
From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 6:29 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I've been using alternative medicine all my life. In many cases the more complex the issue, the less likely the biomedical model was able to support me. I was diagnosed with PTSD at 12, prescription anxiety medication had a significant impact on my cognition, hence educational outcomes. By being treated with homeopathy I've been able to improve my mental health outcomes and last year was granted a Golden Key as one of the top 15% of international students. It's my body and I have a right to choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 8:20:42 PM

To the Medical Board of Australia,

I support Option 1.

I use my local GP, Health Direct, an Acupuncturist, Naturopath, counsellor, Homeopath and a masseuse.

Each is trained in their area and has helped me with anxiety, depression and PTSD.

Together they ensure Australians have access to as many options as possible to choose how they take care of their own health.

As a trained Social Worker in the Mental Health field I appreciate the importance of individualised care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:21:07 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped me return to health after a number of strokes.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:28:45 PM

To the Medical Board of Australia,

I support Option 1.

I personally seek out integrative and complementary practitioners and in my argument I will firstly cite my own case as an example, and the insufficiency of the current rapid consultation come pharma model of medicine as it is practised in Australia and which causes to a good degree the general public to seek help from complementary practitioners. Secondly I will provide the reader with information regarding (1) psychosomatic disorders and (2) scientific and medical peer-reviewed published scientific evidence for the application and efficacy of e.g. hypnotherapy in clinical practice.

The several GPs and Medical Specialists over a period of 6 years from whom I sought solutions to my issues, could not help me. Rosacea is not harmless; it is a syndrome the tip of the iceberg affecting the body, face and well-being in my case (but I am open to the fact that it could also be caused by the Demodex bacteria and Soolantra certainly cleared things up on the face when I used it). My skin condition was caused by an overdose of salicylates (from vegetables.. from a friend's garden patch...)causing a near immediate gut reaction, and highlighting a sensitivity to natural salicylates in foods and an unrecognized sensitivity to aspirin. After a few years elapsed, two dermatologists never broached the subjects of diet, allergy, or even digestion, but recommended IPL for broken capillaries! and cosmetic redness!! As for the GPs, one had wanted to prescribe Methotrexate!, another prescribed antibiotics; and another stated "I know nothing about nutrition, and dieticians don't know much either" (this from a part-time lecturer in Medicine at a Victorian university, leaving me to myself, lost and bewildered.I had lost my faith in the medical profession. It wasn't until I met a GP, whose wife was an esteemed professor of nutrition no less, who took me in hand explaining holistically what was wrong. He took the time to enquire thoroughly, but also importantly he had the information (from his Wife - he too being untrained in nutrition). Up till then I had to somewhat successfully treat myself with an elimination diet, and orthomolecular therapy which took care of the problem but unfortunately not the sensitivity to salicylates. No one was able to help me definitively (FYI, I now control Rosacea with diet - what is on the face is in the gut - naturopaths and Chinese medicine practitioners know this...why don't our GPs?)

I myself became a psychotherapist to understand how the mind affects also the body and the diseases and disorders it creates. To my great surprise I discovered the matter of psychosomatic illness (sarcasm not intended). The treatment of psychosomatic illness is a specialty now and I employ counselling, psychotherapy and hypnotherapy working with integrative medical practitioners as a team member.

I am thoroughly dismayed that although the MBA has sufficient awareness of psychosomatic illness, as well as having historically taken a holistic (and nutritional) approach to healing that it elects now to impose restrictions on integrative practitioners. I believe

that surgery and medication have their place but they do not necessarily cure, rather they treat the symptoms in many disorders (broken bones aside), and the scientific evidence is aplenty. We now are aware of the roles of nutrition, and gut bacteria in physical and mental affliction; and we also are aware how the mind with the gut "scheme" together creating debilitating disease and disorders. We know e.g. that a diet with healthy protein sources spread throughout the day is essential, not only for physical health but for the production of neurotransmitters, amongst other substances briefly such as the nutrients in a rainbow of fruit and vegetables.

As for hypnotherapy which is one tool I employ. I can provide ample scientific peer-reviewed research papers published in medical and scientific journals to demonstrate the effectiveness of hypnotherapy in the following: stress management; eczema, pruritus, psoriasis; fibromyalgia; the faster healing of post-operative wounds, and burns; IBS; urge incontinence in women; IVF pain; menopausal hot flashes; libido; nail biting; psychosomatic pain in the back, neck, shoulder, and arthritis; panic attacks; phobia; PMS; female anorgasmia; low libido; male impotence (psychosomatic); smoking cessation in some; confidence; anxiety, and social anxiety to mention some areas of proven efficacy.

Naturally, I take a history as I have been trained to do so as an ethical and professional practitioner and refer patients to their 21st Century Integrative GP to rule out organic issues and work with said managing treating GP.

Thus we as a community need integrative and complementary practitioners reflecting the complexity of physical and mental health, as well as of the consumer. Regressive practices are destructive to the individual and to the practitioners concerned as well as the community at large.

In closing, I would kindly request the MBA to continue to 'do no harm' and to put the Hippocratic Oath first and employ the Golden Rule for improved health and well-being for all, understanding at the same time that medical practitioners, of whom I know many, are also suffering stress from the pressure of being forced to follow the post-modern pharma model of medicine and ten-minute consultations, and shunted away from their personal spiritual purpose of healing their patients. I know how I would feel if I were a GP and had to submit to such practice. Both the GP and I, the complementary practitioner/mental health therapist and consumer have at least the human right to health choices. Prohibition or restriction will not stop the exodus.

As a parting note, if we kept to the conventional, we would still be prescribing cocaine for toothaches, and arsenic and mercury for syphilis... Scientific evidence for hypnotherapy is available and I am willing to provide links to the literature.

Thank you for reading my submission. I wish you and your loved ones good health and good mental health.



Furthermore, if medicine is a scientific practice then medicine should be open to discovery from all quarters for the advancement of

scientific/knowledge rests on replicable research - and we must start somewhere.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 7:26 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I been treating my migraines and insomnia issues with natural therapies for 7 years and I am in another level of my wellbeing. And I couldn't go back to the "pills only" main stream system. There is so much more we can do to define a strong and resilient immune and nervous system. Before I met natural therapies and the importance of food and lifestyle I use to be admitted once a month in a emergency with migraines or anxiety attacks. Nowadays I can manage 85% naturally my own health, my kids and husband. To treat my family, I search extensively for doctors that can see the whole picture and have the focus on optimum health not only treat that acute health issue.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 10:54:39 PM

To the Medical Board of Australia,

I support Option 1.

Prolotherapy was so effective I didn't need additional back surgery,
all the pain is now resolved.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 2 June 2019 8:55:13 PM

To the Medical Board of Australia,

I support Option 1.

I have 5 children, 2 had asthma and were on steroids & preventors, with intergrative & complementary medicine they no longer need either & are now 28 & 29 yrs of age, also our 11yr old has had antibiotics 3 times, & our 15 yr old only twice, I believe this is due to having access to intergrative & complimentary medicine. Also our eldest daughter has chosen to study in this field at age 30. From my experience I believe that this holistic approach to my family & many other family's wellbeing & medical care should not be taken away from practitioners, there is definitely a place for holistic, intergrative & complimentary medicine in todays society.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 5:40 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

When I suffered from hormone induced anxiety and depression due to my menopause, acupuncture settled it down so much I could go to work again. All it took was a few treatments. When I had an inflammation in my shoulder, and could not even dress myself anymore, and the cortisone injection did not bring any relief (but kept me awake at night for nearly 3 weeks), chiropractic adjustments had me back at work within a few weeks. I now have full movement back. When my muscles and joints ached so much, that I didn't know how to get through the day, my naturopath helped me and I'm back doing my yoga.

Please don't ignore these results, conventional medicine does not always have the answer. Life demands so much from our bodies, we need natural support to keep us going. It's cheap, healthy, effective and no side effects!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 12:03:59 AM

To the Medical Board of Australia,

I support Option 1.

I desire that you keep our freedoms to use complementary therapies/approaches in Australia. My mum recently had a difficult time where she was told by a surgeon that she had weak bones and there wasn't much she could do about it. She became depressed. A nurse friend of mine referred me to a holistic doctor who took the time to get to the bottom of why my mum had weak bones. She discovered that my mum had a parasite, and after preparing my mum for 2 weeks put her on a course of antibiotics that eliminated the parasite from her system. She then got about strengthening my mum's bones with precise vitamin compounds, diet changes, etc. My mum now feels better than she has in decades, her bone density is great and she has hope for the future. I am concerned that if our medical system becomes too narrow-minded will we lose out as a nation. Holistic healthcare and the use of complementary medicine means we have the freedom to tailor treatment to that which best suits us. It only seems logical to me. So, I implore you that you please think again and not take this freedom from us. Thank-you and God bless.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 5:59:40 PM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine have been helpful not only to me, but my family, friends and acquaintances. I (and they) would rather that we have freedom of choice and there are no restrictions on our choice of medical practitioner/s.

I support an integrative practitioner's right to provide new and innovative practices, including complementary medicines. Health fund rebates for natural therapies should be allowed to apply, when a therapy has been proven without doubt in most cases, to be successful.

The reputation of integrative practitioners is usually passed on by word of mouth, including how patients have been helped. Quite often, patients have in the first instance consulted conventional medical practitioners without success and have not enjoyed a return to health and wellbeing, so they then consulted an integrative medical practitioner with a good record of success in that particular field of practice, and had a better outcome.

I think integrative practitioners are providing a vital service in the community, and their practice should not be subjected to restrictions. In my own case I've experienced great success with Platelet-Rich Plasma injections into my damaged, osteo-arthritic knee joints and have enjoyed an almost completely successful return to healthy knees without having to have knee (joint) replacements. I take physical fitness classes (at varying levels of challenge) every day as well as regular walking or jogging, when prior to having PRP injections these activities had become virtually impossible.

I've also experienced a much better level of general health and wellbeing in recent years (I'm now 75 years old) through the regular consumption of bio-available and plant-based supplements such as vitamins, minerals and herbal medicines made by reputable producers. Bio-identical Hormone Replacement Therapy has also benefited me enormously in terms of quality of life – better mood, increased bone strength and density, and better sleep.

It's my fervent hope that no further restrictions will be placed on responsible, caring, talented and successful integrative medical practitioners. Thank you for your consideration of this very important matter.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 10:16:11 PM

To the Medical Board of Australia,

I support Option 1.

Western medicine has failed me terrifically multiple times over my life, leading to the death of several family members and prolonging my own pain and suffering with no end in sight.

Alternative therapies literally rescued me. They not only 'treated' my symptoms but provided a genuine lasting cure.

If I couldn't access well made alternative therapies and supplements I would be forced to make my own without the skill and equipment to ensure they are at safe or effective doses.

Please protect my right to access good advice that uses health paradigms that have been proved effective and beneficial over thousands of years compared to the incredibly short and rather suspect history of modern medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 12:56:09 PM

To the Medical Board of Australia,

I support Option 1.

I support the use of interpretive and complimentary medicine. I have made use of its benefits since suffering from breast cancer in 2003. I suffered from poor appetite stomach issues and fibrous of the lungs all from the treatment received for the cancer. I ha breathing difficulties that didn't respond to treatment puffers etc . After using alternative measures I am now symptom free and working full time. I quality of life is very positive now against a very negative outlook with conventional medicine. I have not been sick now for 12 years using these complimentary medicine where as they said I would be vulnerable to flue and . I believe strongly that empowering people to make decisions about there choice of practionioner is very important to there long term outcomes. I work and pay my Medicare levy and I have private health insurance and believe that the government doesn't have the right to lessen my choices for medical support .

My partner and I are at the moment seeing a chiropractor for functional medicine support and am seeing very positive results for partner after he has had an artieral stent and wish not to progress further with needing another one in the future as would be the case if things stayed the same, heart specialist didn't offer anything else except another prosecute in the future, a very costly and worrying procedure and partners coment at the time was, I have had betta feedback from a wheel alignment.

So why think that these traditional doctors are better I believe they are not. My constitutional right of choice should be upheld.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:09:46 AM

To the Medical Board of Australia,

I support Option 1.

I was ill with chronic fatigue, barma forrest virus and other issues. There were no medicines available to help. Complementary medicine brought me back and got me back to work. If you remove this from Doctors, I'll stop going to Doctors.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:11:20 AM

To the Medical Board of Australia,

I support Option 1.

As a person with long term autoimmune disease and chronic pain i have been let down by conventional methods of treatment and have benefited from integrative GPs and allied health such as chiropractic. If i did not have this choice i would hate to think what me quality of life would be.

I would most assuredly not be able to work or function as a productive member of society and would probably be a drain on government resources instead of w working productive member if society

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:36 PM

To the Medical Board of Australia,

I support Option 1.

I have an 'incurable' and 'degenerative' condition of the spine to which the conventional medical system were unable to offer any support other than to slow the progression of disease.

It was however through suggestions of integrative care that I have been able to eliminate my pain, halt the progression of my condition and live a healthy happy life. I was in incredible pain prior, unable to walk around a shopping centre, poor sleep, depression, anxiety. A potential drain on the system where now I am fully functional and able to contribute gratefully in society. I am forever grateful for the freedom integrative care has given me and believe everyone should have the right to this freedom in their body, health and life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 10:45:45 AM

To the Medical Board of Australia,

I support Option 1.

It is my right to choose what medical treatment works for me. And given the poor and incorrect diagnosis I have had from GP's in the past including the incorrect diagnosis of a stage 3 melanoma the current MBA should perhaps focus on better training of doctors instead of teaching them how to write prescriptions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:10:25 PM

To the Medical Board of Australia,

I support Option 1.

I fully support option 1. I have a medical practitioner who assisted me in getting quality of life back after many medical tests and procedures diagnosed me with IBS.

I did in fact have a parasite infestation as well which would not have been diagnosed under general practitioner who doesnt look outside the standard medical guidelines.

I have used integrative and complimentary medicine for the last 20 years and thoroughly support its use.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have had two serious medical conditions in my life. In the 90s as an Olympic athlete I suffered from Chronic Fatigue Syndrome and then from about 2007 I started suffering a number of autoimmune conditions which became less manageable over time with conventional treatment. On both occasions conventional medicine did not help, however on both occasions I have become fully cured (in full remission) thanks to an integrative medicine approach.

I consent to publication of my submission.

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.

I am begging you, please do not remove our right for choice. If it wasn't for complementary therapies, I wouldn't be alive and we would never have (after 7 soul destroying years) conceived and birthed our beautiful daughter.

Imagine if the one option that could save your life was taken away from you. How would you feel?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 3:34:49 PM

To the Medical Board of Australia,

I support Option 1.

I cannot afford the "fringe" medicine that I would eagerly embrace as a pensioner suffering Fibromyalgia and other myriad health issues. Holistic Health Care should not only be readily accessible, it should be encouraged, and SUBSIDISED. I have heard that in some countries...eg Germany....the training of medical doctors is from an holistic perspective.

The toxicity of some drugs that are peddled by drug companies and therefore medical practitioners beggars belief.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 3:15:45 PM

To the Medical Board of Australia,

I support Option 1.

I was a great believer in mainstream medicine and its ability to cure all ills - until my 5 year-old-daughter began having recurring and painful stomach aches. After two years of constant visits to GPs, paediatricians, gastroenterologists, allergists and ultrasounds I was no closer to the source of the problem. Many times I was asked if she was having problems at school!!

After a visit to a naturopath and a course of digestive enzymes and the problem was solved. I have since found a nutritional doctor and have been seeing both naturopath and doctor for 18 years to maintain my health rather than attempting to find a conventional cure, if possible, when my health fails.

I do not believe patients or the medical system will be best served by restricting integrative practitioners. There is too much knowledge to lose. Knowledge which would be best shared with the wider medical industry.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:58:53 AM

To the Medical Board of Australia,

I support Option 1.

I had chronic carbon monoxide poisoning from a gas heater in a house I was renting. I hadn't seen a GP in years and was high functioning as a nurse in a very responsible management position. If I hadn't seen my alternative practitioners, I would not have been able to return to work. I would have been on Disability and not have the life I now have.

People have used non medical modalities for centuries and I know complementary medicine supports people w pain and nausea from cancer and it's various treatments.

This is about allowing people a choice based on their values and I believe there is a place to all.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:06:54 AM

To the Medical Board of Australia,

I support Option 1.

I believe we should have a choice as to how we treat our bodies and to what medicines we take. We should not be only limited to the medicines produced by pharmaceutical companies. I believe there is much truth in let thy food be thy medicine and following natural health regimes. I myself have a history of sinus and chest infections and have over the last few years had to take very few antibiotics as I have been able to treat the infections with natural products. As society becomes more and more aware of the role of the gut microbiome in a wide range of health issues I believe the ability to seek alternative advice and alternative products is becoming more and more important to health in society as a whole. Please do not change our access to seek integrative doctors.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 1:59:47 PM

To the Medical Board of Australia,

I support Option 1.

In a nutshell, without regular chiropractic care I would have been subjected to numerous spinal surgeries not guaranteed to work. I have a letter from the surgeon at [REDACTED] (that states the chiropractic care received is effective) Happy to forward that to you if requested. It also took me 10 years to be diagnosed with Pernicious Anaemia after countless GP's told me I was menopausal or depressed and tried unsuccessfully to prescribe antidepressants and other pharmaceuticals, I sought alternative advice overseas and have now reversed debilitating neurological deficits simply by injecting B12 when my symptoms arise rather than be subject to an unproven, ineffective protocol for treatment in Australia. I would possibly be in a wheelchair or have dementia if I had not taken matters away from conventional medics here and accessed alternative advice to inject B12. I see this exercise as a highly cynical move on the part of MBA to serve the interests of conventional medics and the all powerful pharmaceutical industry.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 11:27:14 PM

To the Medical Board of Australia,

I support Option 1.

Twenty years ago, whilst waiting to get into appointments with a variety of specialists in Perth and suffering the debilitating effects of (at that time undiagnosed) Graves disease, my GP, a cardiologist from China who studied to become a GP in Australia, provided acupuncture to me to help alleviate my symptoms over those months, which it did give me minor relief very successfully. Many GPs are extremely skilled and qualified in addendum therapies that add to the therapeutic experience of the patient. If duly qualified, it should be the patients decision to purchase or experience complementary medical treatments. We are not big Pharma focussed America, we are Australia. The UK (our mothership) acknowledges other medicines such as homeopathy and hypnotherapy as usual practices with evidence based research to support.

Sure, enforce the need to demonstrate evidence and qualifications, supervision and CPD for the doctor's extracurricular interests, but let Australian patients continue to have safe choices to explore the very personal journey of their individual healing and recovery.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am a great supporter of conventional medicine and conventional medical practices and am hugely appreciative of the medical support I have received over recent years in connection with the array of health issues I have faced. At the same time I gratefully take Vitamin and herbal supplements for the health benefits I am certain these have. Additionally, and over my adult life time, I - along with my late wife and our now adult children - regularly accessed the services of certified chiropractors, in no doubt, as we were, of the benefits derived from doing so. And when my wife was diagnosed with cancer we were thankful for the advice of an excellent GP who advised alternative supplements to help her deal with the effects of chemotherapy. I wholly value a holistic approach to health care and I support every doctor's right to offer new and innovative treatments in the quest for recovery.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 29 May 2019 7:50:04 AM

To the Medical Board of Australia,

I support Option 1.

I have a chronic illness and manage the disease process in conjunction with my gp & specialist. This includes taking the prescribed drugs & managing the increased risk of skin cancers those drugs place me at risk of. I am 65 years old, retired & lead a busy life gardening, loving my grandkids etc. I also work part time with young thoroughbred horses preparing them for a good life with humans. I live a busy active life & manage much of my body pain with help from acupuncture, osteopathy and chiropractic work. While the prescribed drugs may keep the disease process at bay, the integrative therapies allow me to live life fully with quality, enjoyment, excitement & enthusiasm. I believe these therapists understand & view me as a whole person helping me maintain my quality of life while I feel the medical professionals view me as a mathematical problem or similar. Ideally medical practitioners could understand the values of these therapies & work toward a more collaborative approach to patient care providing far greater outcomes for clients

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 8:17:43 AM

To the Medical Board of Australia,

I support Option 1.

I have used acupuncture for many years. Over 25 years ago I was told I needed carpal tunnel surgery on both of my hands. I sought out an acupuncturist and had about 4 treatments and still have not needed the surgery. Also recently I have been diagnosed with bursitis in both shoulders and again I have resorted to acupuncture. Twelve months later I am almost pain free and not living on pain medication. Personally I believe that the push to get doctors to remove these Integrative and Complementary medicines comes from the Pharmaceutical companies. As more and more people opt for a drug free solution they are losing money, and let's face it, they are all about the money. When you stop and consider that a large portion of the current drugs are based on herbal cures from time immemorial but now synthesised from god knows what.... the time has come to be forward thinking and allow people the choice on how they are treated. And on a slightly different note, would it not make sense to stop doctors printing out scripts. Surely in this day and age, it can just go to a central computer, linked perhaps to our Medicare Card and can be accessed by any Pharmacy in Australia. The reasons for this are pretty simple. If I'm traveling and lose my pills I then don't need to find a doctor to get the scripts replaced. You would totally cut out Doctor Shopping. You would also save paper.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:37:05 PM

To the Medical Board of Australia,

I support Option 1.

let's keep this real the public have a right to choose treatment and professionals have a right to inform us or guide us to the best health this should involve a number of different holistic options - I'm gobsmacked that this is even an issue and I for one feel like it steams from money hungry narrow minded individuals. I for one have seen the instant improvement from my kids having coughs from a natural herbal remedy my Naturopath gave us - previous years of experience with multiple GP visits and sent away not giving me any help to alleviate my child's cough - not to mention skin and gut health issues, my natrupath has complimented my GP visits and now I favour going to my natrupath over the GP because the results I get are far better. At the end of the day nothing really matters if we don't have our health and those that need assistance should be able to count on their doctor to assist any way possible in the best interest of their patient - not be worried about who they can and can't recommend - I'm really questioning the whole government health / private health / Medicare situation we are in as a society as it appears the government is not looking out for all individuals
I could continue my rant but really is there any point?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 4:42:08 PM

To the Medical Board of Australia,

I support Option 1.

I implore you not to change current arrangements for integrative health care.

I am a cancer survivor and have relied heavily on integrative and complementary medicine in circumstances where my GP's approach was ineffective, quite simply abmismal. I turned to a range of integrative health professionals who took a holistic view of my healthcare and worked wonders for my recovery.

Its a mystery to me why anyone would want to restrict choice for some one like me suffering a chronic illness, especially when mainstream medicine proved completely ineffective.

Taking away my choice will severely restrict my health outcomes. Please don't do that to me and others like me.

Warmest regards

[REDACTED]
Cancer survivor

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:41:25 AM

To the Medical Board of Australia,

I support Option 1.

My wife and I rely on complementary medical treatments for both our medical conditions. I am recovering from a stroke and need pilates and mindfulness meditation as well as massage. My wife has fibromyalgia and gets relief from horrible pain only by acupuncture. These forms of treatment work and should remain as part of the methods and practices recommended by general practitioners and should be able to be claimed through private health insurance.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 12:04:06 AM

To the Medical Board of Australia,

I support Option 1.

I have replaced many pharmaceuticals with natural plant based remedies and natural therapies. With minimal side effects and much better results. My familys health has become tremendously robust and i no longer fear illness.

As an example, my entire family became ill for the first time in 12 months in April this year. We had high fever and tender throat glands and other flu like symptoms for about 5 days. They recovered completely.

We had blood tests and it turns out we all had glandular fever! Including my 2 teenagers.

When i told others they recounted many stories of 6 week long illnesses and re occurring fatigue etc. We have had none of this.

I can only assume that our immunity system has become stronger and the natural remedies we used to support our bodies while ill had a profound effect.

I began a journey into reducing exposure to toxins about 2.5 years ago. We had been sick on and off for years with our immune systems struggling terribly. Within 12 months of replacing my household cleaners, bathroom products and medicine box with products predominately from one company (high quality, all natural ingredients) i saw dramatic changes! No more scary illnesses, no more fevers lasting 10-12 days, i used oils to cool down temperature, clear the nose, soothe the throat and others blends to support their immunity.

On the rare times any child came home with a sickness, my natural remedies eased the symptoms, and shortened the illness often by up to 80%. Also gradually we all became more resilient.

I will never go back to conventional medicines.

Recently discovering we all have the MTHFR gene mutation has been an insight into why we previously struggled with health, and why removing our exposure to toxins had a positive effect.

I feel confident in the fact that alternative natural medicine and therapies cause practically no nasty side effects and only build up the bodies natural healing ability.

If the MBA imposes restrictions on integrative practitioners i will need to resort to complete self care and educating myself. I would only take my family to a hospital or regular GP if we needed first aid such as a broken bone.

I would prefer to be able to speak with an integrative practitioner who understands my family's needs for natural medical/health support.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:30 PM

To the Medical Board of Australia,

I support Option 1.

As a person who has suffered my whole life with eczema and dermatitis I am well aware of the limitations of modern medicine where doctors treat the resultant affect of my allergies and sensitivities instead of the cause. At 40 I was finally treated with Chinese herbal medicine and healed for over 17 years. It has only been since I was given tetanus and Hep A shots that I am now suffering with problems again. Western medicine is only a few hundred years old. Herbal law, acupuncture, Chinese herbal Medicine etc are 1000s of years old and may be slower to heal but are far superior.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:28:48 PM

To the Medical Board of Australia,

I support Option 1.

Hello,

It has been very important to me to be able to include integrative and complimentary medicine as a means of addressing my health issues. I have high blood pressure and am under my doctor's care for that. However, I have also seen at various times a naturepath, acupuncturist and do yoga at least once a week. My doctor recommended that I increase my yoga to twice a week, and after I had been doing that for some time my high blood pressure reduced such that my doctor recommended I go off my high blood pressure medication. Each of these therapies added a different dimension to my wellness. I believe it is imperative that we are allowed to have access to all forms of healing and medicine and that doctors are allowed to use their discretion in what they prescribe, including integrative and complementary medicines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:19:23 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicines are crucial to our family and have assisted in reducing symptoms of colds and virus helping to avoid unnecessary use of antibiotics. Integrative practitioner services have helped prevent secondary surgery to my shoulder, preventing unnecessary congestion to our hospital system. I am a sole parent and the support of complimentary and integrative medical services means it is accessible for my family and without that would be detrimental to our well being and community as a whole putting extra stress on our hospital systems.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 11:18:44 AM

To the Medical Board of Australia,

I support Option 1.

As a person with a lifetime of health issues, I implore the Medical Board to refrain from a tightening of regulations for integrative doctors. Complimentary medicine has helped me significantly and without it I would not be here today. Conventional medicine was unable to help me and I am in tremendous support of holistic, integrative medicine. I am so very grateful to those practitioners who have, over the years, helped me to experience wellness. In my experience, those that seek out holistic medicine are usually very, very ill and grateful for the support of a practitioner who can offer support, compassion and treatment that relieves their pain and where conventional medicine has often failed.

In reality, there is only medicine which works, and medicine which doesn't and the people have the right to choose which they want. That is how it should remain.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:40:54 PM

To the Medical Board of Australia,

I support Option 1.

I used to be in a wheelchair. Some days I couldn't even hold a pen. My specialists, GPs and surgeons all said there was nothing they could do except offer stronger painkillers. My life was basically over until I found integrative doctors who helped me support my body through supplements, improve gut health and lower inflammation. I now can walk unaided and can have full range of movement. I have even started my own business! Doctors used to be able to offer simple 'commonsense' advice that has all but been forgotten, seemingly replaced by pharmaceuticals that can often mask symptoms instead of addressing the root cause. Where has commonsense, logic and balance gone!? In my experience, these proposed restrictions by the MBA will further reduce the likelihood that patients like myself (including kids) have the chance to improve their quality of life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:22:17 AM

To the Medical Board of Australia,

I support Option 1.

[REDACTED]

I am very disturbed by the proposed changes to access to integrative and alternative medicine. I have had some very serious health concerns that western medicine did not provide any answers for other than 'if it's not cancer we don't know what it is' or 'all the symptoms described could be depression' when it was actually serious metabolic issues that were causing excruciating bowel spasms, hair loss, lethargy etc (I won't list all the symptoms) However when my GP suggested anti depressants I knew they had no idea (how can depression cause cramps?) I turned to a naturopath and was successfully diagnosed treated, I was suffering for over 10 years and I am now symptom free. I now see a wonderful GP who provides alternative solutions alongside western medicine it is the ultimate combination bringing excellent well being to many Australians I. Western medicine is one way and complementary/alternative medicine is another. It enhances our well being. It provides us with an alternative view which in my case changed my life completely. Bringing in regulations to stop GP's from practicing these health bringing modalities is a backwards step for our Australian society. Alternative approaches do not threaten western medicine yet work alongside. Many European countries value natural medicine equally to western medicine for the well being of their societies. Why deprive us of optimal health care? It seems the motives of those introducing these measures are not educated or informed on the benefits of these alternative modalities. We need progress not regression. I believe if the MBA imposes these restrictions it will severely compromise the health of many Australian people who have found their well being through these established practices.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 7:30:57 PM

To the Medical Board of Australia,

I support Option 1.

My extended family have utilised complementary and integrative medicine since I was small, in conjunction with orthodox medicine. Since adulthood I have accessed acupuncture, yoga, meditation, naturopathy, remedial massage, acupuncture and osteopathy to assist preventative and remedial treatments for physical and mental health ailments.

My young adult children occasionally access integrative and complementary medicine also.

We actively choose our private health care cover to have complementary options included, and would change or drop cover if it was not an option.

Our family GP of many years has successfully treated acute and chronic conditions by combining conscientious, empathic consults, in-depth testing where necessary, pertinent referrals and often combinations of orthodox and complementary treatments.

I would be unable to function in my household or community due to chronic conditions were it not for the aforementioned practitioners and prescribed supplements.

I (and others in my family and community) would regress in physical and mental health should integrative and complementary practitioners and medicines were to be made unavailable in conjunction with GP and hospital treatment.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 2:49:13 PM

To the Medical Board of Australia,

I support Option 1.

I object very strongly to your ill-informed & ultra-conservative attempts to nullify the integration of many thousands of years of Traditional medicine with the only fairly recently practised 100 year old Western (allopathic) medicine.

You are ignoring a sensible & growing trend in Australia & overseas, where GPs & Traditional medicine practitioners not only have consulting rooms in the same clinic, but also meet weekly to share their experiences with each other & learn from each other, as to how best to treat their patients so the patient is experiencing their maximum wellness.

A great many Traditional medicines are derived from natural plants, & have none to very few side effects. Whereas the Western medicines I take for my heart & blood pressure, although they assist me, give me a great many uncomfortable side effects (which I alleviate with Traditional medicines - rather than taking more side-effects-treating Western medicines).

If I consume Western medicine for the osteo-arthritis in my thumbs & shoulders, I have a slight (15%) alleviation of the pain, but I am groggy & dopey all day - plus I am damaging my kidneys & liver. So instead I take Traditional medicines, which alleviate 99.9% of the pain, & leaves me feeling alert all day, & I'm able to be a contributing citizen.

