementary treatments have been used successfully for various symptoms as they have arisen based on extensive non-mainstream testing. I believe our doctors should have the right to continue to practice medicine without interference, as long as they maintain appropriate standards as currently exist, which require that they do no harm.

If this unnecessary change is made, it could seriously impact our whole family and my son's future health, as there are no other medical choices available for him.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 10:13:27 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural medicines have been around for centuries

So called modern medicine has its place but every year tens of

thousands of people die using prescription medicine prescribed by a dr

I was bitten by a brown snake and the medics saved my life but after

12 days I went home and NOT one DR knew what to do with my damaged body !!!

It was not until I found a holistic dr that I started to understand

what I needed to do ! If I had been left to GPs I'd be still sick and

probably on multiple medications right now

We all should have the right to choose what we want to do with our bodies

It's our voice our life and my 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:** Saturday, 29 June 2019 3:03:35 PM

---

To the Medical Board of Australia,

I support Option 1.

This is a ridiculous and counter-productive idea. If it weren't for my chiropractor and acupuncturist, I would not be still walking. If it weren't for my integrative practitioner, I would never have known I was B12 deficient, and been able to take action to remedy this, which action has improved my health immeasurably. If it were not for the supplements I take, my bones would be even more prone to fracture than they are, and sleep would be difficult - and I would undoubtedly become dependent on prescription sleeping pills. Is it really about greed? More money for GPs and pharma 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, 2 May 2019 8:00:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine should be the gold standard of medical care; utilising the best in complementary medicine in conjunction with pharmaceutical medicine, where required, minimises risk of side effects and markedly improves therapeutic 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:** Tuesday, 25 June 2019 1:51:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I come from a background that has been very supportive of Allopathic Medicine.

Unfortunately, Allopathic medicine only made me sicker. This has been a lifelong issue. So it has not been by choice that I have had to look elsewhere for treatment. I am so grateful for the Integrative Doctors I have seen who have been able to find alternative medicines for me. I am a more complicated patient so the longer consultations have allowed them to spend more time investigating what my real problems are.

As a result at 62 years old I am considered fitter and healthier than most others my age.

I am also concerned that Integrative Doctors will lose the ability to give advice on alternative medicines and treatments, which I know will make me and others resort to self medicating. When I have had to see Allopathic Doctors, I find them very ill informed regarding alternative medicine, so I won't tell them what I am doing, whereas I will speak frankly with an Integrative Doctor.

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 do not want to be told how and by who when it comes to my health. My preference is to manage my chronic health with integrative and complementary medicine and my acute health with both the medical and alternative model. I do not want that choice taken away because the medical model alone has failed 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, 21 April 2019 12:17:11 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is the patient's right to integrative and complementary medicine. I have no issue with doctors drugs as long as they cause no harm. All of my health issues in life I have improved with the right food, and some added real food glycans, vitamins and minerals. Doctors have been necessary in times of accidents. I appreciate them. As they have very little training in nutrition, they can work with the patient who knows their own body and include complementary medicine if necessary.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:46:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I am asking not to change anything in favor of all holistic therapies and medicines.

They really, really work!

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:57 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative therapies have been a key component to my own health and the health of my family. This includes: preventative health care to reduce the number of sick days taken and burden on the medical system; conceiving a child and a healthy full term pregnancy; improvement of chronic conditions (i.e asthma); and improvement of mental health and overall wellbeing and happiness.

Please do not place restrictions on integrative health practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 7:17:08 PM

---

To the Medical Board of Australia,

I support Option 1.

We should have the right to access and choose integrative and complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 9:52 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 thoroughly disappointed that consideration is being given to impose restrictions on my health choices...As a senior Aussie having worked for 50 years, & using Integrative Medicine to get me through raising children having a Career, Acupuncture, Naturopathy, Oestopathy have all played their part in enabling me to continue working, even with chronic pain, stomach issues, where mainstream medicine's answer was\* here take this pill\* & not being affective. I choose to have Private Health cover AND reserve the right to choose HOW I treat my body...

I feel I will be severely disadvantaged should the current choices be further limited.. I must have the right to alternative medicinal services as I choose....

My General Practitioner is an Integrative GP & offers a broader service than the usual GP services. I fully believe to have a healthy nation, citizen's MUST have the right to choose for themselves..

It's time Governments realises that traditional medical practises fall very short of the \*Best\*.

Intergrative & Natural Therapies are not \*Fringe Services\* but play a huge part in our countrys health, or otherwise..

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.

Individuals deserve the right to equally access integrative Medicine along side conventional care. I have worked administratively in this field for over ten years and listened to hundreds of pleas to be heard from desperately unwell individuals that the mainstream healthcare system has failed. These people have been listened to, concerns recognized and through the principles of integrative and emerging medicine experienced improvement in quality of life without synthetic drug intervention.

My personal experience with chronic health conditions using integrative medicine has allowed me to continue a reasonable quality of life, maintain employment and learn to self nurture.

The changes you are proposing take away the individuals right to choice. All that will result is a nation of increased incidents of chronic disease and mental health complaints and consequently heavier reliance on tax payer funded assistance and toxic pharmaceuticals.

This is not a move forward and driven by corporate greed.

Why are you trying taking away ones right to choice and equality?

I consent to 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 6:40:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Good health is imperative to a happy and purposeful life. Without it we can't live a quality life or perhaps any life at all. Without alternative medicine I would not be here today. It has treated and resolved health issues that could not be addressed by western medicine as they were unable to diagnose the problem whereas alternative medicines found the root cause and treated it successfully. I was in a lot of constant pain and now I have quality back in my life. Without alternatives, you would be writing me and many thousands of others, a painful death sentence because western medicine failed 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, 31 May 2019 9:45:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel I should have the right to use complementary treatment if I or a qualified doctor recommends it. I am able to think and inform myself. In a democratic society I should have freedom of choice and not being dictated what to do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:07:35 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I utilise complimentary and integrative medicines. We use no medications and are practising good choices in relation to health and well being.

Democracy is about choice. Not a police state ruled by pharmaceutical \$ profit and those it can buy off.

Fear is controlling and counterintuitive.

Allow informed choice not enforced propaganda and restriction.

I consent to publication 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 8:53:49 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I are free of medications with our integrative health care keeping us all healthy and active. I would not be walking without this integrative approach. Freedom of choice is my main concern. I want to choose and make educated, informed choices. Not just swallow a pill that leads to another and another...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:32:16 PM

---

To the Medical Board of Australia,

I support Option 1.

We use both traditional medicine and natural medicine. We choose doctors who understand the need for BOTH modalities. This keeps us healthy. Without the MBA support on integrative practitioners our lives will be more expensive. Receiving the age pension does not allow room for this!!! Please 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:** Monday, 20 May 2019 8:06:23 PM

---

To the Medical Board of Australia,

I support Option 1.

There is no doubt that modern medicine does some wonderful things. My family has benefited from the skills of specialists. However, a variety of factors can lead to illness. Sometimes it is not just a matter of going to the doctor to get a quick fix that involves using some prescription drug. I find it disturbing that there seems to be an attack on doctors that recognise medicine is not just a matter of one size fits all. Over the years myself, my wife, my children and my grandchildren have used a variety of complementary medicines to maintain our health with much success, I might add. Doctors need to have the autonomy to treat in a way they believe in, and not be forced to conform to some standard set by 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:** Tuesday, 25 June 2019 2:37:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Intergrative medicine provides an important side of medical help as they look at a client as a whole person which is essential to evaluate what is happening with the clients health and come up with an accurate diagnosis and then able to prescribe the correct medicines nutrients etc to help correct the problem instead of covering up all other symptoms. The test are very thorough which integrative wellness Drs can provide. For clients who regular GPs and Specialists can not help. Intergrative Wellness Drs and their testing are essential and should be covered by medicare 100%.

I consent to publication 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 2:58:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Good afternoon, I'm writing this email in response to the potential new guidelines of the MBA. Whilst I have a very high regard for our medical system here in NSW, Australia I believe my personal health and that of my family and young children have also benefited greatly from integrative and complementary medicine. I'll start by talking about my 2 young children ages 3 and 5. As most parents would, when they seem to be getting sick (temperatures, lingering cough, general unwellness) I'll usually take them to visit the GP. 9 times out of 10 they are prescribed an antibiotic. At least half the time I thank the GP for their diagnosis, keep the referral script and then treat my children with natural treatments and rest unless it is clear it's a bacterial infection and there is a real and present danger for them not to. Every time I have done this my children have recovered without the need of the antibiotics. I hate to think the state their immune systems would be in had they taken the prescribed antibiotics each time (not to mention the fact that it would have been completely unnecessary). Antibiotics are great when needed but alternative medicines provide another option, without wiping out the body's healthy bacteria as well. They are also great at keeping illness at bay and I'm certain we would all agree that prevention is better than cure. If these options are taken away families and parents are only given very limited options which often have side effects. Essential oils, probiotics in form of food and drinks, and herbs are all natural remedies which I've seen benefit my family's health time and time again. I'm not saying they hold all the answers but I'm saying that they can complement my visits to the GP and hospital and minimise the need for them. Considering how busy our hospitals often are (recently I waited over 8 hours for my very ill child to be seen by a Dr at [REDACTED] Hospital ED), surely it will benefit the wider community if more people can be treated at home naturally with less demand on our medical staff and personnel so that their attention can be more focused on those that truly need it?!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:24:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe our healthcare a system should be based on a holistic approach that allows any doctor to choose the best treatment for me rather than being limited to conventional medicine alone. It should be a healthcare system that includes new and innovative practices, including complimentary medicines. In relation to the proposed new guidelines I believe the Medical Board of Australia (MBA) should choose Option 1.

Soon after the birth of her twins our daughter sought the services of a chiropractor as one of the twins had restricted movement in his neck. The treatment given by the chiropractor greatly increased the ease and range of movement of his neck in addition to relieving discomfort. In the first six weeks both twins received homoeopathic treatment for colic that did not respond to conventional colic treatments. Both treatments provided safe and gentle relief. The twins are now 14 weeks old and are in the best of health.

I don't understand why the MBA wants to limit any doctors' right to choose the best healthcare for their patients. It seems to go against their Hippocratic Oath, or whatever they now swear by, to heal the sick?

Why has the MBA not provided details regarding the basis for their wanting to restrict any doctors' right to choose? Who benefits from Option 2? Certainly not the patient or the doctor! If it is a matter of safety and protecting the public from potentially dangerous treatments, why does the MBA not produce the evidence supporting such concerns?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 2:12:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary medicines and therapies are extremely effective and therapeutic to holistic wellbeing. I am a mental health nurse and massage therapist, I see in my practice constantly how beneficial they are. I do not believe these should 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:** Thursday, 2 May 2019 8:06:41 AM

---

To the Medical Board of Australia,

I support Option 1.

We go to our gp and appreciate his help advising us. We also go to a naturopath and chiropractor which help my family stay healthy and happy. We are grateful to have a choice for such a balanced approach. Thanks kindly.

I consent to publication 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 9:22:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I am alarmed and disturbed by your proposed restrictions on doctors providing new and innovative practices, including complimentary medicines.

As long as the doctors receive adequate training, I and my friends and family would more likely elect to see an integrative doctor for conditions outside of the routine illnesses.

This group of doctors have benefited my community greatly with their investigations and lifestyle and nutritional support.

Lack of a access to practitioners such as these would lead me to more often seek the help of naturopath and/or connect with doctors outside of Australia.

This move is so counter-intuitive, considering the mounting research on the advancement made in complimentary medicine and its integration in many European countries.

I consent to 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 8:32:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to keep the medical system as it is as support doctors who are advising on natural therapy. We should all be given a choice in what medical procedures we undertake and that includes having natural alternatives to medications that make 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:** Saturday, 29 June 2019 11:19:04 AM

---

To the Medical Board of Australia,

I support Option 1.

After being healthy all my life I became ill in 1987 with toxoplasmosis and 6 months later was diagnosed with chronic fatigue (back then it was called ME) by a specialist dr. I was told that there was no treatment and that I would likely recover. I never have. Since then I have had 3 children all of whom have ended up with similar symptoms to my own as has my husband. We are a mystery to the medical profession. Some have been honest and said they just don't know. Those who cannot work us out and don't want to say they don't know say it is all in our heads.

The ONLY sustained help we have received has been from integrative medical dr's and alternative therapies.

The Dr we currently see manages our symptoms and sends us to specialists when we have things that require their attention.

My consistent experience with specialists has been that they do their bit for the body part they are trained for. They more often than not cannot explain our symptoms and openly admit that we are like many other of the complex cases that our integrative Dr has sent them.

They have no answers.

In fact they send their complex cases to our integrative Dr as they know he has seen 1000's of complex cases of chronic fatigue, fibromyalgia and other conditions that currently do not have easy answers.

For those of us who do not fit a current medical diagnosis that is treatable by the standard medical profession integrative Dr's are our best option. We would be lost without them as we fall through the cracks of normal medicine.

