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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 1:48 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sat., 29 Jun. 2019, 1:43 pm  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1...because there is no conventional treatment for my illness, I have COPD and I go the doctor for an inhaler prescription, nothing else, and he does nothing else. I need to use complementary medicine to stay well, and I need doctors to practise it. Conventional medicine doesn't cover all our needs and a doctor that doesn't give a well rounded treatment incorporating all medical knowledge including integrative is a waste of time. I would also like to know who is making these decisions on our behalf.

[REDACTED]

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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 9:53 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>

**Date:** Sat, 29 Jun 2019 at 9:49 pm

**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

**To:** [REDACTED]

I choose Option 1... no new regulations. My husband has been diagnosed with early onset Parkinson's and chooses to see an integrative medical practitioner who helps him with maintaining his mental and physical wellbeing and supports the care provided by our neurologist.

[REDACTED] knows what helps him feel better and I support his right to choose therapies that work for him.

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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 12:36 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Many Blessings,  
[REDACTED]

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** June 29, 2019 at 11:53:28 AM GMT+10  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

While we consult our GP for diagnoses and surgical events, we believe primarily that diet and lifestyle are fundamental to the prevention of illness. In the case of one of our sons, an integrative practitioner has diagnosed a simple lack of folic acid in his system and the addition of this in his diet Was able to relieve many of the symptoms of his developmental delay.

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 11:08 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

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**From:** Our Choice <contact@ourchoice.org.au>  
**Sent:** Sunday, June 30, 2019 9:02:58 PM  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
Please. No new regulations for doctors practising in the areas of complementary medicine and integrative medicine.  
Don't take this option away from me as an Australian with chronic illness.

I deserve complementary medicine to improve my health to reduce my need for drugs, surgery and medical appointments. My Integrative Medicine doctor provides these for me in a way that 10 minute consultations with doctors cannot.

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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 7:28 AM  
**To:** medboardconsultation  
**Subject:** Fw: Consultation on complementary and unconventional medicine and emerging treatments

I reserve the right to choose the kind of doctor I want for my personal treatment. My personal experience is my personal experience!

[REDACTED]

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From: Our Choice <contact@ourchoice.org.au>  
Sent: Saturday, 29 June 2019 7:23 AM  
To: [REDACTED]  
Subject: Consultation on complementary and unconventional medicine and emerging treatments

I choose Option 1...After having Breast Cancer, my health was compromised due to the radiation treatment I had. Having menopause was causing me all kinds of problems that the HRT I had before having breast cancer used to help, but now I was left flailing with no other choices. My fingernails and toenails all crumbled and fell off. No doctor cared. Then I started getting skin rashes, which I'd never had before, and I was sent to a skin specialist to get some heavy duty cream to make it go away. No reasons given as to why I was suffering this condition, or having anyone care why? I needed to find out why I still wasn't feeling well even after being the best and healthiest I could be in my own choices as far as my diet and exercise were concerned. For a while I saw a Naturopath, who put me on the path of seeing an Integrative Doctor, who was a colleague of hers. He took me in and asked my medical history, and spent time with me to really understand me holistically. After blood tests, I was found to be deficient in quite a few things, and he set me of the path of wellness. Five years on I am breast cancer free, and although I have not found an Integrative Doctor in my area after moving, I would like to choice of having a doctor of choice if needed in this situation again. My new GP is thorough, but in the few minutes you get to spend with a GP, you skim the surface of the problems you have, and get into trouble for having any kind of alternative views on health and medicine.

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 9:15 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sun, Jun 30, 2019 at 9:12 PM  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1...

I want to be involved in my own and my family's care deciding to choose a functional doctor who treats the root cause of a person's medical issues or to choose a conventional doctor when I feel the need. I don't want the drug companies driving the medicines they want the community including myself to take. I wish to make the decision of what my body needs in consultation with a functional doctor who works with both forms of medicine which may include working with vitamins, removing synthetic forms of drugs, cleaning products, clothing and foods. Growing my own food that is not contaminated with poisons that in turn cause health issues. This should not be removed from my decision making/choices

I have had problems with dairy etc since birth - the conventional doctors cannot explain why I suffer with different effects whilst the functional doctor can explain what the cause is, how to test for the problem and how to avoid having these issues which affect every component of my life. This is only one sample of many I can inform you of. What would you prefer if you were in my situation. My partner has a condition being treated by conventional medicine including specialists. These medical people now say to me - I don't know what you are doing but keep doing it because it is working. I only wish we had started this process before he was put on the horrendous drugs that seem to take for ever to get off. I worry about the effects these drugs are having on his body and if they will shorten the time we are able to spend together. We are not happy that this was forced onto us without it all being explained to us.