Although I am a Pensioner, by daily consuming Traditional medicines, vitamins, & a healthy natural diet (not some fad changed every few years by the MBA), I remain very well, don't catch colds nor the flu, & only need to see my GP a few times a year (blood tests to analyse what damage Western medicine is doing to my organs), & renew my specialist scripts.

By having regular acupuncture, TCM, osteopathy & remedial massage, I prevent any potential problems I might have from developing into serious health issues. And save our public health system a great many dollars from having to otherwise treat me.

If you impose restrictions on Integrative practitioners, the general public loses their GP-interface with Traditional-Complimentary/Allied/Natural Medicines/Therapies, & you convert your GPs to be mere tools of pharmaceutical companies. This would be a knee-jerk reaction, just like the TGA reacted when a particular person was consuming far too much Comfrey daily & became sick, so they banned it (although it is perfectly safe to consume in sensible quantities). I gave Comfrey leaves to a diabetic friend who'd had a horse stomp on her foot, & she wrapped it around that foot daily, & her specialist said he'd never seen fractures heal so very quickly before.

So please, please, please don't react, but do understand that both
Western & Traditional medicines do compliment each other, & work
together for the best well being of each patient.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 2:21:57 PM

To the Medical Board of Australia,

I support Option 1.

I value the intelligence and autonomy of my GP and my specialist doctors. I do not want to see them hamstrung by restrictive legislation or rules from the MBA.

I have a complex set of medical needs and trust my doctors to work with me and for me to provide me with good options for my health and healing.

I support Option 1.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:10:25 PM

To the Medical Board of Australia,

I support Option 1.

For many years I have been successfully combining conventional medicine with alternative healing. At the moment I am being treated for cancer and am also having Vitamin C infusions under the guidance of my Oncologist which has made a big difference to my overall energy and health and cancer markers have dropped considerably. I object to the MBA taking over right to choice when it comes to our bodies. Australia is a free country and the MBA should respect this and stop being such a bully when it comes to well qualified alternative health practitioners providing a service. There is a huge demand for these services and this should continue without interference!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 17 May 2019 12:21:41 PM

To the Medical Board of Australia,

I support Option 1.

Hi there

My elderly mother with cancer relies on alternative medicine to support her with pain, as the drugs give her side effects. People should have the right to choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:50 PM

To the Medical Board of Australia,

I support Option 1.

Let me share some reasons why I wish to make my own choices & use integrative medicine.

Chronic & degenerative diseases are climbing at a ridiculous rate.

Modern medicine tells you this -

“We don’t know what causes this rheumatoid arthritis (or fill in any other chronic disease), and there is no known cure. You have an aggressive form & without medication you will be crippled, unable to work within 10 years. We suggest you take this combination of medicine to treat your symptoms. If the disease progresses, we will look at different medications, either instead of or in addition to your current protocol (most common scenario). Diet changes will make no difference to the disease process, neither will most supplements or other therapies. Come back in 6 months for a review. “

I know people with terminal cancer, who have been told to seek palliative care.

I know many people with numerous auto immune conditions who deteriorate daily because allopathic medicine has no answers.

I am myself & I know many people with Lyme disease who are DENIED any form of medical treatment because modern medicine says it does not exist in Australia.

When you have no other options because modern medicine has not moved forward in its knowledge of treating chronic diseases, you have 2 choices. Accept what you have been told & give up, or you look for your own answers.

I fall into the 2nd category, along with thousands of others worldwide. We are recovering or have fully recovered our health by changing our diets & working with integrated medicine drs, naturopaths & other practitioners.

When you see an integrated medicine dr, this is a summary of what you are told -

“We do not necessarily know the exact cause of your rheumatoid arthritis (fill in any other chronic disease), but this diagnosis is the end result of multiple imbalances in the body. We will investigate the underlying causes, which could be viral, bacterial, dietary, stress or trauma, amongst others. We will look at healing gut dysfunction, correct these imbalances using nutrition & supplements specific to your individual needs. We will also consider your thyroid, adrenal, hormones, kidney, liver function, detox pathways & genetic expressions which may be influencing your health in a negative way. You may need medication but as we correct these imbalances throughout the body, you will probably find less need for medication as symptoms improve. We will run some tests, come back for a review in 6 weeks. In

the meantime, here are some dietary & detoxification guidelines, stress management ideas & exercise plan.”

For as long as I can remember, scientists have been searching for a “cure” for cancer & many other diseases. So far the results are very poor.

Integrated medicine takes a holistic approach to health. It considers all factors about why you have become sick & seeks to correct the imbalances. There are hundreds of thousands of people worldwide recovering from terminal & incurable illnesses using this model of medicine.

Yet here in Australia, the medical board are trying to prevent patients having the choice to get well, by restricting integrative drs from practicing medicine which in many ways, actually does provide a “cure” or at least, a remission.

The people I mentioned with terminal cancer, multiple AI diseases & chronic Lyme - we all fall outside anything your modern medicine model has to offer & in the case of Lyme, refuses to treat.

Isn't it therefore inhumane at the highest level, to remove our choice as patients to provide alternative health care options for ourselves??? Isn't this signing a death warrant for the terminal? Condemning people to ill health for the rest of their lives due to ignorance? There is a great deal of science to support integrative medicine practices, but your modern medicine turns a blind eye, because it does not fit your model of disease management.

Integrated Medicine challenges the status quo. Innovative & creative thinkers have found ways to reverse chronic, degenerative & terminal conditions. But there is far less money to be made from a healthy population & that, sadly, is the ultimate goal. Profit before people.

Almost every person will end up with some form of chronic illness in their life.

Rather than removing patients choices to use integrative medicine, you should be asking “how can we make this model of medicine available to all patients?”

Clearly it is working brilliantly to heal patients with chronic diseases, whilst allopathic medicine fails on almost every count.

I have every right to choose good health for myself, particularly when your system denies me treatment.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 10:49:59 AM

To the Medical Board of Australia,

I support Option 1.

I have great respect for medicine and don't hesitate to consult my GP when I need to but there have been many instances where traditional medicine has not been able to fully support me to improve my Health.

I've had great success using naturopathy, chiropractic, massage and chakra- puncture treatments to successfully treat several debilitating conditions that doctors were unable to give me answers for. 10 minutes with a GP is never going to be enough to fully support a person to get their health on track.

If doctors are further restricted in what they can recommend and how they work we will see patients in far worse shape than they are already. The system is already so hostile for doctors to work in, we certainly do not need it to get worse.

I consent to publication of my submission.

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 am a person who chooses to see a particular GP because she is not just a drug pushing doctor who is more interested in natural ways to heal, using food and alternative medicines, I have managed to get through some serious medical issues with both pharmaceutical and natural therapies. If this practice is implemented I know for a fact my health will suffer. Please do not do this

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 6:21:38 PM

To the Medical Board of Australia,

I support Option 1.

In regard to the proposed guidelines for integrative health care choices, I wish to advise that complementary medicine has been essential to the recovery of my daughter from long term illness and also to my own management of osteoporosis and arthritis. Please do not deny us and others access to these practices through our local doctors.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 10:04:32 PM

To the Medical Board of Australia,

I support Option 1.

Regular GP's and specialists have provided no help for my Hashimotos. Since seeing an interactive gp I am on natural medication and have improved all symptoms out of this world. How dare you think you can take this service away from me. It is my choice and no one makes me see my interactive GP whereas you are suggesting I have to do what you say and you know nothing about me or my symptoms! He meditates me on a comprehensive set of blood test, not just t3 t4 and TSH. He looks at the whole person.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Please do not restrict an any Doctor's ability to recommend complementary and integrative therapies/medicines to patients.

After falling ill to a virus (needing an overnight stay in hospital for obsevation) my son's behaviour changed markedly. The paediatrician I consulted came up with no diagnosis and did not even offer testing. The integrative GP I subsequently consulted did appropriate blood and urine tests, diagnosed my son with Pyroluria and prescribed him a compounded multi-vitamin. As I result of taking the multi-vitamin daily for a year my son's body recovered (presumably his immune sysyem and gut flora) and he is back to being his normal happy self, instead of the miserable and constantly angry boy he was for so long after being ill.

Please don't allow big pharmaceutical companies to dictate government policy and infringe on a person's right to choose from an array of treatments, albiet alternate or complementary.

A common sense approach is needed. If a condition can be markedly improved or reversed via better food choices (eg keto/low carb for diabetics and some cancer patients; or IV Vitamin C as a therapy) then it should absolutely be available for a patient to choose ...
pharmaceutical drugs CANNOT be the only option.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:25:21 AM

To the Medical Board of Australia,

I support Option 1.

I support option 1- No change to current status because natural therapies have been a life saver for me. Medications are contraindicated for my medical condition so I rely on osteopathic /chiropractic back care and other natural health care product and services to manage the pain and muscle spasms I suffer from . Changes proposed in option 2 move towards removing the consumer choice range and bargaining power which is contravention of Australian Consumer Laws that prevent 'cartel operations from taking hold in this country, Under no circumstances do I want my unique health care needs and requirement dictated to me by the one and only product seller on the market called the pharmaceutical industry. That is not choice, that is being goaded down one path into drug addiction which is a major health epidemic in this country. I cannot for the life of me understand how the MBA can considers the sidelining of non-drug addictive therapies as a step forward for this country. What is evident to me as a qualified social worker/consumer and citizen of this country is that drug addiction , induced by allopathic medicine market dominance is a major health concern that the MBA should be mitigating and not 'aiding and abetting. Overdosing with legal drugs is a major killer in our modern society so it does not make rationale sense for MBA to step backwards by favouring the pharmaceutical industry's dominant market position over the its competitors - who offer non-addictive therapeutic intervention treatment options that are not harmful or will kill the patient like drugs do. Moving the population towards total drug dependency with proposed changes is not ethical policy making in my opinion .

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 12:41:40 PM

To the Medical Board of Australia,

I support Option 1.

Speaking as a registered veterinarian who uses integrative and complementary medicine in my practice AND as a human being who has had a long journey with severe chronic illness (CFS, LYME) for over 20 years, I believe that there are no good reasons to change the guidelines to make them more restrictive for doctors. In fact, I believe that doing so is likely to cause more patients to seek help from people who are not doctors, increasing the risk of harm.

I have benefited from a range of non-conventional interventions under the care of integrative GP's- including IV vitamin C + glutathione, and more recently low dose naltrexone therapy. I think people should be allowed a broad choice, and I believe that doctors are the best-qualified professionals to administer these sort of treatments.

If the guidelines are changed, it is highly likely that I will lose access to treatments that significantly improve my quality of life.

I believe that the existing regulatory guidelines are ample, and that there is no need to change them and make them much more restrictive. The risks are minimal, especially compared to many conventional medical treatments.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Please do not put restrictions on integrative practitioners and complementary medicine. I have MS and I have acupuncture, chiropractic, yoga, Pilates, exercise physiologist and physio as well as herbs and vitamins. This keeps me strong and vital. I believe I would not be in such good condition without it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 4:35:13 PM

To the Medical Board of Australia,

I support Option 1.

I learned first hand in 2000 how holistic complementary medicine can sometimes be the only way to help patients to get better. I went to one specialist to the next from 1990 to 2000 as I had severe allergies every single day of the year. I got prescribed stronger drugs each year until I had to have surgery to enable me to breathe again.

Doctors need to be able to learn all sides of healing, not just school medicine, that's not sufficient, they need to learn the cause and work on that instead of focusing on each symptom, patients will never be balanced and the cost is huge. Please don't limit healing options!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 11:09:24 AM

To the Medical Board of Australia,

I support Option 1.

It took me two years to be diagnosed (by an integrative health professional) with coeliac disease after my initial visit to a GP who told me I was suffering from adult acne and prescribed a 3 month bout of antibiotics. If I had continued down the 'normal' pathway of care who knows how my autoimmune disease would have manifested...more disease I suspect. I also believe in the evidence of how long it takes to get an appointment to visit integrative practitioners, they are in demand for a reason. Their level of care, time and understanding of people's overall health is why their role in the healthcare system is invaluable. It beats the 15 minute model adopted by business focused General Practices of diagnose and prescribe. Myself and my family take an active role in caring for ourselves opposed to visits to the Dr.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 12:08:00 PM

To the Medical Board of Australia,

I support Option 1.

As an Occupational Therapist and wife and Mother of a husband and daughter with ADHD I wholeheartedly support the use of complimentary therapies being prescribed by medical practitioners. My husband is on a Psychiatrist prescribed medication for ADHD but the medication is only effective if used in conjunction with lifestyle changes such as stress reduction. These lifestyle changes include my husband using meditation, osteopathy and supplements such as magnesium. It is so important that patients have access to information about how they can support their own health and healing alongside medication. We need to remember that medication on it's own is not the solution- it needs to be backed up by everyday wellness, and the best people to deliver this message are the physicians.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 9:55:35 PM

To the Medical Board of Australia,

I support Option 1.

I find the use of integrative practice to be of far greater benefit in general. I have regular need of osteopathy to manage my back/neck/hip pain and it has saved me from requiring pain killing drugs, overuse of which could have led to further health complications.

I have been prescribed medical grade St John's Wort for mild depression, which was effective. This also meant I did not require drugs that could have had side effects.

I am not against the appropriate use of drugs - far from it, when needed they absolutely have their place! - but I do believe that practitioners should be able to have the choice to prescribe or recommend the MOST APPROPRIATE form of treatment.

Vitamin D for example - as well as being a required proto-hormone in the body, it has been suggested that adequate levels could be protective against bowel cancer, MS, Alzheimer's disease, to name a few; deficiency has also been linked with miscarriage and secondary infertility. As a vitamin, it could be restricted from being recommended under tighter guidelines - and what would it be replaced with?

Conventional medicine has its place, but so does complementary medicine (note the term "complementary" - it adds to and improves the options available to the prescriber and the end user) and in some cases, the complementary option is more appropriate than the conventional alone.

Please consider carefully the reasons you are choosing to consider restricting the use of complementary therapies - your reasoning should first and foremost be based on the best outcome for the patients, and nothing else.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:08 AM

To the Medical Board of Australia,

I support Option 1.

I don't know that I would be a functioning, contributing member of society after years of hell trying to work out why I was so unwell, if I had not spent the time and money to to be seen by an integrated medicine GP.

My integrative GP gave me time with longer consultations. She had far more understanding of hormonal issues and thyroid issues that were making me so ill. No other GP had the extra interest to look deeper or order more involved blood testing that finally enabled my issues to be treated. Other GPs just said I was depressed and I spent over 25 years down the track of anti depressants, counselling , and feeling like I would not live beyond 60 years old.

Once I was diagnosed by my integrative GP and started on the correct hormones and supplements that my body was lacking due to an auto immune disease, my health looked up.

I was able to commence work again. My health and sanity was restored.

My family life and ability to socialise in my community was wonderful.

I know my Integrative Practitioner works long hours and attends many seminars frequently and shares her knowledge with her patients.

She has a wonderful ability to assist people and especially children with Autism. Their lives are immeasurably altered and improved in such positive ways as she treats both mind and body.

Please don't put restrictions on Integrative practitioners. They have much to offer the unwell in our society.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:30:01 AM

To the Medical Board of Australia,

I support Option 1.

I support the choice to choose more natural forms of therapy for my family. We have used chiropractors, naturopathic and homeopathic treatments for more than 20 years. My self and my family are fit and healthy and prefer not to use pharmaceutical medicine where possible because we have the MTHFR gene which has multiple implications when toxic chemicals are used.

I consent to publication of my submission.

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.

After having extensive chemotherapy to treat NHL then a stem cell transplant to finally irradiate NHL, my immunity was extremely compromised. Infection was my death sentence. I turned to immunity support to help. Nothing on the PBS would assist. I was taking vancomycin at one point which was not working either. Without complementary medicine, I may not have lived to write this. Please do not place restrictions on Integrative practitioners, sick people survive under their support.

I consent to publication of my submission.

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.

Integrative medicine has provided immense relief from endometriosis pain and suffering. For years I bounced between GP, gynaecological and colorectal specialists, surgery after surgery - with worsening symptoms and poorer quality of life.

A combination of diet changes, acupuncture and implementation of herbs and mineral supplements, has given me my life back. The controlling nature of the MBA must stop. Ignorance to the health benefits of integrative and complementary medicine is no excuse.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 4:24 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My Integrative Health GP was the first doctor to diagnose me, at 33 years old, with Pyroluria. This condition is treated with Vitamins - LOTS of them. I was very sick, now I'm not. Thank You.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have been to many doctors throughout my 58 years to try and sort out my symptoms.

Finally through seeing an intergrative medical doctor a gene mutation was found.

Something as simple as not taking folates (which are added to many common items) has made a huge diference to my life.

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

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 9:10:39 PM

To the Medical Board of Australia,

I support Option 1.

I strongly support appropriately qualified health practitioners being able to practise integrative and complementary medicine. Many years ago a specialist gave my aunt two years to live. She went to a GP who embraces integrative and complementary medicine and he cured the supposedly incurable condition she had. My aunt is still going strong and is now 98. I have no doubt she would have died without the expertise of her doctor. Please don't allow people with closed minds to deprive sick people of the chance to become well again.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

As a daughter watching her mother suffer for years from chronic migraine pain which then lead to depression and suicidal thoughts, an integrated doctor has been the only medical doctor who has helped my Mum change her life around for the better with a change in her diet and lifestyle.

Since when has "health" been found in pharmaceutical products?

Since when should the Australian Government decide who the Australian public should seek health and medical advice?

Please, let the Australian people retain their independence and free choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 9:26:51 AM

To the Medical Board of Australia,

I support Option 1.

Doctors should be able to prescribe cannabis sources and medicine and also be able to study the natural wonders of the plant and also respect people's wishes because some may be scared or quiet as cannabis is scheduled as a drug or dangerous substance which is absolutely garbage. I have been using it to treat brain swelling and also minor bipolar and my god it's a mirical medicine. After taking the prescribed doctors medicine took me some few years to clear the suicidal thoughts and utter brain deadness from such horrible medications. I've also watched both mum and dad turn into zombies after using zyprexa orlanzopiene so many thanks for the medical board for making such a mess out of the many community's around the nation. And don't forget suicides and people undergoing treatment which leaves them none of a mess than they were even if they had some trouble in life or some heated moments. Sure you wudnt want your family a medicated mess. May aswell be vegetables. Please change the law on cannabis and throughout the medical industries. Make money off it I don't care just be humble and humane. Cheers [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:24:26 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine for two reasons. Firstly, on the basis of freedom of choice as a fundamental right in a free society. Secondly, on the basis of its proven efficacy in complementing the benefits offered by conventional medicine.

Conventional medicine excels in acute and emergency care while complementary medicine excels in preventative care and addressing ongoing issues due to its holistic view of health and wellbeing. Integrative and complementary medicine has helped my mother with Carpal Tunnel Syndrome, me with crippling neck and knee pain, my son with asthma, and many others whom I have known over the years. I use integrative and complementary medicine as a first option in every situation other than an emergency.

The MBA may have the power to impose restrictions on my right to choose integrative practitioners for my health care, but it certainly has no right.

In fact, if the MBA genuinely wanted to prioritise the health and wellbeing of Australians, it would work with integrative practitioners to develop non-partisan protocols for health management rather than pursue its self-interested turf war.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 6:12:47 PM

To the Medical Board of Australia,

I support Option 1.

I'm greatly concerned about the proposed changes to the current guidelines for Integrative Healthcare. My family and I have long benefitted from the expert guidance of our integrative and complementary healthcare providers, including integrative GPs, naturopaths, Traditional Chinese Medicine practitioners, chiropractors and osteopaths.

One case is that of my teenage daughter who suffered from poor gut health (bloating and pain), low energy, ongoing anemia and low mood. Conventional GPs were unable to help her and she suffered greatly. Thanks to the combined efforts of an integrative GP and a naturopath, who used functional diagnostic testing and then recommended a combination of vitamin, mineral and herbal supplements she made dramatic improvements in her physical and mental health.

Another case is that of my teenage son who suffered from cystic acne. Again, the conventional approach failed to help him but acupuncture and Chinese herbal medicine have slowly led to significant improvement.

In my case, the symptoms of menopause were nearly completely controlled due to the vitamin, mineral and herbal supplements suggested by my naturopath, after sending me for extensive functional hormonal and blood tests.

Our family also relies on regular chiropractic visits not only to maintain overall wellness but also to address specific areas of injury.

We believe it is our right as healthcare consumers to have access to a wide range of holistic and complementary care if we choose. All of our practitioners are degree-qualified from prestigious Australian tertiary institutions and have a wide breadth of experience. I've found that they keep themselves up to date on recent evidence-based research in a way that many mainstream practitioners do not.

I respectfully and urgently request that no changes are made to the current guidelines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

As an Insulin dependant Diabetic I have had great success & results seeing my Doctor who practices complementary medicine & I don't know where I'd be without their amazing help. There is room for both & these Doctors have so much more knowledge as they have studied both aspects of medicine & can combine. Let us have the choice not the MBA !!!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:13:12 AM

To the Medical Board of Australia,

I support Option 1.

A combination of traditional, integrative and complementary medicine has made all the difference to my health, from barely being able to get out of bed 6 years ago, to now, with almost full energy. To have practitioners restricted to just traditional approaches would be a disaster for all.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 5:50:25 PM

To the Medical Board of Australia,

I support Option 1.

Sometimes western medicine on it's own does not work and people and animals die Lost both my sister and fur baby to cancer

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 7:23:41 PM

To the Medical Board of Australia,

I support Option 1.

I rely on 'complementary medicines and emerging treatments' to treat an ongoing hereditary foot problem that I have, that is keeping peripheral neuropathy at bay. I believe that the usual doctors have not addressed the root cause of my problem and prescribe drugs that are more or less useless as a cure. I'd be facing an agonizing future of having a very painful foot condition with regular visits to specialists, and having to take debilitating pain killing drugs for the rest of my life. My uncle and aunt have the same condition and are more or less bedridden. Along with experiencing a loss of quality in their day to day lives, they are also reliant on carers paid by the government. I have benefited from the extensive research that has been done over the past few years into the problem I have and I feel that if I can keep taking the supplements I will not need to be in the position that my relatives find themselves, in thus saving the government lots of money in the form of medication and services. It's a win win situation all round.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative Health Options should be supported more. As a person with a strong family history of thyroid and vitamin B12 deficiency concerns (Both which can be debilitating if left undiagnosed and untreated) we have turned to integrative health options to maintain a happy lifestyle where current GPs and medicinal options/testing has failed us. Without this access our normal life's will be lost and we will be forced down a much harder pathway to handle our health concerns. We travel to our nearest city to access integrative health solutions as we are already limited via our regional location and this is a huge expense to us already but worth it to get the support that offers us a lifestyle of health and happiness that we deserve and can not get from our local GPs.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:29:12 PM

To the Medical Board of Australia,

I support Option 1.

I have respect and faith in GPs that also look at alternate medicine and therapies.

I was diagnosed with reflux. and the specialist prescribed Nexium.

The GP prescribed tissue salts which enabled me to stop taking Nexium.

the specialist that prescribed Nexium said that I may have to take it for many years.

the tissue salts were taken for only a year or two and I have not needed to take anything for reflux for several years.

the GP was also successful in ridding me of mucus.

I continue to see her each 6 months.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:27 PM

To the Medical Board of Australia,

I support Option 1.

I have had success in healing lymphoma from integrative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 10:53:24 AM

To the Medical Board of Australia,

I support Option 1.

Not all illnesses are straight forward and require an approach which encompasses a wide range of treatments, including vitamins, herbs and physical therapies including massage, chiropractic and acupuncture, which have been well researched and proven to help. Perhaps the government needs to put money into more research of these treatments instead of banning them. The natural world is a medicinal paradise which should be utilised just as much as the big pharmaceutical companies which are making big bucks and swaying the government with big donations. I have fibromyalgia and several autoimmune conditions. The pharmaceutical drugs made me sicker so being guided by my GP on what vitamins and other natural therapies I need has been essential. I would like to see these therapies, along with diet and exercise, being recommended by GPs more not less.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:37:34 AM

To the Medical Board of Australia,

I support Option 1.

For many years my husband and I were trying to have a child through ICSI IVF. We had many failures and it was tough. After talking to people that I knew had done IVF they said the key difference for them was acupuncture, Chinese herbs and naturopathic medicine. I discussed this with my doctor and he had cards in his office for a fertility acupuncturist and Chinese Herbs. My husband and I proceeded with this and the next time with did IVF we feel pregnant after 3 years of heartbreak I wish I had of know sooner to try this alternate medicine to compliment modern medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 9:29:35 PM

To the Medical Board of Australia,

I support Option 1.

Dear,

I urge you that it is against public interest to practically censor holistic approach to healthcare.

Me and my family had benefited greatly from it. Where allopathy lacks, complementary healthcare fills in.

No GP could help me with my monstrously swelled and painful feet. They were out of advice. Naturopath helped.

If there was not for my integrative GP, I would be having my hip replaced already at the age of 32!

The proposed changes would impact negatively on my health.

You would be responsible for the worsening of my health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 11:52:41 PM

To the Medical Board of Australia,

I support Option 1.

Patients have the right to choose their own methods of treatment and medication. Conventional (so-called) mass amounts of anti-depressants almost killed my mother 20 years ago. Putting her on "natural" ones brought her out of her depression and gave her several more years of life. Integrative doctors have (from my experience) much less interest in making money and much more interest in helping their patients heal with as few toxic chemicals as possible. Please leave things as they are.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 16 May 2019 3:15:28 PM

To the Medical Board of Australia,

I support Option 1.

My health journey over the past 30 has mostly involved integrative and complementary health practitioners. This has included accessing qualified Chinese Medicine, Naturopathy, Acupuncture, Chiropractic and Integrative practitioners. It has been my choice and it is my democratic right to choose.

I choose to try and stay well so I utilize the skills and expertise of people who can help me on this journey. I am also very well informed through reading and consulting the people with the experience in general wellness practice.

I choose to mostly not use prescription or over the counter drugs because I personally do not believe GPs or specialists truly know what they are prescribing. And I choose not to attend a medical practitioner who can only give me 10 minutes to understand my medical situation. The only time I do is when I attend an integrative GP to have yearly blood tests to ascertain how my health is tracking. She understands why I want to do this and provides advice on the results. I have managed various health issues under guidance and have mostly been cured or at the very least found drug free relief. My health is generally very good (I am not perfect nor a zealot). I have private health insurance and my only claims are for the complementary options some of which were wrongly banned by this government.

Some years ago I got Ross River Virus and the GP who diagnosed the problem gave me a script for Panadeine Forte and said there was nothing more he could do. I said not good enough. So I went to a Naturopath and together we formulated a diet for me to try - mainly an arthritic alkaline diet with Vitamin C and magnesium supplements. Within 6 weeks the symptoms had gone. Others in my community who were also diagnosed were sick for over 12 months. One lady was about to be sent to Perth for chemotherapy as a last resort. I told her what I did - she consulted with another Naturopath and subsequently recovered in a matter of weeks and did not have to have chemo. Are you really going to stop access to complementary practices over the 'medical' option of strong and dangerous pain killers and worse?

There is absolutely no reason to change the status quo that enables enlightened doctors to utilise integrative and complementary medicine. Most of these practitioners are well qualified in this field, spend significantly more time with their patients and achieve real and lasting health outcomes for the people who choose to consult with them. For me it is a much more pleasant health journey than the pressure I feel when visiting a GP knowing I have to speak quickly, will forget to ask important questions etc because I only have 10 minutes. If the MBA think that this is adequate health servicing then so be it. I choose not to accept that as best practice and I am always amazed that the MBA thinks that is adequate.

It is time that the MBA starts to treat the integrative and complementary practitioners with respect. They are open minded and understanding of the alternatives to prescribing a cocktail of drugs including diet and supplementation and gut health. Why is this so wrong?

Please stop these few uninformed loud voices from taking away my right

to choose and integrative and/or complementary health practitioner .

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 12:41:20 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. I have been a practising Physiotherapist for 30 years in a country town in W.A.

I have had Graves disease for 10 years, which was only partly controlled by prescribed medication from my Doctor, and I was advised to get my thyroid removed. I sought out a Naturopath and Nutritionist who helped me with dietary changes and supplements to put my condition into remission.

In the past three years I have had menorrhagia associated with peri-menopause. My Gynaecologist advised a Novasure procedure under anaesthetic which I went ahead with but the procedure was unsuccessful. I was then advised to have a hysterectomy.

I did not want another procedure, so I went to a functional GP who tested my hormone levels and advised me to use Progesterone cream, a bio-identical hormone, and some other supplements. This immediately improved my symptoms, and with some further treatment from a Chinese acupuncturist the menorrhagia is completely cured. I find it disappointing that the Medical system would prefer that I go through another anaesthetic and surgery rather than use some relatively simple complementary therapies that will completely cure my problem.

As a Physiotherapist I have used dry needling/acupuncture with great success for many patients, even though this may be considered an alternative treatment.

At the age of nine, my youngest son became unwell after a blastocystis infection and giardia infection. He was treated with several courses of antibiotics, but did not improve. He became very unwell with chronic constipation, stomach pain, nausea and lethargy. The Paediatrician treated him with laxatives, and a bowel washout in Joondalup hospital which did not change his symptoms. Over the following year, he was treated with more antibiotics, and more laxatives with worsening symptoms, and another bowel washout. After a year and a half of no improvement and a progression into severe Irritable bowel/reflux/nausea/stomach pain, my son had an Endoscopy which was inconclusive and therefore he was advised to attend a Psychologist to learn to cope with his Irritable bowel symptoms. His constant diarrhoea meant he had to start SIDE distance education at home because he could not attend school.

I realised the medical system was failing us, as my son was a happy well adjusted country boy who loved his motorbike riding and had many friends- he had no mental illness issues, but because he did not fit a diagnosis he suddenly was pushed towards treating it as a mental health problem. We had consulted with a dietician who suggested a FODMAP diet which only helped him slightly. On consultation with a third Paediatrician, he said my son's history was indicative of Post infective Colitis, and a colonoscopy should have been done a year ago. He was very supportive of dietary change, as he had other children respond well to elimination diets.

I researched thoroughly, and sought out the help of a Naturopath/Nutritionist who completely changed his diet to a SCD diet

which is currently being used In Seattle Children's Hospital for gut disorders. His chronic diarrhoea, meant he was needing supplemental vitamins and probiotics to restore his health. Within 3 months of this treatment my son was greatly improved, as his gut micro biome was severely compromised and needed dietary changes and supplements to heal. We continued with the SCD diet for two years and he is now a very happy teenager with completely normal health and a restored Micro biome. I therefore concluded after two years of trying the regular medical system, that my son would not have improved and would have continued to deal with chronic irritable bowell and the possibility of becoming another mental health patient.

This is a sad indictment on modern medicine, which is only just admitting to the knowledge of the damage multiple antibiotic treatments can do to a human micro biome.