I say this with no disrespect to medical practitioners who all do their best. We do not fit into the paradigm of a 10 minute appointment time or normal treatment protocols.

Many of us, like my family, struggle to work, are often bedridden if not house bound. My children have been unable to complete school, I am no longer able to work and my husband is only able to work part time. Life is not easy but we make the best of it we can.

Taking away the support of Dr's who are prepared to treat us would be simply devastating and make an already difficult journey so much harder.

Please for those of us trying to keep our heads above water with complex medical issues that have not been worked out yet, do not take away Dr's who are prepared to actually treat 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 9:16:22 AM

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To the Medical Board of Australia,

I support Option 1.

We live in a democracy which is based around the idea that people have a level of autonomy and choice about how to conduct their lives. Restricting this in any forum inevitably leads to more and more rules and regulations that prevent that autonomy from being practiced and then can we call ourselves a democracy? Integrative medicine, has in many cases, prevented more costly and invasive approaches. Allowing doctors and people work on chronic conditions in a safe and more natural way can prevent the cost burden from falling on the public health system as people, who could have taken preventative action are not encouraged to and who then end up in hospital. Stress is hugely impactful on today's society, and many of the complementary medicines available are ways of managing and combating its highly toxic effects. Taking away these options restricts people's own ability - on the advice of open-minded medical professionals - to manage their own health in a way that provides more positive outcomes. How is imposing restrictions helpful? Why limit doctor's innate wish to help people using what works best and is at their disposal. It seems to me that this is a control mechanism that reflects a position where the professionalism of doctors is being questioned. Doctor's need that autonomy to help their patients without fear of unnecessary punitive actions that end up harming not just them but their patients and the broader society as a whole. We live in a democracy. Give us the choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 4:47:48 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly believe that the proposed changes will serve only to limit my ability to choose the type of care that I can access and to restrict the scope of my chosen health care provider's practice in a way that is likely to reduce their ability to care for me and my family effectively.

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.

Please respect our right to choose a medical professional as conventional or unconventional as we'd like. In Australia I'd like to think that we have a variety of professionals and we have a variety of patients. To be able to choose is our right. I use complementary medicine along side mainstream medicine because it works and because complementary medicine works on preventative measures for disease and illness and not necessarily just a cure or bandaid methods like conventional medicine. Please don't block us off having access to care that works!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 8:42:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Why take away freedom of choice? Let people choose. This is an embarrassment for Australia and patients are the losers.

I consent to publication 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 11:20:56 AM

---

To the Medical Board of Australia,

I support Option 1.

I object strongly to the MBA's proposed action to remove my medical practitioner's right to provide me with integrative and complementary health solutions for the treatment of any medical disorders that I currently have or may have in the future. I believe that it is my right to have FREE CHOICE as to how my body and being are to be treated and what substances I use or are prescribed to treat my body and being.

The moment you put restrictions on medical practitioners providing natural therapies and services to their patients the patients will self medicate from the internet and potentially there will be more issues with misuse and abuse of natural therapies. How many times do we hear of people who have exhausted traditional medical practices only to find that a natural therapy has provided a solution for their illness.

The reasons I choose to use integrative and complementary health solutions is:-

1. I like to be able to choose a natural substance over a synthetic substance to treat my body.
2. I like to treat the cause of my illness rather than treating the symptom.
3. My body system often reacts to pharmaceutical medications and treatments.
4. Because there are always many contraindications associated with pharmaceutical medications my belief is that people end up getting sicker and sicker as a result of the medication cocktails that are prescribed for them.
5. My personal experience is that an integrative health professional is much more invested, caring and concerned than traditional GP's in bringing me back to optimal health. They discuss and tell me how the problem is created and how to treat the cause rather than masking the outcome of the health issue.

**DO NOT REMOVE MY RIGHT AND THE PUBLIC'S RIGHT TO FREE CHOICE TO CHOOSE HOW THEIR BODY IS TO BE TREATED WHEN BRINGING THEIR BODY BACK TO OPTIMAL 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 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.

The public demands freedom of choice. This includes choice of medical care without being penalised.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:34:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine because I've been using complementary medicine most of my adult life. Initially because I felt let down by conventional medicine. I now balance between the two however use complementary medicine nine times out of ten. The reason being, complementary medicines treat the root cause of a disease resulting in improved health over time rather than bandaaid solutions that often have their own side effects. I've also learnt ways to support my own health through diet, exercise, relaxation techniques and homeopathics. This means I'm not a drain the the medical system. My immediate family also benefits from this therefore they are not a drain on the medical system and have better long term health.

For example, soon after my daughter was born she had a cough that did not go away. Eventually it became so bad she was diagnosed at three months old as being asthmatic. The doctor said 'This is great, now we know what's wrong with her we can treat her'. I thought 'No, she's brand new. She can't have asthma!' I took her to see an naturopath who was an allergist (we were living in Hong Kong at the time) who diagnosed her as being allergist to dust mite and dairy. Within a week of treatment with homeopathics the cough began to subside and within three months she had no coughing at all. She hasn't had 'asthma' since. She's fifteen now.

My 80 year old father is currently being treated for terminal cancer. He's having chemotherapy and radiation treatment. On top of this he has been able to use complementary therapies to support his immune system. His doctors have been amazed at his response to treatment and his lack of need for pain relief. He doesn't need to visit the hospital or see his doctor as much. As a result he is not using as much resources and funding. And he feels well considering.

Other points:

- The reason that I pay for private health is so that I have a choice.
- Drugs do not create health they only treat symptoms.
- Science is proving a range of health conditions (e.g. leaky gut) and complementary practitioners to be correct. People use complementary health/medicine because it makes them feel better. What more proof do you need.
- Scientific studies are expensive, slow and often influenced by big business. Just ask people what works for them. The 'gut' is talked about so much now as being so very important to health. They're calling it the second brain. Scientists are patting themselves on the back over it. However, natural therapies have been treating this and talking about this for many, many years.
- Practitioners will get pushed 'underground' and this allows for unqualified practitioners. Very dangerous.
- Functional medicine and Integrated medicine are very popular now. People are searching it out because they aren't getting results from a GP.

This isn't the 16th century. It would be very backward for the government to think they can continue to drag health care down like this. Mental health and health care in general are becoming a big problem globally. The government needs to think very carefully, listen to every body and be mindful of who they get their information from and who pays for the studies that the government is sourcing.

While I have ticked the option 'no change to the current guidelines' I would like to see improvement on the current guidelines and the recent withdrawal of some therapies from being claimable in the private health sector reinstated.

With thanks

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:** 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.

Natural remedies are often much safer than the synthetic pharmaceutical drugs. Chinese herbs in particular are extremely effective in treating the root cause of issues rather than just the symptoms. As such, doctors and their patients have every right to prescribe/treat ailments with the most effective means and conventional medicine is not necessarily always going to be the most effective option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 25 June 2019 8:18 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Every person has the right to choose the type of health care that is best for them. Sometimes conventional treatments work better with alternative therapies and no government should be dictating to people the type of health care we can access. It's our life, our bodies, 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:** Monday, 22 April 2019 7:34:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative & complementary medicine, without it I wouldn't be alive. I've had depression for years and after having kids it spiraled. They first thought I had MS, then it was found that I have the MTHFR gene, Pyloric disorder, mitochondria dysfunction, mould toxicity, metal toxicity and other issues. I'm now on vitamins and supplements and I can actually see a future, something that I haven't been able to imagine for about 20 years... I can imagine that I will be at my kids 21st birthday parties. This all thanks to my lovely town GP and integrative GP's. Without them I would have most likely taken my own life by now, I was going down slow but steady until they reversed it and detoxed me.. Do not take away doctors helping their patients get better and not just masking the symptoms by giving them pills...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:21:02 AM

---

To the Medical Board of Australia,

I support Option 1.

Being able to access complementary health options has helped keep my family off conventional medications & access a more natural, healthier lifestyle

I consent to 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 12:16:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I am an ulcerative colitis sufferer. I value medicine and medical opinion, however I do not want to be on pharmaceuticals for the rest of my life. I utilise integrative and complementary medicine to achieve this. It allows me to not be dependent on pharmaceuticals with horrible side effects, and still live a high quality life. Without integrative and complementary medicine, I would have to remain on said pharmaceuticals which significantly decrease my quality of life due to extreme side effects. You must reflect on this change and what it would mean for many Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:03:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I truly believe that we should all have access to complementary and natural therapies in Australia. It is very clear that Australians love to use these modalities and actively seek out alternative medicine for preventative health care.

We should all have the choice of where our money goes and our government should be encouraging natural health and wellbeing amongst their citizens.

My whole family has had success with complementary therapies and wholeheartedly support these practitioners.

I urge you to reconsider your position.

I consent to 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 9:21:24 AM

---

To the Medical Board of Australia,

I support Option 1.

It has taken a long time for western medicine to begin to acknowledge the need for a more holistic approach to health. Pharmaceutical products and surgery have limited ability to address chronic illness as I know from personal experience. If we are serious about improving the health of the community, we need to address the cause of such illnesses which includes diet and other lifestyle choices. We only need to look at the increase in autoimmune diseases and obesity to see that this is essential.

This is the only responsible approach to health care. We should move forwards not backwards in this. It is arrogant and ignorant to think that conventional western medicine has all the answers and alternatives are undesirable. Especially, when you consider conventional education of student doctors does not include in-depth training in diet and its connection to illness. Patients need the option of seeking help from those who are not restricted to prescribing pharmaceutical products and will seek out the real cause of their health problems. Personally, I find it insulting to my intelligence to be told that I can only have conventional medical solutions and not be allowed to seek alternatives when they don't work. It didn't work for me and I needed to seek alternative ways of regaining my health. It took years for me to work it out but I had the education to do so and I dread to think what it must be like for those who can't and have to rely on conventional treatments. Come on, we can do better than this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 8:21:12 AM

---

To the Medical Board of Australia,

I support Option 1.

I find it valuable to be able to speak to my medical practitioner, knowing that she understand and supports my choice to take a holistic approach to health care. For many years I have been combining conventional and complementary medicine with lifestyle factors to live a happy and productive life. I would be greatly disappointed if this freedom, that I value, would be restricted merely because complementary medicine is are not viewed as conventional.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 3:37:23 PM

---

To the Medical Board of Australia,

I support Option 1.

What is happening to my right to choose the type of treatment I wish to have for any condition that may present? And what about teaching people long term solutions to better health? Integrative medicine assists in improving health in general and specific health conditions without drugs such as type 2 diabetes, cardiovascular disease and high blood pressure by changing lifestyle, nutrition and including exercise, which are a much better solution than harmful drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 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 have used complementary and holistic medicines all my adult life, and my family's health is managed and supported daily by them. Trained practitioners have the knowledge and experience to correctly recommend treatments and substances for specific purposes. They have taken the time to consider the best options for their patients. There is no reason for this to be taken from them - or from us.

Even my GP's in the past have suggested and prescribed herbs and vitamins. Most integrative practitioners are better qualified than GP's to do this as they have much more study in the areas of nutrition and supplementation.

I consent to publication 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 9:41:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Everyone has a right to choose what form of medical treatment we want, be it western medicine or alternative medicine and we should NEVER be denied this choice by anyone, it is our body and how we choose to treat it is totally up to each individual

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:52 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

For three decades we have used complementary medicine to stay well and deal with health issues with great success. Holistic medicine is about prevention through healthy nutrition and about strengthening the body's immune system to fend off disease. Drugs on the other hand treat symptoms and often cause undesirable side effects requiring other drugs, with more potential side effects through drug interaction. I strongly believe in everyone's right to choose their own approach to wellness. The Royal family in UK have fantastic results using homeopathy. Every citizen should have the freedom to look after their health in their preferred modality. Please respect and support this as part of our 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:** Wednesday, 26 June 2019 12:26:51 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I support no change to the current MBA guidelines and think that practitioners should be able to provide integrative treatments to their patients using a holistic approach to healthcare. I support the doctors right to provide new & innovative practices including complementary medicines and emerging treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 10 June 2019 7:53 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 brings together all of the evidence base, best practice to maximise the health outcomes. We as the Australian community demand that we be given the right to choose our own doctor and the best services that will meet our needs. Orthomolecular science and function medicine has been long established as evidence base, best practice. For further information please read the following; Psychiatrist - Dr Daniel Amen: Change your brain Change your life.

Dr Natasha Campbell-McBride - Gut & Psychology Syndrome.

Dr William Walsh - Nutrient Power. Heal your Biochemistry and Heal your Brain

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:39:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I've been accessing an integrative medical doctor for the passed few years and I have found that a balance between this and pharmaceuticals have been the best approach for myself and my family. If you change the current guidelines you are jeopardizing mine and my family's health considerably; as you will be limiting our options for improving our health issues and concerns. We will have to leave particular health issues and/or concerns untreated if this occurs.

I consent to 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 1:20:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I support continuing patient access to integrative & complementary medicine. I don't believe that further regulation is what practitioners on either side of the fence want. Allopathic medicine has better outcomes for patients when practiced holistically. Doctors that I personally know and cross refer with take this approach.