Medicine should be working at preventative medicine as a priority to save the expensive outcomes caused by continuous taking of drugs including those which other countries have banned from use. Come on Australia we are being held back.

Our indigenous people have a great deal of knowledge of the natural medicine that can be made use of in our society, so does the traditional Chinese medicine offer us a lot as can the Asian countries medical treatments. Why are we allowing these opportunities slip through our hands because of the focus on materialistic drives from big companies.

I see no need to change our choices - these are safe practices, require registration within Australia, are supported by tests and are proving to show results and definitely do not need further regulation.

The decision should be left up to me.

Is this a conflict of interest by the AMA or are they seeing that the restricted consultation times are not allowing them the time to identify and treat problems that they would once be on top of?

My whole family do not want our choices to be removed and I beg you to not to change the regulations.

**From:** [REDACTED]  
**To:** [medboardconsultation](mailto:medboardconsultation)  
**Subject:** Fw: Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 11:34:37 AM

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Please read the below.

Thank you

Best Regards

[REDACTED]

----- Forwarded message -----

**From:** Our Choice <contact@ourchoice.org.au>  
**To:** [REDACTED]  
**Sent:** Tuesday, 25 June 2019, 11:33:42 am AEST  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

I need a GP who understands integrative medicine, who understands the role of diet, nutrition, lifestyle and stress - who is holistic in how they restore my health - not only considering pharmaceutical intervention, but a focus on sustainable lifestyle improvement. I have spent over 30 years struggling through massive hayfever issues that destroyed my joy of spring; constantly feeling drowsy and irritated on antihistamines and even steroid injections and skipping activities that exacerbated my condition. My mother joked I would get a divorce over my nose!

Finally my GP advised I consider a supplement for hayfever with garlic, vitamin C and some other herbs. I have been taking this daily in the lead up and during spring and it has been life changing. For the last 3 years I no longer require any other form of treatment, it is a sustainable solution and my wife hasn't left me!

What MBA are suggesting is a violation of the hypocratic oath and does harm to people like me - when there are alternative options that can provide a better solution.

If you want to keep the GP as the centre of health, then they had better have some comprehension of various health options for patients.

I expect my GP to consider my overall wellbeing and be prepared to put my needs first - after all I am paying them to do this.

If not I will switch to a telemedicine solution that provides a holistic approach with in Australia or overseas where GPs are more progressive, better educated and informed, with a higher level of focus on real world health outcomes than clinical studies.

Please don't penalise my GP for their skills, education and capability to do more to help their patients - otherwise in several years we'll look back at this as unconscionable conduct when Australia has caught up with the rest of the world in the mentality for health. Many other governments recognise the role of complimentary health to improve wellbeing and reduce healthcare costs.

Hopefully someone reads this with an open mind... for an improved future over the current trend of lifestyle related disease rates in Australia.



thank you

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**From:** [REDACTED]  
**Sent:** Thursday, 27 June 2019 9:31 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>

**Date:** Thu, 27 Jun 2019 at 18:04

**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

**To:** [REDACTED]

I choose Option 1...

I have chronic auto immune illness that requires I see an integrative doctor for help managing it. With the help of Low Dose Naltrexone and Natural Dessicated Thyroid among other treatments, my condition is a lot better. Without an integrative Doctors helps I am bedridden and would therefore need assistance from others and have even worse quality of life.

Treatment for integrative doctors has helps prevent my condition getting worse and me being more of a burden on the medical system

Regards

[REDACTED]

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**From:** [REDACTED]  
**Sent:** Thursday, 27 June 2019 5:34 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

[REDACTED]

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 27 June 2019 at 15:32:52 AWST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

My daughter would not be alive but for her internationally experienced integrative practitioner. Even vets understand the absolute importance of trace elements and nutrients when it comes to animal disease prevention. GP fail in this regard - and in many other areas that integrative practitioners are trained in. We need them and have the right to access their knowledge.