In conclusion, as a Physiotherapist who has treated many patients privately and in the hospital system, there is an arrogance by the mainstream medical system that presents to the public as the only path to healing. When that system fails, the public have a right to seek full health through alternative means ,without prejudice. I believe our health budget will continue to explode , because the mainstream medical system has tunnel vision. As a mainstream practitioner, we should be working alongside complementary practitioners to help people regain their health. I support the right for all of us to make our own practitioner choices and I encourage the growth of functional medicine in Australia, for far improved health outcomes.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 12:04:21 AM

To the Medical Board of Australia,

I support Option 1.

I believe as individuals we have the right to choose what medical treatment we wish. I have witnessed how Big Pharma in USA controls medical treatment and am horrified that Australia may follow suit. In my short life I have seen a friend cured from cancer using alternative therapies and after being told by doctors she would be gone in 3 years is still going strong fifteen plus years later, using bush medicines, teas and herbs. My sister who spent 9 months on heavy duty antibiotics and drains hanging from cysts in the pancreas is now drain free with cysts shrunk to manageable proportions by drinking pawpaw tea a brilliant natural antibiotic.

The origins of medicine came from "Let food be thy medicine and medicine be thy food" Please let's be thankful for the brilliant minds and the wonderful technologies we have in medicine whilst remain humble in that we don't know everything and Mother Nature can still supply many natural remedies that are not quackery but simple solutions to complex issues. Maybe if we changed our diets back to simple organic unprocessed food we may solve many of the world's current medical epidemics.

Please, let's keep it simple and allow freedom of choice. Stop legislating everything to the nth degree leaving us with no personal freedom at all.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Please keep the current guidelines concerning integrated medicine as they currently stand. A close of friend of mine who has a genetic predisposition to cancer, was diagnosed with triple negative breast cancer, her fourth primary cancer, nearly a couple of years ago. Due to her choice to incorporate both traditional and integrated treatments, she was able to come out the other side with her health better in tact than if she only did traditional treatment. She is for now cancer free, though she knows it's only a matter of time before another cancer comes back. In the meantime, her quality of life is high, she's active and able to continue pursue her passion in life. She's not just alive, but living and she owes it to her integrated treatments.

She is an inspiration and has learned wealth of knowledge from her integrated doctor that she has passed on to me as I am also at high risk for breast cancer. However, I hope with her knowledge that I can mitigate my risk and should I require treatment one day, that I can also incorporate integrated options as well. Please keep all options and choices for doctor and patient open.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 14 May 2019 3:38:44 PM

To the Medical Board of Australia,

I support Option 1.

I have been seeing an integrative medicine doctor for the last 12 months following chemo and surgery to address gastric cancer. Let me say that my general well being has improved dramatically since being placed on a course of natural supplements. The treating oncologist and GI surgeon had no solution or plans in place to address the the many adverse symptoms following surgery and chemotherapy whilst my integrative medicine doctor addressed these one by one.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:14:03 AM

To the Medical Board of Australia,

I support Option 1.

I am writing to you to point out my individual concern regarding removal of complimentary medicines. As a person who is allergic to antibiotics I have alarm bells going off. When I visit my medical practitioner with a chest infection he can't prescribe antibiotics to me I have been informed by many medico's they can't help me, this thought leaves me with no faith in medical practitioners . But I have found a practitioner that will suggest things like olive leaf. I have had seizures in the past due to infections which can't be treated by conventional medicine, thru the support of my gp and natural therapist I am able to maintain my health to put everyone under the same umbrella for health issues is ridiculous we are all individual not clones. We all have a right to choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 10:56:07 PM

To the Medical Board of Australia,

I support Option 1.

I support option 1. My reason for this is, as a stage IV (terminal) Breast Cancer person who's body does not and never has reacted well to the chemicals of todays modern medicine, find that utilising alternative therapies while using the standard of care medications make my life bareable and helps to keep me comfortable. These complimentary alternatives have, on many occasions, proven their worth to me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 11:07:25 PM

To the Medical Board of Australia,

I support Option 1.

My normal doctors were at a complete loss as to why I kept fainting and fatigued. Only since I sought homeopathy, naturopathy & integrative medical practitioner did I work out my problems and how to improve my health. Same for my children. If it weren't for the alternatives my children and I would be fronting up to normal doctors time and time again, having test after test and getting nowhere. This would be a huge drain on the medical system and would remove 3 people from being active participants in the community. That makes no sense at all. Just like autistic children struggle with normal educational processes, there are many people like us who just don't respond to "normal" medical processes.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:10:27 AM

To the Medical Board of Australia,

I support Option 1.

I have a neurological condition which gives me a lot of pain.
I have not been able to take the usual medications due to side effects.
I use alternative and complementary medicines (all of massage,
pilates, homeopathy, and herbal medicine) under the approval of my gp.
These help reduce my stress and pain levels overall.
I think a person's overall health and wellbeing should be covered by
my private health fund, and gives me the chance for whole person
wellbeing.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 5:58:35 PM

To the Medical Board of Australia,

I support Option 1.

The mainstream medical treatment style is very much wait for something to go wrong and treat it. This is great for pharmaceutical companies. The approach should not differ from crime and prisons. Try to have a healthy happy population using preventative medicine rather than treatment and more hospital beds. Why would you restrict my access to top quality preventative medicine. My personal circumstances mean that through identifying certain foods I am less reliant on asthma and blood pressure medication. These conditions are not related to poor choices around smoking or excess weight and that is really as far as my mainstream doctors went prior to putting me on medication.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 4 June 2019 8:11:44 AM

To the Medical Board of Australia,

I support Option 1.

Choose to use the same form of choice as the British Royal Family and their vets. Homeopathy is well tested and gentle. Main stream medicines does not have these gentle and non toxic medicines in the way they are prepared..I choose to also you Chiropractic practices as they have saved my back for 60 years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 6:47:26 PM

To the Medical Board of Australia,

I support Option 1.

My son had a seizure 18 months ago after a long history of sleep apnea, rashes, random tummy pains, behavioural problems etc. The medical system had no answers after an ECG and EEG. After the seizure followed a series of neurological problems including ticks, extreme behavioural problems, extreme stress and tense muscles, restlessness, inflammation and fatigue. I took him to my very educated and researched chiropractor who worked on his nervous system which was not doing very well. The improvement behaviourally was quite something. Within days his behaviour was improving. Within a week his ticks were gone. After taking him off dairy (which no doctor had ever suggested) his rash improved by around 80%. With continued work from the chiropractor he kept improving but got to a point where you could tell that these were symptoms... not the problem. After something negative my son said my chiro put everything together and suggested he be tested for pyroluria, so my journey with a naturopath began. His test came back positive and he was given supplementation. Since then he has been on a journey of coming down from his flight or fight responses, he does not have any sign of rash anymore, he is not on high alert constantly. He can tell when he is in pain because he is not always so tense anymore. He no longer has sleep apnea... however he did have another seizure like episode recently,, which the doctor and chiropractor do not believe is actually a seizure. This time he felt pain in his stomach and was extremely pale before and even more so after until he went to the toilet. After doing a poo he was perfectly normal again within seconds. The medical system said to take him home and bring him back if it happens again. I asked for parasite testing or vitamin and mineral testing... something to see what was happening in his tummy but they said no, that would have to be something I did externally. I went to my naturopath who has ordered a full test kit for parasite testing, gut bacteria, gut permeability ie IBS or leaky gut and full vitamin and mineral analysis testing. We have recently started seeing a reflexologist. Every time he comes out from his appointment he is extremely relaxed and has a sense of calm which is rare in a boy his age... especially with his problems. I have also booked an appointment to see a holistic paediatric gastroenterologist to check out his tummy. We are still on our journey but without the help of our holistic medical community I would be feeling very alone as the standard medical community shut the door on us when they couldn't diagnose him. I can only imagine where he would be now without the holistic health help he has received. I almost wish I had documented and video'd everything that has happened so I could show people his journey and how very important our holistic health community is. In my opinion it can only be a good thing to integrate medical and holistic approaches to medicine. It would save a lot of time, money and heart ache for patients like my son

I consent to publication of my submission.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 8:27:47 PM

To the Medical Board of Australia,

I support Option 1.

My quality of life would be drastically reduced without integrative medicine. My doctor guided me to the right combination of medication, supplementation & mindfulness practices. I manage my auto-immune condition effortlessly while contributing fully to society (work full time etc) - something I couldn't do before. Please increase the number of doctors practicing it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 5:40:51 PM

To the Medical Board of Australia,

I support Option 1.

I believe that integrative and complementary medicine alongside conventional medicine is vital for the best choices for people's health. There appears to be more and more research suggesting that there is a connection between the gut and our body's health, which includes our brain health. Medicines often have side effects and alternative ways to treat issues when prescribed medicine has failed them, is vital as a choice for people. My daughter has gut issues, such that with stool testing, she has a parasite and elevated levels of four bad bacteria and a yeast overgrowth. She is not in a position to be treated by antibiotics, as her gut is too weak, so she is on a more natural protocol which is more gentle, otherwise the side effects of the antibiotics would have been too debilitating. Meanwhile, her sister had two parasites three years ago and was able to treat them with two kinds of antibiotics.

One daughter also had gene testing which identified and explained why she struggled so much with taking certain classes of medicines, as her genes were such that they did not respond well to them. The side effects were debilitating. She suffered weight loss, poor sleep, enhanced anxiety and bloating.

An integrative doctor identified that both my daughters have Pyrrole Disorder and we have been supplementing with zinc and Vitamin B6. This has assisted their mental health.

My 2 daughters have also been diagnosed as being non-coeliac gluten intolerant, such that they would have suffered digestive issues for life, made worse over time from the damage from the inappropriate foods they were eating, which was creating a state of permanent inflammation (oxidative stress). Now they are aware and adjust their food choices accordingly.

My husband was treated for psoriasis without prescription medication. Adjustments to his diet made a big difference, predominantly increasing his intake of leafy greens, reducing red meat and dairy.

He always ate fairly well, but the Western diet is not the healthiest as it is full of processed foods with numerous chemicals added. He has been able to resume the foods he had to minimise at the time.

My mother has Rheumatoid Arthritis and prescribed medications have had patchy results. More holistic actions have served to help her along the way.

My whole family would very much like to see option 1 adopted, as we have personally benefited from it in numerous ways.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 7:08:28 AM

To the Medical Board of Australia,

I support Option 1.

Integrative & complimentary medicine has help me after 10 years of chronic pain and I would not be here now without that type of treatment. That has affected me but also the people around me, family, friends, colleagues. To restrict these choices is to don't give other patients in similar situations a choice, another viable alternative. We should all be able to choose the right treatment for us and with all these changes, I keep wondering what is the point of having private insurance and paying big bucks every month if you can even choose what is the right path for us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 6 June 2019 10:28:35 AM

To the Medical Board of Australia,

I support Option 1.

I take a holistic approach to my health and have done for decades - on advice of complementary-medicine practitioners, I take supplements for arthritis, vitamins, gut health, etc. I also eat whole foods, exercise regularly and take overall responsibility for my health. I consult my GP for advice that alternative practitioners cannot provide, such as blood pressure, cholesterol, skin cancers, heart health, etc and it is important for my GP to be able to advise me about the choices I am making without being restricted as to what her profession, unnecessarily, decides is allowed to be discussed.

At age 72, I am in good health WITH ADVICE FROM BOTH MODERN MEDICINE AND TRADITIONAL MEDICINE PRACTITIONERS. I believe my GP should be able to take my complementary medicines into account when advising me on my overall health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 29 May 2019 8:24:48 AM

To the Medical Board of Australia,

I support Option 1.

I am concerned about proposed changes to integrative medical practitioner guidelines. I have stage IV breast cancer and have used and still use a number of different complimentary/alternative therapies concurrently with conventional treatment.

The complimentary therapies I use have been recommended by an integrative GP, naturopath, nutritionist and research project scientists. All of these therapies have a sound basis in science, I have read countless pages of research papers. Just because these studies were not done in Australia does not make them invalid.

Many of these therapies are widely used and accepted in other countries, who have an open minded and wholistic approach compared to Australia.

My integrative GP has recommended a process called EFT to cope with anxiety. There are many studies in USA where this therapy has been extremely successful for patients with PTSD.

On the other hand, my appointment with a psychiatrist had only recommendation for more medication, which concerned me greatly when I am already in the stages of liver failure.

I had dangerously high loads of heavy metals in my body, which have built up over the years due to drugs provided to me by my regular GP & oncologist. Working with an alternative practitioner, I have completely reduced my mercury poisoning, halved the aluminium and arsenic load and reduced the lead toxicity. If I had not had the support to do this, I would be dead.

In August last year I had radiation for a brain metastasis. I became extremely fatigued and lost a lot of weight. I was 45kg and unable to move from my chair. My husband was telling family and friends that I would not live to see Christmas. I survived until January in this terrible state.

As a result of an alternative treatment that I started in January, I have since put on 10kg. I am able to undertake small tasks such as put on washing, make simple meals, pay bills. Yesterday I drove my car for the first time in 11 months. I can take my dogs for short walks and play with my grandsons. We recently went to the Great Barrier Reef and I was able to go snorkelling which was a life long dream.

This is SOLELY the result of alternative therapies. That you would deny this quality of life to others, and keep feeding them drugs until they die, is simply disgraceful.

De-registering these practitioners, or limiting their practice in some ways does not make any sense. People will go to what ever lengths they have to to try and find a cure or improve their quality of life. These

practitioners will simply go underground, where you will not be able to monitor them at all.

Or patients who are desperately ill will be forced to travel overseas for life saving treatments. Shame on you!

You only have to look at the debacle around medicinal cannabis. Even though this is now legally available in Australia, it is difficult to access, extremely expensive and of questionable quality. There are estimated to be hundreds of thousands of people using illegal cannabis products to support their health. These are either sourced on the black market or home grown. A lot of people are being ripped off by unethical people operating in the black market. Exactly the same thing will occur if you restrict access to alternative therapies.

This is a poorly thought out plan and will damage the well-being of thousands of people who rely on these practitioners for support.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 16 May 2019 9:40:11 AM

To the Medical Board of Australia,

I support Option 1.

To all who are concerned,

My need for the use of medicine was limited until I was 42 years. I came from a family where our mother gave us good food and routines which kept us wholesome. However when I reached my 30's-40's my body got tired and I started taking supplements, fish oil, aloe juice, green tea, protein powder etc which helped me so much to regain vitality and good health as the food which we ingest does not contain the necessary nutrients for our body to function at full potential, which is something that we all require to enjoy our participation in life.

In my 40's I also had a serious car accident in which the Doctors and surgery assisted in reassembling me, supplements meant that this occurred more quickly and with better results.

As I get older more gentle remedies are required to assist in preventing disease, rather than a prescribed pill whose side effects are labelled and are worse than the initial complaint!

Doctors only can do what they know or are supported to deliver.

Respect for traditional Chinese medicine and acupuncture needs to be acknowledged.

Let the people make their consumer choice, where they can access resources available for all by all.

I look forward to being able to access more alternative medicines as every requires something different and the freedom to provide and access these options is what democracy and capitalism can support.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

After years of symptoms and a particularly difficult few months, I was finally diagnosed with Pyrrole disorder and have since been taking a compounded supplement (for around 1 year). I saw improvements immediately with no ill side effects, and most importantly, this supplement means that I do not need to take (and become dependant on) anti-anxiety medication. This supplement has calmed years of symptoms and allowed me to have my life back without the extreme physical symptoms of anxiety disorder. Please consider the people this will effect if the current guidelines are changed.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 5 May 2019 8:59:29 AM

To the Medical Board of Australia,

I support Option 1.

I need integrative medicine for my chronic health conditions: chronic pain, anxiety, depression, spinal injury, ulcerative colitis, chronic gut illness, painful periods, and headaches. Conventional medicine alone only treats about 25% of these ailments. I don't want to get dependent on opiate painkillers, benzodiazepines or nerve pain medications again, and I will if I don't have access to some wholistic alternatives to manage my anxiety and pain.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 9:21:44 PM

To the Medical Board of Australia,

I support Option 1.

I have used acupuncture a number of times and it provided successful treatment when a hand surgeon offered to operate with only 50% chance of success.

I have been doing Feldendrais for many years and find that it strengthens the muscles around my spine, is good for shoulders and hips and fixed a mild rotator cuff tear. It is definitely good for the "ageing body" as it is gentle but uses many muscles in one session. I used to be able to claim most of the cost on my Health Fund but no longer. Preventative medicine such as this is much better than adding to the ageing health budget.

I consent to publication of my submission.

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.

My husband has been hospitalised since 9th November 2018 and remains in hospital. We have tried all anti nausea medication in this time and we have had to resort to complimentary medication as at one stage was on 5 prescription anti nausea medication. The nausea is from a routine brain tumour surgery with the daily after affects of nausea. We have been on complementary medication for a few weeks now and has changed his nausea to less, we are still twinging the dose for him but I can see signs of improvement all ready. As a patient you should be able to use whatever works for you and to give you the quality of life that we all deserve.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 12:54:39 PM

To the Medical Board of Australia,

I support Option 1.

Please do not go down the path to narrowing the options for patients who wish to avail themselves of treatment protocols that are not reliant on pharmacological and surgical intervention.

To imagine that these two options are the only responsible treatment options to consider is ridiculous, and if you do this you will be pandering to the pharmaceutical industry, which is a multi-billion dollar industry that will defend its territory to the death, without a care who's death it is.

I personally have a couple of auto-immune conditions, and also macular degeneration. I am doing pretty damn well with both, and it is because of my own research and nutritional and lifestyle interventions...NOT as a result of anything that the medical profession has been able to do for me. They have been useless, and if you choose to narrow the boundaries of treatment options in Australia, then you will be making the situation even worse.

I am presently on the lookout for a more integrative doctor to be my general practitioner, and I am most unhappy with the fact that this alteration to the guidelines is even being considered.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 10:37:08 AM

To the Medical Board of Australia,

I support Option 1.

In 2016 I had 4 strokes the drugs I was put on made me extremely ill - the Statins gave me extreme severe cramps - the combination of drugs had a severe and extreme impact on my gut. If I had not been able to go to an Alternative Doctor to sort this out I would not be alive!!! It took 18 months to reverse the extreme damage the drugs had on my system. If a GP was able to look at the **WHOLE BODY** not the symptom all well and good but they are no more than prescription fillers - they do **NOT** consider gut health, emotional health, or anything else. You have **NO RIGHT** to take away our choices. We are **INTELLIGENT HUMAN BEINGS** not some child you have to guide. Just stop this massive onslaught on peoples right to choose what feels and is right for them. We have **NEVER** had such bad health in people and that is largely because they do not take responsibility for their own choices and health and you are trying to erode that choice even further **STOP IT**

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 8 June 2019 1:19:46 PM

To the Medical Board of Australia,

I support Option 1.

Please understand that there are many patients who use and need alternatives to main stream PBS medications and treatment plans. A GP who cares for his patients will explore all avenues to help them. If you restrict the treatments that a GP is able to offer how can they care for their patients health and help them to be well. 15 years ago I was told I needed a knee replacement - a very costly operation for the government as I did not have private health insurance. I chose to explore an alternative route and have used chiropractic treatment, massage and supplements since that time. I am well and do not need a knee replacement. How has my not opting for surgery hurt or harmed anyone? To deny alternative treatment methods is ludicrous.

I consent to publication of my submission.

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.

To Whom it may concern

I have spent years suffering from anxiety and illness related to hormonal imbalance and digestive problems. In this time I have seen one conventional Doctor after the next, at the cost of the Medicare system - none of which could give me a diagnosis. It was an MD that informed me, conventional medicine could not identify the cause of the Fibroadenoma cysts present in my breast tissue, and not to worry unless they kept growing. Oh yeah, and that there is a chance they could become cancerous. Desperate for answers, I sought the help of an Integrative Physician who finally provided me a diagnosis and treatment plan which has given me my health and productivity back. I am not alone. I have countless family member and friends who have had similar experiences, who owe their health and ability to contribute to society to herbalist, naturopaths and Integrative Doctors. I am strongly opposed to these proposed changes which in my eyes will restrict citizens access to healing, and be an attack on the freedom and well-being of our nation. Very sinister indeed.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 10:41:31 AM

To the Medical Board of Australia,

I support Option 1.

To Whom it May Concern,

The last time when a doctor prescribed me antibiotics I was covered in a rash from head to toe for 6 months. It was then that my doctor acknowledged that I am highly sensitive to medications. I battle with constant illnesses and it's only through a combination of natural medicines and pharmaceutical medications that I come good. Every time I need pharmaceutical medications I must be incredibly careful so not to cause an allergic reaction in my body. Having stuck to mostly natural remedies and only using the pharmaceutical options occasionally has been the only way I been able to find solutions to keep me well. I'm so grateful for a doctor who works this through with me. Previously I was tying up beds in emergency on a regular basis unable to work out the problem. I am now grateful for much much less ambulance trips through integrative medicines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:05:42 PM

To the Medical Board of Australia,

I support Option 1.

I have found complementary medicine to be invaluable, particularly with regards to my husband.

Try getting him to go to a GP about his weight and blood pressure for example and the avoidance tactics are an art form! Even if he agrees, he comes away with a nice, general idea of having to lose some weight, do some exercise etc. All a bit vague. There is not enough emphasis on the prevention of disease and small manageable steps for him to take now.

By contrast, when I sent him to a naturopath he was not intimidated and due to the longer meeting time and holistic approach he came home far more committed to losing weight and with a programme of how to do so.

To be able to send him to a GP who understands and incorporates complementary medicine (and there are not enough around at the moment), would be an absolute advantage. The best of both worlds.

To think that the government might take this away, rather than instead rolling out more integrative medicine is quite frankly disturbing.

For myself, no conventional practitioner has been able to help me with my weak lungs and I have been looking for someone to help for decades. My naturopath, through a combination of herbs and analysing food intolerances has finally solved this.

I feel that as an educated person, able to vote in an election, I should also be able to have the choice of utilising complementary medicine.

I am lucky in being able to afford to see a naturopath, but this proposed bill would disproportionately affect the less well off and take away their chance of accessing complementary medicine options. That is unfair.

I consent to publication of my submission.

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 have been treated for hypothyroid for 20 years with GP telling me I'm fine according to His inadequate testing and medication. I got so sick I thought I was dying, went to an integrative GP and I feel better than I have for 15 years.

This is the most ridiculous plan I've ever heard of it's a backwards move and makes me wonder whether the government has the people's best interests in mind...well actually they can't possibly it's Madness.

Regular GPs don't understand some conditions and have a get 'em in get 'em out attitude, some conditions require thinking outside the box which is why people who aren't being helped by traditional medicine look for answers elsewhere ie Natural Therapies.

The MBA should not be discussing this with pharmaceutical invested groups but with the public, we pay for the healthcare system with our taxes and it's outrageous that this is happening.

The health minister is of the people and should act for the people.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am absolutely astonished at the ongoing attack and degradation of my choices in relation to my health and well-being. First you remove my ability to seek financial support of my choices through my PRIVATE Insurance; now you are dictating that other qualified practitioners, doctors trained in Western medicine who have chosen to learn more about how to help their patients, may not offer these so called "alternative" medicines/support. This is an outrageous denial of my human rights to choose how I live.

I have been using homeopathic remedies and supplements for more than 35 years! My GP contacted me awhile back to come and see her. When I did she complained that she hadn't seen me in years. I explained that I only go to the doctor (her) when I am sick and need her help! I also explained that I did not wish to waste her time idle the taxpayers money as I did not need her! On the other hand, there are certain (high quality) supplements that I do need on an ongoing basis which are highly beneficial to me and my health. One example is when on the advice of a naturopath, I changed my diet and added a specific supplement to reduce my blood sugar and cholesterol levels. This was enormously successful (to her shock) and I had NO adverse side affects (versus the time when I was using statins to reduce my cholesterol only; which had an enormous negative affect on my health/wellbeing.

How dare you presume to know what is right for my body.

I am ever grateful to my highly trained naturopath who supported me and my body during the very traumatic chemotherapy and radiotherapy I underwent for breast cancer-I don't know how I would have have recovered without that ongoing support.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:20:11 PM

To the Medical Board of Australia,

I support Option 1.

I had chronic neck pain for years a Physician charged me 280\$ to tell me that my condition will only deteriorate. I was luckily through holistic therapies including Bowen, Feldenkrais and Occ Therapy , after 5 years to be pain free. My GP had NOTHING to offer as did a very expensive Pain Physician.

My partner has chronic fatigue, a debilitating condition that affects women in particular. Her GP takes an integrative approach, providing longer consults and using supplements and medicines that are not always known to other practitioners, after many years of treatment her health has improved. She has found Bowen , Yoga and Feldenkrais to be very beneficial. I completely support option 1. It was terrible that complementary medicines were taken of my ancillary health insurance, so much for market choice !

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 8:52:19 AM

To the Medical Board of Australia,

I support Option 1.

To the MBA.

I am a registered nurse, was married to a GP and have a son and daughter who are surgeons.

I have worked with and been around the medical profession all my life. I also have Chronic Fatigue Syndrome and other autoimmune issues that traditionally trained doctors have no idea about.

GPS have no idea how to treat CFS - no education or knowledge. It's a disgrace when 25% of sufferers are house/bed bound.

THE ONLY practitioners who have really healed my health are Intergrated Practitioners, naturopaths and CST physio.

Keep your hands off the real healers who treat the whole patient and are not limited by your narrow minded approach to the human body!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 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.

I support patient access to Integrative and complimentary medicine because it provides supportive, therapeutic options for people.

Contemporary medicine can be fragmented and specialised lacking a holistic approach.

I have personally in conjunction with medical advice sought physiotherapists, Naturopaths and Chiropractic treatments. More recently cervicogenics for migraine management. These treatments offer additional benefit or greater success that has reduced need for sick leave, enhanced my wellbeing and enabled my own contribution in the health system as Nurse/ midwife.

To rob people of these choices seems criminal. These are valid specialised areas of merit to wellbeing and as a progressive Country in Medical spheres it would be a huge backward step for Australians to have these service limited and I would be devastated to have these options compromised.

My friends, family and patients all benefit from these and I cannot imagine life without these sharing equal part in wellbeing maintenance.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 10:13:33 AM

To the Medical Board of Australia,

I support Option 1.

I am a consultant pharmacist, sessional academic, diabetes educator and pharmacy owner who has been practicing for more than 30 years. After a personal experience of Ross River Virus and complete faith that conventional medical could heal me, I was wheelchair-bound, unable to work and had to admit that every intervention was useless. TCM including acupuncture regained my health and opened my mind to the world of integrative medicine, which has a longer history and more evidence than conventional medicine.

For five years now I have been an integrative practitioner focusing on gut health, the microbiome and evidence-based CM.

The three pillars of evidence based practice that UK, USA and Australia adopted more than 20 years ago are: clinical expertise, current best evidence (research) and client/patient perspectives. So what a patient wants is equally as important as the best evidence. We're taught to practice patient-centred care so let's continue to do this by focusing on what the patient wants, not what the MBA wants.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 7:13:09 PM

To the Medical Board of Australia,

I support Option 1.

I have been nearly wiped out from medications and the result was near death with pulmonary embolism. That was because I was prescribed Yasmin. I bleed from steroids and react to anti-depressants in a negative way and also chronic fatigue from heart conditions. I nearly died again after taking warfarin. It was only that I was able to get better through integrative medicine. To take this away is devastating a healing pathway for those that can't take western medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 2:06:07 PM

To the Medical Board of Australia,

I support Option 1.

I support Integrative medicine and currently am under the care of a practitioner for 2 of my children who suffer debilitating psychiatric and physical symptoms.

We have been suffering for almost five years and for the first 3 1/2 years sought medical help from only mainstream medicine through psychology and psychiatry. Our children's symptoms only progressed to worsen and we found little relief and limited resources.

Through accessing Integrative medicine we have a clearer understanding of our children's brains and body systems and are able to supplement them. We are able to meet regularly to assess and reassess treatment plans and are given a lot of time and support.

And we are able to do this alongside mainstream treatment not in place of.

I believe it is a 'no brainer' as the two treatment options can exist together.

Without Integrative medicine I do not believe my children would be functioning.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:39:40 PM

To the Medical Board of Australia,

I support Option 1.

I have used a combination of medical and alternative therapy for myself and my family for years. My parents were the same and many of my siblings. In my experience it doesn't get any better than that. It is proven that natural therapies assist us to maintain good health but hereditary illness and disease are still a factor that need medical assistance. Surely anything that would help a person to stay physically well and avoid unnecessary strain on the medical system should be supported? Eating healthy and exercising are deemed to keep us well so why wouldn't you support practitioners who are not only advocating that but also supplementary medicine that keep people out of the medicare system. I personally have stopped having to use the medicare system aside from regular doctors visits. I have manage mental illness and fibromyalgia through my doctor who supports integrative and complementary medicine. I have reduced the amount of medication I need and I no longer require psychology and other medicare supported treatments. Instead I have been able to return to work and even as a single parent have been able to fund my own private health and seek alternative therapy such as acupuncture, massage and kinesiology. I wouldn't be where I am today without those treatments and yet 2 of them are not longer covered by my medical fund due to government changes so I am about to cease my cover. Doesn't this indicate to you that something is out of balance. Please take my experience and realise that integrative and complementary medicine has so much more to offer to help people long term. I would not be where I am without the support of my doctor and the alternative therapists that I have been to. Please don't place any restrictions on them. We need them!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:06:15 AM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/madam,

I am writing to you to express my opinion for integrative health guidelines to remain as they are.

I fully support the dominant medical model. It definitely has its place in my families lives. Especially in times of medical emergency. However, there have been times where I've sought alternative paradigms as traditional medicine has been unable to help me.

For example, with chronic health issues, acupuncture and kinesiology have led me towards recovery, when prescription medication simply didn't work at all.

Integrative medicine is most powerful. A combined approach for my chronic health issues, with an integrative Doctor has been the best way forward, combining different modalities. Again, a traditional Doctor couldn't help me but an integrative Doctor could. There is so much power in this approach to health and wellness for me.

Additionally, rather than turn to antibiotics, which are evidenced to negatively impact the gut, we try natural remedies first. This includes homeopathy and herbal medicines. Sometimes such methods are suffice and sometimes not. I appreciate being guided and trying such first to reduce use of antibiotics, reserving them for the times we really need them. And therefore they work well and with least harm. This approach works well for my family.

In posing new guidelines, I feel my wellness would be negatively impacted. You need time for any practitioner to get to the root of the matter. Ten minutes is nowhere near enough. The proposed guidelines are very disappointing and I'd love to hear the justification for them?

To me anything else than the current guidelines simply doesn't make sense.

Please don't take away my right to access the treatments and rely on for my holistic recovery.

Thanks for reading.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 4:16:33 PM

To the Medical Board of Australia,

I support Option 1.

I have several conditions for which I rely on Complimentary Medicine. Long going spinal problems were severe following injury & surgery & now Chiropractic has these well under control. Further, regarding an unrelated severe condition near my spinal cord, diagnosed in 2011, I was told by a Neuro-surgeon that in 3 years I would be confined to a wheelchair. I have worked very hard with Chiropractors, Massage Therapists, , Chinese Therapist, Naturopath, & a lot of my own efforts in exercise & Nutrition on advice from the former & support from My GP. I am not in a wheelchair ! Lately I obtained a second opinion re my problem from a very respected Neuro-Surgeon who advised me to continue with my present regime as it seemed to be really helping me. I partly fund there treatments myself & claim Private Health Fund Rebates.