I am a yoga therapist with 20 years experience working with clients who are injured, unwell, ageing or averse to moving their bodies. I also see a lot of people who are in chronic pain often with comorbidity. My particular modality is very well suited to patients that have persistent pain, fatigue, anxiety, depression, body image issues, arthritis, cancer wellness and many other chronic conditions. Despite the recent review which concluded that yoga doesn't have enough evidence behind it to warrant inclusion as a valid therapy, there is much evidence to warrant it's safe use as an adjunct therapy. Evidence based practice is more complex than simply taking into account results of clinical trials, I'm certain most practitioners would agree. Evidence based practice is a combination of clinical research, the experience of the practitioner, what they have found to be useful for a particular condition and what the patient finds actually works for them.

This integrative approach is necessary in order to ensure a patient has ongoing care that matches their specific needs & wants. Please don't take this away from people. I would like to continue accessing complementary therapies myself too. I would much rather be referred by a doctor to a recommended complementary practitioner on their referral list then to find my own. I think it's actually safer to allow the treating doctor to make the referral within their own networks to ensure better communication about treatments and therefore increase patient safety. Taking away a doctor's right to refer to complementary therapies would in my opinion make it much less safe than it is now.

It would also mean I may no longer be able to receive referrals from doctors to some of my popular programs that have helped many people on their journey to wellness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 9:50:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I would be very concerned if I lost my choice of integrative medicine. Doctors are good at giving names to sets of symptoms and giving a pill for an ill. However, that is not what I want. I want Functional Medicine to become the norm. Functional Medicine aims to get at the root cause of why you have the condition and then to be able to prescribe vitamins, minerals and lifestyle changes etc to support my body to heal itself. I hope to avoid pharmaceutical drugs for the rest of my life because they suppress symptoms rather than healing them. At best, they manage symptoms but all pharmaceutical drugs have unwanted effects commonly misnamed side effects.

I am 65 yrs old and have managed so far to remain healthy with my approach. I would like to see vitamins, minerals and lifestyle changes to be the focus of preventative medicine rather than diagnostic tests. Diagnostic tests only detect things early, they don't prevent.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 1:32:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose HEALTH and therefore the HEALTHcare professions and professional that help me achieve this. Please allow me the autonomy to choose what's best for ME. Having been a lifetime asthmatic, and suffering 2 respiratory arrests, I owe my life to the practice of emergency medicine. But whilst preventing death, they could do little other than offer me a SICKness care model - a lifetime of drugs, to prevent it all happening again. Thankfully I was able to seek care from a number of practitioners - Integrative GP's, Chiropractors, Chinese Medicine and Naturopaths to RESTORE my health and PREVENT me from having any further respiratory arrests. I'm now able to live my life drug free and medically unassisted.

I understand how this might be a threat to the dollars of big pharma and the pockets of western medical practitioners, but a considerable cost saving exercise to the government, hospitals and already stretched resources of the medical system. Why shouldn't I have the CHOICE on how I achieve and manage MY own health?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 5:40:57 PM

---

To the Medical Board of Australia,

I support Option 1.

I find it inconceivable that restrictions could be placed on Integrative & Complementary doctors. Why would you penalise someone who, on top of their medical degree, has studied extra to become information on complementary forms of ingestive treatment? Surely this gives a broader spectrum of both understanding and treatment options available to patients generally. It is complementary, not alternative. If someone has a raging bacterial infection, trust me, any integrative doctor I've seen will prescribe antibiotics. I have personally seen an integrative doctor. The number of blood, saliva, stool and urine samples taken was staggering. A baseline of all my bloods was taken before dietary changes were implemented and supplements prescribed. Bloods were taken at regular intervals to keep an eye on changes that were occurring and I felt very secure knowing that I was being monitored so closely. How can this be a bad thing?

For me, I have a bad family medical history, both mother and father having two different types of cancer, anxiety and depression. My reasoning for seeing an integrative GP was so that I could make changes before developing any of the health conditions my family is afflicted with. Minimising my risk for hospitalisation, saving myself the trauma as well as the money of going through treatment. Why would I not do that? Prevent the illness happening rather than treating it afterwards. It is much more cost effective and much less traumatic than how patients are treated by allopathic GPs.

If restrictions are imposed integrative practitioners what you will see is a marked increase in the number of hospitalisations for diseases which could have been avoided with the right advice, from a qualified medical practitioner who looks at prevention as well as treatment. You are taking my right to 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:** Thursday, 2 May 2019 1:54:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I had breast cancer 8 years ago and had two operations the last one being a mastectomy, I did not have the chemo or radiation as advised by the oncologist. I followed the holistic approach and am glad to say that I am healthy after eight years, my oncologist told me I would only have two years if I did not take the chemo and radiation as my cancer was aggressive.

I would also like to point out that the decision I made has saved the government a great deal of money that it would have cost for the chemo and radiation.

I consent to 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 6:32:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel strongly that the ability of Doctors, who carry their own areas of interest and experience should be supported to encourage their patients to access and implement 'alternative' therapies that they feel 'may' contribute positively to the patients health and wellbeing. There is growing and reputable evidence that areas such as nutrition and naturopathy are actually healing people of illness/disease when the mainstream medical system have failed to do so. It foundation stuff and ignoring that is both arrogant and misguided.

It would be an absolute assault on an individuals RIGHT to make informed choices in their health care if we take away Doctors ability to share their insight and knowledge which has the potential to HEAL. There are many, many examples of how dietary changes have improved or healed conditions such as arthritis, auto immune disorders and even cancer, to ignore this is extremely worrying.

We need people to question. To add their experience and to offer it to people as an option/avenue to try. I fear a medical world where Doctors are afraid to offer their views incase they are reprimanded and where the health of patients is disadvantaged so that ...why?

WHAT ARE YOU AFRAID OF? People should be allowed and supported to make informed CHOICES about their health care and Doctors should be supported to give that advice. One size does not fit all.

Who are our next innovators? Who are the people to push forward and look at health from a wholistic perspective? Who is going to change this crazy ill health we suffer in our modern world..if not the people who have a demonstrated interest and commitment to helping people heal?

Such a BAD idea. Don't do 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:** Wednesday, 22 May 2019 8:36:19 AM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to integrative, complimentary & alternative medicine must always be an option for people. Taking this away is removing people's rights to treat their own bodies, and also affects many cultural traditions and beliefs.

Complimentary or preventions medicine helps my family immensely as we do not rely on antibiotics and medicines to cure illnesses. But we work on making our bodies stronger to cope with illnesses.

Doctors do not know everything about the human body nor does any medical board therefore they are in no position to 'tell' people what to do and prosecute doctors and healers for giving people various options to cure them/improve their lives. The medical board has no authority over complimentary medicine.

The medical board and medicines have to start to think about people's wellness and wellbeing and stop thinking about money and big pharma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:29 PM

---

To the Medical Board of Australia,

I support Option 1.

It is the Right of all Australians to choose their health care options.

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 11:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

To Whom It May Concern

I use integrative medicine to treat my perioral dermatitis. The doctor assisted with cutting out triggers in foods and products but also uses antibiotics and herbal creams like calendula and natural remedies to support my body. This knowledge is invaluable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:20:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in a holistic approach to healthcare and believe in patients having the right to choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:36:44 AM

---

To the Medical Board of Australia,

I support Option 1.

We need to keep all forms of healthcare as they all have their place in our lives.

Personally I have Graves' Disease and the "Conventional" option is to kill or remove my thyroid and as I'm sure you are aware the thyroid plays a critical part in our health and well-being.

By using Integrative & complementary medicine I have managed to get my Graves' Disease into remission thus avoiding the killing or removal of my thyroid and also removing the need then for replacement medication for the rest of my life - which may or may not work!

I have also managed to get my Type 2 Diabetes into remission which the "conventional" doctors sometimes say isn't even possible and yet I have done it.

The more I learn about it the more I find that "Conventional" doctors have blinkers on and only look down a narrow path instead of looking at the whole picture. I feel like we need all GP's trained in more complementary and natural therapies and we might find a lot less people are sick and dependent on drugs that often have bad 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 5:43:11 PM

---

To the Medical Board of Australia,

I support Option 1.

We need to keep Integrative & Complementary medicine available to people and in face we need to make it more accessible.

I have managed to get my T2D and Graves' Disease both back into remission with the help of these practitioners. The GP's tell you there is nothing you can do to help. The Endocrinologists just want to kill or remove my thyroid - a vital part of my body which would mean medication for the rest of my life - which would be subsidised by the government. Surely if it's possible (which it is) it is better for me to keep my thyroid functioning and avoid the cost and side effects of the medication???

I am also suffering from other medical conditions, except the GP cannot work out what it is, so I'm going to be travelling to see an Integrative Doctor to try and work out what is going on because at 42 years old I should be able to live a full, happy and productive life and at this stage I've had to drastically reduce my work hours just to be able to function and look after my children, which of course has had a major impact on our finances. And my GP says everything is fine when it's far from it!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 1:35:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine is a natural approach to maintaining good health, as much as is possible under the circumstances. I have used this common sense philosophy all my life and it has been my "saviour" when riding the health "bumps" encountered to date.

This approach also applies to my family and friends.

Any interference with the safe and effective treatment options presently available through the medical practitioners will be disastrous to the public health of our nation because it will interfere with the choice and application of the skills, knowledge and wisdom of those dealing with the health problem, as presented at the time, no matter what degree the seriousness of the situation is.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:29 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 support of integrated healthcare my family would still be suffering a barrage of debilitating illness. Asthma, eczema, obesity and symptoms of autism have all been reversed because of the specific tests and supplements not to mention dietary advice we were able to access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 24 April 2019 8:38 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 NEVER gone to a 'normal' GP since I found integrative practitioners 7 years ago. I was super overweight, had high blood pressure and onset diabetes, my daughter was asthmatic, was on four medications a day along with a steroid cream for her severe eczema, my son was displaying symptoms of and was going through diagnosis for ASD. The integrative approach looks at the body displaying symptoms that something isn't quite right and with subtle changes to support those symptoms they all just disappear. We are all fit and healthy, no medication to mask symptoms, and are no longer a burden on the sickness industry.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Currently one adult and two children in our household of five see an Integrative doctor for conditions that appear genetic. Mainstream doctors are not fully across how to treat autoimmune diseases and other disorders and an option different healthcare is required to be maintained. The supplements are not cheap and with 3 taking supplements that their bodies can not process or absorb through diet, the removal of this option will create more problems. My husband has been sick for nearly 20 years and currently only works two days a week (which at times is a great struggle) and we don't get any financial support from centrelink for not being able to work due to illness. If kids were not given option of supplements, it will greatly affect their health and other toxins that 'normal' people can get rid of will just accumulate in their bodies over the years and their poisoned sick bodies will in the future not be able to work to earn an income.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Our choice natural therapies count and should be optional

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 3:40:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine! I have had significant health improvements using these through chiropractic, quality supplements, dry needling/acupuncture and deep tissue massage. I want my daughter to have this choice in her future!

I had no success with traditional medicine to my health prior to using complementary medicine. I require the use of these to live a life without pain and suffering and to look forward to a healthy future. Please do not take this choice away from myself, my family and the thousands of others these choices can and have assisted.

I consent to 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 3:45:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I use complementary medicine choices as my go to option whenever possible. I find naturopathy homeopathy TCM and other modalities effective and non invasive. I believe everyone should have the choice from the widest range of natural options rather than being forced to use only western medicine pharmacological based options. My mother introduced me to these modalities when I was young and she and other family members have used these effectively for years (she and her sister are almost 88) why would we restrict access to effective options? Using these other options reduces the strain and impact on traditional medical services. I am very concerned about the health care system and hospitals and do not want to go there or be forced to use medical approaches that I do not believe 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:** Tuesday, 4 June 2019 7:57:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I am most disturbed to hear that the MBA is considering limiting the ability of Doctors to recommend supplements etc in the treatment of illness. How can this even be so? Not everything wrong with us can be treated by a pill! Sometimes it is just a mineral deficiency. Doctors have long been prescribing iron for anaemic women. The same goes for other deficiencies, some of which cause serious symptoms. I want to be able to visit a Dr who has taken the trouble to investigate alternatives to drugs. I have been most fortunate to find a Dr who is holistic in his approach and who recommends products and treatments that will be best for me. A chronic issue with Nail infections which has previously been treated with Canesten and which always returned not too long after has been successfully treated with Lemongrass oil and I almost never get nail infections now. Incredible pain in my legs was once diagnosed as needing surgery for Shin Splits when in fact I had a serious magnesium deficiency! I get serious nightmares if I do not take vitamin B6.. I could go on! Conventional medicine does not hold all of the answers and I am desperate to be able to have the choice of treatment, always going for the less toxic choice. It very often works better and costs me and the health system 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:** Friday, 26 April 2019 3:26:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to voice my support for patient access and autonomy of Integrative Medicine for patients.