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**From:** [REDACTED]  
**Sent:** Tuesday, 25 June 2019 11:49 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 25 June 2019 at 11:44:03 am AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I strongly believe no new regulations are required for doctors practising in the areas of complementary medicine and integrative medicine. I have chosen to see Integrative Medicine doctors because I want to be involved in my own and my family's care and this requires time in consultations an additional medical training that I found in my integrative medicine doctor. Conventional medicine provided no answers about why my wife was having certain symptoms related to Graves disease and I needed medical care with a wider range of diagnostic and treatment options. I believe there is no demonstrated need to regulate Complementary Medicine or Integrative Medicine. These are safe practices that need no further regulation. The only concern of the Medical Board of Australia in this process is, and should be, safety. The Chair has said this publicly. Questions about how effective Complementary Medicine and Integrative Medicine is should be a decision left to me.

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**From:** [REDACTED]  
**Sent:** Friday, 28 June 2019 7:32 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 28 June 2019 at 10:40:10 am AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1... I much prefer non drug approaches to heal my ailments as a first choice before taking pharmaceuticals , which the majority of the time only treat the symptom and usually come with a list of side effects.

For years doctors have been recommending certain diets and ways of life to enhance our health, or prevent illnesses. Advising patients to take certain vitamins/ supplements be physical ( ie yoga) , trying acupuncture .. is no different.

I'm on a disability pension and if I could afford to see a herbalist, naturopath or someone who uses Chinese medicine this probably wouldn't affect me. Being able to see a GP who embraces and uses multi ways of treatment is beneficial to a lot of people who don't get results from conventional medicine.

It should stay a choice, it needs to stay available to those who need it. It should in no way be restricted.

Kind regards  
[REDACTED]

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**From:** [REDACTED]  
**Sent:** Monday, 1 July 2019 1:19 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Mon, 1 Jul 2019 at 00:31  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1, because ordinary doctors have little or no idea how to relieve the suffering of ME/CFS. However, the Naturopath/Nutritional Therapist I consulted helped enormously, ending the years of debilitating headache pain, brain fog and toxic feelings like a hangover throughout my body and brain that I had had every day, following a systematic analysis of my issues, and step by step de-toxing, restoring gut flora balance, healing a leaky gut and rebuilding adrenal capacity, amongst other things, all of which ordinary doctors still seem often to not understand or even believe in.

They know how to do this stuff from practical experience and handed down knowledge, and the results speak for themselves. It's a different, more holistic approach than the drug-based therapies in which conventional doctors are trained. They look at the body as an eco-system, not just individual organs and symptoms. Medical science is only just beginning to catch up with this idea, for example, in understanding how gut imbalances can produce or contribute to a wide range of physical and mental disorders.

There are many traditional and natural remedies that can be used, very effectively, by experienced, qualified practitioners. However, making it more difficult or impossible for such people to practise means more patients will attempt to self-prescribe with medications and supplements bought online/ from overseas, which is a very hit-and-miss way of going about it, and may be ineffective at best and at worst, extremely dangerous.

Well trained, experienced Naturopaths and Integrative Medical Practitioners are essential eg to determine what is actually going wrong internally with the individual, what is causing their particular symptoms and signs, what order to tackle the healing process in, what contraindications and negative drug interactions there may be for any substances taken, to monitor patients' response and adjust dosages, add to or subtract medications, prescribe individually tailored dietary changes, and much more.

If I had not had access to these treatments and had had to rely on conventional doctors alone, I would still be suffering severely from those relatively easily corrected issues.

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**From:** [REDACTED]  
**Sent:** Friday, 28 June 2019 8:31 AM  
**To:** contact@ourchoice.org.au; medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments


----- Forwarded message -----

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Fri, Jun 28, 2019 at 8:02 AM  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1 because:

1. My integrative medical practitioner has not only satisfied the stringent requirements for the practise of Medicine, as have all General Practitioners,he/she has undertaken further study to offer the widest range of options for the treatment of his/her patients.
2. My (second) husband almost died during chemotherapy treatment 27 years ago. Because he opted out after 4 of 6 rounds he was given 6 months to live. Thanks to both Integrative doctors and natural therapists he is still living, though his kidneys were damaged irreparably by chemotherapy (along with all those he met in hospital returning to the ward after chemo because of renal complications).
3. My son has PTSD. His GP prescribed Stillnox and Tramadol concurrently resulting in seizures and opioid addiction. What a shame for my son this GP has not studied alternative therapies.....because therein lie options which, when combined with other treatments, are working well for others with the same diagnosis.
4. I am aware that a high degree of paranoia exists within the Medical fraternity regarding natural therapies. I am also aware of what a huge degree of influence the pharmaceutical lobby imposes....especially by way of incentives to doctors. I am also aware that conflicts of interests exist within your organisation. I am also aware that [REDACTED] has vested interests in the Pharmaceutical Industry and fervently beats a loud drum supporting you. [REDACTED]  
[REDACTED] ....need I say more.
5. In the 1970's my late (first) husband and I were business partners with others in the ownership of a Private Surgical Hospital so there is little I have not seen.
6. I not only reserve but also demand my right to choose an Integrative Medical Practitioner (with far many more skills and a wider knowledge base than the grass roots variety) to assist me with finding the best and most cutting edge solutions for my health management. How dare you attempt to usurp my personal power and tell me that I have no right to choose my preferred practitioner over yours. Your treatment of your Integrative Medical colleagues says everything about you and nothing about them. You are threatened by those whose knowledge base is far superior to your own. Your treatment of me is the height of both arrogance and ignorance, which have infiltrated your profession over a long period of time. You are not part of some elite and privileged profession which is 2IC

to God, you have sworn an oath of service to humanity....its about time all and not just some of you stepped up to the crease and fulfilled that mandate.

Thank you for reading my submission. 



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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 11:23 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

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----- Forwarded Message ----- From: Our Choice [contact@ourchoice.org.au](mailto:contact@ourchoice.org.au) To: [REDACTED] Date: Saturday, 29 June 2019, 11:21PM +10:00 Subject: Consultation on complementary and unconventional medicine and emerging treatments

Dear Sir,

Conventional medicine provided no answers about why I was sick and I needed medical care with a wider range of diagnostic and treatment options. I have found that when conventional medicine could not diagnose what was wrong, they simply blamed ME the patient and said "it's all in your head" many, many years later Chronic Fatigue Syndrome is being defined as a very real illness incorporating immune imbalance which leads to low grade chronic infection/s - <https://www.ncbi.nlm.nih.gov/m/pubmed/17872383/>

I was diagnosed by an Integrative Medical Practitioner - This was following many conventional doctors failing to help me.

I have also been harmed by conventional medical treatment, and needed to find other options.

Side effects relating to treatments are non existent in my experience with Integrative Medicine.

- I do not accept the whole idea of the proposed regulations.

Regards  
[REDACTED]

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 11:14 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sun, 30 Jun 2019 at 11:10  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1... I was failed for ten years by my "normal" GP and other select practitioners enroute to where I ended up. I am fully autoimmune due to the uneducated and misguided ideas on what was right for me and my body. Because these "professionals" didn't specialise in thyroid. Because my GP was older and chose not to research into my medical condition area further. Because he is almost retired and couldn't be fluffed learning I ended up with an irreversible life sentence. Blunt but true. Hard to swallow but the MBA should swallow it and own it. Own what they create by trying to control how people are treated especially when it works. It took ten years of placing my faith and ultimately my life in one person's hands in particular and being frustrated to the point I took learning into my own hands and I educated myself. I found out that there was people out there that could help me more than him. My integrative GP I have seen for the last three and a half years. This man saved my LIFE! In a nutshell. Without this man I would still be gasping for air within a metre of the bed. Without this man I would be dead. I was almost dead when I met him. He listened when others wouldn't. He prescribed medication frowned upon by most medical "professionals" because the synthetic lab created crap they serve up as the best option did not work for me but most GP's swear its the best. I use that term "professionals" loosely given what I have witnessed and came across in the years I have visited various medical offices up until I found my hidden gem. I have been placed on meds for mental illness in the past by, in my opinion, other unfit to practice "professionals". Symptoms that miraculously disappeared when the underlying issue was treated in the right way. Namely my thyroid which is now autoimmune Hashimotos due to being undertreated for ten years. How many ignorant doctors do not know this info is astounding when writing out antidepressant scripts. It's actually quite shocking. What exactly do they learn in medical school? I am not in the box that you place everyone into. The one size fits all approach does not work for me and never will. It's pathetic that this option for me could be taken away by scared little people hiding behind lack of education and bureaucracy at the MBA. To me the lack of care towards people like me has translated loud and clear and I will have no part of being dictated to on how long I live for my kids. How long I can be as healthy as I can because the current medication and treatments I received are deemed "witch doctor" alternatives by the MBA. You know what you can do with your opinions so I don't need to

spell it out. I will never go back to being a potential heart disease riddled & mental illness waiting to happen case like my mother's family is and was (Some are dead now from lack of medical intervention).