If I did not have all this support I would be a much bigger burden on the Public Health System.

I believe many people should be more responsible for their own health with help with support from Complimentary Practitioners. Too many rely on " A & E's" & Medical practitioners where other modalities might be better. Therefore doctors should be able to recommend any other things that might help a condition to improve or not get worse.

Another thing with me, I was told I would need a knee replacement by Orthopaedic Surgeon, but after shedding some weight with assistance of a Naturopath, I no longer need that operation.

Also, I am really upset that Naturopathy was omitted from the new guidelines. This is just as important as massage etc for Health & Wellbeing of the population!

I am willing to give more detailed information if required.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:14:20 AM

To the Medical Board of Australia,

I support Option 1.

I currently see a functional medicine doctor by choice, as purely western medical practices (without an integrative approach to medicine) have done little to help me improve my general health and well-being over the past 40 years, and have only provided bandaids/drug treatments which have not addressed the underlying issues. Several family members and close friends have had similar experiences managing critical health issues.

Since seeing my current doctor I have had major improvements in my general health and well-being, including improvements with ongoing gut problems, anxiety and depression. Integrative medical practices which are supported by medical science, and provide access to tests that identify what is actually going on in the body, are critical to managing our health and well-being properly and responsibly. The alternative, ie. a purely western approach to medicine, will result in people simply being given more drugs to address medical concerns, and will not address the overall underlying issue.

If changes are made that restrict doctors from utilising the benefits of new scientific discoveries, and prevent them from continuing to practice a completely integrative approach to medicine, the overall health and quality of life of the Australian population will be significantly reduced. It is essential that Australians have the benefit of both medical science AND trained doctors to assist us to manage our health. Without this access it is likely that Australians will be forced into using untrained alternative health practitioners to access this type of advice and support, which will increase the risk to people of receiving uninformed, and sometimes dangerous, advice.

It is appalling that depriving Australians of this choice in their medical treatment is even being considered by the Medical Board.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:55:40 PM

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare changed my life. From the moment I was born I had a weak immune system, and consistently endured illnesses for the first several years of my life. I was given continuous amounts of antibiotics and pharmaceutical medicines but these would only be a temporary fix. When I was about 10 years old, through integrative medicine, it turned out I was severely nutritional deficient, particularly in zinc. Through supplemental treatment and diet changes, my health and life changed. Integrative Doctors look at the bigger picture, they look at the cause, and aim to fix that in order to encourage long-term well-being. I have had experience with general GP's, when they want to instantly prescribe something rather than wanting to look as to why I may have this sickness, what is going on behind the symptoms.. and this is what integrative practitioners do! I support them with all my heart and soul. To restrict them in any way would be an embarrassment to the leaders of Health in Australia!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 5:32:55 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me immensely with my neck and back injuries. Without this type of care I would not like to think what my options would have been or be. My current state of health is a credit to health care given by integrative health care practitioners.

Thankyou

Kind regards,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:40:38 AM

To the Medical Board of Australia,

I support Option 1.

Where will it end? As of April this year it is already a lot more complicated to claim on Pilates classes. At the age of 52 i was unable to turn my head which made driving among other things very difficult. The GP told me it was normal for my age! Problem solved for him. He was obviously not into integrative medicine. So I started off by seeing a chiropractor who vastly improved the problem but as I still suffered pain I then went to a physiotherapist. Thanks to her and her excellent Pilates classes I have no more pain and have regained FULL mobility of my neck. She has also helped me strengthen my upper back, my posture has improved dramatically and the pain I often used to experience across my upper back and my lower back is a thing of the past. I am now 64 and I continue to go to her classes several times a week. Thanks to integrative medicine I can face old age fit, flexible and with a smile on my face.

I have never had acupuncture myself but I do have a friend who is in the final stages of cancer. Acupuncture provides him with great pain relief, allowing him to sleep for longer periods and face his final days with serenity. Another happy acupuncture recipient is my sister who in a period of great stress was no longer able to keep any food down and suffered huge weight loss. A few sessions of acupuncture were enough to completely resolve her problem.

Doctors are important but pharma Isn't a 'cure all'. Integrative medicine has a very important role to play in keeping the community healthy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 10:51:32 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is integral to the health and wellbeing of this country to improve wellness rather than treat ongoing sickness. With integrative medicine I have healed my hyperthyroid, avoided anti depressants and managed Pre menstrual depressive disorder without any prescription medications which means my health as a 38 year old is better than it has been in my entire life due to the choices I have made and the use of complimentary medicine which has included naturopathy, kinesiology, herbal medicine. My Dad was diagnosed with an aggressive form of prostate cancer last year and 1 year on and he is still clear to the surprise of his doctor. This is a result of integrative and complimentary medicine including naturopathy, chiropractic and diet. I am also a holistic veterinarian and have experienced the importance of these modalities in healing animals as opposed to treating symptoms and managing disease. With the use of integrative and complimentary medicine we are capable of healing and reducing reliance on medication that cost the government money and come with a myriad of side effects . If these restrictions are put in place I will loose faith in the medical system, but I will not give up finding ways to heal rather than treat symptoms. Why do you want to promote sickness rather than wellness?? To support the pharmaceutical companies? Please reconsider for the greater wellbeing of all!! Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 4:08:26 PM

To the Medical Board of Australia,

I support Option 1.

DOCTORS AND PATIENTS HAVE A RIGHT TO INTEGRATIVE HEALTHCARE

I support doctors having free choice to practice and patients free choice to access, integrative and complementary medicine because it is a fundamental and inalienable right of citizens of a free and democratic country.

Doctors should be given the freedom to heal their patients in the manner which they find most efficacious. It is preposterous to even suggest taking this right away from them. Doctors should be free to assist patients who may prefer to heal from their diseases naturally. The Australian medical establishment must be fair and acknowledge that there is an ever growing number of citizens who are seeking true and lasting healing and are finding it only through alternative and natural therapies. There are many alternative forms of medicine which are well supported by science, for example Nutritional, Orthomolecular, Environmental, Functional and Herbal Medicines. Citizens do not wish to be dictated to, or have their choices limited to synthetic drugs or conventional treatments many of which, research has found to be ineffective at best and harmful at worst. Most conventional medicines and treatments only treat the symptoms of disease but not the cause. There are also plenty of scientific studies around to prove the effectiveness of vitamin and mineral supplementation.

Many including me, my family and friends, have found that the best path to healing from disease and maintaining good health is through good diet and nutrient supplementation. It is the condition of our immune system which will usually determine whether or not we contract diseases, and mostly the quality of our diet and other environmental factors, which will determine the condition of our immune system and the extent to which we will suffer from diseases of physical degeneration (see Nutrition and Physical Degeneration by Weston A. Price). What drug is a doctor supposed to give a patient who presents with Vitamin D deficiency? It would be incompetent if not immoral, for a doctor not to prescribe that patient a Vitamin D supplement, advise him to include in his diet foods which will increase his body's ability to synthesise Vitamin D, and advise him to get out in the sun a bit more.

Scientific studies also show us that antibiotics are failing to heal and are destroying important microbes in our intestinal ecosystem. I know this all too well first hand. I was given intravenous antibiotics when hospitalised for pneumonia and they did not heal me. About four weeks after being discharged from hospital and after being prescribed another three courses of oral antibiotics at home, I was still not rid of the disease. I ceased taking the antibiotics and decided instead to take high doses of vitamin C (around 3000 mg every half-hour or so) and I was rid of my pneumonia within a couple of days.

Regardless of any objections the MBA may have to the reasons citizens may give for preferring or incorporating integrative medical services in the treatment they choose for themselves, there remains the fundamental right for them to do so. Doctors should be encouraged to undertake training in nutritional and supplementary therapies because there is a growing demand for them, as consumers become more and more aware of the failures of conventional medicine.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 14 May 2019 11:57:23 AM

To the Medical Board of Australia,

I support Option 1.

Since being Diagnosed with Breast Cancer 12 months ago I have been seeing a Integrative Dr. Prior to this my health was fantastic and only saw a Western Medicine Dr very occasionally.

I am seeing the Integrative Dr to support my general wellbeing while my Oncology Drs treat my Cancer. I would not be in such a good place health wise, physically, mentally if it was not for this Integrative Dr plus other Natural Therapy Specialists.

My Integrative Dr has been able to recommend supplements to help with my general wellbeing that would not interfere with my Chemotherapy Drugs. The Pharmacy attached to my Oncology Centre dismissed every supplements that I was taking, stating that "we don't have the training to know. So don't take them" I want to have the choice of what sort of Dr I see now and in the future. Thank you for taking my personal thoughts into account. kind regards

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped our family immensely!
Not everything requires a pharmaceutical pill, infact the b12 spray and magnesium spray literally healed my restless legs for myself and my child.
We need to common sense to remain with our doctors and to stop being bought by pharmaceutical companies.
DOES NO ONE LITERALLY CARE ABOUT OUR HEALTH THESE DAYS

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 6 June 2019 6:47:44 AM

To the Medical Board of Australia,

I support Option 1.

I am a senior citizen with a tertiary education and have experienced the benefits of both regular medicine and alternative or complementary medicine on many occasions. I have had instances when the complementary medicine helped me more than mainstream did. I am married to a medical doctor who is broad-thinking and who has embraced the concept of a universal health sphere with contributions from a wide range of practitioners. While it is incumbent on all to ensure safe practice and to exclude charlatans from doing harm we must not be afraid to look beyond mainstream medicine, only this way can health care develop. We have a daughter who is a naturopath and nutritionist as well as a registered nurse, a son who is an osteopath, and another daughter who is a podiatrist surgeon, so we see first hand the benefits that all forms of healthcare can provide to us as patients. It is imperative that mainstream medicine foster broader thinking rather than jealously guard medicine as their own and exclude all other participants and contributors. Please let us not restrict and constrict medical care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:38:52 PM

To the Medical Board of Australia,

I support Option 1.

I support continuing patient access to integrative & complementary medicine.

Doctors who practise integrative medicine are doctors trained in the same way as every other doctor. Plus some more. They have spent considerable time and money taking their training further

In my own case, access to integrative & complementary medicine has brought hope and solutions for my adult onset asthma. For ten years it worsened, while conventional doctors prescribed Ventolin, cortisone-based anti-inflammatories, along with regular lung function tests (which always showed normal lung function, despite regular bouts of wheezing.) An integrative doctor finally diagnosed it as mould allergy and gave me appropriate treatment and recommendations for mould remediation in my home. My health subsequently improved rapidly and dramatically.

If I did not have access to integrative and complementary medicine, I would still be on high doses of asthma medication, with no understanding of the cause and no possibility to ever stop taking it.

I have seen similar examples in people around me.

It does not make any sense to me to limit access to medical expertise on the basis of whether a treatment is conventionally accepted to work, or is 'too new' for the majority of doctors to know about.

It's bad enough that Medicare doesn't cover preventative health advice, and gives extremely limited mental health rebates (honestly, 10 sessions a year, really?). Further restrictions on access to complementary and preventative health care will cost dearly, in both public health and the economy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I strongly recommend that you continue to allow and doctors to both recommend and in some case practice, complementary medicine. I strongly endorse the combination of mainstream medical practice, with complementary practice as appropriate. In many cases, I have been able to avoid the use of anti-biotics and mental health medications, by the practice of holistic lifestyle, hypnotherapy, acupuncture, herbal medicine, osteopathy, etc, sometimes actually practiced by a medical practitioner, and at other times recommended by my GP. It is critical that we maintain these other non-injurious, drug free possibilities in our medical system.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:29:03 AM

To the Medical Board of Australia,

I support Option 1.

I attend both integrative and conventional GP's. Both have medical degrees and I respect both of their opinions however there are differences. One is the length of time for a cons. The GP has no spare time to discuss questions or concerns. By the time he had looked up any path results and discussed same and he/she has typed a script or another path form he stands up and you know you have to go as the waiting room is full, and he is a nice polite African guy. But the surgery has a quick turnover of doctors from India and Africa and we barely get to know one than he goes and is replaced with another overseas doc. I have a hypothyroid condition and at one stage my TSH was very high. I was given an increased dose of synthetic thyroxine and this brought the TSH reading back to normal very quickly. This is standard treatment. However I began to get palpitations, and inner tremors and sweats. I told my doc (not the African Dr, a previous doctor who incidentally was Australian) I thought it was the last thyroxine causing it but he said, without a second thought, that that would not be the case and if it continued he would give me a beta blocker to steady the heart rate. However I decreased the thyroxine myself and the palpitations stopped. Now I am not stupid enough to think all would be well again so I asked for a T4 and T3 check. He agreed to the T4 but not T3 saying he had never ordered one and did not think they were done. I had previously had a T3 ordered through that surgery so I knew they were available. I then sought out an Integrative Care doc who wrote a script for Natural Dessicated Porcine Thyroid (NDT) which settled the TSH and I have never had palpitations since. I needed to take the meds in 2 doses. The Integrative Dr consultations are much longer and more expensive which I accept but there is a Medicare rebate for a portion for which I am grateful. Now I am an elderly pensioner and have to pay for the extra consulting time. That is the understanding and I accept it. I am grateful for the knowledge of both types of medical opinions and realise the choice is mine and agree that the guidelines should not be changed. The bottom line is that the choice I have is mine and both strands are available in Australia. In my opinion the MBA could be investigating the generic drug industry which seems to be open to corruption and inferior meds being put on the market. An inquiry into generics compared to brand name drugs would be more beneficial. A quick search into their manufacture and sourcing is an interesting revelation and should ring alerts to the medical profession. Not all side effects are imaginary! Sincerely [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 6:23 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

To MBA

Having been given more than the run around in mainstream medical for my sick 7 year old son, I speak first hand why my right to exhaust other options was integral in finding both a solution and cure to crohnes and a misdiagnosed Arnold chair malformation in my sick 7 year old son.

My experienced GP, paediatrician, registrar at Leading hospital , gastro team, pain management team, neuro team all missed the simple question to me- his mother - what do you think ?? Instead my 'team' were dismissive and to be frank condesending in their capacity to listen to what I was telling them and think outside their consultative timeframes. After all what would I know - the Carer was their to answer questions not ask questions and certainly not question.

In nearly cost my boys life - he coned, had a stroke and has been left with irreparable brain damage now stuck at age 7. Having nursed him back from the brink I had to find a solution WE, his family and Carer's could also live with. I had heard about gut health but our gastro (professor) told us it was a load of rubbish and not conclusive. That was 5 years ago - how the world has changed on this view now. Thankfully I discovered this health consideration when my son was at his sickest. I knew we had to make his gut health the best we could so he could have some normality from crohnes. I got nowhere until I started researching both alternative medical options and health supplements. I won't bore you with the journey but had it not been for the integrative dr we sourced and who had foresight to listen to me we would still be struggling with a sick boy who could not go to school for fear of a crohnes explosion. We have a medical team of 27 drs and I have the upmost respect for them all however my dr who I trust with ever fibre of my being is intergrated. She listens and she does not dismiss my questions - she provides me information to make my own decisions- no mainstream dr has ever given me research and options

- I got sick

Of being told this is it and that is that - I wanted to understand and I wanted the information - I wanted options so I felt MY child was recovering and receiving treatment I could both agree with and LIVE with.

It is not the role of the MBA to take the right of parents and patients to choose medical care options. That is a right individual persons hold as a value of the free country we live in.

The other small consideration one might consider is the mother guilt -I know not on the medical scale either - the if only I hadn't just been a passenger in this journey of health care I might have solved the problem with my dr Whilst we haven't buried a child I know many who have - and the guilt they live with- 'if only we knew about someone who if nothing else might have provided a pathway of understanding and choice'. Intergrated medical providers don't claim to have the answers but unlike mainstream they are willing to walk the path to consider the options. That is why intergrated is innovative not mainstream.

I hope the MBA does not consider people (like many mainstream drs) are to stupid to make informed decisions or ask questions that might provoke a discussion between dr and patient that is not billable time or worse still something they may not know about. After all let's face it - most Drs think they know just about all that one can know ...

The public are not stupid - everyone values their health and well-being so let people have the choice - you have nothing to fear either way except reputation if you take it away. Finally please don't forget it's 2019 and Australia would have to be the laughing stock of the world if you attempted to strike out qualified medical practitioners who can't practice if they intergrated with other medical options.

Look around you and remember what ever I can't buy here I can buy ANYWHERE else in the world.

Yours sincerely

[REDACTED]
Mother
Carer
Lawyer

I consent to publication of my submission.

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.

All my life I have been interested in Nutritional Medicine. just over 5 years ago I broke my back, and it has taken me all this time to get on the right track for my healing to take place. I'd been on a lot of pain medication all this time, but it was not until I met up with a person who put me on to Scientifically developed cellular nutrition supplements that my true healing began. I was worried that I was becoming addicted to pain killers and also anti depressants, but now I am off both and don't even take panadol anymore. I still have massage and accupuncture, but am a great believer in Nutritional Supplements. (when you are on the right kind with the right ratio and blend of ingredients). I think it would be a great step in the wrong direction if these therapies were not supported.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 2:43:51 PM

To the Medical Board of Australia,

I support Option 1.

As a consumer of health care I greatly value a holistic approach and support doctors' rights to provide new and innovative practices, including complementary medicines such as vitamins, minerals and herbal supplements.

I have been very much assisted to recover some of my lost health owing to complex, chronic illness through accessing an Integrative GPs diagnosis, treatment and management. The same could not be said of accessing ordinary GPs care. When nothing out of the ordinary came up in my test results the GPs were dismissive of my ongoing health problems. The Integrative GP looked outside of the square and ordered tests which ordinary GPs did not. I still have chronic illness but my energy levels are more stable, I no longer feel continually irritable and grumpy and no longer feel a sense of inner agitation and anxiety when at rest.

My quality of life and health has improved quite markedly since seeing an Integrative GP. I would hate to see this option denied me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:34:00 PM

To the Medical Board of Australia,

I support Option 1.

By using Integrative and Complimentary medicine, I was able to successfully improve my bilateral hip bursitis by 100% and need no further treatment for the past three years. Without those options the only allopathic treatment that would have been offered to me is steroidal cortisone injections with no guarantee of long term success and a high risk of debilitating side effects. Please allow complimentary and Integrative treatments to remain within the options of treatments available for all physicians to be able to prescribe.

Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 5:10:36 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because I support patient choice and Drs rights. There are many benefits to Dr being able to provide both complementary and conventional treatment options to their patients. Conventional medicine can work well alongside complementary medicine, diet and lifestyle advice and often when there is no suitable conventional treatment, the Dr has options and this is where complementary medicine can really help assist patient health, wellbeing and quality of life. I have been to complementary health practitioners a number times in my life and they have helped me restore my health dramatically. The first time was when I was suffering from a recurrent infection and all that my Dr was able to do was provide antibiotics when the infection was present. My complementary health practitioner provided me with advise and medicinal herbs which supported my immune system and prevented the infection coming back again and again. Another example is women wanting to conceive naturally. Many of my friends have sought out the help of a Naturopath or complementary medicine practitioner when trying for a baby. Instead of going down the expensive and full on IVF treatment they have been provided herbs, nutritional supplements, diet and lifestyle advise from their naturopath which has supporting conception and a healthy pregnancy. If the MBA restricts integrative practitioners this will reduce patient care and patient health and that is devastating and backwards. There is more and more evidence for complementary medicine and what it needs is more support not less. Please do not impose these restrictions as it will not only limit our doctors, it will limit every Australian and their chance to be well.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:38:59 PM

To the Medical Board of Australia,

I support Option 1.

I am saddened to see Integrative healthcare is at risk of being stopped. An Integrative Dr was the only oetson who diagnosed my gradchildrens condition and also mine as it is genetic. Pyrroluria. Now we have been placed on the correct vitamins and minerals we are living happy healthy lives instead of stuggling every day. This condition caused us to leech certain things from our bodies causing severe depletion of them. I had attended several conventional doctors but none could pick up what was wrong. I do understand that there are health carers out there who call themselves integrative etc but just pkay with oeople lives ordeting exoensive treatments with no proven results but maybe they should be sifted out of the system rather than completely destroying people lives by removing good...honest...reliable...knowledgable Drs who are helping thousands of people. I do hope our concerns are heard.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 8:56:21 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine saved my life from living day in day out with supposed 'mental illness' and being heavily medicated for 20 years. I'm now meditation free and happy, after finding out I suffered from numerous vitamin deficiencies and restored myself. Without my integrative doctor I would still be in that horrible dark place.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 11:36:13 AM

To the Medical Board of Australia,

I support Option 1.

I believe it is every persons HUMAN RIGHT to choose how they wish to treat themselves regarding their health. Is this country becoming a dictatorship now?

With research and informed knowledge myself and my family have benefited from a few alternative health practices when conservative and orthodox Medicine has FAILED, this includes cancer, hormonal imbalance, pregnancy, mental health and methylation disfunction. When Drs have not been able to find out root causes of illnesses our alternative medical practitioners have gone above and beyond to help and successfully treat, instead of being prescribed drugs to mask the real issue which in turn causes several more health issues.
Don't take our Human Rights Away... there is a law against that anyway,, right?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:32:57 PM

To the Medical Board of Australia,

I support Option 1.

I used TCM instead of standard treatment for breast cancer.

Not only am I free from disease but my course of treatment did not involve government funds to support the cost.

Please understand that conventional medicine is only part of a picture for treatment of illness and maintaining health.

Remember modern pharmaceuticals come from the knowledge of natural substances that health.

Healing is a holistic endeavour.

Without alternative practices, symptoms of illness are only masked.

Thank you,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 18 June 2019 5:29:50 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary health services have kept me walking and moving for many years if not available I would be sitting in a wheelchair and I am walking around living life under my own body power without hip and knee replacements or back surgeries . They are essential to my continued health where tablets do not help me and have destroyed my stomach digestion . Alternative therapy is essential for my health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:40:38 PM

To the Medical Board of Australia,

I support Option 1.

As a sufferer of ME/CFS, a syndrome which at this time does not have a cure or successful treatment protocol, I believe it is my right to explore all treatment options. A qualified GP who has knowledge of supplements and alternative therapies is, I believe, an important part of the medical profession, and an important option for sufferers of incurable conditions. The Medical Board of Australia needs to consider the requirements of all patients, not just those who have easily treated diseases.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:39 PM

To the Medical Board of Australia,

I support Option 1.

As a young nation, Australia has been able to embrace and integrate the most successful and enjoyable parts of different nations culture. In the eighties we enjoyed tasty Chinese food, then later on Thai green chicken curries and at first we thought raw fish was a hideous idea. I'm so glad my children have the opportunity to eat Japanese food as the Japanese tend to live longer due to their diet.

Would you rather see our Australian doctors plug a bandaid solution on an obese citizen or worse still give them a 5-10 minute consultation and not even suggest dietary changes or educational support for the obese patient.

Without integrative medicine I may never have fell pregnant.

We have more stress in our lives than ever before. The stress is leading to poorer choices and stripping of nutrients from our body. We tend to be drinking more coffee and more alcohol more regularly. If you take away integrative doctors rights you are stripping away alternative options for patients that may not need chemical drugs that may cause other side effects. We need both systems to take the pressure of our health care system. If more people saw an integrative doctor more regularly or earlier in the life it could help them to leader a healthier lifestyle. Let us be the progressive nation that we always have been and take the best part of other successful nations. Let's not reinvent the wheel or take away from the medical system. Let's improve it for the future health of everyone. I would like to see more doctors adopting healthier lifestyles themselves and recommending nutrition. So many standard gps I have visited never look at the root cause of why I was sick or feeling 80%. Plugging myself with panadeine because I kept getting headaches from exhaustion and stress. After 47 years I finally found the root cause of my low energy levels with a pyrroles diagnosis. When I asked a gp had she heard of it, she said it was outside of her scope. Surely when there is a problem with blood being produced in your spleen and the fact you are being stripped of nutrients such as zinc and b6 should be of interest you your doctor. Surely if zinc and b6 are involved in so many functions in the body this should be of some interest.

Rather than removing these options we should be listening to the stories of success and allowing gps to spend more time with people who have chronic conditions and have not had any success with traditional gps. I don't feel the need to investigate so much anymore and spend way less time visiting gps. Please don't change the current system to restrict integrative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 9:50:52 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

Thank you for giving me as an Australian and a healthcare user the opportunity to provide feedback on the changes being proposed to the current guidelines for complementary and emerging therapies.

I support retaining the existing guidelines for these therapies. I think it is extremely important that qualified, trained GPs retain the autonomy to utilise a range of treatments for their patients, rather than being restricted to a narrow selection of treatments as is being proposed. As a user of complementary health treatments in the past, I have gained significant benefits from many of these treatments, such as herbal medicines, vitamins and dietary/lifestyle modifications, that were prescribed by healthcare practitioners. In particular, I experienced a significant reduction in symptoms of the Chronic Fatigue Syndrome that I was diagnosed with in 2000, and which meant that I was not well enough to work for several years. I have now been working for the past 12 years and progressing in my career, in a way that seemed impossible in the early 2000s.

As an informed patient, I am well aware that some complementary healthcare methodologies have only limited research evidence (though in many cases they have a long history of use in practice). I'm also aware that it is difficult to fund the rigorous research required to conclusively 'prove' a treatment's efficacy, when the target is not a synthesised, patented drug with the potential to make large profits for the drug companies with the resources to fund the trial, but a herb or herbal extract that won't provide such profits. However many holistic therapies have shown promising results from initial small-scale testing, and in some cases these results have not been given sufficient recognition by regulatory bodies here and overseas for ideological rather than scientific reasons. As a consumer, I am willing to utilise such therapies if prescribed by a qualified practitioner, especially given most are minimally invasive (and therefore hold little risk for me). On the other hand, if I restricted myself to treatments that were 'proven' to the satisfaction of our current regulator over the years, I would probably still be living on sickness benefits.

For this reason, I am opposed to measures that reduce the choice available to trained GPs and their patients to utilise the holistic treatments that can be extremely effective for treating difficult, chronic conditions. I think it is important that GPs communicate clearly to patients where a treatment is 'emerging' and where the evidence base is still developing, so the patient can make an informed choice as to whether to use the therapy. However to deny the practitioner and patient the benefit of such methods, simply because they sit outside conventional norms, is to me an unfair and unduly restrictive infringement on the rights of both, and one which cannot but have negative consequences for healthcare in this country.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:33 AM

To the Medical Board of Australia,

I support Option 1.

An integrative GP can supply me with a supplement to treat fibromyalgia which I was diagnosed with in 2007. My condition has improved considerably with this treatment. I think it is very important that I can attend a GP who has knowledge of nutritional treatments. Conservative pharmaceutical treatment of fibromyalgia was not successful in my case.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 12:59:07 PM

To the Medical Board of Australia,

I support Option 1.

To the Medical Board of Australia

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I have experience of receiving complimentary health care over many years with very good results - treatments which often treat the source of the problem rather than use just a medication for symptoms. I respect my local GP and specialists who recognise traditional medicine does not have all the answers and have actively supported my use of complimentary practitioner's skills and knowledge to assist in my healing. One approach does not have all the answers and one needs to wonder what forces are operating to actively campaign against other registered professions and place patient's choices, health and significant financial costs for our care under threat.

An historic example

Over 50 years ago my father, a trained and registered Osteopath and registered Dietitian recognised, as part of his practice, the importance of supporting the restoration and maintenance of a healthy gut for health. He also unusually used traditional medical testing in his practice eg. blood tests, ex-rays to confirm or otherwise his diagnoses. And in those times drug companies tried to put pressure on governments to stop access to alternative medicines. I wonder who is putting the pressure on today and what are their motives?. 50 years later the significance of the gut and its functioning as a significant factor in both our health and ill health has come into the focus. Research has highlighted the impacts on the immune system's functioning and the development of a variety of health problems related to an unhealthy gut, including more recently recognised impacts on mental health, as well and the benefits of probiotics and diet in restoring the healthy functioning of the gut.

Research by both complimentary and traditional medicine into treatments using probiotics and diet to restore healthy microbiome have both contributed to our knowledge -however complimentary medicines led the way.

I implore you to support the patients right to access complimentary treatments for holistic health and the respectful appreciation of contributions from both spheres of knowledge. Both "sides" have still much to learn and it would not only be a very retrograde step to restrict our access to trained and registered complementary practitioners, but would actively restrict and undermine further research, the care of patients and ultimately the health of our community.

Thank you for your considered attention this important health and needed health service issue.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 3:44:08 AM

To the Medical Board of Australia,

I support Option 1.

Having been a patient of a MD for many years I found he was not listening to me and wanting to only prescribe and more prescribe until I had a cupboard full of medications. I was not getting any better so decided to try an integrative practitioner. This practitioner was a medical doctor as well as a qualified naturopath. After 1 year of testing, changing and reducing medication I have found my health very much improved. My medication is down to 4 tablets a day, heart, cholesterol and blood thinning and I have a 100% better quality of life. Please do not impose restrictions on these Integrative practitioners because the majority of them are doing the right thing by their patients.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 9:12:49 AM

To the Medical Board of Australia,

I support Option 1.

As it stands now with my Dr suggesting and myself integrating vitamins .. essential oils .. counselling and healing retreats .. I have now returned to the land of living without the complimentary medicine I would be either in an institution environment or have ended my life ... this all being a burden not only on my family but a financial burden on society ... by taking away our rights we then become a communist society where only the manufacturers of drugs benefit.... society becomes unwell impacting on the problems that already exist taking the rights of a human being and a practitioner who researches for the better of their patients is an injustice to the human race ...

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 1:00:57 PM

To the Medical Board of Australia,

I support Option 1.

There are some instances where I have received regular GP treatment which didnt work and had acupuncture which did. And I am talking about a chest infection where antibiotics didnt work. If you remove the right for people to have alternative medicine, the whole medical system becomes a dictatorship. People have a right to choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 9:25:28 AM

To the Medical Board of Australia,

I support Option 1.

As a 75 year old female I have seen great changes and advances in medicine in my lifetime. Until the birth of my children I used only the conventional medical model. I wanted to give my children the best start in life. During their early years my children were often on antibiotics and I was very concerned at the evidence that was emerging in regard to the damaging side effects of continual use of these medications. I began to look into alternative health practices that were drug free and found them to be health enhancing and less traumatic in their effects. Since this time I have worked with Doctors who have used integrative and complementary medicine as I like to have the benefit of all perspectives on health.

Integrative and complementary approaches:

- consider a whole body approach and address the imbalances therein.
- Traditional medicine has become so specialised that the body systems are looked at individually rather than as working together to produce balance in the body and increase health.
- integrative and alternative approaches educate their patients and encourage responsibility in one's health and lifestyle changes.
- spend more time in getting to the source of problems.
- Allow me to make informed choices on my health care.
- enable me to work with the same practitioner . (at a clinic it is increasingly difficult to see the same doctor.)