I have personally had great success with an integrative practitioner who helped me with long term health problems including fatigue and weight issues. I have sought many different options to try and solve my health issues and was helped, very quickly with the right knowledge and care by my Integrative GP. Without this I would still be searching and be forced to look outside of the medical model to receive such in depth and supportive care. I think it is important not to restrict these practitioners who only wish to help their patients get well and stay well. Imposing restrictions on such forms of health care will mean so many people will not get the care and help that they deserve.

I consent to publication 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 9:43:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had great relief for migraine from acupuncture that I could not get from general medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 2:23:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Traditional Western Medicine helps a lot of people who have disease, but it is not the ONLY way of treating and looking at health and wellness.

I am delighted that my own doctor often recommends alternative treatments where appropriate (especially in contrast with previous doctors whose approach was more binary: antibiotics or nothing).

IF doctors are properly trained in the possibilities and limitations of health systems (including western medicine) then they will be able to appropriately recommend or caution patients about potential benefits/and side effects and build trust.

Otherwise patients will do their own research and draw their own conclusions.

I consent to 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 7:31:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I want freedom of choice over my health care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:18 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

There is no one size fits all in medical treatment. People need to be free to choose whatever they want for their health. There always needs to be more than just the option of conventional medicine. It's about 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, 3 May 2019 9:47:37 AM

---

To the Medical Board of Australia,

I support Option 1.

Please don't change the current guidelines and crush innovation.  
People I know need these alternative influences on Western Medicine.  
Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

I support the current arrangement that allows me to visit an integrative doctor as it's important for me to get sound advice to treat my adrenal fatigue, SIBO and irritable bowle syndrome. Conventional medicine isn't enough on its own to manage these conditions. A wholistic doctor knows how to tackle to root causes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:02 AM

---

To the Medical Board of Australia,

I support Option 1.

The plan to restrict patient access to integrative and/or complementary medicine is very short-sighted indeed. Many patients have found relief in some alternative therapies offered by practitioners who provide thoughtful advice to their patients on integrative treatments. My mother has a condition that conventional medicine is very limited in treating. Since her GP recommended to her a very good acupuncturist and bodyworker, she has been significantly more agile and pain-free. This treatment suggestion has improved her well-being significantly and has not taken away from the 'conventional' medicine- just enhanced it.

A more holistic approach to healthcare provides a more comprehensive pathway to managing one's health. By restricting this holistic approach you are sending many people away from those GPs who are thoughtfully developing treatment plans with their patients. People WILL go outside their GPs and the medical system for treatment if these restrictions are implemented. By making this move the medical board is probably undermining what it wants to achieve in ensuring patient well-being.

Most of my family and friends use different complementary and alternative therapies. We would definitely not be considered alternative, hippies but regular middle-class folk wanting to be proactive about our health. Having a GP who is open to conversations and help with alternatives has definitely been important to us. If the restrictions are made we will continue to use complimentary and holistic approaches to our 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:** Wednesday, 24 April 2019 4:20:56 PM

---

To the Medical Board of Australia,

I support Option 1.

The fact that the medical board is aware of how powerful food and alternative health care options are and are now seeking to make changes that impact and cause potential harm to all Australians is incredible and disgusting. To put money ahead of the well being of the nation is outrageous. Stop lining your own pockets and start telling the truth so we can save on healthcare and put that into areas that need money and improve the life of every Australian.

[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 7:41:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Without my intergrative doctor I would hate to think how many pharmaceutical medications I would be on to treat my chronic pain from fibromyalgia, issues relating to MTHFR genetic mutation and pyrrolle disorder. Please don't make any changes. Some of the general medical profession don't even recognise these issues as a medical problem and when that occurs people like me seek out doctors that are willing to look beyond what a GP does. Some GP's treat us as hypochondriacs and we are absolutely far from it. Our issues are real and have a real impact on our whole lives not just us but those around us suffer as well.

Please please please don't make any changes that will affect our lives more than they already are by our illnesses.

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, 25 April 2019 1:25:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice is democratic and constitutional

I consent to publication 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 10:24:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I support access to integrative and complementary medicine as I think everyone has the right to choose their practitioner and the treatment they receive

I consent to publication 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 5:24:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir, please let me choose.

I am approaching 70 and I take my health seriously. I visit my integrative GP annually for a check-up and it only takes 10 minutes because I take his advice and live a healthy life style. I keep my back in good order by attending weekly yoga sessions and from time to time visit a chiropractor.

I am not a drain on the health system and have never been to hospital for treatment. I do not take any medication now and do not wish to do so in the near future.

I have chosen my doctor because he is not a drug dealer but offers natural health and life style advice. Please do not change the current guidelines. If you demonise qualified integrative health professionals, you take away my choice to seek their advice. If you change the guidelines, I may need to seek advice elsewhere.

My integrative GP has studied health over many years and has offered advice and has enable his patients to live a health life style where other GPs have not able to help. He has amassed a vast amount of knowledge through study and experience and his advice, including dietary advice, has enabled his patients to live more normal lives.

Please let my GP continue his work in helping his patients.

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, 27 June 2019 5:44:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Board Members,

I do not wish you to change the existing guidelines. I desire the freedom of choice to choose the GP that I think assists my health and well being. My GP has carried out significant study and research over and above his university medical studies and I rely on his knowledge and advice. Such things as diet and exercise advice following traditional diagnostics are valuable to me and my family and result in our family members being healthier and fitter than our peers. Hence we place very little pressure on the medical system.

Kind regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:53:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I beg you to keep allowing our integrative Dr's to support us that choose to use complementary medicines...this has saved my son time after time who suffers with PANDAS, lyme and Bartonella diseases.. mainstream medications have thrown him into suicide, psychosis on many occasions... the supplements etc. we use now have saved him from the torture and hell he has lived the last 8 years as we keep fighting to cure him from these illness's..... please please give us our freedom to have these amazing Dr's ...we need many more of them ...I beg you and so does my son....

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.

Please do not change this as it is so so valuable for many Australians!  
We do not want to go backwards and this is what it will do if it does change!  
How narrow minded we are becoming!

I consent to 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 10:02:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I have utilised alternative health care options and will continue to do so for myself and family members. It has helped me to avoid excessive use of antibiotics which is an EXCELLENT thing given the knowledge that we need to reduce their use. It would be a sad day to have our choice to seek complementary healthcare options taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 11:01:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I am expressing my  
passionate request to allow integrative and complementary medicine to  
remain as an alternative.

It's important to not only have access to these invaluable options but  
we also need to preserve the right to choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:38 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 am concerned that you are talking about stopping doctors from recommending complementary medicines and emerging treatments, this is very upsetting.

I was sick for over 30 yrs before seeing a new doctor who recommended natural therapies I finally started to feel well after so many years.

Cultures all over the world have used natural therapies successfully long before medication was even invented, people should be allowed a choice in their medical treatment, not have only one treatment option given to them, medication which can also have side effects for some people.

I like to use pubmed for researching what works for different conditions, this website has medical documented studies in a huge variety of both conditions & also natural herbs etc and how they help, for ex you can look up a disease or you can look up maybe something like turmeric which will then show you how it helps.

I consent to 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 1:47:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Firstly this statement is incorrect ..

This is not because their recommendations are unsafe, but just because they are not "conventional".

Several "Conventional" 10 minute Doctors told me repeatedly that my pathology reports were "normal" keep on keeping on! They didn't ask how I was feeling or shrugged if I made comment, they didn't realise either that within that "normal" range there is an optimal level too, nor did they realise there were alternate medications that complimented their recommended "generic" treatments.

It seems you want to treat the sick population the same as cattle .. "NEXT"

I consent to 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 1:23:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

Integrative & complementary medicine has helped me, my family & friends by helping us to make informed decisions about our health care.

I use Integrative & complementary medicine because I like the holistic approach to health, involving the clients in their journey to wellness, their way.

If the MBA imposes restrictions on Integrative practitioners, people who use them will just stop going to the Doctors and have even less trust in 'the system' than they already do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:46:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I want to have the freedoms to use and seek support in using natural and interested treatments in my health and family's health.

I do not want to live in a dictatorship country that removes the freedom if it's people to choose.

The rest of the world is progressing with integrated health and Australia is going backwards.

Science supports findings on high damage and side effects that are life threatening in the long term use of pharmaceutical drugs.

I will never support this bill and hope Australia stands up on this.

The AMB do not speak for Australia or our health, they are there to regulate not dictate.

Australia is not a communist country so don't give that power to a majority who's pocket is lined by Pharma. The doctors that care for a patient walk according to their path, to preserve life.

That should allow them the freedom to support someone using integrated therapy.

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 2:52:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I am outraged that I can't access my naturopathic sessions via my private health , shamefull , ugly outrageous, now the government is pushing further to line there golden pockets to support big pharma . What I do or not do with my body is MY choice , how dare you come one step closer , [REDACTED] off

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 11:39:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is important to have a wholistic approach to our healthcare and that we should have the right to choose whom we see and how they support us. An integrative approach to my own health care is what works for me and many others. I believe we should have the freedom to choose this always. Health funds should be able to cover alternate therapies. Doctors should be spending way more time with people in order to get a full picture of what is going on-10-15 minutes is just not enough. So called 'fringe' therapies and supplementation and vitamins have saved my life where mainstream medicine has failed. We need all the different modalities for health as 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:** Monday, 17 June 2019 12:33:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we all need to have choice in how we look after our bodies. A holistic approach to this is vital, respecting our right to choose is a basic human right! Not all medicine in the mainstream works for everyone and not all so called unconventional treatments are for everyone either-a blend is important and respect is very important-no one method over another! Human beings need more than ten minutes to consult with a doctor. We need choice with testing as not all tests cover what lies deeper with certain diseases. CHOICE is a necessity not a luxury-we need all health modalities as one size does not fit all.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:26:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Like many, I cannot tolerate 'traditional' drugs so need my doctor to be able to offer safer alternatives. We must NOT let ignorance in complementary medicine jeopardise people's well-beings.

I consent to 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 3:28:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I want a HOLiSTIC approach to medicine. I have used it for years to successfully manage anxiety, my wellbeing, as well as fertility.

I consent to publication 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 10:16:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel that we need complimentary medicine as not all ailments can be helped by medicine 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, 26 June 2019 12:42:31 PM

---

To the Medical Board of Australia,

I support Option 1.

With the testing options and then treatments made available to me via my integrative healthcare practitioner, I would never have addressed the root cause of underlying mental health issues. Copper toxicity and low zinc, fueled by a lifetime of conventional medical treatment and my underlying epigenetics have now been balanced and maintained. Integrative medicine is essential - it should be encourage and made available in equal measure alongside mainstream medicine. If you can find a doctor who will work with both sides, then you are on a winner. My doctor is Dr [REDACTED] from [REDACTED] in Melbourne.

I consent to 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 4:09:44 AM

---

To the Medical Board of Australia,

I support Option 1.

I want to choose how I treat my body and no government should ever have control over that!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 2:08:48 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I am so astounded at this news of changing the regulatory guidelines for Integrative GP's. We've used two IGP'S over the last five years with our son and it has impacted our family enormously in terms of the medical helped provided and the level of care given. By using the whole body focus rather than a symptom based prescription we've seen considerable medical improvements in our youngest son and it would be truly awful for other families not to have the same 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:** Friday, 10 May 2019 3:43:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Because I think that both integrative and complementary medicine can support traditional medicine and don't see what the benefit is to have that relationship under threat.

I have used an integrative GP to enormous success with my son who benefits from being exposed to both. Without integrative and complementary medicine, I don't think we would have progressed anywhere near as much as we have.

Please leave us to make our own choices on what is best for our family. That is the value of living in a democracy with freedom of choice... let's avoid the nanny state option

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 9:10:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to support no change to the current guidelines. I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I believe in freedom of medical choice for my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:13:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because rather than providing a band aid approach to a set of symptoms. Complementary medicine looks beyond the symptoms to find the underlying cause of a problem. This is where real solutions are found to many health issues.

In my experiences conventional medicines such as antibiotics have been over prescribed and over used resulting in their loss of effectiveness. I prefer to reserve this type of option for when it is really necessary with the hope that having not over used them will provide better results for me personally.

I believe that complementary medicine supports the body and immune system to do what it is intended to do and in the case of many illnesses this is the most effective approach to overcome it. I also find as an added benefit that I do not experience the numerous side effects that come with traditional medicines.

If the MBA imposes restrictions on integrative practitioners they will be removing my choice to prioritise my health. Without the ability to maintain my good health I will become yet another burden on the struggling 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, 30 June 2019 6:45:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient and medical practitioner access to integrative and complementary medicine.

Why are you taking MY CHOICE!! I value a holistic choice to my health care. Treating the whole body into a fully functioning state. Rather than just treating a "symptom" with yet another "bandaid Solution". Which, is sure to cause more congestion in our already clogged and suffering healthcare system.

And in our already crumbling system a good medical doctor is a rare breed- indeed! And to now suggest that you may restrict their good work in keeping our nation up and running?! It begs belief that your motives are actually in the public's benefit. Which country am I living in??