Regards,

██████████ and MY KIDS who I fight for every day to see grow up.

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**From:** [REDACTED]  
**Sent:** Saturday, 22 June 2019 7:04 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Sent from my iPhone

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 22 June 2019 at 7:02:06 pm AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

Conventional medicine has provided no answers as to why I was sick. After 4+ years being bounced from gp to many different specialists, tests and many many thousands of dollars I was getting worse. My mental health suffered terribly as did my relationships with friends and family as people believed I was being silly or stupid as doctors and specialists were unable to find anything.

After three visits to an integrated doctor, I had a diagnosis and on a slow path to healing. I am now able to work part time again and feel like I am adding value to the community again. My self worth and belief is improving. I can now see a positive future.

"One of the conditions I suffer from is Chronic Inflammatory Response Syndrome (CIRS) due to water-damaged buildings. Only integrative practitioners have helped me with this condition, a condition which the House of Representatives undertook an inquiry into last year. The final report by the inquiry can be found at [https://www.aph.gov.au/Parliamentary\\_Business/Committees/House/Health\\_Aged\\_Care\\_and\\_Sport/BiotoinIllnesses/Report](https://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/BiotoinIllnesses/Report)

From the Chair's forward: "The Committee has put forward recommendations aimed at supporting medical professionals to identify, diagnose, treat, and/or support patients with complex and/or unexplained conditions such as CIRS. Clinical guidelines, outlining a clear path for medical practitioners to follow, could assist in this regard."

Until this happens the vast majority of conventional medical professionals will not be able to diagnose or treat this condition."

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 6:05 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

[REDACTED]  
Chinese Medicine Practitioner  
[REDACTED]

Bachelor of Health Science (TCM) UTS  
[REDACTED]  
[REDACTED]

----- Forwarded message -----

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>

**Date:** Sun, 30 Jun 2019 at 18:04

**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

**To:** [REDACTED]

I choose Option 1 because I prefer non-drug approaches for managing my own health conditions. I live with the life long side effects of conventional medicine from breast cancer treatment including medicine induced osteoporosis and chronic eczema. More GPs need to be trained in the evidence base of complementary medicines such as acupuncture and herbal medicine, as patients are making these choices, with or without informing them.

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**From:** [REDACTED]  
**Sent:** Thursday, 27 June 2019 9:07 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Have a great day,  
[REDACTED]

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 27 June 2019 at 9:03:16 am AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1...I am finally regaining my health back! And why you may ask do I say that? Because of the care and knowledge given to me by my Integrative GP. If I had not found her and my naturopath I would hate to think where I might be! Having Hashimotos that was undiagnosed for years nearly cost me my life. I was always told to loose weight but when your body is so exhausted due to disease it's not possible. My TSH levels don't fit the average because I have a disease, normal GPs only go by the TSH as that's what they were taught. TSH is NOT a measure of what thyroid hormone is available to your body. It is my body, I know how I feel so I should get to choose the type of care I want. I pay for it and that right to have optimal care should not be taken away from me!

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 8:02 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Sent from my iPhone

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 30 June 2019 at 07:59:55 AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1...

I have turners and need specialist doc care who understand the condition

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 2:50 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Sent from my iPhone

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** June 30, 2019 at 12:44:50 PM GMT+10  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1...

I was diagnosed with SLE Lupus which incurred incredible pain and kidney damage. My life was over as I knew it.

I was placed under the care of oncologists/immunologists/renal specialists. I suffered dreadfully under a barrage of drugs and invasive surgeries and treatments . If it wasn't for my good fortune of pursuing and then having access to integrative functional doctors , I would have been unable to work/function and eventually put this debilitating disease into remission. I am now healthy but would not be if it wasn't for alternative medicine eg understanding hormonal imbalances , mineral deficiency and supplemental support.

Please reconsider shutting down a holistic approach to health and wellness.



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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 5:38 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sat, 29 Jun 2019 03:36  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1 “no new regulations are required for doctors practising in the areas of complementary medicine and integrative medicine.”

I have chosen to see Integrative Medicine doctors because:

Conventional medicine provided no answers about why I was sick and I needed medical care with a wider range of diagnostic and treatment options.

The GP and orthopedic professionals wanted to operate with no guarantee I would improve, I declined after a course of physiotherapy I deteriorated to the point of using a walker.

I then had treatments by a chiropractor and improved to being able to walk unaided.