In latter years I have developed autoimmune diseases and traditional medical practices have offered no help in this area. From the age of 43 doctors did not know how to treat these diseases and so I made other choices that have been helpful and life giving.

More recently, since the retirement of my long term Doctor and health professional , it has been increasingly difficult to access remedies that I know make a difference to my health.

My search for another Doctor who works in an integrative way has been hampered by :

- a refusal to prescribe bio identical hormones
- a refusal to order blood tests (vital in treating the MTHFR gene)
- not having time to read notes from other practitioners.
- doctors moving on (locum doctors seem to be more open to alternatives.)

And now?

The doctors who practice integrative medicine and alternative therapies that I have worked with have been restricted in their practice and ability to prescribe what I need and are under pressure to conform or be removed from the medical register .

I am appalled by this situation .

The present system allows for a more balanced approach to health management and is to be endorsed.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:28:19 PM

To the Medical Board of Australia,

I support Option 1.

I fully support Integrative and Complimentary Medicine that treats the whole body holistically, not just one part of the body. This medicine is vital to people, particularly those of ASD conditions where holistic treatments using specialized supplements without drugs (like bio-medicines) is far beneficial for rebalancing one's health. Integrative and Complimentary Medicine provides a far bigger spectrum in the availability for healing the body with the variety of treatments that are holistic and safe. Without this sort of medicine practice, I would feel considerably limited in getting the proper help and healing with the medical system of Doctors only. Thus I would never go to a doctor unless they were Integrative and Complimentary.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

As citizens of this country it is our right to choose the type of health care we wish to undertake. Integrative and Complimentary medicine is our first choice and will always be our first choice.

The allopathic system is already under severe stress with waiting lists that put people at serious harm each day from its inability to cope and its inability to assist in creating a healthy populace.

Allopathic medicine is sick care not health care.

My mother died in the hands of the allopathic system. She followed everything her doctors advised her to do. Where did that lead her? To an early and premature death at 63 years of age. Since expeiening such major trauma we have taken our families health into our own hands and we are choosing the natural, holistic, integrative and complimentary medical approach. And you wouldn't believe it. My MIL is off her statins. My husband and I will not fall ill during the year.

Our children are THRIVING!

But guess that affects your bottom line doesn't it?

We will always say NO to being ruled by tyrannical authorities!

We will resist!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 12:07:08 PM

To the Medical Board of Australia,

I support Option 1.

It is my choice to use integrative and complementary medicine for me and my family. I've had huge success in managing various conditions - hormonal balance, ms symptoms, pain management, weight management, my son's autism and gut health. Since starting to incorporate complimentary medicine my health has improved and also had a positive impact on my finances and mental health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:55:14 AM

To the Medical Board of Australia,

I support Option 1.

I am concerned at the proposed changes to the current guidelines. I support patients having a choice to access integrative and complementary medicine GPs if they so choose.

I have personal experience of consulting an integrative GP. After suffering for 25 years with significant health issues and seeing multiple GPs and a gastroenterologist, in desperation I followed the advice of a friend and sought the advice of another practitioner, an integrative doctor in [REDACTED]. He diagnosed me with an autoimmune condition (coeliac disease) and with the recommendations he made (herbal and nutritional medicine) I am now mentally and physically a new person.

Thank goodness I had the choice. These integrative GPs are particularly skilled at dealing with chronic illness; an issue that given Australia's ageing population is putting our health system under considerable strain.

Surely it makes sense to allow patients the choice to access integrative practitioners. We are lucky in Australia to have such practitioners; educated in both pharmaceutical as well as complementary medicine. What a broad base from which to assist their patients.

I admire and support this holistic approach.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Complementary and integrative medicine helped me to beat breast cancer in 2004 and it is keeping me recurrence free today. We are regulated enough in every aspect of our lives, but when it comes to our bodies and what happens to them we should have the right to say what we want. Please don't take that away. Integrative and complementary medicine works. We need it.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:21:26 PM

To the Medical Board of Australia,

I support Option 1.

I am a 15 year survivor of breast cancer. Had it not been for natural therapies like naturopathy, traditional Chinese medicine, acupuncture and herbal medicine, I doubt I would be here writing this to you today. These therapies MAKE A HUGE DIFFERENCE to people's lives. You must not take them away because despite the assertion that they are not backed up by research, I am here today to tell you that they work. They kept me extremely well even during the 6 months of chemotherapy I went through. I wasn't sick a day during all of that. Natural therapies are non-toxic, and I continue to use them to this day with extremely good effects. I am 63 years young and going strong. I doubt very much that'd be the case without naturopathy, herbal medicine, etc. Please don't take these things away from us. We need them - sometimes it is a matter of life and death.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:26:32 PM

To the Medical Board of Australia,

I support Option 1.

[REDACTED]
Conventional medicine told me I was depressed, that I needed to exercise and that I should be medicated and see a psychiatrist. Holistic medicine supported my liver and manages my adrenals and my thyroid and gave me back my life!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:03 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been essential for my health and that of my families. I had been diagnosed with chronic inflammatory response Syndrome

Only after years of treatment from conventional medicine who could not offer me a diagnosis or treatment plan. Since seeing my functional GP my diagnosis was confirmed and appropriate treatment offered. In my experience and many clients I work with as a psychologist traditional medicine doesn't have a way of cuppotting chronic illnesses

I consent to publication of my submission.

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.

When I chose my Doctor, it was about who could provide my family and myself with the most holistic approach to health and well-being. A Doctor is more than someone who diagnoses and writes scripts. I'm actually AFTER medical advice in an aspect that will assist my health.

In regards to my Congenital Hypothyroidism, it was the SUGGESTION of a LIFESTYLE change in which actually assisted my condition (YES, along with my medication!). It was after all, ONLY A SUGGESTION/ADVICE.

If you target the doctors whom are supporting their patient, taking care of their health needs....then you will see an absolute collapse of healthcare! In my job role as a teacher I am to educate; but I also nurture, counsel, negotiate, support and a plethora of other roles OUTSIDE of my education role, but that is what teachers do to continue to support education.

So now it's your turn to support our Doctors.

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

To get directly to the point, integrative health care, such as kinesiology, naturopathy and acupuncture have helped myself and my children for various ailments, primarily gut issues that were not solved by hopping from pediatrician to allergist for 2 years.

Following a natural approach, issues that had existed for years have significantly improved. Those same issues were either worsened or we saw no evidential improvement from a GP or Specialist medicinal approach.

I will continue to vehemently support integrative healthcare choices as they are effective and provide a real solution to an issue, not a pill that provides as a temporary bandaid.

There are so many similar cases of improvement through alternative treatments unrelated to pharma. I implore your unbiased open mind to also look for cases such as mine.

Thank you.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 9:06 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a consumer of health care services, I choose to use both "ordinary" GPs for everyday health issues, referrals and the like AND integrative MOs and providers of complimentary medicine.

After more than 25 yrs of trying to get to the bottom of my issues with insomnia with ordinary GPs and a Sleep Disorder Specialist at a sleep clinic, it was an Integrative Doctor who thought to measure my melatonin levels. I found out I don't make it!

The doctors before him had talked me through sleep hygiene, offered me referrals to a sleep psychologist, scripts for sleep medication, and the specialist wrote out a script for a drug used in Parkinsons' Disease affected patients for limb movements. Not one thought to check what might be the problem.

Exploring what I could tell was growing cognitive impairment, I went from a doctor who told me breezily I had "nothing to worry about", to an integrative doctor who took down my symptoms and checked things no-one had spoken of before. It turned out I had an active abscess from a root canal treated tooth which was leaking infection into my brain, and toxic levels of heavy metals in my bloodstream. Dental work, and detox supplements and diet have meant my cognitive function has improved by nearly 30% using an objective test..

It was the same in the 1990s when I had chronic fatigue. Thanks to Integrative medicine, I was taken seriously, put onto a special diet, sent to acupuncture, told to take particular supplements, and guided back to health. Before that, ordinary doctors treated me as though I had a mental problem, not a physical one.

I use both integrative and complementary medicine. I have found the mix much more effective to address my health issues over time. It makes sense to me to treat my issues as inter-related, which the atomised version of regular medicine as practised in the West does not. I want my practitioners NOT to think they're gods and to be humble enough to know other approaches to wellness have well-documented records of successful treatment of people for centuries.

I don't want to just be shunted from one 'bit specialist' to another.. or to be prescribed pharmacological drugs, surgery, radiation or antibiotics. If I can use diet and supplements to strengthen my system and address issues of imbalance and malabsorption, or use yoga and exercise to strengthen and regain lost functioning, I want to go down that route.. it's my way of taking responsibility for my own health care and has proven to be much more effective for me than the factory approach to medicine practised by most conventional doctors.

I'm someone who likes to take charge of what I can do to "fix" what ails me. I find integrative medicine actively and proactively seems to address and correct the causes of symptoms (not just provide symptom relief), but also to build resilience and robustness against illness over time.

My use of integrative doctors, acupuncture, naturopathy, Rolfing, craniosacral therapy, osteopathy and yoga have all contributed to my being in better health at 59 years of age than I was at 29.

I am currently working with an integrative doctor to address any predisposing factors I have to developing dementia. Thanks to him and his awareness of the Bredesen Protocol, which utilises both integrative medicine and so-called complementary medicine approaches, I am seeing a return of what had been my declining cognitive function. I'm not prepared to have my access to him restricted, or his professional autonomy to prescribe appropriate tests and treatments for me as we see fit restricted. It's not in my interests.

I pay in full for the services I seek, and I don't want my practitioners restricted on the basis of some misguided retrograde step to return medicine to the previous atomised factory version we endured for so long.

Overall, I have found integrative medicine doctors and so-called alternative medicine practitioners to be more open to listening to my ideas and experience about my situation, more respectful, more collaborative, more empathic, and certainly more innovative about how my presenting symptoms might be linked and make sense than any other kind of doctor I've worked with..

I want to continue with things as they are now.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 3:58:22 PM

To the Medical Board of Australia,

I support Option 1.

I am not in favour of new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice. I do not want Integrative doctors to face restrictions on treatments they currently offer that are considered "unconventional" medicine by the Medical Board of Australia.

It should be a patient's choice to have access to integrative and complementary medicine.

In many cases, the doctors who offer integrative & complementary medicine have a greater passion for their field and have kept up to date with the latest science. Many conventional doctors do not keep abreast of new science and only know to prescribe pharmaceutical drugs that the pharmaceutical companies advise them to prescribe. Often, a doctor has very little knowledge of the drugs they are prescribing.

Traditional medical practice is often about alleviating or curing the illness/disease with drugs, without looking at the root cause of the disease of illness.

Four years ago I was diagnosed with mild Inflammatory Bowel Disease (IBD) and told by my Gastroenterologist that it was an Autoimmune disease I would have for the rest of my life. When I questioned him about the possibility of my diet influencing my illness, he said 'definitely not'. He prescribed medication that he said I would probably take for the rest of my life.

For 3 years I continued the medication and my symptoms continued, though mild. I did some of my own literature and internet research (years ago I did medical research at University of [REDACTED]) to discover that acidic foods, diet and the gut biome could be related to IBD. I altered my diet and my symptoms were reduced.

After seeing some documentaries on the internet about how many major diseases like IBD, Alzheimer's, MS, Parkinsons and others may be affected by diet, the gut biome and leaky gut, I went to see a Naturopath who specialised in digestion & gut health. She recommended a full faecal test - it showed that I don't digest protein properly. My Gastroenterologist never carried out this faecal test. My Naturopath prescribed a slight change to my diet, a gut healing nutraceutical & a digestive enzyme tablet to be taken with each meal. After 3 months, my IBD symptoms disappeared. I weaned myself off the pharmaceuticals (which also had a side effect of making me cough - a reported side effect that my Naturopath researched). I continue to see my Gastroenterologist every 6 months (so I can get my 2 or 3-yearly colonoscopy) who looks at me blankly when I tell him a change in diet and a simple digestive enzyme has caused my IBD symptoms to disappear. My blood results show I have no inflammation & am healthy.

In the past 18 months, I also changed my General Practitioner as the

GP I had didn't seem to have any knowledge of IBD and his prescription renewals, for the medication that the Gastroenterologist prescribed, always had an incorrect method of use. This led to me having very little faith in him. My new GP is very popular, extremely thorough and caring, and tries to keep up to date with new science. Her consultations are also longer than the recommended 10 mins because she is thorough. While she does not prescribe Integrative & complementary medicines, she is very supportive of me seeing my naturopath.

I am against restricting clinical autonomy. Integrative doctors who typically provide longer consultations to understand root causes of illness should not be restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. When it comes to someones health, 'conventional' is an out-dated and dangerous principle.

Any guidelines that place the regulated traditional medicine professions of chiropractic, osteopathy, Chinese medicine, naturopathy and acupuncture (TCM) as 'fringe' are doing so in fear of the health-giving impact these modalities provide and is an example of the Medical Board wanting a monopoly in health services.

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

I do not want any change to the current guidelines.

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 2:04:00 PM

To the Medical Board of Australia,

I support Option 1.

You should support a patient's CHOICE to access any medical treatment of their choosing. This is not about each individual practice it is about each individual's choice to treat their own health and wellbeing and that of their families in any way they choose, in a safe way with the ones that have done the studies for the practice.

I am a child of a family with background in western medicine and although there is of course many benefits to western medicine, it is holistic approaches to mine and my families health which have achieved our desired results or prevented reoccurrences.

Both holistic and western medicine can coexist and even compliment each other. Every human being is uniquely individual and so are their bodies needs and requirements.

It should not be difficult to access choices for someones health due to the choice of a few, who do not have the perspective or experiences of the many who have had incredible benefits with holistic health.

My personal experiences are with naturopaths, chiropractors, accupuncturist's and working with eastern medicine.

These have helped myself and my family with a huge range of ailments from colds and viruses to pain in labour, sciatica and so much more.

The people deserve to choose what they want for themselves and their families. Not to be restricted.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 11:40:56 AM

To the Medical Board of Australia,

I support Option 1.

I and members of my extended family have genetic complications which cause pain, mobility issues, chronic and degenerative illness. These are complex illnesses, affecting multiple organs and systems, and they require time for practitioners to understand and then manage that complexity.

Confining practitioners to a ten-minute consultation would greatly diminish the capacity to diagnose, treat and manage these complex conditions.

Using complementary and integrative medicine and being able to access longer consultations has allowed us to continue to work, function and maintain economic independence and stability and enjoy a vastly improved quality of life. This is only possible through adequate diagnosis and management time and the use of such treatments as TCM, acupuncture, herbal medicines, diet, nutrition and chiropractic treatments in conjunction with traditional western medicine.

If the MBA places restrictions on integrative practitioners I fear I and my family members will lose that quality of life and our ability to work, function and be financially independent.

My doctors and therapists who use holistic methods and who have had adequate time to work with me have been able to give me a quality of life far beyond what other physicians could offer.

I deeply 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.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 11:31:03 AM

To the Medical Board of Australia,

I support Option 1.

I have NO FEELING BELOW THE KNEES and I am NOT DIABETIC. It is due to undiagnosed Vitamin B12 deficiency over many years. Unfortunately most Doctors are unaware of the symptoms and the crippling affects of this nerve crippling disease. Without my diagnosing integrative GP I would be dead or in a wheelchair. I was incontinent, memory loss, no balance and no feeling below the knees. We need doctors that can think outside the square and look for the CAUSE of your problem not just feed up pills for every symptom that we develop. We NEED INTEGRATIVE DOCTORS.

As a farmer, teacher and Arborist I have had back problems from time to time and found great relief and healing with my Chiropractor.

Thanks to my integrative Doctor who found my B12 deficiency was caused by MTHFR. (I am a hearty meat eater and not vegetarian). Because I cannot absorb B12 in the gut and have a methylation problem I require METHYLCOBALAMiN injections and sublinguals as well as Methyl Folate (NOT FOLIC ACID). We need a script for Methyl B12 injections and need to get them made by a sterile Compounding Pharmacy. The Methyl B12 sublinguals we need to get from IHerb in USA.

Folic Acid is fortified in bread and flour and also in pregnancy vitamins and this is a MAJOR PROBLEM for anyone with MTHFR. They can't transform it into FOLATE and it sits there and blocks the folate receptors. You try and buy a loaf of bread without FOLIC ACID! For coformation of this go to B12 awareness.org and watch the documentary.

Perhaps up to 60% of our population have MTHFR which was first discovered in 2003 and still most Doctors are unaware of the diseases it can cause. Google "MTHFR and the conditions it causes"

We need INTEGRATIVE DOCTORS who can look for the cause of your problems!!!

· Reply · 1m

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:33:47 AM

To the Medical Board of Australia,

I support Option 1.

I'm not 100% sure if keto is integrative medicine but I would love more doctors to see the health benefits to many deceases when following the Ketogenic way of eating.

I've been on a Ketogenic way of eating for 4 years now. I am a 57 year old female and seen many benefits from eating this way. When I mentioned it to my GP a couple of years back whilst discussing my weight. He replied to my disappointment that he was NOT in support of FAD DIETS!

This is not a fad diet in my opinion and I shall eat this way forever. Wish I knew better when I was younger when we were all brain washed to believe 'low fat' is good for us - not knowing the fat removed was substituted with sugar and other unhealthy ingredients.

The Ketogenic way of eating has reduced my hot flashes to none. Gives me energy to work very long hours. I have firmed in body and skin, lost fat, aged backwards (happy to show you proof of my skin). I eat only real food and no more empty nutrition.

Cutting sugar, paying attention to healthy fats and limiting carbohydrates is the best thing I've done for myself!

More doctors should realise good choices of food IS MEDICINE! You heal from inside out!

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Integrative medicine, as practiced by both my GP & cardiologist, has removed my risk of Type 2 diabetes! All my blood test results are now normal, without drugs!! A majorly positive outcome!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 7:33:41 PM

To the Medical Board of Australia,

I support Option 1.

I have recently found an amazing Dr who has offered comprehensive information to me around diet, inflammation and supplementation with vitamins, enzymes, herbal therapies and minerals to treat gut inflammation and anxiety/ depression and symptoms associated with a severe " episode"/return of ptsd that was seriously impacting my life. She tested for inflammation, deficiencies etc and recommended a protocol to return energy and reduce symptoms.

She also referred me to a mental health nurse who is a trauma therapist and does counselling supported/ complemented by hypnotherapy, emdr and rapid relief therapy.

The results of this combined treatment plan, and having a Dr who was willing to spend time, listen and think outside the box has been life changing.

My energy and zest for life has returned, my depression and anxiety has reduced and stress symptoms have drastically reduced. I have been able to return to work after taking time off- only a few weeks, and allowed me to continue to support my own clients.

I work in case management/ social support role with people who are unemployed. This work is trying and heartbreaking and I need to be at my best to remain a strong coach and mentor for my clients. On first meeting this integrative and inspirational Dr I was at breaking point, not only 2 months later I am energetic, inspired and back to full health.

I feel the Australian public has the right to access this kind of Dr.

In meeting with other drs I have been told to rest, given a medical cert or offered medication, but this Dr really listens and it would be devastating to lose their expertise and understanding.

Also naturopaths cost min \$90 per visit while this is funded under Medicare as is the trauma therapist. If it wasn't for their support I wouldn't have returned to full health as I wouldn't have been able to afford the treatments privately. I work full time so if I would struggle to pay, others on lower income or income support would have no chance of accessing them.

I respectfully ask that you not only continue to allow drs to utilise well researched and effective complementary and integrative treatments but that you actively encourage drs to take the time to broaden their knowledge and understanding of what may help their patients outside of just their standard go to. And that they take the time to increase consultation time and take the time to listen and work out individual plans for each patient utilising whatever system whether mainstream traditional, complementary or integrative that best fits the patients needs.

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 9:32:48 PM

To the Medical Board of Australia,

I support Option 1.

The reasons I support option 1 is because I have been using complementary medicine for years and appreciate the fact that I have a choice at the moment. I do have an autoimmune thyroid disease and recently changed my medicine to natural thyroid extract + T3 (Tertroxin) after being on synthetic thyroid medicine for over 20 years and feeling fatigued most of the time. I now wake up feeling as though i have more energy on most days. Also, I had chickenpox when I was a child and as a teenager I had my first bout of herpes 1. About 25 years ago when I was 47 i was diagnosed with Hashimotos disease and not long after that I experienced my first herpes 2 outbreak. These outbreaks occurred regularly every 2 to 3 months until I was given homeopathic medicine late last year. Within a week I had one more heavy out outbreak and none since then. It's been almost 5 months since that last attack which is the longest time I've ever avoided an outbreak. My girlfriend has been without an outbreak for years after taking the same homeopathic remedy. Before going to a chiropractor my back was so painful, at times I could hardly move. Now, after his treatments and also after taking up Qigong it's good most of the time. I have many friends who rely on conventional medicine and it seems to me that the more they take the more they need to take. I believe that our bodies do a great job of looking after themselves. All they need is for us to care enough to look after them by eating a good, pure diet and keeping fit. I want to enjoy life until the day I die just like my mother did when she died at 102. Practically drug free!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:14:50 AM

To the Medical Board of Australia,

I support Option 1.

I suffered ulcerative colitis for 20 years from ages 25 to 45, when finally realising I was doing it to myself stemming from childhood trauma and the core negative unconscious belief then formed as a coping strategy. This disease is essentially PSYCHOSOMATIC (and in Freudian denial).

Modalities such as hypnotherapy and specialised kinesiology are far more qualified to deal with such diseases than is contemporary medical science, which needs to get its head out of the sand. My medical specialist was of NO help to me, rather the reverse.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:30:49 AM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam,

A fear of complementary/alternative medicine is not logical, when it can save lives. The whole area of psychosomatic disease (e.g., ulcerative colitis) is in my experience covered by specialised kinesiology as a form of deep psychotherapy; yet its aetiology is still unknown to medical specialists.

My UC was finally healed by MYSELF by getting into my unconscious mind and uncovering a core negative belief from childhood trauma.

I have degrees in biology; psychology, and sustainability with formal qualifications in clinical hypnotherapy and specialised kinesiology, this last a remarkably effective modality.

Medical science needs to get its head out of the sand.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 11:01:29 AM

To the Medical Board of Australia,

I support Option 1.

Dear Sir

I have had a rough few years. I was diagnosed with Hashimotos Hyperthyroidism about 4 years ago.

I had been medicated and had gone to my GP and endocrinologist several times not feeling great.

I decided to go and see an integrative GP, as I was fed up with not having any answers, and it was the best decision I have ever made. They were thorough and looked at me as a whole not just my thyroid issue, which was not the main cause of my fatigue.

I find the medical system to be far too siloed to be effective in the treatment of complex autoimmune conditions. It's been really frustrating for me. They just looked at my thyroid rather than the cause of the issue.

I would be really disappointed to see a change or restriction in functional medicine. In my experience they are extremely considered in providing treatment, far more so than a normal GPs.

It's about taking away patient choice.

Unfortunately until the medical system becomes more open minded and less reliant on pharmaceuticals, people will be turning to functional medicine to ensure that our bodies can be the best they can be.

I should say I also rely on pharmaceuticals, but my life has really turned around since seeing a functional dr.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:34:11 PM

To the Medical Board of Australia,

I support Option 1.

As an Australian citizen I feel it is imperative to have freedom of choice in the type of medical care I can use to treat my chronic health issues. I have been suffering from fibromyalgia and cancer. Conventional medical doctors were not able to successfully treat my condition to bring me to a satisfactory level of health where I could return to work and a full and productive life.

Pharmaceuticals and the use of conventional methods did not always work and in some cases doctors tried to prescribe long term pharmaceuticals to treat a condition I told them I did not have and the ongoing tests with an holistic medical Doctor confirmed the same. It was only when I saw an integrative medical Doctor who included a change of lifestyle, diet and vitamin and mineral supplements with some conventional treatments that my condition began to improve.

I fail to see that if the choice to drink alcohol and smoke cigarettes is approved by the government and AHPRA, that the option to make informed choices about alternate therapies and treatment is now under threat. Where the hell are we... North Korea ???

It is obvious that the push from the big pharmaceuticals is behind this effort to stamp out choice and is a blatant conflict of interest by the Government who are employed by the taxpayer to do what is best for us. Limiting choices and dictating to suit those with an agenda is not acceptable.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:19:17 PM

To the Medical Board of Australia,

I support Option 1.

Having had multiple health issues through my life, with the most recent having been treatment for stage 1, grade 3 breast cancer, I value the role of the integrative medicine practitioner in my return to wellness. I not only consult my medical team (oncologist, cardiologist, GP and associated medical practitioners), I have also, with the support and agreement of my medical team, enlisted the help of an acupuncturist, a reflexologist, hypnotherapist, counsellor and multiple dietary supplements. Some of the supplements having been recommended by my incredible medical team.

To limit choices in any area of life does not seem logical at all! Surely in this day and age, the importance of complete mind and body wellness is vital. Nutrition, mental health and a feeling of completeness in treatment is vital. Integrative doctors are already rare enough, to inhibit this progression any further is madness.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 7:25:04 AM

To the Medical Board of Australia,

I support Option 1.

I have been treated by Integrative Drs for the past 4 years, after years of trying to discover why I never functioned properly. Medical Drs just prescribed pills to cover symptoms, time and details were spent with a integrative Dr (not a 10min appointment and a script) they discovered a gene mutation that runs through my family and prescribed vitamins etc that helped my body overcome deficiencies with in my body. as a consequence I am a very healthy 70 year old still working and have none of the autoimmune problems that the rest of my family have . The opposite should be happening MORE doctors should be trained in nutrition and what causes disease instead of time for doctors covering symptoms with medication. A classic example id reflux symptoms being treated with proton pump inhibitors(which have long lasting deadly effects) instead of looking at why we have these problems often caused by the fact we don't have enough gastric acid for our bodies to function properly

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 10:32:29 PM

To the Medical Board of Australia,

I support Option 1.

Submission to MBA Consultation document on complementary and unconventional medicine and emerging treatments

Written by: [REDACTED], 30th June 2019

My name is [REDACTED] and I'm 57. I live in [REDACTED]. Five years ago, in 2014, I was suffering from many symptoms including blurry vision, sharp pains in my legs, joint pain, difficulty concentrating, difficulty walking and tiredness a lot of the time. So I went to my local doctor and he sent me to do a lot of tests – we checked my blood counts, liver and kidney. At first my doctor thought I could have Reactive Arthritis but this usually clears up and my symptoms didn't.

My local doctor sent me to other doctors and I did scans and X-rays but nothing showed up. I had a test for hemochromatosis but it came up negative. I did quite a few more tests and saw over 15 doctors and specialists during this first year of my illness and yet, we couldn't diagnose what was wrong.

In 2015 I went to see an integrative doctor and they looked over all of my tests and asked me about my symptoms. They also asked me about my environment – my home, what I ate and what my lifestyle was like. They asked a lot of questions – and this does take quite a bit of time. After a while, I told them the house I lived in was quite mouldy as we were planning to knock it down and rebuild, so we hadn't been concerned that there was a lot of mould on the walls and some cupboards.

The integrative doctor told me mould can affect some people quite strongly and have a strong impact on their health. They asked me to do a gene test and I came up positive for the MTHFR gene which means I don't expel toxins as well as other people without this gene. They said they thought I could have CIRS – Chronic Inflammatory Response Syndrome and they asked me to do some tests for this. I did these tests and it was confirmed I had high levels of mould mycotoxins in my blood and these levels have been shown to cause the symptoms I was experiencing.

If I had not seen this integrative doctor and had the time to talk with them and find out what could have been causing my illness, I could still be very sick. In fact, if I hadn't taken some action and moved away from the mouldy house and started treatment for CIRS, it's likely I would be very ill today. Often people who have CIRS but don't treat it, end up getting another chronic illness as the mould inhibits the immune system and this often leads to further illness.

I'm so glad I saw the integrative doctor and started taking action. They advised me to move out of the mouldy house and to move to a place which had no mould. They also advised me to get rid of most of my

furniture as the mould gets into it as well. These were all major decisions I had to make and without an integrative doctor helping me on this journey to better health, I wouldn't have been able to achieve what I have done – which is to be feeling 95% better now in 2019.

As well as advising on moving out of my old house, my integrative doctor has also helped me cleanse my system of the mycotoxins, with supplements which help detoxify my liver and others which stabilise my system. As well, I'm on a diet which avoids food with high mould levels and this way, I'm not reacting to food and I'm feeling much more energetic.

If I had not seen an integrative doctor, no general practitioner would have thought to diagnose CIRS. While CIRS is more well-known now – this is only in the realm of integrative medicine. General practitioners are not trained in this illness yet. More people know about CIRS now because Liberal Parliamentarian, Lucy Wicks, called an Inquiry into it last year in August and some good recommendations came out of this including more training for GPs in this illness. I spoke at this Inquiry so my submission is written in Hansard.

The personal and financial cost of this illness has meant I've only been able to work part time for the past 5 years but luckily, I'm now able to work more on a full time basis. Over the past 5 years, I've been unable to spend time doing normal things in my spare time because I've had to remediate my possessions and keep working on recovering from this illness. It has had a great impact on me personally and financially. If we make it even more expensive to see integrative doctors, this will only make it more and more difficult to get the help I've received in order to get well.

I would like to ask the Medical Board of Australia to think of all the people with complex illnesses in Australia and to understand these people may not get diagnosed properly unless there are integrative doctors they can see. With less integrative doctors and with too many restrictions, there's a chance they won't see an integrative doctor and they'll just get sicker. This would be very unfortunate.

As well, I would ask the Medical Board of Australia to think about the many young children who suffer from a chronic illness and nothing seems to work for them – until they see an integrative doctor who looks at more factors and spends more time to find out what's affecting them in a negative way. Without these integrative doctors, these children will live a life of poor health and never really know what it's like to feel well.

People with enough money will be able to go overseas for integrative treatments but those without funding won't be able to do this and they'll have to put up with a chronic illness which could lead to something far worse.

Integrative medicine is very strong in some European countries including Switzerland and Germany – as well as in the US. Why can't we make this model work as well? Why do we have to choose between standard general practitioners and integrative doctors? Why can't we have both because they complement each other? We need the extra treatments and the skill at diagnosing complex illnesses which integrative medicine can bring.

Please consider all of the above when looking at this area of complementary and unconventional medicine in Australia.

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 4 June 2019 5:59:39 PM

To the Medical Board of Australia,

I support Option 1.

After suffering chronic fatigue for nearly two years, and with no answers as to why I suffered so many debilitating symptoms, I turned to alternative medicine. The decision was my saving grace back to optimal health. I will add that I am a very active and fit 67-year-old male.

Contemporary medicine does not have all the answers. I do respect that there needs to be guidelines put into place so as we can keep our wonderful medical system free from fraudulent claims that may put people's lives at risk, but we also need to be progressive in our efforts to create a healthier community.

Most alternate therapies and protocols cannot be scientifically proven, the proof is always in the patient's experience. From my experience, alternative medicine works, it just takes time, it is not a quick fix. If we make it harder for people to access alternate medicine we are stifling the progression towards a system that is for 'the good of all'.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 3:13 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My 11 year old daughter has JIA.