Surely a successful country is wanting a healthy contributing community. As a chef I do not have time for sickness. If I don't work I don't get paid. Simple as that. I use a holistic approach using both conventional western medicine as well as complementary for both my sporadic and long term medical complaints.

Also, have you thought about mental health?? With limiting the consultation time, misdiagnosis is sure to happen at an alarming speed as Doctors are compromised in their ability to provide individualised care. How many more cases will slip through the cracks? You see it's not just that one person- poor sod- with the mental health issue. But their family, friends, carers, work colleagues, neighbours, community.... are you getting the picture. What price are you willing to pay? because sure as eggs it's the public who will pay.

And what about the doctor who took an oath to provide said medical practice. The Proposed changes cheapen their years hard work and medical expertise while compromising an already bogged medical system.

Which era are we living in- the dark ages? Victorian England?

I consent to 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 12:30:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me gain a whole hearted understanding of my health condition and how I can help myself. I was told by a specialist that I was now looking at a life a prescription medication at the age of 31 . I have through integrative medicine been able to boost my immunity and treat my condition through complementary medicine. I have not taken prescription medicine and have returned to work fully.

I consent to publication 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 11:50:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a medical condition that mainstream medicine has not been able to make any improvements for. I have also found that GP's and gastroenterologists have little understanding of my condition and send me home to just live with my condition, symptoms and affect on my life. In using natural and integrated medicine I have managed to see a vast improvement in my health and greater understanding of my condition. I strongly believe that in a country like Australia we should have our choice of how we are treated and whether this is natural or mainstream medicine. I should have the choice about what medicine I put in my body and do not believe this should be dictated to me by the government.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:06:35 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED] I've used alternative medicine through medical practitioners and naturopaths. This has saved the government enormous amounts of money as I have needed little in the way of hospitalisation for a serious medical condition that lasted 15 years. I can only think that some doctors have a vested interest in denying patients alternative treatments - they might actually improve without heroic intervention! Doctors often do very nicely out of patients with arthritis, for instance. They never get better and so are a certain income supply for some doctors. Alternative medicine in my experience works far better than conventional medicine in this area and is very inexpensive! I think I have a right to use the treatment I find works best for me as we do not yet live in a dictatorship. Do NOT change the current guidelines !!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

A decision to change the current practice of Integrative Medicine would be extremely short sighted. If it were not for integrative Medicine and the wisdom and freedom to practise alternative to mainstream medicine, I would be a very sick person with multiple untreated conditions thereby costing the government a great deal more in hospital intervention and hospital stays. It would also make my life unbearable and may just have cost me my life. Mainstream medicine as it currently stands is missing a lot of freedom to practise and a lot of understanding of complex medical and chronic health conditions.

It is still a fight to attain optimal preventative health now but if integrative Medicine was interfered with further by governing bodies and bureaucrats health costs would sky rocket for a great number of people like myself.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:38:31 AM

---

To the Medical Board of Australia,

I support Option 1.

It is very important that access to holistic, complementary medicine remains possible for all Australians. Orthodox medicine is limited in what it can treat successfully. It is lacking in the areas of prevention, and the treatment of long term chronic illnesses.

Complementary healthcare such as Naturopathy, Traditional Chinese Medicine and Homeopathy, can provide effective, evidence based treatment, with little risk of side effects.

These medical systems have not only proved effective over 100s of years of use, they have been scientifically proven to be effective by 'gold' standard research and reviews.

With chronic disease such as diabetes, cardio vascular disease and cancer being of paramount concern, it would be prudent to support and provide easy access to those therapies that focus on prevention and healthy lifestyle choices.

Complementary medicine can provide hope and relief where orthodox medicine fails to be of benefit.

I consent to publication 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 9:26:51 AM

---

To the Medical Board of Australia,

I support Option 1.

Practitioners who provide different modalities provide a more well rounded healing approach. I oppose the tightening of regulations on alternative therapies being used by GPs because as a patient I always prefer the more natural and gentler approach. Please don't turn Drs into only eing pimps fr pharmaceutical companies or I will just stop using Drs altogether.

I consent to 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 11:29:44 PM

---

To the Medical Board of Australia,

I support Option 1.

"Complimentary" medicine has been around since time itself, far longer than today's so called science based medicine. Why has it been around so long & continue to grow..... because our works, it's effective, it's proven. It saved my life while scientific based medicine was killing me, yes that's correct, killing me. We as a population & the payees of these decision makers are entitled to choice, we're are not a communist country yet. The medical profession in this country needs to wake up & accept they really know very little about our bodies & they need to listen to patients rather than dictate & refuse to acknowledge they get it wrong often. By attempting to refuse us this choice will not change or make Complimentary medicine go away... its success guarantees it will continue to avail. Scientific based medicine is dangerous. Science is the belief in the ignorance of experts.

I consent to 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 7:57:36 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
With a history of reoccurring alopecia ( hair loss ) I have been motivated to explore a range of healthcare options. "Regular" GP's ( or specialists ) did not have the training in nutrition or knowledge of appropriate tests to help this condition at all. Seeing an integrative GP has been crucial in finding the cause of the alopecia and accompanying exhaustion and in bringing my body back to health. As a mother and main earner in the family this is crucial. Integrative practitioners also encourage personal responsibility for health and are more accepting of me using complementary medicine ( eg acupuncture and herbs). Restrictions on Integrative GPs , with their additional training, will definitely diminish access to the health care I need to 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, 27 June 2019 10:22:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel every one should have a choice of whatever medical way they choose wether holistic or conventional.

I think it is only going backwards to rely on conventional western style medication and medical advice only.

I use alternative and natural medication along with that prescribed by my G.P. I also use an integrated doctor when I feel it is necessary for my health.

I want and need that choice for my health .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:25:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Being treated by a medical practitioner who uses integrative medicine enabled to get out of bed. Nothing from my regular GP helped. All my blood tests showed I was "within" the normal range. It was only when I saw the Integrative medical practitioner who prescribed supplements after more testing. My energy levels improved so quickly once I had started treatment I have been able to return to my normal activities.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 6:25 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

When I was so fatigued I couldn't get through a day of work I found the help I needed outside Western medicine. I had had all the blood tests but told nothing was wrong... thank God for traditional herbal medicine, it has changed my life and I recovered from Adrenal Fatigue completely over 2 years. I would like to have access to all forms of medicine as Western medicine alone does not have all the answers yet.

I consent to publication 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 10:58:11 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrated Health has helped me with chronic pain after numerous surgeries from endometriosis growing in my abdomen. I want to be able to access help when normal treatments are unable to help 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 4:47:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to request that you leave the current guidelines in place that allow a person the freedom to choose which type of health practitioner they consult. I am a retiree in her 60's and have practised natural alternatives for many years now and am in an excellent state of health for my age. Over the years, I have consulted chiropractors, osteopaths, Chinese medicine practitioners and acupuncturists.

My adult sons and their partners, as well as many of their friends, also consult various natural health practitioners as their preferred choice of health practitioner.

I do not believe that any authority such as the MBA should be allowed to manipulate guidelines which would restrict the choice of practitioner a person can consult.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:53:18 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

After one of your most prominent hospitals left me for dead and falsely accused me of factitious disorder, it was the integrative and complementary Medicine doctor that worked out what was actually physically wrong. It was their ability to know and use alternative testing that has saved me from dying.

I'm still labelled wrong at the prince Charles, as they won't remove this from my record even though I have substantial medical evidence and have had to have surgeries to sort out my very real medical conditions but at least there were doctors that knew to look beyond basic medical training and found out what was wrong.

I'm now not safe to go to a few of my local hospitals due to this mal practice and the hospital sending my record to many other hospitals, but I have validation and a court case to conduct right now.

If you remove the ability of any doctor to treat a patient as a human being and as each body as a uniquely individual set of complex cells that will be vastly different to the next person and need totally different testing and knowledge to heal, you will kill the Australian race. You will have people dying in droves as there are so many conditions and needs not covered by standard medical care. Did you know we have vitamins and minerals in our bodies? If these are off balance it can even lead to our heart having electrical issues.

You will scare doctors so bad (you already have) that they will be too scared to even say boo. I've already seen this.

Seriously, your control of doctors is just another way for you to control mankind. It actually terrified me the way this country is going.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:53:18 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

After one of your most prominent hospitals left me for dead and falsely accused me of factitious disorder, it was the integrative and complementary Medicine doctor that worked out what was actually physically wrong. It was their ability to know and use alternative testing that has saved me from dying.

I'm still labelled wrong at the [REDACTED], as they won't remove this from my record even though I have substantial medical evidence and have had to have surgeries to sort out my very real medical conditions but at least there were doctors that knew to look beyond basic medical training and found out what was wrong.

I'm now not safe to go to a few of my local hospitals due to this mal practice and the hospital sending my record to many other hospitals, but I have validation and a court case to conduct right now.

If you remove the ability of any doctor to treat a patient as a human being and as each body as a uniquely individual set of complex cells that will be vastly different to the next person and need totally different testing and knowledge to heal, you will kill the Australian race. You will have people dying in droves as there are so many conditions and needs not covered by standard medical care. Did you know we have vitamins and minerals in our bodies? If these are off balance it can even lead to our heart having electrical issues.

You will scare doctors so bad (you already have) that they will be too scared to even say boo. I've already seen this.

Seriously, your control of doctors is just another way for you to control mankind. It actually terrified me the way this country is going.

I consent to 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 8:39:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I have the right to choose what is best for me and my health. There are a lot of services that do not use synthetic drugs I may wish to use

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:59:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. It has made a huge difference to me and my family in overcoming fatigue, gut health and hormonal 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, 17 June 2019 9:45:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had many benefits of some of these services over the years.

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.

why do we need the current guidelines changed? the system works fine at present. if you think you need to protect the idiots let the idiots take responsibility for themselves. I have been referred to alternative therapies and in my case it has worked well. don't try to fix something that is not broken.

I consent to 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 8:18:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Patient choice is at risk, and so is the autonomy of the doctors that use and recommend integrative and complimentary treatment. If the doctors have had success with such treatments, there is no reason to remove them apart from perhaps, a financial gain in demonising any natural treatment that is deemed not to be 'evidence based' which seems to be code for 'not profitable for pharmaceutical companies'. We want choice, and we want our doctors thinking outside the square so they actually are able to heal us. I have many people in my life who did not respond to the regular treatments for certain problems, and they would still be in great pain if it weren't for complementary therapies. If the aim of the game is healthy people, keeping these therapies is the way 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 7:43:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Due to having only one kidney, it is vital that I use natural medicines and remedies to keep my only kidney 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 2:22:07 PM

---

To the Medical Board of Australia,

I support Option 1.

My body my right to choose who i employ to help keep me healthy.its 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 8:04:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I was one of the 5% of the population who couldn't be diagnosed properly by many doctors and specialists. I spent years, a lot of money and had unnecessary surgery that failed to heal me. My life was going down the toilet and no one could help me. But Integrative Medicine did. I went from not being able to work to running my own business and being a published writer.

I believe integrative medicine is not a threat to people's health. My integrative medicine doctor combines western medicine with diet and non-drug supplements. Deaths from changing diet to whole foods and supplements (that do not clash with medication), do not kill people. Western medicine and drugs often do. There is a place for both forms of treatment.

But concerning the Board's proposal, I agree with other analyses that it:

- Creates unnecessary guidelines, as the current Code of Practice already addresses all safety and efficacy issues related to Integrative Medicine. This was a waste of taxpayer money and is creating suspicions about collusion with drug companies
- Breaches its own COAG Principles in creating the document, including restriction of consumer choice of their own doctor outside "conventional" medical practice
- Fails to consult with the Integrative Medicine community in the planning and development of the regulations, leading to a lack of procedural fairness. This is not proper process
- Fails to identify any significant concerns about the safety of Integrative Medicine or any risk to the public. Where's the basis for concern - where's the proof?
- Links Integrative Medicine, at the lowest end of risk to patients, with high risk experimental interventions in a single flawed group definition.

The Board's proposal is not well thought through, is wasteful, unnecessary and lacks an evidence base.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because through my personal experience and life experience I know it is absolutely necessary! Allopathic approaches are often not effective for me - in fact the opposite. And now as a peri-menopausal woman the integrative, complimentary approach has been vital. The GP had no idea how to support me, just kept dishing out anti-biotics. But when I finally went to a bio-medical GP and got to the root causes of my symptoms, we were able to address them with supplements, creams and vitamin infusions... which resolved symptoms and has given me my life back, although I am still very much in the middle of the change!

I have seen dramatic shifts with children when they are treated with integrative medicine and am 100% convinced it is the way to go first and foremost.