I have been harmed by conventional medical treatment, and needed to find other options

I want more from my doctor. More time. More understanding of causes of illness. More power to understand the ways in which I can improve my health to reduce my need for drugs, surgery and medical appointments. My Integrative Medicine doctor provides these for me in a way that 10 minute consultations with doctors cannot.

I have presented to my GP a number of conditions that he has no knowledge of treatments for, this has required him to research and a number of consultation's before he would take me seriously and order tests and referrals to other specialist

I have concerns about the proposed regulations because:

There is no demonstrated need to regulate Complementary Medicine or Integrative Medicine. These are safe practices that need no further regulation.

The only concern of the Medical Board of Australia in this process is, and should be, safety. The Chair has said this publicly. Questions about how effective Complementary Medicine and Integrative Medicine is should be a decision left to me.

The Medical Board of Australia includes members of the Friends of Science in Medicine, a political lobby group opposing Complementary Medicine and Integrative Medicine. This is a clear conflict of interest. The Medical Board of Australia should cancel the current consultation, and go back to the start with all current and past members of the Friends of Science in Medicine lobby group excluded from Board participation.

There has been no transparency in consultation process. Freedom of Information requests as to how these proposals originated have been denied or redacted. The Medical Board of Australia has acted in secrecy and a failure to disclose the details of why the new regulations.

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**From:** [REDACTED]  
**Sent:** Friday, 28 June 2019 11:26 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

From: **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
Date: Fri, 28 Jun 2019 11:11  
Subject: Consultation on complementary and unconventional medicine and emerging treatments  
To: [REDACTED]

I choose Option 1...As I had many years of being unwell as a child and well into my 50s.

I had many days absent from school due to Asthma Eczema and multiple allergies.

Having been treated with antibiotics and steroids with puffers nuelin antihistamines to name a few.

I started to visit a dentist at around 8 years of age and had many silver fillings over time.

In 2014 I became really unwell I consulted an Environmental Medical specialist who found that I had high mercury toxicity and had all the metal fillings extracted.  
He also found that my Thyroid was underactive and commenced me on Oroxine.

All this was attended in consult with my GP so that tests required were shared.

Over time I started to have gut pain and fatigue which required scans and treatment with the assistance of a naturopath.

She is working with me now to help heal leaky gut along with my GP and Environmental Specialist.

I know I would not have survived when I felt so ill back in 2014 and I would not have known I had an underactive thyroid diagnosed on my first visit there.

I deeply appreciate my GP and all that she does as I have a great respect for Allopathic medicine.

I was an RN and SCM for nearly 50 years and came to appreciate greatly a wholistic approach using Chinese medicine and Acupuncture.  
Chiropractic and Naturopathic care.

To block our ability to choose will put our GPs and Hospitals already overloaded into deep crisis and patients will not receive the excellent care that Australia has had in the past.

Thank you for your attention.

Kind regards



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**From:** [REDACTED]  
**Sent:** Thursday, 27 June 2019 6:01 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 27 June 2019 at 6:00:18 pm AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1...

I have found IM beneficial in my treatment of headache and migraine.  
My quality of life will be greatly reduced if I cannot continued with  
my choice of treatment.

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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 2:45 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

From: **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
Date: Sat, Jun 29, 2019 at 12:17 AM  
Subject: Consultation on complementary and unconventional medicine and emerging treatments  
To: [REDACTED]

This email is in regards to Intergrative Medicine and our freedom to choose who to be treated by. I do choose Intergrative medicine sometimes the reason being I do not always get the right support that I need from conventional Drs. Natural therapies have worked very well for me and my family. Natural therapies have helped my son with dealing with chemo and radiation where chemo alone devastated him. Antibiotics did not work for my daughters infection when having no other option, natural remedies did.

I do not always get answers from conventional Drs and I am treated like an idiot and patronised, With medical issues with my children, the harsh chemicals in pharmaceuticals are detrimental for my daughter's kidney disease.

I feel that conventional Drs that I have seen have not given us the best treatment and need to look further afield for more options to get the right treatment

Conventional treatment only seems to treat the symptoms and conventional Drs do not seem to look (or have the time to look) for the cause.

I do not get any information in regards to diet and nutrition in regards to health or preventative measures with conventional Drs, even with dealing with cancer. This I find incomprehensible to understand. Mind blowing infact. Giving cancer patients, chips, cool drink, icecream, biscuits, cake, burgers, etc.