We have had great results in symptom reduction by using an integrative doctor who has been able to recommend effective supplements and order more specific tests.

She is also on pharmaceuticals but without the complementary medicines she may not have a chance of remission. Please keep integrative medicine available in Australia.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:16 PM

To the Medical Board of Australia,

I support Option 1.

After years of misdiagnosis, pain and suffering, I finally had an answer to my chronic illness after seeing an integrative practitioner. They used a combination of traditional and therapeutic testing and treatments to get to the bottom of my health issues. Today I feel significantly improved and have my life back. Without this opportunity to see a holistic practitioner, I would still be sick and a burden to Medicare.

I am in support of retaining the current guidelines so others have the same opportunity to look beyond traditional medicine to improve their health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 5:19:43 PM

To the Medical Board of Australia,

I support Option 1.

I have a chronic disease cancer and have chosen to use integrative medicine as well as orthodox medicine. I have found that using this medicine has increased my immunity and supported me to cope better throughout my surgery and radiotherapy. I had an aggressive cancer and should have been dead a long time ago. Being able to combine both types of medicine has enabled me to live a normal life. I also feel this is a democratic country and we should be able to choose our type of medicine and see a Doctor that can combine both integrative and complimentary medicine. I have experienced Doctors who have so closed minds did not accept I was taking a vitamin!!!. Please leave the Integrative Doctors alone and allow them to continue with their treatment. If things change I feel I will not be around for long as the only reason I am still alive is for their help. My whole family have been using integrative medicine for years and now my grandchildren. I used to be a Nurse and I have seen the difference it can make.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 8:18:38 PM

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with an autoimmune condition, Hashimotos, by a regular GP who told me there was nothing else I could do aside from taking thyroxine every day for the rest of my life. This life changing news all in a 10 minute consultation. I had specifically asked what else I could do for my long term health with this condition. I was quite unwell at that time, severe fatigue and muscle and joint pain big issues for me. This same GP told me aside from there being nothing I could do to improve my health and therefore quality of life that it would be likely that I would go onto to develop a range of other autoimmune conditions, including diabetes.

I struggled with this for several months, my health going backwards until I was fortunate enough to discover the integrated functional GO's at [REDACTED] in Melbourne along with an amazing Nutritional Naturopath. Their thorough and comprehensive assessment has led me to being healthier than I've ever been. My thyroid antibodies have gone from both being over 3000 to < 30 for TPO and <700 for TG's, my blood work is now 'optimal' not just merely somewhere within cooee of the baseline laboratory values where the regular GP was content for them to be and my integrated doctor is more interested in how I am feeling and functioning than those lab values. He and my naturopath spend the time getting to the bottom of my autoimmune disease, counselling me on diet and lifestyle interventions and empowering me to put my own good health first and foremost.

If I had just believed the regular GP and not embraced the knowledge to halt the destruction of my thyroid goodness only knows where I would be today. Well actually I now exactly where I would be, chronically unwell!!!

I consent to publication of my submission.

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.

1.5 years ago, I started sleeping 18 hours a day. Unable to work or function in my household.
My doctor only wanted to put me on antidepressants which didn't help.
Natural therapies are what has given me back my lease on life. Looking at root cause whilst fixing the issue.
If you put these restrictions on integrative therapies then people won't have the same chance that I did

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 4:13:55 PM

To the Medical Board of Australia,

I support Option 1.

Hi

Don't take away the ability of those of us who do not have a thyroid to access various forms of medication - this includes T3, T4 and dessicated thyroid products. Not all of us cope well with just T4 replacement! I remind you - do no harm - if you stop this access you will cause harm.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 3:29:45 AM

To the Medical Board of Australia,

I support Option 1.

Hi

I have ME/CFS. As you may know there is currently no single readily available diagnostic test nor any treatment to provide a cure. I am one of the missing millions worldwide that suffer this disease hidden from the public.

I am bed bound on average 4 to 5 days a week. That means I am asleep- I can barely manage going to the toilet so other activities such as showering or cooking don't occur. I am in constant pain, suffer neurological symptoms that affect my speech & walking, have an essential tremor & RLS. Add in IBS & multiple food sensitivities (no gluten, dairy, fructose, yeast & egg) & you're starting to get an idea of my life.

I have been fortunate to be treated by an ME/CFS specialist who practiced integrative medicine and has prescribed both complimentary herbal supplements and compounding medication such as low dose naltrexone. These have assisted in managing my symptoms & providing me some relief. Without an integrative approach & an openness to prescribing alternative medication that my doctor has provided I would be unable to live independently.

Thus I request the current guidelines for integrative & complimentary medicine remain unchanged.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 12:23:09 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine helped me navigate and solve symptoms of a complicated period of peri menopause which traditional medicine alone could not solve. Please don't force people like me to leave the traditional medicine system completely by forcing a bigger divide - both are valid and useful and need to be integrated MORE not less.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:30:57 AM

To the Medical Board of Australia,

I support Option 1.

Without the help of my naturopath/integrative doctor for my chronic bowel disease I don't know where I would be. We aren't a one box tick all subject that most gp's throw us under and we should have the right to holistic health alternatives then prescribed medications. Please don't give our freedom to choose away from us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 5:00 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

At 3.5 years of age my son couldn't speak in sentences and couldn't learn simple lessons like saying please or thank you. He also suffered severely from separation anxiety but didn't really like to be hugged . All signs of ASD . As a science graduate with a major on health promotion and dietetics I was able to find a short term answer by avoiding food additives and also some some foods. Well actually not just some foods but most fruits and vegetables as they contain a substance called salicylate . Thankfully almost overnight my son spoke lots of words and became calm and able to learn . After a couple of years I realised that in the long term avoiding all these healthy foods would be detrimental.

Fortunately we stumbled upon an integrative or functional GP who helped us to address critical nutrient deficiencies caused congenitally. This GP doesn't bulk bill and the blood tests she ordered weren't covered by Medicare and her prescription of vitamins was not covered by the PBS . I will forever be thankful we found this path and the money we spent is counted amongst the best value. Our son who would without doubt have been diagnosed with ASD / ADHD then moved on to depression as a teenager is well adjusted, has performed well in school and hasn't cost the government a cent of Medicare money in the last 12 years . No early ASD intervention, no aide at school , no visiting the doctor continually and no medication .

If this story isn't enough to persuade you here's another - My dad had a heart valve replacement 20 years ago. He sees a "regular GP" . When he developed an infection he should have been sent for scan to check if the infection had gone to the replacemyvalve in his heart . His GP neglected to do so . He spent 6 months battling, missing work, visiting the doctor. The doctor found he was low in iron and prescribed iron supplements without finding out why he was low in iron . (Integrative GP's aim to find the cause) He ended up having emergency open heart surgery to repair his aorta and replace the valve due to extensive damage caused by the infection and spent 2 weeks in hospital then a further 6 weeks on the top of the range IV antibiotics. After his operation he needed to eat protein to heal but couldn't stomach it and was depressed. Both are signs of critically low zinc . I sent him to see my Integrative GP who confirmed this and prescribed vitamins he could eat meat and his depression resolved ... without the expertise of this GP he would have ended up back in hospital and possibly chronically ill . Instead he isn't costing Medicare money and can continue working .

These are just two stories about how my family has avoided the doctors office for the last 10 years, I could go on . Remember that doctors used to prescribe smoking and cocaine and also scoffed at hand washing before operations . Without revolutionaries there is no evolution. We'd still be using blood letting as a cure if we closed off avenues of new treatments .

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 8:37:28 AM

To the Medical Board of Australia,

I support Option 1.

We need doctors to be able to think freely and act in accordance with their patients wishes, using best available evidence and their clinical judgement. AS on a personal level my GP guided me through recovering from a tick virus, suggesting alternative therapies when required. After 12months of chronic illness, I am now well on the road to recovery, have maintained my job, therefore maintaining my house.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 6:34:39 PM

To the Medical Board of Australia,

I support Option 1.

00

Thank you for the opportunity to make a submission detailing why I value the right of choice in healthcare and why I believe that the current guidelines and status quo should be maintained. Having seen the positive effects of complementary therapies in many others as well as experiencing them myself I strongly believe the old guidelines should continue. The reasons for this are listed below:

- Positive experiences As I was growing up my mother suffered debilitating migraine headaches which put her to bed for several days. Our local General Practitioner and a specialist were unable to help her so she finally consulted a complementary herbalist and nutritionist who had been recommended to her and within two months her headaches completely disappeared. In my early twenties I had a severe form of dermatitis on my hands and despite visits to skin specialists and a number of drugs and ointments I was unable to get on top of it. After 18 months I consulted the same complementary therapist my mother had seen and within 5 weeks my dermatitis had disappeared never to return. This led me later in my life to study herbal medicine and nutrition and gain Diplomas in both these modalities. I also worked in a retail chain of health stores for some time and was able to observe and hear many positive stories of clients and customers. I am certainly not an advocate for not using conventional medicine. I do believe that in Australia we have an excellent medical system which is absolutely brilliant in dealing with acute illnesses, surgeries and accidents etc. We also have one of the most developed, vigorous and strictest regulatory systems for the manufactures of complementary medicine in the world. Integrative medical doctors are of course university trained medical practitioners who have done extra study in nutrition and other complementary modalities so it makes no sense to me that a two-tiered system would be implemented and that they would have separate guidelines.

- Concerns with the Review process A major concern for me with adopting new guidelines is the statement that “concerns have been raised by stakeholders without revealing exactly who these stakeholders are or what their concerns are thus highlighting an apparent lack of transparency in this process. I also note that the MBA state that consultation is a part of the review being undertaken so I am at a loss to understand why Integrative doctors and complementary therapists were not consulted.

- Lumping complementary, unconventional medicine and emerging treatments in a single definition. The MBA do not appear to have identified which therapies they consider unconventional medicine or emerging treatments to be.

- Safety risks - The safety risks do not seem to have been reported. Complementary medicines such as nutrition and herbal medicines are

very safe modalities with little evidence of any danger to patients Australia is also one of the few countries in the world to manufacture complementary medicines to pharmaceutical standards and Good Manufacturing Practice (GMP) standards. Thousands of people find relief and improved health through using natural therapies. Over 70% of Australian adults use over-the-counter complementary medicine products, one-third of Australians use complementary medicine therapies including naturopathy. Today the herbs often mentioned by the knockers of herbal medicine – eg. belladonna, hemlock, opium, digitalis etc) are never used at all by modern day herbalists. Erroneous beliefs about herbal medicine are based on terribly exaggerated tales of the dangers of such plant sources of vitamins, minerals, hormones, enzymes, proteins, starches and carbohydrates (they are in fact more concentrated packages of the same nutrients contained in people's food.

- New Research A new study by researchers at Southern Cross University has found favourable evidence for Naturopathic medicine in the treatment of a wide range of chronic conditions after assessing its clinical benefits. The study, a world-first systematic scoping study conducted by Professor Stephen Myers and Vanessa Vigar published in the February 2019 issue of the Journal of Alternative and Complementary Medicine, summarised the current state of research evidence for whole-system, multi-modality naturopathic medicine. Its findings demonstrate the effectiveness of integrative and complementary therapies.

- Overseas Practices In the USA over 70 of the major universities in that country including the highly esteemed Harvard University are running courses for Integrative Medicine.. They would not of course be doing so if they considered it to be an unsafe practice.

It is extremely concerning and undemocratic that the MBA have already gi en a preference to Option 2 without any consultation with the Integrative Medical community. I am therefore asking that the MBA continue with Option 1 until at least consultation has been taken with stakeholders and the other concerns raised have been investigated.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 9:15:34 AM

To the Medical Board of Australia,

I support Option 1.

I believe as an Australian citizen I have the right to choose the way my health issues are treated by my GP. I am not against taking all pharmaceutical drugs , but, I am aware just as you are, of the risks and side effects of taking them.

For around 17 years now, I have chosen to use complementary therapies when possible such as bio identical hormone replacement and herbal treatments.

I have an amazing relationship with my trusted integrative doctor and I firmly believe it should be my right to use these therapies under my doctors supervision.

My integrative doctor first searches for the reason I am not feeling well instead of just giving me a prescription for my symptoms and then lets me decide on my form of treatment . In my opinion this is the best way of treatment for me and possibly many others who arm themselves with knowledge of how their bodies work and therapies that may help gently and naturally.

Thank You

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have so much respect for integrative doctors who have furthered their studies and for my son who has autism we have seen major improvement in behaviour and social skills. He can now sleep through the night. I have seen the evidence for myself where rather than treating the symptoms they are addressing the root cause. There needs to be more integrative medical doctors as there are really long waitlists.

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, 11 June 2019 1:38:37 PM

To the Medical Board of Australia,

I support Option 1.

To put pressure on or disallow practitioners from providing integrative care not only comes across as dictatorship it also suggests the MBA that there is only one approach to health for the population of Australia which is arrogant and egotistical.

I have worked in the "health" industry for over 25 years and from my perspective we don't seem to be making the population healthier with Western Medicine, in fact quite the contrary.

It is far from a holistic approach. Holistic means the caring for the patient as a whole, that is, mind, body, spirit. That is what integrative medicine is addressing as well as giving the patient choice based on the PATIENT's belief's, NOT the practitioners. Any experienced practitioner should know that individual beliefs have far more impact on the health of the patient than the medicine provided. A person's mind is powerful and significantly affects the outcome of their healing.

Without integrative care, gut health is being ignored and the gut is essential to preventing disease, NOT medicines.

Apart from my professional experience in the medical system, I have personal experience of receiving care as have my extended care.

Without integrative care we would all be sicker. I had no answers from the medical practitioners with my health. A broad diagnosis was given because quite frankly they could come up with nothing else and absolutely none of the treatments trialed worked. Not even remotely. I have had to seek alternative routes on my own accord with great success. I also have 2 nieces with medical issues that once again have been unresolved by the medical teams and have been in and out of hospitals for much of their life, especially one. Because they were outside of the box it was far easier to diagnose them with depression (quite possibly they had a form of it but it was merely a by product of the care, or lack there of, from the medical teams and hospital and extreme extended illness. It is far easier for the practitioners to put them in the too hard basket as they aren't taught to look outside the box and are dictated to by the pharmaceutical companies AND the AMA. Heaven help the practitioner that does take a holistic approach and look everywhere else but inside the box for answers as they are spoken to or struck off. How dare they take the patient's best interest to heart!

Who is the MBA for, themselves or the patient.

One can only hope it's the latter but currently it seems they are only out for themselves.

By ignoring other approaches to health and integrating them into patient care does not fulfill the "do no harm" Hippocratic oath, it is merely self serving.

It was Hippocrates who actually said "Let food be thy medicine and medicine be thy food", has that been forgotten by the medical industry?

I consent to publication of my submission.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:40:14 AM

To the Medical Board of Australia,

I support Option 1.

I support integrative & complimentary medicines as part of my healthcare plan. I was able to come off antidepressants over 5 years ago using complimentary medicines. I was on a triple dose of antidepressants & wasn't feeling any better. By changing medical regulation doctor's hands are tied from being able to look at the whole body system to treat the cause rather than the symptoms. To take this away would not only be a disservice to the practitioner & their patient, it would also be sending us back into the dark ages & stunting the progress of modern medicine. The MBA has a duty of care to make sure that patients not only have the right to choose the type of care they want but to also give patients the best chance at a full recovery. Full recovery means treating the body & mind wholistically, not placing a band aid over the illness. I suspect that the pharmaceutical companies have a part to play in possible changes to the regulations but I hope this is not the case as I would completely lose all respect & faith in the MBA. There are brilliant minds out there in the medical profession be them integrative or complimentary practitioners. Let them honour their profession & allow them to continue to do what they studied to do & that is heal rather than use the band aid effect.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:28:57 PM

To the Medical Board of Australia,

I support Option 1.

I do not support the Medical Board of Australia (MBA) developing a separate guideline for medical practitioners who provide complementary medicine advice.

Having worked in the medical and health industry for 20 years, I have always been a strong advocate for public health and medical services in Australia. Over the past decade I have found it increasingly difficult to maintain such advocacy due to the medical industry's lack of willingness to communicate with patients about options for complementary health. Patients are belittled and alienated should they even question options that may be available to them. At times the behaviour of 'conventional' medical practitioners could only be described as bullying. The push for medications and more medications for patients who are not actually that unwell is apparent. Older patients are particularly vulnerable and have been targeted to be put on steroidal medications that they need to take for years, when in fact they were only suffering an acute viral illness, that they were able to overcome themselves and return to health without these unnecessary and dangerous medications.

This is a very narrow-minded view of health and wellness. This is also an alarming view of health and wellness. Where is the MBA when it comes to regulating this kind of 'conventional medicine'? Is the aim to have everyone on medications?

Conventional medicine has a unique and much needed role in acute illness and injury. However, the approach to chronic illness falls short for the individual, with management of symptoms the best outcome available. Integrative medicine and complementary therapies are working towards the bodies innate healing processes. These are therapies that have been used with success for thousands of years. The 'conventional' medicine approach is young and whilst needed in acute care situations, the practitioners and the MBA could learn so much from having a more open approach on how these various methods can be used together to achieve the best patient outcome for chronic illness.

I have worked with many great doctors – doctors who are highly professional, supportive and consultative about patient care. I have also worked with doctors who are just part of the hierarchy. They do not listen to those around them and they are the ones I've seen come unstuck in medical misadventure cases. I've seen the medical misadventure data. I've known those who've lost their lives through medical misadventure. The general public have no idea the extent to which medical misadventure happens and how many lives are affected. This is where the MBA should be focussing their role. To single out the much gentler approach of integrative medicine and complementary therapies is an attempt at diversion from the real harm that is being created by the 'conventional' medical industry.

Personally, I have been unwell for nearly the whole 48 years of my

life. As a young baby I suffered febrile seizures, then spent nearly 10 years on antibiotics for repeated tonsillitis and ear infections. As a teenager and young adult, I was moved onto steroidal medications to manage an ever increasing array of symptoms. Through all of this I somehow managed to be an excellent student at school and university and have had a rewarding career in various and diverging fields of health and policy. I followed all my doctors' advice over the years and it always led to more medications and no true wellness. I was heading for a life where I was unable to drive and therefore unable to work and contribute to society. In fact I believe I was heading for a life on welfare payments, as has happened to so many other competent and knowledgeable people I know. Exhaustion, double vision, vertigo and catching every viral illness around was the way I have had to learn to operate, until I reached out for complementary therapies. Over the last few years I am regaining health I not only lost, but have never really had. I have found great medical practitioners who are willing to spend time in long appointments to assist me in searching for options to improve my health. These are open-minded doctors, willing to work in alignment with complementary therapies and entrust me with the knowledge that I can attain true health. They may fall under the umbrella of 'conventional' medical practitioners but I believe they would fall outside the definitions under the MBA's proposed restrictive guidelines.

This tells me that the MBA is willing to punish those doctors that are working towards true health and wellness for their patients. This tells me that the MBA has no interest in health and wellness. This tells me that the people holding positions of power on the Medical Board of Australia are abusing their position of privilege and should not be there. They are on the board for the wrong reason if they are doing anything but advocating for true health and wellness.

There should be no question of conventional medicine and integrative medicine and complementary therapies working together for true health and wellness. There should be no divide. This proposal to invent 'new' guidelines is showing a lack of transparency and integrity to true patient care. If the MBA was truly looking to create safer health care for patients, their efforts would be focussed on medical misadventure – the largest medical risk patients of conventional medicine are exposed to.

To remove or restrict access to integrative medicine and complementary therapies, removes the most comprehensive method for healing known to man. I would like the MBA to explain to me how they intend to offset the removal or restriction of such services for the people of Australia. The MBA will be removing one of the most fundamental human rights. Why do you or anyone else believe this is OK? These services are safe and effective and being performed by professionals with our informed consent.

Do you believe that the people of Australia don't have the knowledge or understanding to assess for themselves what benefits the health of themselves and their families most? While we may not have a qualification in the exact field, that does not preclude us from having the intelligence to research and decide what is and is not correct for ourselves and our families. To remove our choice in this matter is not just a slight on a profession, it is an insult to every Australian who has thoroughly researched the care and therapy required for them to achieve optimum health.

I do not support the Medical Board of Australia (MBA) developing a

separate guideline for medical practitioners who provide complementary medicine advice. I believe the MBA needs to be called to task over this move, which can only be described as medical tyranny and an attempt to further remove medical freedom from the people of Australia. The MBA needs to state who the 'stakeholders' are that raised these issues. If it was important enough to commence such a review, it is important enough to reveal who has initiated the event. It was not the people receiving services and it was not the practitioners – surely they are the only true stakeholders in this.

Do not remove or restrict my access to integrative medicine and complementary therapies. It is my basic human right for both myself and my family.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:55:11 PM

To the Medical Board of Australia,

I support Option 1.

I have been using integrative & complementary therapies since the birth of my children 36 years ago to replace chemical medicines available for children's day to day health requirements. Since then I have educated myself in a variety of modalities to enhance the self-healing capacity.

In 2018 I underwent major skin cancer surgery @ a major Sydney hospital & was surprised & thankful for the acceptance & encouragement for the inclusion of my complementary therapies in my treatment & recovery. Both my children & some other family members seek complementary therapies for maladies, before seeking medical 'cures', eg no pain medicines or antibiotics.

I am a public patient in the medical system which requires me to pay for specialist medical practitioners of my choice just as I have to for complementary therapists. So if the laws change, it will make no difference to me...I have always had to pay for my treatment of choice except in my 2019 emergency treatment where I had choice of hospital, & therefore the expertise of international best practice.

Restrictions on Integrative Practitioners by the MBA will curtail best outcomes for patients developed over millenia, & infringe upon our freedom to choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 1:21:18 AM

To the Medical Board of Australia,

I support Option 1.

I was sick since 2004, with a sudden downturn in 2005, a year or so later my GP said I have chronic fatigue syndrome, depression and IBS. Mainstream medicine had nothing to offer and still does not to this day, but for graded exercise therapy therapy and cognitive behavioral therapy (based on a study that now accepted as scientific fraud). Dr [REDACTED] who was a mainstream GP in [REDACTED] was ultimately what allowed me to recover. She was shunned by the [REDACTED] for practicing alternative medicine and has had 7 court hearings against her, after a freedom of information act search by Dr [REDACTED] emails were recovered that alluded to corruption in the [REDACTED].

Demand rarely exceeds supply, for alternative medicine to exist there must be something wrong with mainstream medicine, and there is.

Im fully recovered now from CFS, ibs, depression, arthritis, dizzy spells, hypotension, and I may have even cured dermatitis.

The main cause of these illnesses in a nutshell was [REDACTED] sprayed on all our food (in larger amounts since 2004).

[REDACTED] is the researcher who solved this puzzle.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:34:45 AM

To the Medical Board of Australia,

I support Option 1.

Where to start? I have been using alternative medicine for nearly 40 years. Shiatsu, remedial yoga, acupuncture, Chinese herbs, meditation, Alexander technique, to name the main ones. (Unfortunately this box doesn't make correcting typos easy - I apologise.) Over the last 5 or six years I have been seeing an extraordinary acupuncturist who has done more for me mentally, physically and emotionally than is possible to recount here. He has also spent time working in one of Sydney's major hospitals integrating acupuncture into mainstream medicine. It is imperative that in the world today and in Australia that patients and the doctors who care for them have the right to choose which therapies they will use in order to best help in any situation. I remember my beautiful Chinese Malaysian GP, who incidentally was a qualified lawyer and an advocate for doctors facing litigation, being excited to give me acupressure for morning sickness and being delighted with the fact that he was using his Chinese medical heritage to produce such good results. The right of the individual to choose how his or her body is treated is of the utmost importance. It is also the right of an informed and open minded doctor to prescribe what he or she feels will best serve a patient's recovery. In this country and around the world the right to choose is being taken away by the people who own and run companies and who don't have the best interests of the people they are supposed to be serving as their ethos. Their ethos is money and control. If you, the MBA of Australia, dictate and control doctors and their patients in this way, you will be doing a grave disservice to them and infringing on their basic right as humans to choose. Please don't do this. I pay a small fortune each month to a private health fund to cover my family. I need to be able to claim for the therapies which I use in my journey towards my best health as I can claim for the treatments I receive from "mainstream medicine". Sincerely, [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 7:48:51 AM

To the Medical Board of Australia,

I support Option 1.

As a family with lots of food allergies and intolerances, as well as hip and back pain, we use whatever tools are available to help us live well. This means a mix of conventional and complementary medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 8:07 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have worked within the medical /pharmaceutical industry for 25 years, read a lot and seen a lot. I personally will never take any Long term medication for anything, preferring to heal, Return, restore my Health with food and vitamins (which I have done). Learning what foods and drinks etc., cause adverse reactions within my body (swelling and dropping of eye lids; black rings around my eyes; sudden onset of dermatitis the symptoms; waking up to find I have "no neck" because of swelling, which is akin to an anaphylaxis type reaction; itching of the shin etc., also discovered for instance that my scalp psoriasis actually disappears when we have plenty of rain water to shower and bath in, Not the chlorine filled manufactured town water. I am a responsible adult, that is prepared to do what it takes to Stay Healthy and It Was Natural Health Recommendations from an integrative Doctor that I Sought Out, that Did It. Not my former Doctor who only had a monthly prescription of drugs to treat the symptoms, not discover the problem and solve the problem, which is what I expect from my healthcare. My Body, My Choice, My Constitutional Right to Non Constriction Of Medication or Dental.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 1:12 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support patient access to integrative and complimentary medicine.

I have two autoimmune diseases, one of which has landed me in hospital twice. I am so very grateful for modern western medicine which undoubtedly saved my life but my mental and emotional recovery, and indeed every day life, have required support which I have only found available via integrative, complimentary and eastern medicine.

As the old saying goes "prevention rather than cure". This is where integrative, complimentary and Eastern medicines also come into play to support, nurture and guard against illness. Many of these practices have been around for thousands of years and are still active today in many parts of the world - parts of the world whose populations are considered far more healthy in general compared to Western populations.

The healthcare system in Australia is already under immense pressure and is unlikely sustainable in its current state. If people have access to well rounded physicians and complimentary practices to help us maintain well balanced mental, emotional and physical health, surely this is a win for everyone.

Personally, I encourage the expansion of integrative, complimentary and Eastern medicines for a sustainable future, not just for the healthcare system but for each and every one of us humans.

Additionally, I should have the right to select the healthcare professional of my choice, without restriction to how they can support me.

The healthcare system and those who govern it need to wake up! We are sicker now than we've ever been and restricting access to services will only make it worse.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 3:44:12 PM

To the Medical Board of Australia,

I support Option 1.

I believe that the official decision makers regarding health care do not understand the impact of removing or weakening the support for integrative and complementary health care in Australia. It is vital that Australian 'leaders' properly investigate the use of these 'alternative' services to understand how 'old school'/ outdated this country is. Personally, I keep myself out of doctor's clinics and hospitals by using integrative and complementary health services - therefore, using less Medicare, PBS, etc and also therefore attending work with very little sick leave. I have seen an INTEGRATIVE QUALIFIED DOCTOR to resolve digestive issues that I had for 35 years, with a great number of varied medical tests (several ultrasounds, endoscopy, radioactive isotope scan, emergency hospital visits, colonoscopy, numerous standard doctor visits, various drugs, etc. It was not until I consulted an integrative doctor that a solution was found. My life has changed, consequently! In addition, I have sought help from naturopaths through the years for other issues relating to allergies and skin issues, and weight - successfully. I have also had many acupuncture and chiropractic consultations when skeletal misalignment and over- tight muscles/ spasms or pinched nerves have caused inability to stand, move or walk properly. When I had consulted G.P.s for these matters, they were unable to help me and had recommended drugs or physiotherapy. I have learnt not to waste my time or money in such cases. I don't blame the doctors - they cannot know everything there is to know about the human condition. That is why it is so important to have choice, to have a range of medical practitioners who have different areas of skill. Each person is unique in some way too, so whereas one person may respond best to acupuncture, another may respond best to chiropractic, another to supplements and herbal remedies, as both history and other cultures have proven for 1,000s of years. Decision makers must comprehend how much government money, resources, time, employment, and productivity the new minimized/ limited policy will waste - and it must be acknowledged how much it will cost an ordinary individual:s precious income/ savings, with no healthy outcome. I know it is a backward policy and there will be serious regret. I will use my vote to protest on this matter. I hope more knowledge and enlightenment enter the minds of all concerned.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:25:38 PM

To the Medical Board of Australia,

I support Option 1.

Hands off my right to choose how I want to approach my health and medical issues!!! I used hypnotherapy to stop smoking because my body would not tolerate Nicarbate. I used acupuncture in combination with physiotherapy to ease my plantar fasciitis. I've used Bowen Therapy to assist me in controlling the early onset of osteoarthritis. All of this has been done with the tick of approval from my Drs over the years.

Our hospital and medical facilities are already stretched to the max. People are beginning to be viewed as numbers and not as humans with complex issues and underlying symptoms. The majority of Drs attempt to see their patients as individuals with a need to tend to their medical issues on an individual basis. Ten minute consultations and a handful of prescriptions and a firm shove out the door is not what Drs spend 5 years or more of study to use on their patients.

My right to choose my Dr and subsequently my treatment, including complementary and alternative treatments and natural therapies and herbal medicines should be exactly that.....MY RIGHT.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 5:53:31 AM

To the Medical Board of Australia,

I support Option 1.

I have lived with Chronic illness since I was 18. Chronic pain in particular from damage to my spinal cord from Neuro Mylitis Optica Flares. With Chronic pain a myriad of therapies are needed, pharmaceuticals, massage, Pilates diet change have all contributed to my ability to continue to work full time, pay my taxes and be lucky enough to afford Private Health Cover. Over the years my medical professionals have encouraged me to explore integrative health and both camps have played a role in keeping me well both mentally and physically. To put restrictions on these functions will cause further burden on an already taxed public health system and funnel people through that often don't require conventional medicine. Please leave our options open. We are the ones dealing with illness and we should have a choice as to how it is treated.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 10:51 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support doctors using an integrative approach medicine treatments for myself my family and others. I have long used naturopathy, acupuncture, homeopathy along with conventional doctors diagnostic medication. I believe as a Democracy I have a say in how I choose my own treatments and I am free to choose the treatments I will use. I will use integrative health with conventional medical professionals with or without the consent. I feel disgusted that this even a issue... My grand Parents and grandparents before me chose what treatments they wanted to integrate with so called conventional medicine. I have for my whole of adult life used integrative and complementary medicine including through 6 pregnancies. It is my right to choose and I feel violated at the thought of my choice even been threatened. I feel angry that as a wholistic health practitioner I have to defend my rights in the way I take 100% responsibility for my own health and well-being and knowing that my immediate family and myself have sustained perfect health, Personally I want the least possible poisons entering my system... I have other family members severely impacted from toxic medication in the past when it was supposedly needed, and no action taken against the medical profession was taken. It seems that they are divinely protected and pathetic excuses made to cover themselves. Sickening. Please accept my decision to make my health my choice with complimentary and integrative medicine,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:12:38 AM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I believe one of the greatest things about being Australian is we have freedom of choice . Freedom to live our life's as we choose, where to work, what to read , where to live etc. This freedom should not be taken away from us when it comes to our health. It is our Australian right to choose how to treat our health and who to see regarding our health . If you go ahead with the proposed changes to integrative health it would mean higher costs to us which many can't afford, it means practitioners are restricted from doing their job and their freedom to treat patients in the way that is best for the patient. Not all patients respond to conventional medications or not a combination of both conventional and NON conventional treatments.