Y

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:44:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the right to have a choice of who I want as my healthcare practitioner. It appears mainstream medicine has created the obesity epidemic, increased mental health problems, increased dementia and increased type 2 diabetes over the last 50 years. Fat causing heart disease is now proven as a BIG FAT LIE - do your research. I do not want to have to go to a doctor that is just going to prescribe a pharmaceutical drug to treat a symptom. I want to go to a doctor that takes my whole body into account and go to the source of the issue. Mainstream doctors have no idea about nutrition and how it can heal the body, I thought I lived in a free country but it seems to me that choices are made for me regarding my health and the government, big pharma and the medical association are all in bed together with the ultimate goal of keeping us sick so that they can make money. Whatever happened to 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:** Friday, 28 June 2019 9:17:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient choices to access integrative medical practitioners and complementary therapies as everyone should be able to choose the type of health care that suits them. Most people who opt for integrative medicine are well educated and have made an informed choice and have decided that they do not want to use traditional conservative medicine which is focused on treating illness in individual body systems rather than the body as a whole using methods that can sometimes create more illness. I have always accessed alternative medicine practitioners as I have found it to be a form of medicine that enables me to be in control over my health care and also encourages active involvement in the management of disease. I have found integrative practitioners give you the time of day and don't practice "5 minute medicine" I have had full recovery from a serious health issue that could potentially have been missed by a conventional practitioner.

I use traditional medicine because I treat my body as a temple and I do not wish to have the intricate balance of my body disturbed by foreign chemicals being introduced into my body or having the trauma of unnecessary investigations that could be traumatic and cause stress to the body. I also like the fact that integrative practitioners believe in the body's ability to heal and support that. I like that integrative practitioners are up to date with current research on the gut microbiome and the impact of heavy metals on the body and use treatments that preserve and support the body.

I like the fact that integrative practitioners have a greater understanding of how the body works on a cellular level and things that are detrimental to the body such as lifestyle practices food choices and diet. I like that integrative practitioners "walk the walk" and live what they practice. I love the way integrative practitioners treat the whole body not just the complaint and realise the mind and emotional state are integral in health care. For me it's a healthy option. When I see mainstream practitioners that are obese or overweight I find it hard to see their advice as credible as they are themselves unhealthy.

If I don't have access to integrative practitioners I will be unlikely to access medical care. I would probably treat myself or go online to find advice or treatment for my complaints. I would find it hypocritical to access a service I don't believe in. I do believe there is a place for mainstream medicine and in the event of an emergency it is the best available. And do realise that there is a place for both integrative and conventional medicine and ideally there should be a place for both and a practitioner that has qualifications in both mainstream and integrative medicine would be the best 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 12:20:43 PM

---

To the Medical Board of Australia,

I support Option 1.

When unable to get out of bed, covered in a rash, unable to think, losing my memory and ability to work, I found help in integrative medicine. 2 weeks after an amalgam filling removal I was unable to get out of bed. Testing for heavy metal toxicity found extremely high levels of mercury and nickel. Chelation therapy and safe dental removal of the remaining amalgams saved my life. Nutritional medicine to replenish my body's depleted nutrient stores, helped me function. For complex cases integrative medicine is necessary and useful. Without this option, many people just like me will have no way to deal with these out of the ordinary situation and conditions. Integrative medicine needs to be retained as it stands.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

I have had great success with non drug and alternative treatments. I believe that I and others should have a choice about the health care I choose. The move that would restrict doctors from offering or recommending expanded choices of healthcare is both unfair and, may I say, dangerous.

To compare drug recommendations which may reduce symptoms, but rarely "cure" a complaint, and the use of complementary medicines/traditional modalities which have a very real opportunity to "cure" is unwise and discriminatory. The established medical industry is very important particularly with emergency care, however, using more traditional therapies in other cases is, in my opinion, a very important choice available to people and to which people have a right to exercise.

I consent to 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 12:16:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine, Integrative & complementary medicine has helped me manage my mental health. As an occupational therapist it has also assisted many of my Autistic clients with a reduction in their sensory sensitivities and improvement in their regulation of emotions. your family & friends I believe that medical practice will be limited if the MBA imposes restrictions on Integrative practitioners, as we are seeing more evidence of the links between gut function and mental 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, 21 June 2019 6:56:51 PM

---

To the Medical Board of Australia,

I support Option 1.

My health and weight have never been better since I embraced integrative medicine almost 7 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:** Tuesday, 25 June 2019 2:40:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Over the last few years as my age increases and some health issues creep in my GP and some of the Specialists I need to see indicate options other than medication which may be of help to me. These have all proved beneficial and actually save the Government money as much/most of the cost is borne by me, the patient, who is supposed to be supported by "person centred care". Some is borne by my Health Fund for which they duly charge me!!!! If it ain't broke don't fix it. I have not found harm caused to me by options suggested by the Medicos I see in the course of my health care. I have more concerns about the care I received in the public sector of a large hospital when admitted in a life threatening circumstance!!!! Most of the treatment/care issues I faced were caused by some of the doctors and nurses not doing their job and had nothing to do with any of the alternative options I have been referred to in the past or will use in the future. Please help us to help ourselves and allow what works to continue to do so.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 7:37:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I prefer to use complementary medicine as there are much less side effects if any, and they have helped me greatly in my complaint!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** Alyson Horne  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:05:34 PM

---

To the Medical Board of Australia,

I support Option 1.

As an educated health professional completing a Bachelor Degree in Health Science, gave me the choice to investigate my own form of preventative health care for myself and family, without being a burden on the government health care system ( which in essence is a disease care system really, you do not encourage people to be healthy, but to stay on medications that are a cost to the average tax payer. My children have used many unconventional treatments over the years, and our use of the normal medical system has been required for emergency medicine for broken arms etc. mainly. I will always look for an integrative practitioner who understands both sides of medicine. Instead of only having the options of panadol, anti-biotics, anti-inflammatories, anti-depressants, but someone who understands how to work with the body to achieve balance again. Yet also has the extensive knowledge of the pathological and physiological changes and tests that can help detect underlying issues. Whenever speaking to anyone who is qualified on both sides, they say how their eyes open to the potential and opportunities to help the body heal itself in so many ways.

I find it quite ironical that the people that you are focusing on taking away our rights to choose our health care choices, are those who are more committed to making healthy life style choices for our and our family future. Yet those who wouldn't believe or go to a integrative practitioner are those who manage to add extra co-morbidities to their issues, through general lack of self help and quite often with lack of care and self-help are usually smokers, alcoholic, drug dependent (legal or prescription) who are not interested in bettering their self help to support the overall health of our medical system. Yet once again those who try to help themselves are condemned and ridiculed by those trying to prove that integrative medicine does not help due to lack of some placebo blind controlled study! When will we listen to centuries of living proof and evicence, that is evidence based enough for me.

We must move forward and work together to ensure the future health...as we all can see that acute illness may be on the decline, yet chronic illness is on the rise from auto immune conditions to cancers etc. There is so much going on in the world, and going back to nature is the only way forward to work together for faster, and longer lasting results with a longer term effect on general health and well being.

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, 2 May 2019 11:53:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has allowed me to continue to work productively in a profession I love, without which I would have been forced into a non productive depressing debilitating state, as conventional methods were simply not working. It has also helped several members of my family in the same way. If these restrictions are imposed I believe I would no longer be able to receive the treatment that has helped us to live relatively normal lives, contributing to society instead of being a burden on it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:34 AM

---

To the Medical Board of Australia,

I support Option 1.

Why are natural therapy options so threatening that you need to squash their existence?

Those looking for allopathic options will choose doctors that only prescribe them.

However there must always be the choice!

You may find that practitioners that offer a combination of natural/holistic health care are very highly sought.

So whilst we pay for our own health care or health insurance - we should be able to choose how we wish to be treated holistically and naturally.

This needs to always be available before our involuntary addiction to prescribed pharmaceuticals over runs our natural health.

This truly is a slippery slope of eroded freedom and a push into the sickness industry that must be stopped!

I consent to publication 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 8:22:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to integrative and complimentary medicine is a vital choice. It is any democratic government's responsibility to allow informed consent. I have always used complimentary medicine and have a democratic right to continue to do so. Do not assume there is no value to it. My health journey proves its effectiveness.

I consent to 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 12:41:14 PM

---

To the Medical Board of Australia,

I support Option 1.

To the MBA. I am astounded at the proposal to impose restrictions on integrative practitioners. I have always chosen integrative and complimentary medicine when faced with health challenges. This has improved my health and their principals continue to keep me healthy and therefore not rely on the public hospital system. A system which should primarily be available for medical emergencies Please STOP these changes.

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 have had some excellent GPs and specialists who have given me treatment that combine a mainstream medical approach with some evidence based complementary treatments. Each time I've had excellent results. I don't want to lose that choice. Why would you want to change this? It works very well as it stands. Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:23:53 AM

---

To the Medical Board of Australia,

I support Option 1.

I would like the choice. It's my body and mind

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:48:53 AM

---

To the Medical Board of Australia,

I support Option 1.

My family and I believe that choice and options in healthcare are very important. By dictating to medical professionals what they can or cannot recommend to patients will mean that many people will not receive the medical help and care that they desperately need. Thank you for listening to the Australian people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:47 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative doctor has helped control my chronic migraine with complementary medicine after trialling 13 preventative meds.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:16:22 AM

---

To the Medical Board of Australia,

I support Option 1.

We have greatly appreciated having doctors of our choice over our many years. Most of these doctors have been helpful in recommending some complementary treatments or medications. We would be most distressed for this freedom for doctors in helping their patients to be taken away from them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 8:02:35 PM

---

To the Medical Board of Australia,

I support Option 1.

It is imperative that we continue to have the freedom to choose how we wish to be treated or not treated for any medical need

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:21:14 PM

---

To the Medical Board of Australia,

I support Option 1.

After 4 months of medical investigations, numerous hospital admissions via ambulance for collapse we finally in desperation turned to a qualified medical practitioner who practised integrative & complimentary medicine.

Yes this cost us a fortune as is not covered by either Medicare nor private health insurance but the end result was a positive result even after 10 years.

The total financial cost of the treatment was less than the costs associated with; ambulance care, admissions, and oh so many expensive medical scans and tests.

The financial burden was one we chose and would again take that road and we were lucky that this choice was available to us by a qualified experienced medical practitioner.

Do not take these choices away simply for your own egos of believing that you are the ultimate font of knowledge on everything remotely medical.

I consent to 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 12:28:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I use complementary and integrative medicine myself. It has helped me with a range of issues, including long standing mental 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, 24 June 2019 3:17:35 PM

---

To the Medical Board of Australia,

I support Option 1.

As an oncology patient I have used several forms of alternative treatments to improve my quality of life . If I had followed purely the medical advice I doubt I would be functioning in any normal capacity by now in fact I probably would not even be here. How dare you think you can take control over other peoples bodies and remove their free will!

The more I know about traditional medicine tthe less faith I have in 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:** Wednesday, 26 June 2019 7:43:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient choice for all alternatives to western medicine. I am an Australian and support democratic rights, NOT communism. I support the bodies natural response to natural medicine and support. Complementary medicine has helped me and my family. I do have family members who have chosen western medicine and are now trapped to take medicine forever.

I consent to 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 12:40:17 AM

---

To the Medical Board of Australia,

I support Option 1.

We need to use more complimentary medicine and therapies not less just so the government can profit from the pharmaceuticals industry.

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.

As a patient I would like to be able to choice alternate medication being natural vitamins as my body & person's of my family have very much benefited from being able to access/choose to use complimentary vitamin alternatives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:59:11 PM

---

To the Medical Board of Australia,

I support Option 1.

2.5 years ago I was in chronic debilitating pain from swollen joints and wrists that made me hold back tears whilst performing the most basic of daily activities. I was diagnosed with an autoimmune disease and sent off to a rheumatologist who wanted me to go on a cocktail of drugs to make it go away. As someone in their early 40s I could see that this solution may have me on these drugs for what could be another 40 years and after reading what these drugs could do to my body in the long term I was devastated and depressed. A colleague suggested I see an integrative doctor- after a thorough consultation the doctor suggested managing my condition through diet and natural supplements. The difference was astonishing and I improved in just a couple weeks, I had my life back and could work and function normally - it felt like a literal miracle.

The thought that someone else could be in my situation and NOT have easy and affordable access to this treatment is horrifying and makes me so sad. Why would we want a population addicted to pharmaceutical medication when this kind of therapy is so much better for a person's health? I hate to think it is because of the money that can be made from 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, 24 June 2019 7:08:54 PM

---

To the Medical Board of Australia,

I support Option 1.

My mum battled cancer for over two decades she found that integrative medicine use of vitamin IVs and alternative naturopathic doctors along with gp the best method that kept her alive the longest.

I strongly believe that these health options must be available to all

We use our naturopath along side our gp and we wouldn't have it any other way as Australians we must be allowed choice of freedom

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:49:38 PM

---

To the Medical Board of Australia,

I support Option 1.