We should be allowed to have the option to choose our own choice of health professional to guide us where we need to go. I know if I did not have the choice I would go alone on many issues as would many more. Freedom to choose is what Australia is all about.

I have had numerous bad decisions by the conventional group and as yet had no negative instances with intergrated

Finally, I believe it is of the utmost importance to have conventional, complemetary and intergrative medicines. Why would you not give customers (patients) the best of all options for their

health. Making this option harder to utilize would, in my opinion, cause a tremendous amount of more harm than good. As we have seen first hand how conventional and intergrated have worked very well together it would be irresponsible to take this extremely important option of health harder to access. As it stands now, the intergrated system works on all levels and I feel that there is absolutely no reason to change it. Making it harder to access could cost lives.

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 7:14 AM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

From: Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
Date: Sun, 30 Jun. 2019, 07:03  
Subject: Consultation on complementary and unconventional medicine and emerging treatments  
To: [REDACTED]

I choose Option 1

I have used modern medical treatments, primarily, for over 40 years. When I had a stroke, in my 20s, I was brushed off with little support. As my eye, mouth and cheek muscles remained slack and my arm continued to be numb for about 12 months, I looked into more support from integrated medicine. I had tremendous results. My grand daughter had an adverse reaction to modern standard treatment. At 18 months losing 25% of her bodyweight. Kidneys affected also. 4 days in hospital. Grand daughter had been sent home 3 times by hospital until she crashed. Her parents looked into integrated medicine for recovery. It was slow but effective. That is only 2 examples.



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**From:** [REDACTED]  
**Sent:** Friday, 28 June 2019 7:37 AM  
**To:** medboardconsultation  
**Subject:** Fw: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** "Our Choice" <contact@ourchoice.org.au>

**To:** [REDACTED]

**Sent:** Fri., 28 Jun. 2019 at 5:35

**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

I choose Option 1... without my integrative doctor I would likely be dead. He's the only one who's helped me. Mainstream doctors actually shrugged and said I don't know what ME/CFS is... please I beg of you, do not strip me of the only help I've found. Keep me and others like me alive.

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 11:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

Begin forwarded message:

**From:** Our Choice <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** 30 June 2019 at 23:46:03 AEST  
**To:** [REDACTED]  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Reply-To:** [REDACTED]

I choose Option 1 'No new regulations are required for doctors practising in the areas of complementary medicine and integrative medicine'

I have chosen to see integrative medicine doctors after being harmed by conventional medical treatment and conventional medicine failing, for years, to provide answers to why I was so sick.

In 1013 I injured my back and after a series of doctors telling me to see a physio, a chiro or to just rest I finally had an MRI to be told that I had 2 desiccated discs. I then had a lumbar fusion at the start of 2014 which, whilst fixed my back, seemed to create a myriad of other medical problems which continued to worsen and plague me for years.

For 6 days after coming round from surgery I was in and out of consciousness, resulting in needing to have a pic line put in to, get some fluids put in to me. I had brain scans and other scans and eventually was told that I had vertigo. After about 6 days I regained more consciousness but had right side facial pain in my trigeminal nerve which, to this day, has not gone.

I went to rehab for 2 weeks where the dr felt I had a spinal fluid leak so from there I was sent back to the hospital where then surgery took place. I spent a further 3 weeks in hospital while tests were done and I was given pain relief for the facial pain and eventually with no further clue as to what had happened or why I was discharged after a nerve block with some meds.

Fast forward 3 weeks, back to emergency in immense pain, this time they thought I had spinal meningitis. Further tests showed this not to be the case but I had an a infection and trigrminal neuralgia.

For the next two or so years I was plagued with frequent infections and being unwell and was labelled as having fibromyalgia. Conventional doctors were unable to do anything form,e as they either didn't understand how I was feeling or they were only able to give me more drugs which made me feel more and more drowsy and lethargic I then went on to have a trial for a neurostimulator for trigeminal neuralgia. This was successful so I had the full implant. This took 3 more operations to be successful. Then the unit went faulty. It had to

be removed. That was operation number 6. Then I had another trial, operations 7&8, followed by a full,implant. Which became infected due to the mismanagement of the surgeon who did not implant it in the way he said he would so one of the leads eroded through the back of my head. It had to be removed, operation 10.and meningitis. All of this in the space of 18 months. By this point I was hardly able to function.