This was the case with my 16 year old daughter who has the chronic health condition endometriosis. After several surgeries she was bed ridden for 12 months with chronic pain unable to do the simplest task such as shower herself during this time . Conventional drugs used for pain did not help and the ones that did left her sleeping all day and drugged up . They were also highly addictive, very scary for a 16 year old to be on!

We turned to alternative medicine in desperation and with very little expectation that it would help but we had tried everything the medical world had to offer .

Within a couple of weeks of seeing an integrative practitioner she noticed her pain was less, she was able to move around unassisted. She continued to slowly but surely improve . We are now 3 years down the track, she is back studying , working part time and having a small social life . Although she doesn't have the life of a "normal " 19 year old, she is a far cry from what she was capable of doing 3 years ago . She still has pain every day and has some flare ups, but she manages it with natural medications that do not leave her so drugged she can't continue her life .

I KNOW that if we did not have the choice or that our doctor did not have the choice to offer an alternative to how she was being treated with conventional medications she would not be where she is today . Please do not take away our freedom and our doctors freedom to try different alternative medications and treatments . It may just save someone's life as we are not all built the same and respond differently to treatments . Please do not make these changes for the sake of our children ,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 12:44:07 AM

To the Medical Board of Australia,

I support Option 1.

I have been ill since I was a teenager and all the medicine I have been given by mainstream doctors has made me worse. I have had to use natural medicine to heal from mainstream drugs - pharmaceuticals. I have also had many procedures and operations done and been left in pain and unable to heal. Doctors have offered me nothing on these occasions and I have had to learn how to manage my pain independently using Integrative and complementary medicine. I have been given pain medication that has not worked for my pain and so I was told to take more, as my pain needed to be managed, they made me worse and then I'm told I'm addicted to this medication that I never wanted to even try. I used natural medicine to withdraw and recover from opiates the doctor forced me to have then left me to deal with the horrific pain and suffering they caused. If I didn't discover natural whole plant medicines I would be dead and the "health" care system in this country would be responsible.

Doctors, their practice and their medicine have made me sick and had to suffer.

Every person I know who is sick is healing themselves, so I think your missing out on something pretty important if you can't see this is how humans feel about modern doctors and their so called medicine. How can an entire system of the human body be left out when medical students study medicine?

When the endocannabinoid system is introduced in to medicine and pharmacology then you will see how important whole plant medicine is, the entourage effect and why isolates are destroying us along with modern food and lifestyle- the things doctors never talk about anymore - real medicine - preventative medicine - like diet and emotional wellbeing.

We are humans, please treat us with respect and naturally.

I am so sick of bad corrupt science and that has destroyed modern medicine. Please MBA - get out of bed with Big Pharma and back on team human

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 15 May 2019 4:11:45 PM

To the Medical Board of Australia,

I support Option 1.

I support access to Integrative and Complementary Medicine as patient choice on treatment is paramount.

Whilst there may be misguided views that little evidence supports these treatments unfortunately it is more often than not a restricted understanding of what is classed as evidence and what is actually funded to be researched, causing the supposed lack of evidence.

Unfortunately if any change is made it will drastically affect the health of many Australians as we function better using medications and treatments provided by so-called alternative practitioners. It was after dissatisfaction with the treatment of my chronic disease for 17 years (with regular GPs) that encouraged me to seek out an Integrative GP. Unlike the mainstream GPs, there is more understanding of the patient experience.

With many mainstream GPs I was subtly ignored and made to think that any symptoms I experienced were not real, as studies (ie mainstream evidence) are hard to conduct into non-specific symptomology.

The reason we as patients seek out Integrative medicine is for the alternative perspective where non-specific symptoms are telling a story that needs to be heard.

Whether ultimately the treatments provided are believed to be so-called evidence based ... they are a necessary addition in the healthcare regimen of many Australians like myself.

There needs to be an allowance for Integrative practitioners to provide the current service that they do.

Possibly the most important reason for my request for No Change is based on the recent ideology of personalised medicine. I believed that there was a growing body of medical evidence to show that we do not all respond the same way to medications and differing treatments. As such, it is not surprising that I did not feel sufficiently treated by the conventional model and people like me need the access to alternative treatments without their doctors being reprimanded for providing what the practitioner deems a high quality service and/or product.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:04:46 AM

To the Medical Board of Australia,

I support Option 1.

I do not want complementary medicines removed from patients rights to use them. I have had excellent results using acupuncture for eczema and sciatica. physio was useless for sciatica

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am a Nurse Practitioner. I regularly see patients who complain that their own GP does not have time, or does not understand how to get to the root cause of their health problem. My own GP is a holistic practitioner, who gives time and undertakes investigations that allow me (and other patients) to be better partners in health and understand what changes we need to make to prevent further health deterioration.

This saves health money, especially in the long term! I also use bioidentical hormones. As a health practitioner (from my own research) I do not wish to use synthetics that are (in my opinion) too fraught with side effects to be my choice. People need to be allowed to choose their health path. There is no one size fits all, nor should there ever be. Thankyou for listening.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 3:38:33 PM

To the Medical Board of Australia,

I support Option 1.

Hi, I wish to convey our family's experience with Complementary Medicine Practitioners. Just short of 2 years ago my 15-year-old daughter [REDACTED] suffered a Tonic Clonic seizure, she had no prior history of this. We undertook an EEG and was advised by a Neurologist in a 15-minute appointment that she should start taking a drug and she would likely be on this drug for life. When I asked what the EEG showed, he simply said "some abnormalities". When I tried to seek a second opinion, I could not find a Neurologist that was even prepared to meet with us once I told them I'd already had a diagnosis. I then contacted a Complementary Medicine Practitioner to provide us with some feedback on her overall health, so that we may understand what may be causing the seizures (by this time, she'd only had two). The Practitioner diagnosed a disorder, informing us that [REDACTED]'s body does not absorb certain essential vitamins and minerals. This disorder's side effects include seizures! Through lifestyle changes advised by the practitioner plus a regiment of vitamins and minerals, we have reduced the seizures down to 1 every few months, eradicated a pre-existing migraine pattern and reduced her anxiety. All this without a single prescription pharmaceutical. Please, the patients of Alternative and Complementary Medicine Practitioners need them to be supported, not attacked.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 5:41:43 PM

To the Medical Board of Australia,

I support Option 1.

I am a NSW dentist . I attend an Osteopath from time to time as needed for lower back pain. My GP also occasionally recommends herbal remedies when appropriate. I find it extremely unreasonable that the Govt should legislate that I am unable to make a claim for a modest rebate for these services on my private health fund . I wonder what is the motivation behind this proposal ? It is certainly not in patients' best interests. By being open to some alternative treatments that I feel are safe, I am, in actual fact, potentially saving the Medicare system significant amounts of money. The Govt should be thanking me and making it easy for me to carry on as I have been, not difficult .

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 8:07:06 PM

To the Medical Board of Australia,

I support Option 1.

My interest in integrative medicine and alternative and/or holistic medicine was borne from personal experience whereby I had ongoing chest pain which concerned my GP, who referred me to a cardiac specialist, who tested me and said he did not have an answer for my pain. Subsequently and with much scepticism, I was treated by a Bowen therapist who treated me once and my severe chest pain disappeared. Four years later I lost the feeling in my legs due to a workplace incident (Lifting). My GP told me to lay around and take some painkillers and It would go away. The problem remained until I saw a chiropractor, who got me walking and back at work within a week. As a result of these changes, I had both of my children treated by alternative therapists for Sinus (persistent problem for seven Years) and behaviour (an issue for one child for one year) Both problems were resolved with one treatment. Now, twenty years later if I have health issues my first choice is an alternative health practitioner or an integrative doctor to achieve a satisfactory result.

In this democratic society, I struggle to understand why this government appears to be so unsupportive of people who are prepared to support themselves and their families health instead of overloading the medical system, which is obviously struggling to keep up and can rarely even explain what are the full effects or side effects of the many pharmaceutical medicines they are prescribing. I believe It is our democratic right to have a choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 8:44:12 AM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been helping my health return to strength and that of my husband.

Having proper knowledge of the mineral levels in our blood is vital to know what we need to treat. I want and require natural alternatives to big pharma drugs.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 2:20:24 PM

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I will keep this brief. I support no change to current guidelines for integrative, holistic approach and complementary medicine treatments. I have used these 'alternative' therapies for years in conjunction with modern 'conventional' medicine. My GPs and other 'conventional' medical professionals including neurologists, etc. are completely supportive of my choices. They support these because my health issues have been improved or corrected by these holistic, integrative treatments (such as chiropractic, herbal formulas, etc) - much to their surprise and delight. I am now 79 and in excellent health despite chronic conditions which have not deteriorated. Some of my so called 'non-conventional' practitioners have actually been recommended by my 'conventional' practitioners to other of their patients because of my success over many years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 17 May 2019 6:14:12 AM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam

I am horrified that you are trying to stop integrative medicine. It basically saved my life and stopped me being on a lifetime of pharmaceutical. My Granddaughter is about to start with an integrative Doctor after the "real" doctors said food was the cause of her allergies and gave her baths with bleach in!!! After going to an integrative Doctor we found she was allergic to dairy, soy and egg (all missed by the Professor doing his tests)

As long as she is off those foods she is great. Now we are trying to stop the allergy which a "normal" doctor would not do.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

We need the option for holistic medicine because pharmaceutical drugs are not always the best. My daughter has Crohn's disease and we have been using a combination of medicines both pharmaceutical drugs and natural Alternatives and we find that the natural alternatives work.

You will have a very sick and poor nation if you take this choice away. It's not always about money feeding the wealthy pharmaceutical companies, think of your own families when making this choice. Would you like your child sick with no choice??? I don't think so.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:36 AM

To the Medical Board of Australia,

I support Option 1.

Two years ago my life was saved by a holistic doctor. I was told by a Melbourne specialist I had tonsilitis and was sent home from hospital... one day later I was on deaths door... my local holistic GP was correct in her diagnosis... I had quincey... abyssees on tonsil but as my doc said... something else going on too!! Yes she was correct I also had an abyssees on my thyroid.. so Melb specialist was soooo wrong... I wax very very very sick!! My GP moved mountains to get me into surgery!!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 10:11:21 PM

To the Medical Board of Australia,

I support Option 1.

I use Integrative & complementary medicine to help manage my neuromuscular dystrophy. By doing so in coordination with my GP I am able to continue working full time, and not just coping/getting by, but being able to function at my physical and mental best to continue being a fully interactive member of my community.

If the MBA imposes restrictions on Integrative practitioners, my quality of life could be reduced over the long term, and most likely my reliance will turn to government assistance rather than being able to financially support myself by continuing to work full time.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 11:30:56 PM

To the Medical Board of Australia,

I support Option 1.

Quite simply the health choice of thousands of families will be reduced while only the more wealthy would be able to afford to see a non-approved practitioner.

The AMA should be working with Integrative & complementary medicine, not against. The result would be a healthier society.

The majority of those who have included chiropractic, naturopathy, acupuncture etc are among the healthier in our society at less cost to the Health budget.

This is government discrimination on the economic level.

Our regular Dr is wonderful and as a 70+ year old my rare visits to Hospital included painkiller for a kidney stone which was later solved by a 'natural' remedy.

Integrative & complementary medicine practitioners are more likely to teach one how to run the body so it doesn't need constant repair.

Doctors, even the very good, they will fix the body, similar to mechanics in fixing the machine, but often not tell one the best way to drive it to avoid accidents or illness.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 7 June 2019 10:43:09 AM

To the Medical Board of Australia,

I support Option 1.

I have been seeing an integrative doctor for 6 months now for a chronic rash that I've had for 2 years. The standard gps I have seen offered me steroid creams as a cure. Their words! No it didn't cure me. After just 8 weeks with an integrative doctor the rash cleared completely along with other gut symptoms I assumed would never go away. Yes you pay to have more time with these highly skilled professionals but they are worth it as they often find the root cause by going up stream to your symptoms and not just addressing symptoms. It would be ludicrous to deny the public access to these professionals and the just highlights how insecure the standard medical profession must be feeling to even contemplate it

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:10:10 AM

To the Medical Board of Australia,

I support Option 1.

Never has there been a greater need for alternative and integrative treatments for health. These alternate medicines have supported my family in the most crucial of times ie. acupuncture when I was heavily pregnant, could not get out of bed with back pain and nothing else would work. In three short treatments I was completely relieved of pain and saved my unborn baby from being exposed to pain killers that could have damaged her health. That is just one of dozens of examples I could give you of my own families real life experiences with alternate medicines.

If only more people knew the benefits of alternate health treatments, we would not have as many sick and dying people in this country. We need to be getting these treatments out to people, NOT taking them away.

Please do not take away our health options, as without our health we have nothing.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 9:53:25 PM

To the Medical Board of Australia,

I support Option 1.

Being diagnosed with ME and the underlying diseases of Lyme Disease, bartonella, Epstein Barr, barbesia, borrelia and candida in 2018 has finally given me answers to many years of suffering.

I've been treated by medical professionals of many specialities for the symptoms I have had I've the last 32 years - since I was 12. None ever resolved my symptoms and in time, all treatments were changed or ceased due to ineffectiveness. I was left believing I was just abnormal - heard terms like I'm lazy, it's psychosomatic or there's nothing wrong with you so just get on with it - there's others worse off than you. You're young so you should be fine. Wake up otherwise you won't sleep tonight.

Being diagnosed has made me feel normal. I knew my symptoms were not in my mind and any life changes I made I could not continue past a 4-6 week period. I became a non productive team member in any job I have had since leaving school as I was seen as unreliable and always sick. This affected my confidence, ability to achieve promotion and to be taken seriously as a valuable team member rather than just a nurse who made up the numbers on the floor.

I would be totally exhausted and unwell - body aches, muscle weakness, unable to stay awake, inadequate sleep, unable to concentrate, forgetfulness, inability to perform everyday tasks, food intolerances which led to frank bowel bleeds, sometimes I couldn't even tolerate water, painful joints and muscles, feeling like I am walking on broken glass every step I take, trouble focusing, shortness of breath at rest and on excursion, palpitations, depression, anxiety, panic attacks, social phobias, bladder irritation, dizziness, continual sore throat like my glands were inflamed, headaches, sensitivity to pain, felt like things were crawling on me like ants, itchiness, delayed healing of wounds which have left horrible scars, general malaise, abdominal pain which was crippling, difficulty getting to sleep, racing mind (inability to stop thinking or worrying), sleep reversal, unable to say my words or think of what I need to say, digressing in conversation as I can't remember what I was saying at that moment, abnormal sweating, poor circulation with very cold feet, pins and needles which occur randomly, very unorganised and can't think past the immediate moment - even planning evening meal is hard work and stressful, hot and cold not inline with temperature around me, paleness in colour, dark circles under my eyes, hypersensitive to sound, loss of appetite, indigestion, bloated ness, inability to lose weight, and irritable bowel. A lot of symptoms to juggle daily and carry on 'as a normal member of society'. This was also an additional drain on my mental and physical health.

Over many years I've seen gastroenterologists, endocrinologists, gaenocologists, urogaenocologists, counsellors, psychiatrists, mental health specialists, dieticians, dermatologists, gps who have all said there is nothing wrong, tried treating symptoms and came to the conclusion there was nothing they could do.

Then last year my abdominal pain and loss of blood via my bowels put me in hospital for 2 nights for pain management and a colonoscopy. Again, all tests were normal and no sign of where the bleed was from

could be found. I ended up off sick from work again only this time I was so frustrated and upset. This illness led me to be off for nearly 2 months. It's like my body hits a wall after so many weeks and it takes longer to recover. I felt alone and life wasn't worth living as I knew something was wrong with me but all I kept hearing was tests are normal. I even overheard specialists in the hospital I work (who know me on a professional basis) saying it was all in my mind. Although I have continually had an elevated CRP round the 9-15 mark which is not indicative of a full on infection but shows something is not right. I received many antibiotics over the years but never did my CRP go below 5.

I began googling my symptoms. And yes I know, Dr Google can be wrong and ineffective. However I am a nurse and therefore only used medical professional websites and organisations. I searched my symptoms and came across many articles suggesting ME. From here I found a recommendation of a GP who specialises with patients with these symptoms. I contacted them and booked an appointment.

It was refreshing to have a doctor listening to me, paraphrasing and showing he understood the symptoms I was experiencing. I was listened to and understood. This was amazing. He ran a number of tests (which are privately funded by the patient) and the diagnosis of above infections were found. Additionally, the bowel testing identified my gut flora had candida (nowhere else in my body), organisms where 2 were in great excess, 1 was barely present and 1 was absent. My hair testing identifies mineral deficiencies and excessive content. Vitamin deficiencies were also identified. I had reasons and physical ailments that could be addressed and treated!

The testing came at a great cost to me of \$2000+. A lot of money for a single mum of 4 who has only ever been able to work part time and inconsistently. But would be the start of getting a quality of life back.

A treatment plan was devised. Again at a great cost - to start all \$1800. He also discussed allied health and natural remedies which will help. I go for fortnightly massages which are specific to stretching and relaxing my muscles. This results in me suffering less pain and restrictions of my muscles use. I become more flexible and am able to mobilise better - it's not a 100% cure but I can move more normally, bend to put my socks on and do some of my household chores. I have less pain between appointments and better circulation. It also helps reduce my bloated ness and pain in my legs when I'm trying to go to sleep. Before the treatment and massages I would be crying with the pain and discomfort in my legs at bedtime and nothing relieved this. This is a private cost and non rebateable!

The magnesium supplements have also assisted in reducing my muscle aches, leg pains and regulating my blood sugars. I have less pins and needles and no longer feel things crawling on my skin.

The probiotics and gut health supplements have been a godsend. I can now eat a greater range of food, my bloated ness is now very infrequent, I rarely have abdominal pain and my irritable bowel symptoms have greatly reduced. I can tolerate foods in all food groups which I couldn't before. I still have reactions to some foods where it causes me immediate lethargy, paleness, impaired speech, reduced cognitive function and nausea and vomiting. This occurrence prior to the supplements could be anywhere from every 1 to 3 days, and some days a number of times. Now it may occur once every 6-8 weeks if I eat something which contains an irritant such as preservative 1422 or hidden additives. Dr [REDACTED] has given me information on what foods can irritate a person with ME allowing me an informed choice and ability to identify my greatest triggers and change my diet so I can function and not have frequent periods of phoning in sick to work, having to leave work early or not being able to function in my own home due to

feeling so ill.

He also put me onto the FODMAP app via Monash University which is a small cost for the benefits it has given me.

For my sleep he has prescribed Amitriptyline. Also the supplement of melatonin. Wow, from the first night I took these I was able to get to sleep within 30 minutes of going to bed, instead of the usual 3-4 hours it could take me to fall asleep. I also now have a deeper sleep and will sleep for 7-8 hours whereas before I'd be lucky if I got 4-5 hours and this was very light sleep. I actually felt amazing when I woke - like I had slept. Yes I still have fatigue, lethargy and general malaise, however I can go 4-5 hours without feeling the need for a nap. I still have to nap 2-3 hours in the day but I feel so much better when I woke. And although I am not functioning as someone without ME would, I have a better quality of life. I just have to pace myself and work round my sleep times. I can now manage working a 7half hour shift (registered nurse) where I can focus and concentrate, I'm not forgetful or disorganised. I feel like a person again. And although I can and will never have the career in nursing I desire (due to it requiring full time and night shifts) I can only manage 1-2 shifts a week, feel part of the team and fulfill my desire of being a nurse and add to my financial income. After my shifts I have a period of recovery and usually make sure I do not have anything planned the next day other than everyday tasks. Better sleep has also reduced my feelings of low mood and anxiety. Additionally, I can now do activities with my kids (granted nothing to strenuous or long) which has improved our family time and bonding. My kids are proud of me for fighting and working to improve my health and it's not only me it's benefiting but then as well.

My bladder irritation is no longer present.

My depression is rare. Anxiety is still present however it is of a low level only worsening when I'm over tired or have over exerted myself.

The vitamin e supplement in conjunction with other supplements has improved my skin healing. If I get a paper cut I no longer scar and it will be healed within 3-4 days rather than weeks. My immune system has greater ability to fight illness and if I do become sick, such as the common cold, it still takes me longer than the normal person to recover, however I don't get as sick and usually recover within 3-4 weeks. I can usually have some normality of life function after 5-6 days as opposed to 3-4 weeks. Also my episodes of sickness have greatly reduced - I have had 1 cold since treatment commenced in oct instead of getting something every 6-8 weeks.

I am not sure which supplements have aided to my sore throat and glandular swelling, however this has ceased. Even when I'm totally exhausted and can't function from malaise I rarely experience sore throats. It's wonderful.

I now look healthy. I have a natural glow and my rosy cheeks back. The dark circles under my eyes have reduced. I look alive. And this is all because of the treatments I am receiving. I no longer look drawn or washed out. Photos of me in September compared today show this amazing difference.

I'm on a number of vitamin and mineral supplements, antibiotics, probiotics, gut health, immune boosters. And although it's all expensive I would still be very depressed, exhausted, suicidal and a non productive member of society. Dr [REDACTED] suggestions of integrative and complementary medicine has been invaluable in me getting my life back.

Now the symptoms I continue to experience are sore muscles and feeling like I'm walking on broken glass ONLY after I've done activity such as food shopping, or going for a walk. And any stairs still leave me feeling like my thighs have just climber Mount Everest. I do still get

general malaise but again this is after activity even such as vacuuming. The pains and malaise do lessen when I rest and infrequently I'll have the discomfort and pain when I go to bed. Occasional anxiety episodes when I'm exhausted and a continual low level of anxiety. However I can now manage this via meditation, resting and my mind no longer racing as it did. I now control the anxiety and my thoughts.

Occasional reaction to a food or preservative. I continue on a gluten free diet as this is a huge trigger. And can manage most food groups in moderation.

The others I may experience are lack of concentration if I've been doing a mental task for too long, my muscles are still weaker than the lay man however I can now pace myself and am slowly building up the strength. I don't want to be a body builder, just the ability to do everyday tasks without a ridiculous amount of exertion. Occasionally I will experience shortness of breath and palpitations at rest. However this has reduced and may only be once or twice a week.

Overall it is clear that the use of supplements and massage has improved my quality of life and reduced my ME symptoms by a remarkable amount. I am so grateful to Dr [REDACTED] for recognising my symptoms, supporting me and putting me on a path of a better life quality. And this choice should never ever be taken from me or members of society who greatly benefit from the necessary input into their life illnesses and health issues.

Doctors, like Dr [REDACTED] and organisations such as Emerge and the ME/CFS and lymes organisation are doing tremendous work to facilitate and offer sufferers an informed choice for treatment which is effective and positive in enabling them to have a better function and quality of life. Anyone who battles to stop such opportunity has a total lack of understanding of the effects of diseases such as ME/CFS and Lymes disease. They clearly haven't collated evidence of how lives have been improved, not just on an individual basis but on a familial, social, mental health and work ethic. My treatment has enabled me to continue to be a productive member of society via my work and an excellent nurse. My sick record has declined from regular periods off work pre treatment (every 6-8 weeks - whether a few days or a fortnight) to 1 episode off sick (post treatment which commenced 9 months ago).

Our rights -

We have the right to access, safety, respect, communication, participation, privacy and comment on the healthcare we receive as per The Charter of Healthcare Rights. This includes dental and physiotherapist and SHOULD BE extended to complimentary medicines. Especially as it means many sufferers would be able to be a productive member of society, increase economic intake of the country and receive the correct treatments. My previous treatments, prior to the successful use of complimentary medicines, will have cost the health system far more in consultations, tests, medications on the PBS and my work places substantially in covering my sick periods. I'm sure I will receive years of complimentary medicines before I reach the amount spent in incorrect treatments.

Additionally, sufferers of diabetes, MS, heart disease, Alzheimer's etc can all receive appropriate treatments and complementary medications, such as physio, inhome care, free testing equipment, exercise programmes, etc as part of their care. However, ME/CFS and Lymes disease sufferers are actually being DISCRIMINATED against, under the afore mentioned Charter of Healthcare Rights, as, such changes to your health your choice would mean we are being discriminated against due to our disability from our health condition.

And yes sufferers do have a disability as the illness is chronic, with little or no recovery and the only changes in lifestyle are from the use of complementary medicines and treatments. I will never be an 100% functioning member of society because I have been a sufferer for 32 years. However, the use of complimentary medicines and treatments has given me a better quality of life and improved my physical and mental health. To deny me of such treatments is against my human rights and right to adequate health and wellbeing as per the United Nations, of which Australia is a member.

Why should I suffer and have a life of inability and lack of functioning? I am a nurse and give to others. I have always tried and persisted to work and function at my optimal, to be let down by my disease. Why should my children suffer by having a mother who is unable to attend their needs, mentally and physically? Why should my work colleagues suffer from my inability to be reliable? Why do I not deserve the right to be able to work?

As the UN states 'the right of everyone to the highest attainable standard of physical and mental health.'

Additionally, the UN Commission of Human Rights also states 'non-discrimination, equal treatment and respect for a persons dignity are among the most critical components of the right to health'. So why do I, and other sufferers requiring complimentary medicines, not deserve this right? How can this be justified when law abiding, hard working citizens are discriminated against yet those who are not law abiding or have never tried to work and prefer to live on government payments, are accessing extremely reduced cost or free healthcare? The complimentary medicines are governed by the Therapeutic Goods Act 1989. Regulation is paramount as improper use of such complimentary medicines may do more harm than good - however, I was receiving pbs treatments which definitely did not do me more good than harm! But to take this option and right away from sufferers is deplorable and disgusting. It makes me feel I am a nobody, I'm not a valued member of society and my disease should be allowed to overcome me and I should have a poor quality of life. Where, in my life, have I been assigned to such punishment?

What is required -

Complimentary medicines should be recognised and used for diagnosed illnesses and disease.

Costs should be reduced and on the PBS for those diagnosed.

More funding should be available for the research of ME/CFS and Lymes disease, especially as new findings are occurring and offering greater information on the disease process and abnormalities in sufferers.

More GPs and health professional should be educated on the disease process, diagnosis, treatment and management.

More GPs and health professionals should be more readily available for the management of sufferers and improvement to their health.

Greater support should be offered in more areas of Australia to all sufferers so they can attend support groups and treatment programmes.

ME/CFS and Lymes disease need to be recognised as a disease process and CEASE the discrimination, stereotyping and lack of compassion and understanding.

WE ARE NOT LAZY OR MENTALLY ILL OR HYPOCHONDRIACS. Just as diabetics, MS sufferers, heart disease sufferers etc have a genuine illness/disease, WE DO TOO

If my access to complimentary medicines is ceased, I will once again experience the following on a daily basis - "totally exhausted and unwell - body aches, muscle weakness, unable to stay awake, inadequate sleep, unable to concentrate, forgetfulness, inability to perform

everyday tasks, food intolerances which led to frank bowel bleeds, sometimes I couldn't even tolerate water, painful joints and muscles, feeling like I am walking on broken glass every step I take, trouble focusing, shortness of breath at rest and on excursion, palpitations, depression, anxiety, panic attacks, social phobias, bladder irritation, dizziness, continual sore throat like my glands were inflamed, headaches, sensitivity to pain, felt like things were crawling on me like ants, itchiness, delayed healing of wounds which have left horrible scars, general malaise, abdominal pain which was crippling, difficulty getting to sleep, racing mind (inability to stop thinking or worrying), sleep reversal, unable to say my words or think of what I need to say, digressing in conversation as I can't remember what I was saying at that moment, abnormal sweating, poor circulation with very cold feet, pins and needles which occur randomly, very unorganised and can't think past the immediate moment - even planning evening meal is hard work and stressful, hot and cold not inline with temperature around me, paleness in colour, dark circles under my eyes, hypersensitive to sound, loss of appetite, indigestion, bloated ness, inability to lose weight, and irritable bowel."

So stop the planned changes and accept the only changes required are to support and treat those who suffer. Our symptoms are real. Our treatments are required. I would hate to go back to a nonproductive and painful life, one of just existence if I can not receive the complimentary medicinal treatments I have found so successful and beneficial. And I don't deserve to have been discriminated against because I contracted a misunderstood, unrecognised disease where governments and health organisations are not prepared to develop appropriate care and treatment strategies but they will for other diseases which are recognised such as arthritis or crohns disease.

We do not deserve to be penalised.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 8:18:20 PM

To the Medical Board of Australia,

I support Option 1.

Physically and emotionally, I would be at a loss if the MBA removed the access to the services and complementary medicine provided by my integrative GP. I have a number of medical conditions due to autoimmunity and whilst some of the medicines I take are mainstream, I love that I also have the choice to use more complementary therapies and medications.

I agree that complementary medicines, as are mainstream medicines and treatment, are required to be prescribed and supervised by a medical practitioner.

I obtain great benefit from other treatments which are not necessarily considered mainstream but cannot understand why access to those treatments should be removed. My own health would certainly be negatively impacted if access complimentary treatments and medicines were removed.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 4:38 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have for many years relied on alternative therapy and medicine to manage my injuries, after being told by conventional doctors that there was nothing they could do to help me after my car accident. If they had their way I would have ended up a disabled person. I didn't listen to them and used a cocktail of traditional western and alternative therapies to become a productive member of society at the age of 61 I am still fully functional in the workforce and not even my boss believes that I was written off as disabled. Even my orthopaedic surgeon had admit that there is room for both to work together. It must remain holistic. Please don't change what doctors can recommend to patients and allow the two worlds to work together respectfully.
Thank you for reading this.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 10:42:27 AM

To the Medical Board of Australia,

I support Option 1.

I support integrative options in the medical community
I personally was hit by a car whilst out training for an Ironman on my bicycle. Standard treatments included painkillers and xrays. Through integrative care I had access to Accupuncture, physio, Chiro and massage which I believe were key to returning me to health

I am also studying at Endeavor college of natural therapies now. Many of the things I've been learning would be beneficial and much cheaper to supply to the masses to improve health of our overall population rather than treating symptoms only like the current system does.

Please do not mess with integrative care options!!

Also: I recently changed health insurers because my HBF one who I had been a loyal customer for 25 years removed Chiro and Chinese medicine and lowered benefits for physio etc- all the things a sports person would use. THEN THEY ADDED OBESITY SURGERY! This is totally wrong and shows the failure of a non-intergrated health care system. I have switched to Qantas assure, who reward me for being active and include integrative care options that help keep fit people heatlrhy. doctors need this ability too

Thanks for reading

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 1:46:50 PM

To the Medical Board of Australia,

I support Option 1.