Health care is multi factorial. We should have access to integrative as well as conventional medicine, as Australians we have the right to choice, do not remove that from us

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient choice to supplement healthcare with complementary medicines. I believe it assists in a more holistic way to maintaining long term health. If integrated GPs are restricted in their recommendations I think it will limit their ability to advise on potential therapies that could improve the health of 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:** Thursday, 2 May 2019 8:33:57 AM

---

To the Medical Board of Australia,

I support Option 1.

thank you for receiving my submission regarding the public feedback on new guidelines targeting medical doctors who offer 'complementary medicines and emerging treatments'. As you are aware integrative GPs are highly trained, specialist doctors, trained beyond many of their peers in safe complementary healthcare solutions, that have no real-world safety issues, as the MBA acknowledges, that there is no actual evidence of adverse safety risk to the public. If the concern is for public health and safety then this is not the issue.

Significant to my recovery have been, Self Acupressure and Kinesiology (accessing the body's innate/energetic biofeedback) along with dietary changes. Energy Medicines like these incorporate Chinese Medicine, and primarily stimulate the flow of Chi-primary life force energy.

Through Acupressure, Kinesiology, herbal and vitamin therapies, in the past 2 years, I have been healed of heart disease, TMJ, periodontal disease, ovarian cysts, polycystic ovary syndrome, primary ovarian insufficiency, uterine fibroids, breast fibroids, hypothyroidism, joint pain, lower back disc pain, digestive dysfunction/food sensitivities and chronic cesarean scar trauma. Even heavy metal toxicity! Needless to say my energy levels have improved markedly. I have had a multidisciplinary approach with my care supported by my Hobart GP who specialises in both mainstream allopathic and complementary care. I would be reduced to depending upon medical intervention, drug use, extra hospital visits, funeral costs and the knock on impact for my child would be more of the same roundabout! Through freedom of choice I have avoided all of the above, choosing to heal myself under guided medical supervision which makes perfect sense, because I feel safer, my costs are lower and my impact upon the social healthcare systems is reduced. Indeed I am quite healed.

In addition Australians working in complementary healthcare have been educated and trained and provide economic and social value to our community. The complementary health industry is a valuable one. Traditional Chinese Medicine and Herbal therapies in particular have thousands of years efficacy, both have significant evidence based track records compared to the short time that allopathic medicine has been available.

Thank you for supporting Australian families to maintain our freedom of health care choice and stay well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:09 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 and having an integrative approach gives me choice of treatment for my body. Natural therapies have had a positive impact on me personally and on family members. Having opportunities to work with a team of integrative medical practitioners enhances my outcomes. To remove my choice is unfair and slipping back preventing advancement in medicine. The answer is not in pharmaceutical alone, it is a holistic approach which will prevail. Time the MBA realised this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:35:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Everyone deserves to make the choice of their own healthcare. If alternative medicine is working for them no-one should be able to take that away from them

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:52:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and Complimentary Medicines saved me from a life of Depression and anxiety. I struggled for 20 years with it, and I was on prescription medication which was actually making me worse, I continually felt nauseous on it. I was more suicidal on anti-depressants which I know can happen to people. It states it on the info sheet, and GP's had also informed me of this. I wanted to heal, but this just wasn't the right thing for me.

If this is the case for people like me out there, we need more options so we can find the best thing for us to heal. There is no one cure for all. Please don't take these crucial options away from us. If you take them away, you are potentially increasing the possibility of someone losing their life, it's that real.

I felt completely lost until I did some research and found complimentary medicines and emerging treatments.

The treatments I had turned my life around, I no longer have depression, no more suicidal thoughts, and I now work in mental health, helping people who are going through what I did.

Also, the impact this has had in me led me to become a qualified holistic counsellor. Using complimentary medicines as treatments. It has helped my family and friends heal their ailments too. These treatments heal families, and isn't that the most important thing? Please, think about your family in these situations. We just want the right to choose, that's all.

If you impose restrictions, what is going to happen to the next person who has a similar story to me, and you take their options away. How will that impact the family and friends of that person. The ripple effect is huge. This is a massive decision and I have a huge amount of love and respect for everyone who is a part of this process. Life is all about the choices we make, so I'm asking you to please make the right one. Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural therapies have helped me and my family in many ways. Often mainstream medicine has not been able to help where natural or alternative therapies have.

Do not remove the ability for medicine to progress beyond the mainstream to a better more holistic place by restricting the ability of doctors to recommend alternatives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:28:54 AM

---

To the Medical Board of Australia,

I support Option 1.

My freedom to choose a Dr is a civil right. I have been exposed to poor medical practices that left me for dead, it was reported and buried. Natural Therapist heard of my plight and saved my life. I want Doctors to integrate natural medicines that are well used traditionally with their Western Medicine so I have a choice. That's what it is all about my adult right to make an informed choice. I do not want to be nannied.

I consent to publication 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 7:58:46 AM

---

To the Medical Board of Australia,

I support Option 1.

We should have the choice of using complementary medicine. Australia is a country going backwards in this respect. We are becoming a joke.

I consent to publication 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 9:28:56 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I want to express my disappointment in your decision / idea to restrict doctors from using integrative medicine.

I, one of many people have seen the drastic benefits to integrated medicine instead of traditional medicine that has made no improvements, & has only masked the underlining health issues. Without being disrespectful, I believe this is a sign of intimidation as a holistic approach works towards fixing the issue, while traditional tends to mask - Keeping the pharmaceutical industry \$\$\$ alive. If you truly care about people's health you would keep all options of medical treatment available for all to 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:** Friday, 28 June 2019 5:25:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine works where traditional doesn't. As it sees a whole organism and not separate organs. We use it all the time in our family, we combine all options together. For us it's a life saver, lots of personal evidence.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:16:43 PM

---

To the Medical Board of Australia,

I support Option 1.

Acupuncture worked for me, better than physio did! People who says that acupuncture didn't work, may be because they haven't found the right practitioner. Who does the job makes a huge different. So rather than removing acupuncture all together, maybe you should have tighter regulation on WHO can practise it. Too many cowboys in the space.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:10:50 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I absolutely dislike putting unnatural, man made medication into my body when there's a natural alternative. I find natural therapies gentle, soothing and effective. I believe manmade chemicals and medication are for emergency, acute and life threatening situations. Medical Practitioners are the best qualified therapists to assess the situation and the difference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:08 AM

---

To the Medical Board of Australia,

I support Option 1.

We all have the right to choose our own healthcare; to remove integrative medicine is an immoral and ethical violation of our freedom to choose. Would you rather people be healthy and well by whatever means work for them or people choosing not to see doctors if their choice in medicine is removed from their 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, 27 June 2019 8:24:51 PM

---

To the Medical Board of Australia,

I support Option 1.

It is my personal choice what health care treatment/s I would like to receive. It is my personal choice to compliment conventional treatment with natural treatment. My health is not your 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 7:59:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I support fully qualified doctors being able to operate integrated practices and advise patients honestly on health care options without harassment or closure from the Medical Board of Australia. We have found conventional medicine not helpful at supporting children with rare medical disorders and at providing effective patient care for medical minorities. Having used conventional medicine unsuccessfully for years we believe the future of medicine is integrated because it is performing miracles for children every day and doesn't continue to push the same medicines repeatedly on minorities because they are evidenced based to work for the majority. These doctors are dedicated to their patients and take the time to care by discovering why mainstream approaches have not been effective and then implementing precision based medicine developed for the individual patient based on testing. They also listen to the patient and will continue to search for answers even when test results come back normal. Integrated doctors helped our child with a rare medical disorder to receive a diagnosis and get appropriate treatment. They have also identified the cause of my youngest son's seizures and he has now been seizure free for many years. They also supported our middle child who was in constant pain and was self-harming from a young age to overcome his health and emotional issues. When my oldest child never slept due to medical issues they helped us with safe herbs and options that we felt comfortable giving as a family. They often work in conjunction with other doctors in the community and I have had conventional GPs refer us to integrated doctors when they have not known how best to support our children because conventional approaches have failed us. We use Integrated medicine because it works and because the doctors who use these approaches go above and beyond to support families. When my daughter was very sick and nothing was helping I could phone and they would always make time to see her. Recently I contacted an integrated Doctor in my local area who wasn't taking new patients and explained my child's condition. His receptionist phoned us saying it was no problem that the doctor would try to help us. We do not get the same level of support from our current conventional GP who seems rushed and annoyed if we ask questions. If integrated doctors were closed it would cause such adversity and suffering to our family. I think we would join with other families and stage a nationwide protest against the Australian Medical Board. Please stop the harassment of integrated doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:05 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrated medicine, has provided care & assistance with my husbands serious medical condition. ( personal, you do not have to know). He is not getting this support within the conventional medical system who only offer chemical medication & are unable to offer any other advice or assistance. It is my human right to have FREEDOM of CHOICE, MY body MY choice. I also have no faith in conventional medicine which is personal. Both conventional & integrated medicine should be able to work together. However the AMA is doing everything in its power to SHUT this down. Our freedoms are being eroded. My health MY choice.

There are plenty of incidences where conventional medicine make plenty of mistakes & DEATHS.

Please leave integrated medicine alone.

Thank you

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 30 June 2019 3:48 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 Intergrated medicine. It's my body my choice. It has helped to heal my body & my husbands. Without Intergrated Medicine my husband may not be here today. I want the freedom to choose who I want to help me. Conventional medicine is only 1 dynamiter & THEY DO NOT always get it right & can kill just as many people. I size glove does not suit everyone. People have the right to choose. Do not remove this, we do not live in a Communist country YET! Do not bow to pressure from big pharma

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Without integrative therapies, I would be quite unhealthy. I had health issues, went to doctors and they kept telling me nothing was wrong. They couldn't find anything. It's not until I started seeing naturopaths that I found I had a number of parasites as well as leaky gut. I am now the healthiest I have ever been as my naturopath has helped me to get rid of the parasites and is helping me to heal my leaky gut. I am so much happier because I am finally feeling so much better. This was due to the fact that I could see a naturopath and my latest doctor has been supportive of this and worked with me and my naturopath.

I consent to 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 4:35:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had great success from an integrative, holistic approach to medicine and hugely value being able to see an Integrative Dr. Conventional medicine does not provide all the help a person needs but combined with natural medicine a person can choose from a range of options to support and heal their own body. PLEASE DO NOT take this 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:** Thursday, 2 May 2019 2:54:51 PM

---

To the Medical Board of Australia,

I support Option 1.

For the health of our next generation it is vital that patients have access to integrative and complementary medicine. People deserve to have a choice in the way they are medically treated. If you remove this option you might as well prescribe what the Australian people can and can't do with everything in their lives. We need to learn from other countries that are far more advance with integration of medicine then to simply remove 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 7:39:42 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have found using both modes of treatment to be invaluable with my multiple sclerosis over the last 30 years. Without vitamin therapy and other wise complimentary treatments such as acupuncture etc. I would be a lot sicker than I am today. Please do not change the law it would seriously impact my health. 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:** Wednesday, 19 June 2019 11:25:26 PM

---

To the Medical Board of Australia,

I support Option 1.

People all over the world are now aware of the enormous benefits of complimentary medicine for holistic healthcare and the mounting dangers and side effects of big-pharma drugs, AND THUS DEMAND complimentary and alternative options for their healthcare. To not allow doctors to decide the best options for their patients health is tantamount to malpractice, and will actually cause the educated public to turns away in droves from AMA doctors! Only the stupid people and pharma shills will continue with your quackery! If anyone on your board believes vitamins and minerals are bad - along with numerous other proven healthcare options, they are a medical fraud.

I consent to publication 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 2:38:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I value a holistic approach to healthcare and support doctors' rights to provide new and innovative practices, including complementary medicines. Both myself and my family have benefited greatly from Integrative & complementary medicine over the past 20 years and consider this our first choice in taking care of our health. In my opinion, integrative and complementary medicines are the future and provide the tools the body needs to heal itself, be healthy and vibrant and free of chronic disease. If the MBA imposes restrictions on integrative practitioners, I fear that it will have a detrimental affect on the health of myself, my family and the population as a whole.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:04:38 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative doctors have helped me more than any other doctor. For the first time in 30yrs, an integrative doctor listened to my life story and saw me as an individual and addressed my overall health. Using natural solutions, when possible helped me immensely. I had given up on doctors due to drugs not helping my symptoms, and that is all they had for me.

Natural therapies have kept me out of hospital for over 30yrs. Aged 61, I see most people having a lot of medical procedures, which I have not had to have. I believe natural therapies have saved the health system a lot of money. I also take no prescription medication.

The option of seeing an integrative doctor will enable me to continue being treated naturally but also obtain up to date medical knowledge.

WITHOUT INTEGRATIVE DOCTORS I WILL BE FORCED TO ONLY SEE NATURAL THERAPISTS WHO HAVE NOT HAD THE PROFESSIONAL TRAINING - AS I KNOW NATURAL HEALTH IS THE BEST FIRST TREATMENT AND WILL AVOID UNNECESSARY COSTLY MEDICAL INTERVENTION.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine through my local GP.