My body had undergone 10 general anaesthetics in 18 months, meningitis, trigeminal neuralgia, fibromyalgia. Conventional medicine didn't have the answers about why I was so sick and I needed medical care with a wider range of diagnostic and treatment options. My integrative medicine doctor provides me the time and knowledge to look for other treatment options

I have concerns about the proposed regulations because there is no demonstrated need to regulate complementary or integrative medicine. These are safe practises that need no further regulation.

There has been no transparency in the consultation process. The medical board of Australia has acted in secrecy and a failure to disclose the details of why the new regulations.

The medical board of Australia included members of the Friends of Science in Medicine, a political lobby group opposing a complementary Medicine and Integrative Mendicine. This is a clear conflict of interest. The medical Board of Australia should cancel this consultation and go back to the start with all current and past members of the friends of science in Medicine Lobby group suspended from board participation.

**From:** [REDACTED]  
**To:** [medboardconsultation](mailto:medboardconsultation)  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:58:49 PM

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----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sun, 30 Jun 2019 at 9:56 pm  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1

I do not agree with the proposal put forward by the Medical Board of Australia to make changes in reducing the ability of GPs or any medicos to use alternative medicine with their patients, in addition to the traditional training they have received

I would not be where I am today, in my journey through chronic illness, without the diagnosis, treatment, referrals and support of my Integrated GP since 2009

I attended two GP clinics in my life prior to that I had frequent bouts of illness over many years which more conservative GPs were not able to diagnose not properly treat. This resulted in the worsening of my condition and the delay of the necessary treatment required to improve my health, let alone cure it

I am very angry that many highly educated, caring doctors of patients with chronic health conditions, are being sanctioned, preventing Integrated GPs from properly treating patients like me

I demand a change of thinking by the Medical Board of Australia, to acknowledge the wealth of expertise of IGPs to provide patients with accurate diagnosis and full treatment through conventional medicine and a range of other modalities

We live in a society where individuals know more and demand more of the professionals who treat them

I have worked in education, government social work and counselling professions

The medical profession constantly came up in discussions

The issues of the lack of the time to treat and support patients, the lack of education that could have been provided to prevent health issues, lack of understanding their health situations occurring through lack of other than conventional methods, as well as a host of other issues constantly came up

So many stories heard in my private and professional life of spending years of time, energy and thousands of dollars to achieve improved health

I implore you to use your power and authority to change Australia's health system.

Be bold, be part of a new move forward in promoting, rather than rejecting, a special group of medical professionals, the Integrated Medical General Practitioners

Look back on your own career and make this moment to be proud of; that you made a difference in moving Australia 's health system where the community can actually get well and prosper

I urge to be part of the solution, not part of the problem

Thank you for listening I am happy to speak with you further on this issue

Yours sincerely

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██████████

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**From:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 7:23 PM  
**To:** medboardconsultation  
**Subject:** Fw: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** Our Choice <contact@ourchoice.org.au>  
**To:** [REDACTED]  
**Sent:** Saturday, 29 June 2019 07:16:57 PM AEST  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia

IM has saved my life . . . . . were the main stream doctors had fallen short of any real health care options for me. Conventional medicine provided no answers about why I was sick and I needed medical care with a wider range of diagnostic and treatment options. Finally through a Im practitioner I was diagnosed wltH Auto immune disorder and heavy metal poisoning . . . . . missed and overlooked by at least 4 mainstream GPs There is no demonstrated need to regulate Complementary Medicine or Integrative Medicine. These are safe practices that need no further regulation.

I am so grateful for the attention my health is now getting please leave complimentary medicine as a option for those like me, who have been totally let down by the current system.

[REDACTED]

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**From:** [REDACTED]  
**Sent:** Sunday, 30 June 2019 5:07 PM  
**To:** medboardconsultation  
**Subject:** Fwd: Consultation on complementary and unconventional medicine and emerging treatments

----- Forwarded message -----

**From:** **Our Choice** <[contact@ourchoice.org.au](mailto:contact@ourchoice.org.au)>  
**Date:** Sun, 30 Jun 2019 at 17:05  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**To:** [REDACTED]

I choose Option 1...

As someone who has suffered from ME/CFS for many years - and know many people in the 'same boat' - have found visiting a 'regular' doctor that I received little or know treatment or care that has been effective with the symptoms of ME/CFS.

The only treatments (some may term them 'alternative') that have had any benefit are from doctors (and naturopaths) who have added certain supplements, some diet/nutrition advice (and testing) along with suggesting other professionals ie chiropractor, massage therapist, psychologist etc that have had a positive effect on my health and well-being.