I do not believe that anyone fully understands how the human body works (otherwise we would not have persistent illness' or require medical research). To remove access to a full range of treatment / care options seems short-sighted. I deliberately choose a GP who promotes complementary healthcare options. If this choice is not available, it would choose to see an alternative practitioner than a GP.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 11:34:19 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a family with intolerances to most medications. Access to integrative medicine has meant that conditions like crohns, depression, anxiety and asthma have been able to be managed by a proper Dr effectively without being exposed to the terrible side effects that actually can exacerbate the condition. Other drs have turned us away saying there is nothing we can do resulting in hospital admissions. using diet, naturopathic supplements and kinesiology we have been able to be not only well but also not require preventative medications that create terrible side effects. We feel safe when a dr can manage these conditions and work with complimentary therapists to keep my family well and taken care of professionally.

All families deserve good health and the model of removing access to integrative practitioners means that families who don't respond well to conventional medicine are discriminated against and left with poor health further burdening the health system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:53 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Nutritional supplements such as Vit B complex, zinc and Vit D have been critical to managing my mental health and chronic fatigue. I value medical doctor's whose training extends to understanding the value of nutritional supplements, because as a pensioner I don't have easy access to naturopathic practitioners. I also value the medical doctors' expertise - clearly they have a different education from naturopaths alone. I also depend on chiropractic treatment for pain management, and if my GP is no longer able to refer me under medicare, I would lose access to that service.

I consent to 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 7:14:10 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't disregard the importance of integrative & complementary medicine. People should have a choice as to which practitioner they go to and what treatment they receive.

I consent to publication 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 11:10:02 AM

---

To the Medical Board of Australia,

I support Option 1.

Patients should be free to choose to see a doctor who supports a holistic approach to health care. It should be their choice - not the MBA deciding!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:56 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I don't want changes made to the guidelines. This is my body and I want the choice of how it's treated not having to go by a bunch of rules and regulations for naturally supportive therapies, vitamins and supplements. To do so would be a breach of our human rights. I want to reserve my right to choose how I heal my body. What good will taking away something that helps us? I totally disagree with 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 7:29:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the rights for all Medical Practitioners to be able to provide integrative care to their patients. A good GP is a well rounded GP & to strip them of their ability to provide this level of care would be detrimental.

I consent to 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 1:29:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't think its fair to take away people right to choose the type of medical care they like.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The Australian public have a right to choose integrative , allopathic or complimentary medicine when faced with decisions regarding their health.

The draconian submission by a narrow minded few could jeopardise the whole health system in our supposedly 1st world country.

Over 80% of Australians use natural therapies to improve their overall health and wellbeing.

Integrative Drs + Naturopaths, have completed extensive training in integrative care All people have a right to choose what type of medicine they wish to take if any. It is not up to a few people who are on a mission, to destroy the life quality of millions!

I consent to 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 12:28:19 AM

---

To the Medical Board of Australia,

I support Option 1.

I think it is totally unreasonable to restrict integrative GPs to a conventional 10 minute consult. Sometimes it takes time to find out the root cause of an issue. Having had my Thyroid removed 5 years ago I've appreciated being able to visit integrative GPs who have taken the time, care and testing to help me regain 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:** Tuesday, 25 June 2019 5:39:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Patients should have access to all health options, and have their various practitioners working together for the well being of the patient. What is being proposed is ridiculous and could be detrimental to people's health.

As an example, when I had a car accident many years ago, not much was helping my headaches & shoulder pain caused by a whiplash injury and the only thing that helped was chiropractic treatment which my GP recommended. This sped up my recovery. This was also a CTP claim so I was only covered if the treatment I received was recommended by my GP.

If what you are proposing goes ahead, I would assume that a GP would not be able to refer someone for chiropractic or say acupuncture, and this could hinder recovery. In particular with CTP and workcover claims, your GP needs to be able to give the patient ALL options for a quicker recovery. If this does not occur, then the government is going to have much higher expenditure in these 2 areas in particular. Why change a system that works???

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 1:56:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I prefer to consult with integrative practitioners because I have found that an holistic approach is used. Time has been taken to assess physical, mental and emotional states, using such methods as e.g. blood tests or CT scans and resultant advice has included diet, exercise and counselling which has improved my overall health.

On the other side, I have been prescribed unsuitable medications by specialist doctors e.g. asthma preventives when I have been found not to have asthma, incorrect reflux medication that exacerbates the slow QT phase in my heartbeat, BP medication that lowers BP when my BP is already low .which I discovered on reading the advice on the medication leaflets. And 2 GPs who couldn't diagnose whooping cough until I reconsulted one after a friend who had had the disease recognised my cough.

That is to name a few incidents. I have consulted allopathic doctors for referrals to have matters confirmed, and to have some of the vaccinations offered by the government. So I would prefer to have the choice of medical assistance that actually helps me maintain health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 2:08:31 PM

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To the Medical Board of Australia,

I support Option 1.

I need a doctor who respects my right to choose the natural option and I love that my doctor has the knowledge of the natural options so that she can advise me when the medical option is going to be the best option. Due to her understanding of how the natural options work, she can advise why the medical treatment is the better option when required. Most importantly though, I trust her opinion as I know she is not just peddling some pharmaceutical agenda - she truly has my best health interests as the priority.

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 7:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would be very disappointed if the healthcare system changed. I support patient access to integrative and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 1:52:57 AM

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To the Medical Board of Australia,

I support Option 1.

My daughter had a brain tumor which had be treated with steroids to shrink it, it didn't work and due to wrong type of steroids used Erin would require steroids for the rest of her life, she was a very sick girl because of this and they haven't even operated yet, long story short a naturopath iridologist prescribed a herbal brew that not only reduced and finally eliminated the need for steroids it had her doctor asking what had we used, some natural remedies may work in your case and some won't so I demand the right to make those choices.

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.

Without the access to alternative options, I don't believe patients are given the choice to choose what they feel is best for them and their circumstances. I don't feel that the government has the right to only give advise on the health of a patient within the 'small' guidelines outlined. let's all be informed! knowledge is power!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:40:28 PM

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To the Medical Board of Australia,

I support Option 1.

I believe we the public should have the freedom to choose how we would like to heal. My personal choice is to try Nature First. I do not support big pharmaceutical companies driving us away from nature.

I consent to 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 12:11:45 AM

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To the Medical Board of Australia,

I support Option 1.

I strongly support integrative doctors/ complimentary medicine. It has enabled informed and sensible solutions to complicated health issues which conventional medicine alone, could not address.

My experience with my family and I, have proven that conventional medicine doesn't address the root cause of our health problems. Too often conventional medicine prescribes drugs only, which usually have side effects and cause other health issues. Sometimes the drugs are necessary but not in all cases. Whenever integrative options were used alongside conventional medicine, this is when our health issues had the most success.

Conventional medicine alone, in my experience, has mostly been a bandaid fix which doesn't address the core problem.

My teenage child in particular has had health problems from a young age and only when we started using integrative medicine recently, did her health start moving upwards.

If we stuck with only conventional medicine I think she would be in very very bad shape. The only 2 solutions that conventional medicine gave her were anti depressants and sleeping pills.

Integrative medicine has enabled us to undertake diagnostic tests which have helped us to understand the reasons for her health issues.

Supplements greatly assist in that they support levels in the body that are very low, eg low iron. Low iron is one cause of low energy. Low energy can be a cause of feeling down. Antidepressants alone will not boost iron levels!!

I personally have had back problems which only osteopathy was able to actually help. The doctor prescribed pain killers!! All I needed was a few sessions of good osteopathy and my problem was fixed and no pain returned!

My hormone imbalance was caused by the pill and only after seeking naturopathy 20 years later, did my hormone imbalance start to improve. The solution which Conventional medicine offered me for my hormonal imbalance, was the pill! (The very cause of my problem some 20 years ago)!!

If we are denied access to integrative / complimentary medicine, it will be treated as the removal of a basic human right to choose health care options that are safe and that have been used well before conventional medicine ever existed.

It would severely affect the state of health across the country. It will further cost more to the government as people will be accessing doctors more often for bandaid fixes.

Let people have options of integrative/ complimentary medicine, if they choose to, it's our choice.

The analogy that I use is:

Integrative/complimentary medicine is like reusable coffee cups. If the government were to ban reusable cups, we would be adding to the strain on the environment. Similarly if integrative medicine is banned, we would add more strain to our health system.

At the end of the day if people access integrative medicine and they are not happy, they can still revert back to conventional medicine.

It's my health and I want to have a choice how I deal with it!

Thank you for listening:)

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:38:01 PM

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To the Medical Board of Australia,

I support Option 1.

I've have been put on a great health track thanks to intergrated health care. Otherwise I would rely on prescriptions constantly. As it is I need a few prescriptions integrated with supplements that have radically changed my life for the better. I was going from doctor to doctor with I'll gealth until my intergrated doctor [REDACTED] assisted me . I went from constantly unwell to excellent within 6 months . This has affected my work and family positively. I am able to care for my elderly mother who needs assistance and have great health. I seek out intergrated health care and would be worse if it wasn't available. Please let us have the choice

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 5:51 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I find natural therapies to be of huge benefit when used in conjunction with mainstream medical.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 30 June 2019 12:06 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My family and I use complementary therapies in conjunction with doctors for 20 years. My husband suffers from Chronic Fatigue and we have found that complementary therapies such as Kinesiology, acupuncture, homeopathy and Chiropractic have been of huge benefit for his recovery. Most of these therapies were recommended by his GP and for that we are grateful.

I consent to 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 3:14:15 PM

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To the Medical Board of Australia,

I support Option 1.

Do not stop doctors from prescribe alternatives, I was having bad reactions from a drug that is prescribe by GP's on a regular basis. I had to find a doctor who would prescribe me the alternative because main stream has deemed it alternative as drug companies can't make money from it, this is reduced the pain I was in from a drug that is used to treat a thyroid condition.

People have a right to choose do not let drug companies decide for the human race as they are only concern with lining there pockets.

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 10:57 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having been a patient of an integrative doctor and having that doctor change my life significantly, I cannot understand why the MBA would be so fearful of combining western medicine along with diet, herbal remedies and the like.

4 years on .....  
30 kg lighter  
No more hypothyroidism  
No more PCOS  
No more parasites  
No more insulin resistance

No more drugs taken.

Let's not mention the 2 year battle I had with regulars GP's and gastroenterologists before I found my integrative doctor, I even remember being prescribed anti depressants by one specialist as he said it was all in my head.

Think about the patients and the care that you are removing. Think about all those people who like me, have had great success with an integrative gp and what their lives would be like if they couldn't access these 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 6:28:26 AM

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To the Medical Board of Australia,

I support Option 1.

My doctor uses a combination of natural therapies and conventional medicines. She investigates all the possible solutions before suggesting a course of action. It is always explained to me and I am given the choice of which treatment I wish to use. I have found that the natural therapies have worked effectively, which means that my body is not being subjected to medicines which may affect my immune system. My doctor regularly requests blood test to check if the natural therapies are working and results have shown that vitamin D, copper and zinc levels have been reducing over the time I have used the prescribed 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, 30 June 2019 8:54:30 AM

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To the Medical Board of Australia,

I support Option 1.

Please don't impose unnecessary restrictions on complementary and regular doctors recommending vitamins and lifestyle advice. This advice has been invaluable to me. I am not a person to believe in fringe ideas and prefer science backed 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 9:49:06 PM

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To the Medical Board of Australia,

I support Option 1.

As a person who has valued my health through natural therapies, my family, friends and i have always seeked complementary therapies for our continued health and wellbeing. However when i or my family need a medical practitioner, we look for a practitioner who integrates complementary medicine as we feel we are understood as a patient and then feel we all have the best outcome for our health. This is a choice that we have had and find it difficult to understand as it's about peoples health and choices. Complementary medicine which i have been using and learning about for 50 years has been why i remain in good health at 70 yrs old.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I believe in allowing doctors to offer alternative solutions for patients as I am personally grateful to my doctor and her care. She (like myself) believes in a combination of pharmaceutical science and natural therapies to manage ones health. I have several allergies that require some more natural treatment options for my health. Having this freedom of choice makes my life enjoyable and comfortable. I believe that everyone has a different journey which requires individual assessment and treatment options. Taking this freedom away would literally be depriving some of a quality of life. It's all about balance and trusting that our doctors are more than capable of tailoring care plans with their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** 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.

Everyone deserves the right of choice. You would be taking away both the patient and Doctors right should this proposed change go through.

I personally look for healthcare professionals who offer alternatives.

Legal drugs are not always the best 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:** Sunday, 30 June 2019 7:19:37 PM

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To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.

Integrative & complementary medicine has helped myself, and my family & friends.

We use Integrative & complementary medicine.

If the MBA imposes restrictions on Integrative practitioners it will not be a good thing for the greater population of people in Australia.

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.

Please do not make changes to the healthcare options to everyday Australians. We live in a free and democratic society. We do not need the government or other boards dictating our health choices. We are more than capable of making informed choices ourselves. I use a combination of natural medicines and my normal GP to help with family ailments and conditions. By imposing restrictions on my choices, you take away my freedoms! Please do not force these changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]