To MBA

My family and I are strong believers in complimentary and preventative Health. We are sensitive to drug therapies which tend to fix one health issue and create another, therefore the alternative therapies approach has ensure that I'm a healthy 67yo and my son, who is in the spectrum is also dependent on the complimentary health approach to manage his very complex health and gut issues. His life depends on it!

Medicine must avail itself of the well of knowledge and wisdom behind Naturopathy, Herbs, Homeopathy, etc.

It is our constitutional right to exert choices over our health and treatments!

This is totally absurd and unacceptable in a democracy and a 1st world country!

The immeasurable and immense benefits of conpmunentary medicine is well documented and proved by scientific studies all over the world.

I am absolutely shocked at the suggestion of this change in guidelines which would impact on our rights as Australian citizens to choose how to manage ours and our falmilies health care.

I sincerely hope that this proposed change is scratched ASAP and that Naturopathy, Homeopatby, etc. are returned to the list of therapies claimable via Health Funds also or I, amongst hundreds of thousand Australians, may cancel their Health Funds memberships.

This attack on preventative medicine is ludicrous to say the least and attempt to control people's health choices for obvious monetary reasons.

Thank you for your reconsideration of these proposed guidelines.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 1:14:15 AM

To the Medical Board of Australia,

I support Option 1.

HERE'S A POST FROM EXACTLY 3 YEARS AGO:

[REDACTED]
20 May 2016 at 19:02 ·

"Just found out I have 6 to 7 discs virtually gone. I am down to bone to bone its like a horse with a broken fetlock..get a sugar bag and a shotgun put me out of my misery lol lucky I have my poetry hey"

disappointed [REDACTED]

THAT WAS 3 YEARS AGO.....

So 3 years down the track and I have never felt better, both physically and mentally.

After 40 years of chronic lower back pain and back spasms and not being able to stand upright, the last 18 months have been the best years of my life, health wise.

The only point of difference is discovering ISODYNAMICS REVIVER on the 29th December 2017.

That machine has virtually changed my life both physically and mentally

Physically, my core strength has improved immensely to the point I no longer wake up in pain every morning and I am enjoying my surfing again.

Mentally, it is no secret I have suffered severe bouts of Bi Polar depression over the last 20 years, several stints having me in hospital with ECT shock treatment etc and a myriad of different anti depressant pills.

18 months ago I made the decision to slowly cease my medication after discovering this machine, much to the disagreement of my psychiatrist of many years.

It's my body, so I made that choice and since then my demeanour and disposition has never felt this good in a very long time.

I have not experienced any stints of anxiety or stress, my general feel good chemicals of serotonin and dopamine are being produced naturally and funnily enough but not surprising, I put it down to using this machine daily whenever I can, if only for 15 mins.

I am an open book, I wear my heart on my sleeve and will gladly speak to anyone both publicly or privately about how they are feeling about the dreaded 'black dog' in their lives if that be the case.

I HAVE NEVER ENDORSED ANYTHING IN MY LIFE LIKE I DO THIS MACHINE AND I HAVE NO VESTING FINANCIAL INTEREST OR GAIN IN ENDORSING OR

RECOMMENDING ISO DYNAMICS REVIVER, other than wanting others to experience the feeling of better health and wellbeing I am experiencing.

I just totally believe in it. It's as simple as that.

sincerely ■

The above post on my facebook site was to show my 814 followers plus the general public at large, the wonderful personal benefits I have attained using the ISODYNAMICS REVIVER which incidentally has already been registered as a medical device by the TGA ,

I have been using this so called 'alternative' medicine for just on 18 months now and as I go there to the clinic virtually everyday I have seen and witnessed first hand the what you can only call amazing results being attained by many patients suffering from several diverse ailments.

These results are being attained without using any drugs whatsoever and the testimonials alone are testament to the effect this device is having on patients such as parkinsons, MS, rheumatoid arthritis to name but three but personally the very positive effect it has had on me both mentally and physically as described in my testament above.

For the MBA members not to suggest the use of such a machine on the grounds that research by the medical fraternity has not been completed is a totally denial of a patients right to seek alternative remedies to their ailments and afflictions.

I would hate to suggest it is purely the huge drug companies who supply the current medications are behind any collusion to denounce any alternative medicine that does not involve ingestion of a drug.

I would hate to think that there is a huge conspiracy going on where the drug companies have a stranglehold over medical practitioners who condone alternative medicine and would cease emoluments to any doctor who endorses or favours such alternative medicine

I consent to publication of my submission.

Sincerely,

■

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:12:10 AM

To the Medical Board of Australia,

I support Option 1.

To whome this letter may concern, in 2002 I had 9 mini stroke's & a brain tumour removed , My Dr suggested I TRY OTHER therapeutic type thing's to get my hand eye coordination , walking, feeling/sence of touch working better in this messed up body again, in the almost 20 years since then thanks to medication I had to have ive got 2 artificial hips, I go to a chiropractor each week for the past 10 years, thanks to him I can walk about 1 1/2 klm before ive had enough, even with s8 drugs/painkillers running thru my system I still HURT your medicines are not as effective as you would like them to be, im sorry but im forced to go to the Black Market to get something that does ie; CANNABIS , when are you & the Government going to listen to us ... Sick of the nasty sideaffects of the pills from pharma...

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 4:14:32 PM

To the Medical Board of Australia,

I support Option 1.

Frankly, it gets terribly tedious having to constantly correct the perception within orthodox medicine that "there is no evidence to support integrative/wholistic/functional medical approaches to helping patients get well".

This is blatantly untrue, and obvious to anyone willing to do the "scientific thing", which would be to read the voluminous amount of hard, scientific data supporting such alternative/complementary ways of approaching a myriad of health issues.

Don't believe me? Well, then you are invited to set aside a few months as you explore even one site, namely: [GreenMedInfo.com](#).

Personally, I was in practice for 34 years as a herbalist/naturopath, with a background in science (B.Sc.Ag - Syd. Uni), as well as a background as a Registered Nurse (POW/PHH/Eastern Suburbs, with a 2nd Certificate from St. V's-Darlinghurst), as well as a several years' stint in Pathology.

During those years of practice as a herbalist/naturopath, I was usually solidly booked out for 3-6+ weeks ahead, and was able to help many people presenting with a diverse range of health problems get well again - often coming to me as a "last resort", simply because they had already been through the medical route; seeing many doctors and specialists, and still not well.

Personally, I managed to keep my own health stable enough to run such a hectic practice all those many years, despite living with HIV (sero-converted 1981 ("mother-of-all-flus"), and formally diagnosed by blood test in 1984.

Despite many health challenges and illness bouts along the way, I managed to keep my viral load at reasonably low levels, my CD counts at healthy levels, and my health strong enough to keep working for those first 27 years, solely using my own naturopathic techniques, with occasional bouts of antibiotics. It wasn't till the middle of 2008 that I needed to go onto HAART. Since then I have used a "complementary approach", consisting of the HIV drugs, as well as continuing a concurrent list of natural therapeutics.

Hence, I know from personal experience over several decades, as well as by having consulted with thousands of patients, that this "alternative/complementary/functional medicine/wholistic" system works - whatever you want to call it.

I also know that as the years have gone by, the science simply keeps on validating such approaches, and is there for all to read... if they but deigned to read it!!

I also know it's definitely not about an either:or situation. Namely

solely using orthodox approaches, or solely using more natural approaches.

BOTH are needed, but used at the appropriate times, with a preference to start with the less invasive or toxic approaches first, and keep the "big guns" for if the softer options were not enough.

Equally, in acute health crisis, orthodoxy is pure magic, and becomes the obvious "first cab off the rank". However, for the more chronic, degenerative health issue we seem to be so inundated by nowadays, the more "functional medicine" approach - (wholistic... whatever you wish to call it) is inevitably also the more effective – backed up by more than adequate science, as well as clinical successes by thousands of naturally orientated therapists and doctors globally.

This battle between the "two sides" is getting dreadfully tiresome, as well as hurting all our patients. And, after all, aren't we ALL - orthodox or naturally orientated doctors – ultimately there for our patients?

Or, is this present battle - after all - one driven by the need for power, fuelled by ego, as well as needing to keep the wheels of commerce turning on just your own turf alone?

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 11:40:03 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & Complementary medicine because:

- it is their/our right to choose the type of healthcare they receive.
- some health concerns are simple and acute but others are numerous and complex and need integrative consultation and treatment.
- vitamin, mineral and herbal supplements are important for exercise recovery, for immunity, pain relief and addressing the underlying cause of health concerns.
- it is important to take the time to perform a differential diagnosis and find the root cause of symptoms.

I use Integrative & complementary medicine for myself and my family. I have used Integrative GPs, Osteopathy, Chinese Herbal Medicine, Acupuncture, Chiropractic.

Integrative & complementary medicine helps myself, and my family & friends on a daily basis. I have learnt from registered practitioners, naturopaths and integrative GPs how to integrate natural options with pharmaceutical medications, which I have scripts for to achieve best results with minimal side effects. For example I use Lysine for cold sores along with zovirax and valtrex, taking Lysine daily means I need less valtrex prescriptions which are government subsidised. I use a classic patented chinese herbal formula Xiao Yao San to manage stress symptoms, and other formulas to treat migraines, endometriosis and to keep my blood pressure in a healthy range. I use vitex a well researched herb to balance my hormones as when progesterone is low I get PMS and mild depression. I use the minerals magnesium and potassium for exercise recovery, and vitamins and herbal tablets such as the popular Armourforce for immunity and to keep myself at work when I have flu symptoms. I use gentle herbal stimulants such as Ginkgo and Astragalus for memory and focus as an alternative to coffee which raises my blood pressure. I use both medicines, there is a place and a need for both approaches and I hoped that the next few decades would have a sophisticated integration of the two available to the Australian public to enhance quality of life and life expectancy.

I have observed the hospital system in other countries such as China, India and Europe and their integrative approach with Western pharmaceuticals, Eastern therapies, Diet and nutrition and other alternative methods is far superior. The most important aspect I observed while on an internship in China is the moderation of side effects from pharmaceutical medications when combined with acupuncture and chinese herbal medicine. It is important that qualified professionals who have access to appropriate testing are directly involved in the prescription and dosage of supplements. In China the qualifications of are combined and a holistic and

If the MBA imposes restrictions on Integrative practitioners I am concerned my health care and that of those around me will be unfit currently, and as we grow older and need more assistance.

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 6:15:45 PM

To the Medical Board of Australia,

I support Option 1.

I am alarmed by the MBA's consideration to change my access to alternative and integrative therapies. Australia is suppose to be a democracy yet it takes away the freedom to choose how I manage my health. This is a fundamental human right, to choose how best to ensure my wellbeing.

Mainstream medicine is often the first choice for physical illness, but wellbeing also represents emotional and psychological health. In these realms I have found integrative therapies to be more beneficial to me than mainstream medicine. Accupuncture and energy healing (somatic therapy) was how I successfully treated my agoraphobia when the psychiatric approach gave me no benefit.

If I had not found these complimentary fields of practice I was going to be put on a disability pension and not be able to work, I avoided this outcome with complimentary therapies.

People are multifaceted and complex, we need a health system which reflects this and does not dictate to people what we can and cannot choose.

I am utterly livid that the MBA want to remove my right to choose how I treat myself. I am a well educated person and can choose what is best for me and have done so successfully, don't remove my right and access to complimentary therapies!

Sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 1:43:47 PM

To the Medical Board of Australia,

I support Option 1.

I truly can not live a full life without intergrated medicine. I have arthritis in my spine... Chiropractic care, Pilates, remedial massage and homeopathic care are the things that keep me up and running. Please don't change the laws. There are thousands of peer reviewed evidence, case studies and anecdotal evidence to support there therapies... It will cost the economy in the long in the long run if people are not functioning at there fullest potential.
Yours sincerely

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 7:16:36 PM

To the Medical Board of Australia,

I support Option 1.

I have suffered with stage iv cancer fir the last 4 years.
Complimentary medicine has helped manage the various side effects of
chemotherapy- his will this be addressed if this service will no
longer be available?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 12:24:16 PM

To the Medical Board of Australia,

I support Option 1.

I am a retired person who initially studied nutrition then switched to counselling and subsequently was president of a counselling charity for over 10 years.

I was diagnosed with Hashimotos (hypothyroidism) many years ago and have seen my health slowly deteriorate. My endocrinologist at that time was 'old school' and only offered minimal testing and prescription of synthetic thyroid hormone.

My ability to research and compile current medical study on this area and in particular with regards nutrition enabled me to swap doctors and select a more empathic endocrinologist.

All dietary changes have been initiated by me.

My endocrinologist has admitted that although he agrees with all of these amendments he is restricted in recommending anything that is outside of his remit.

I am submitting this personal account because I believe that all doctors need to integrate nutritionists into their practices to provide the educational support required - especially in autoimmune diseases.

Many patients are having to source online information because of the limited/specialised knowledge offered by doctors and endocrinologists. Much misinformation is piecemealed together and I think there needs to be more transparency and cohesion. Example; When FANSZ decides that iodine needs to be added to bread yet removing all gluten/grains from the diet can improve hypothyroidism, I despair. When adding 2-3 brazil nuts per day can assist in supplementing much needed selenium to support thyroid function. Australia is a very ancient continent and these soil mineral deficiencies have been known about for a great many years.

I would also like to mention that since studying the benefits of a ketogenic diet (from an online source - Dr Eric Berg) I have changed my eating to incorporate this lifestyle. It has been a pleasure to once again be thoroughly informed and to track the progress of my health. For years there had been a steady rise in my weight and I was heading towards insulin resistance and diabetes (very common long term effects of hypothyroidism). I am monitoring a complete reversal of this pre condition having easily adopted the IF (intermittent fasting) with higher intake of healthy dietary fats, greater emphasis on balancing sodium/potassium/magnesium through organic food and supplements and reducing protein.

I totally believe that medicine needs to start rewarding medical professions that can prove they have helped to prevent disease. Our current model seems to be about maintaining stasis and gaining long term, dependant drug users to ensure profits to the chemical providers. This is perhaps a biased/jaundiced view of mine because Hypothyroidism is seen as incurable yet if early intervention and education were provided maybe the 60k or more new cases a year would dwindle.

I thank you for this opportunity to add my submission.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 9:34:02 PM

To the Medical Board of Australia,

I support Option 1.

I am quite concerned at the move to possibly restrict access to medical practitioners who have done further training and taken an interest in evidence-based complementary medicine and emerging treatments. My integrative medical practitioner has taken the time (first consult was an hour long) to thoroughly take a case history and find out the underlying drivers of my health conditions, which has resulted in a significant benefit to my health.

She also noticed anomalies on my husbands' routine pathology tests and sent him to a specialist who has diagnosed cancer- not picked up by his long term normal GP. So she has possibly saved my husband's life because we now know about this cancer that he has had for several years, looking at past pathology tests, so we can get treatment as needed.

My integrative medical practitioner is very cautious and thorough, and makes such a big difference in patients' lives that she is booked out months ahead. I am so grateful to her and I am also a university-educated health practitioner, so I am not gullible.

Please do not allow the lobby that is hell-bent to restrict natural medicines, to take away this valuable asset. It is time to integrate evidence-based natural medicines with orthodox medicine, for everyone's benefit- not push them further apart. It will only backfire because ordinary people know what works for them from their own experience- they feel better, they get well. Integrative medical practitioners are a bridge between the health practitioners who focus on health and wellbeing, and the medical practitioners who focus mainly on the disease model. These models need to be integrated, not pushed further apart!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 10:25:42 PM

To the Medical Board of Australia,

I support Option 1.

Having been diagnosed with MS, Parkinson's, mysenia gravis and fibromyalgia just to name few misdiagnosis from mainstream medical practitioners and being prescribed easy fix pharmaceutical drugs that made my condition worse. I reserve the right to research current medical research papers and seek out treatments not offered in Australia because our medical board is narrow minded, old and antiquated in its methods and practice beliefs. I actually had an infectious disease caught overseas which gave me brain plaques and rendered me unable to speak, walk, remember and work out how things went together. I had insomnia, muscle cramps and spasms, lower spinal pain and couldn't feel from my waist down. I was signed out of work and medically retired with a sonata form disorder! Which is criminal to say the least! My neurologist who didn't want to treat me because neuroborreliosis opens up a can of worms for him only referred me to an infectious diseases specialist because I refused to leave his office.

The infectious diseases doctor referred me to a leading integrative doctor who specialised in my disease. Thank god he did or I would be in a wheel chair and on oxygen. After significant treatment by these two doctors and my existing integrative GP my health began to improve. They prepared my body for treatment in Germany where I had hyperthermia treatment, plasmapheresis, adjuvant therapies and stem cells. Now 1 year after this rigorous treatment I am in remission and my brain plaques have gone. I am back at full time work and not on a disability pension. Two doctors in Spain and Sweden also confirmed my diagnosis as well as the German doctors. It's such a shame the medical board in Australia refuses to accept and treat patients like me and deny us access to a hospital system and Medicare. I'm now over \$100,000 out of pocket, but thank goodness I didn't listen to the functional medicine doctors or I wouldn't be a productive member of society or a mother to 3 beautiful children.

You people on the board are wrong and I bet none of you have had a life threatening disease so you wouldn't know how important it is to have choice of treatment, doctor and the type of medicine you put in your body. It is a basic human right to be able to choose what type of medical care you would like. What you are proposing is illegal and founded on ignorance.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 11:23:45 PM

To the Medical Board of Australia,

I support Option 1.

Please do not take away integrative medicine, it is what is keeping my father alive and able to move forward with his life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

*As an adult that has spent a lifetime managing services in the medical arena, I have learned that one type of medicine will NOT solve all problems. My husband also worked for a very large multinational drug company and had access to background information regarding drugs that were in production and in trial phases. Many of the drugs we use today (such as aspirin) came from natural therapy's used for years by local healers.

*I have suffered from chronic, debilitating illnesses since the age of 8. I want to be able to choose the practitioner(s) that I believe will (a) look at the various problems and (b) consult with my other practitioners to ensure my health remains stable.

*About 30 years ago I had a stomach ache that my GP couldn't diagnose. He came out in the middle of the night and still couldn't diagnose it - "take a Panadeine Forte" he said. I went to a Naturopath who ran a few tests and said "You have a lot of poison or toxins in your body" and gave me a remedy. I went back two times during the next week and the last time he said "If you aren't better in a week, you need to go back to your GP and ask for a full blood workup, because what I've given you should have killed anything in your body". Within that week I had horrible pains and went to the GP, then a Surgeon and then admitted to the hospital for exploratory surgery, all within three hours. They discovered a leaking appendix that was hours from rupturing and they needed to wash the abdominal cavity completely.

*I will always be grateful to that Naturopath that recognized when to treat me, and when to send me back to the GP.

*Currently I have a General Practitioner that will read the Medical Journal papers I bring him so we can discuss new drugs potentially on offer for me. I bring him any new remedies that my naturopath has prescribed for me and we discuss them. He and the naturopath view the X-Rays taken by my chiropractor to see if they can add anything. I talk to the GP and Naturopath about anything the Homeopath has discovered that could work for me. I have a podiatrist that makes orthopedic supports to try to straighten my legs and remove some of the pressure. A Geneticist at the University is now involved and all of my team will be a part of anything they come up with.

*It takes all of them to work together from their own training and perspective to help me to live a good life, which I thankfully do. I wouldn't be here today without any one of them.

*I am grateful to receive a pension, but I keep an "Extra's" policy so that I can access these EXTRA things that I need for my health. I just wish the medicines that the Naturopath and Homeopath prescribe could be covered under it.

*One other thing: I don't understand the logic of forcing people to stop claiming from a private health insurer for the cost of naturopathic, homeopathic, massage etc care. It seems to me that all that will do is push people back into the Government's own health care system which we are constantly being told is overstretched and financially unstable.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 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 am allergic to numerous medications and as such, have no option but to choose alternate approaches to health. I also choose to know exactly what I am putting in my body and it is my right to know and choose.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 8:29:14 PM

To the Medical Board of Australia,

I support Option 1.

My daughter suffered serious ill health for 5 years. Attending doctor after doctor who all basically told her it was in her head. Finally finding an integrative doctor who took the time to find out exactly what was wrong with her and curing her. He gave her her life back. She was so debilitated I was scared for her life. Without a caring integrative doctor I doubt she would still be here.

The dismissive, narrow minded attitude of the many gps we attended left a lot to be desired.

Integrative doctors should be supported fully not have their wonderful abilities compromised. They fuse together the best of many worlds. They are a credit to modern society.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:09:13 AM

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with MS 13 years ago. Initially I tried the recommended medication with horrendous side effects. I have been utilizing complimentary medicine for over 30 years in some form. I returned to that path and am enjoying good health and have been in remission for 13 years. Why would I choose to not take care of myself.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:26:53 PM

To the Medical Board of Australia,

I support Option 1.

It is abhorrent to me that a few people determine the choices for a few thousand. Modern medicine has been around for such a short time compared to allied therapies. It is my choice how I care for myself not the government that has no business making blanket sweeping changes, without consulting those it impacts. I have MS treated by dietary changes and supported by allied health. I tried the western approach and the side effects were debilitating to say the least. I would be a drain on the system should I have continued using western medicine.

Give us back the choice NOW!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 10:13:10 AM

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with MS 13 years ago. I strongly believe that utilising natural therapies has kept this disease at bay. I tried the medical way for 3 years and my health deteriorated. By using natural therapies I am able to work 3 jobs (my choice) and contribute to society. The government and Big pharma need to get out of the way and let people choose how they wish to take care of themselves. This is not a dictatorship or at least it shouldn't be!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 9:09:46 AM

To the Medical Board of Australia,

I support Option 1.

I find it incredulous that the Medical Board of Australia is considering this when The Life House at RPA use integrated medicine as part of their care of their clients. South Australia are introducing traditional healers as part of the care of their Aboriginal clients.

I have used a naturopath as well as my GP to manage my health over the last 40 years they complement one another.

My son in 2011 was diagnosed with stage IV Melanoma 8 tumours in the center of his brain. His Oncologists only had a one time only 10 sessions of radiation treatment to see if the tumours shrank and dexamethasone for the swelling in the brain. His Oncologists across 3 organizations tried desperately to get him into a trial on compassionate grounds but the drug companies declined. He used some natural therapies to help him be as healthy as he could be, the tumours eventually grew back and multiplied as we knew they would. He died seven months and twenty five days after diagnosis. We as a family were lucky to have him for that long and except for the last 4 days of his life he had an active and good quality of life. In those last 4 days I had to advocate and fight for my son to be kept in a comfortable state because the on call doctor did not have a background in Oncology did not understand the needs of a dying client. Although it must be hard when you see a 35 year old man dying and you are a similar age. The medications that were being trailed have had great success in extending Melanoma clients lives with good quality of life as well.

The well being of the client should be what is focused on, so a GP who is also a qualified acupuncturist will not be allowed to use this treatment. Even though in the past he had treated his client successfully with this.

Yes more studies need to be done so clients are being offered best practice .
Is there a Volunteer Consumer Health Representative on the board.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:32:17 AM

To the Medical Board of Australia,

I support Option 1.

I wish to have choice of intergrative care and support. My body, my choice. If you take my choices away my health will deteriorate as I have a chronic condition that requires vitamins minerals and in depth blood exams. An intergrative doctor has the knowledge passion and wisdom that supports my in-depth complicated health requirements that keeps me functioning like someone who doesn't have my chronic disease. I want to live a long life to see my children grow and my to be grandchild but if you take away intergrative doctors you take away my right to thrive and share the love of my family.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

There is a place for complementary medicine these days, not just pushing drugs. After having cancer myself I looked into all sorts of healing modalities and found a number of them very useful.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 11:28:41 AM

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with Lyme disease and two coinfections back in early 2017 after 10 months of being told it was “all in my head” by GPs and specialist GPs. I was diagnosed by an integrative doctor who believed me when I said something wasn’t right! Those 10 months were hell on top of my marriage breakdown. After the diagnosis I went to a different integrative doctor for treatment. I opted to go with the CDC’s recommendation and start antibiotics. I was on this treatment for 10 months. After becoming sicker with normal western medicine treatment for this disease, I was encouraged by my GP to try natural medicine. Within 6 weeks of starting this natural treatment with my amazing naturopath, I started to feel human again. This was after months of treatment and barely any change in my Lyme and bartonella titres. Within 9 months of natural treatment, I returned all negative sIreaukta for Lyme and Bart testing. Something I would not have been able to do otherwise. I have now been following naturopathic treatment and seeing my naturopath, chiro, and massage therapist on my quest to regain my health. I have spent thousands upon thousands on treatment for this illness, and I am in debt because of it. However, it would have been much worse if I’d not have had the benefit of naturopathy, chiropractic, remedial massage and my integrative doctor. Taking these services away from patients is a terrible blow. Taking away these professionals’ support is devastating for Lyme patients in particular, who do not get much support, if any, from the medical community as a whole in this country, which I think is disgusting.

Please, do not impose restrictions on integrative practitioners or any more restrictions on the already cut services with private health. People like me need these services to help support our very long and hard road to healing. I lost 3 years of my life in total so far to Lyme disease. I don’t want other to go through the same terrifying maze that I did.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 13 May 2019 5:59:28 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because it has been long proven by evidence based studies that the whole person needs to be considered when dealing with any disease state.

Integrative & complementary medicine has helped me survive male breast cancer by treating my body and mind with various therapies

I use Integrative & complementary medicine to keep well and thus I do not burden the Medicare system as I maintain good health.

If the MBA imposes restrictions on Integrative practitioners, then many patients will not get the best treatment as the whole person will not be considered in the treatment of any illness, thus costing the health system more and also removing possible cures from the grasp of unwell people.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 12:40:23 AM

To the Medical Board of Australia,

I support Option 1.

Please (!) do not change this legislation. I have grown up benefiting from integrative medication and continue to use it and rely on it heavily today. I value the choice I have to go this route for myself and my family and cannot believe the possibility of being denied this value. What is the harm in offering this by practitioners?

Building my family's immune systems, treating my digestive issues, colds and flus, cramping, skin conditions, sleeping, the list goes on.

If this is taken away I will feel like I've been dictated to on my health choices and that of my family. Have we crawled back into the dark ages? Please give us the CHOICE to make our own decisions about our own health and make me feel proud to live in this first world country.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:37:58 AM

To the Medical Board of Australia,

I support Option 1.

I want choice in my health providers. You are creating a lack of choice without adequate research to back up your overly protective policies. I do not want medical practitioners dumbed down to only limited forms of medicine which is supposedly researched when it is known only certain medications are researched if they make more money for big pharmaceutical companies. Other medical practices have practice wisdom of thousands of years of experience, during which time much refinement occurred and good results were achieved. I do not want my options blocked by a group of limited thinking people who prioritise what they think over other effective practices. Chinese medicine comes to mind as one example of an effective alternative medical practice. Your policy approach is dictatorial and limits what I can do for my health. I had a face rash one time, I looked like a red eyed raccoon. Western medicine couldn't help me. Chinese medicine worked.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:51:44 PM

To the Medical Board of Australia,

I support Option 1.

I have used complimentary medicine to clear up the painful Iatrogenic gut problems caused by cancer treatments. Conventional doctors were unable to help me. If I only had access to conventional medicine, I would not have understood what was happening and how to deal with with it. I would have been living in pain. Complementary medicine helped. Conventional medicine couldn't. Restricting people's choices also restriction their solutions. I think freedom of choice is important as is the care of the patient. This should be paramount here, not unhelpful restrictions, kind regards [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 3:16:52 PM

To the Medical Board of Australia,

I support Option 1.

We have been seeing an integrative GP in [REDACTED] since 2011. My daughter has gone from wanting to kill herself at age 6 to thriving and loving life simply from spending the time needed to do investigative blood tests and addressing the vitamins and minerals out of balance. She is now 14 and no longer has these thoughts. We were also guided to remove toxins from our lives in the way of cleaning products and in our food chain. Working on improving Gut health. We have not really needed pharmaceuticals since embarking this journey as we have not been sick. It was the best thing we ever did for our family and everyone should have the ability to access this service.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:36:22 PM

To the Medical Board of Australia,

I support Option 1.

Intergrative medicine is what finally got me well. Traditional medicine just couldn't help me. If it weren't for intergrative medicine I would have been a much larger drain on the medical system with on going treatments and Dr visits. Instead I'm well and able to hold down a full time job and that outcome is far better for our economy than a person with chronic illnesses.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 10:53:40 PM

To the Medical Board of Australia,

I support Option 1.

I cannot believe that this is even proposed! My asthma was cured when I was 18yrs old by complementary medicine. I believe I can use the word cured as Opposed to 'in remission' as I am now 63. Politicians and especially the AMA need to get out of way of 'real healing' and stop being glorified drug pushers.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 20 June 2019 2:51 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If it was left to the powers that be, I would not have been working for years, I would probably be in a wheelchair and definitely have been a burden on the health system. We're talking about my health, my choice. I'll take my own risks thank you and don't need the government or the MBA to dictate to me what I should do.

I consent to publication of my submission.

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.

I dread to think of the outcome if we hadn't had an integrative gp to help us navigate and address our sons complex health issues. I'd be devastated if this health care option was taken away.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:53:14 AM

To the Medical Board of Australia,

I support Option 1.

My family has greatly benefited by integrative and complementary therapies where conventional medicine has been unable to help or give answers. My daughter struggled from birth with development issues and allergies and was affecting her at school- lack of concentration, exhaustion, inability to remember sight words - a friend recommended her chiropractor who found my daughter had alignment issues and neck pain. After only one session she had relief and her teachers were amazed as she was like a different child. We had been to physiotherapists and orthopaedic specialists and no-one knew what to do. We also had issues with allergies worsening and though she had been to the Main Allergy unit in the children's hospital since she was a baby, she was worsening until at 9 years I took her to our integrative medical doctor who immediately asked if she had ever been tested for parasites. No-one had EVER even suggested this out of all the doctors we had seen her whole life. Sure enough, she had parasites that had done a lot of damage to her gut. Our integrative doctor prescribed compounded forms of antibiotics and her allergies have lessened and tummy aches gone. I too have found my serious health issues of over 20 years with bile duct blockages etc has only now been relieved with natural therapies - my gastroenterologist has never been able to answer the 'why' of it recurring and his answer has always been surgery - reactive not preventive. Rather than supporting my body to heal he put me through 5 ERCPs. I had pancreatitis as a result and was very sick. Since getting help from integrative medicine my liver and pancreas and bile duct are feeling relieved and symptoms are lessening. It has restored hope to me and a future I feared I might not have. We must all be given freedom of choice and respect the body's ability to health with minimal intervention if we are given access to what it needs to strengthen.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 7:31:22 AM

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine is a vital part of our medical care system and should not be excluded from the current guidelines. Integrative and complementary medicine helps people who are sensitive and intolerant to mainstream medicines. By discarding these treatments, Australians who have these conditions will be disadvantaged by the proposed guidelines. As I am one of these Australians who is hyper sensitive to everything that goes in my body, I always make use of complementary medicine that my GP offers and I would be at a higher risk of illness and disease if I didn't have the option to go to the doctor and be treated through integrative and complementary medicine.

The MBA needs to look at the precedent of the private health natural therapies and the public outcry because natural therapies was taken away and because of that outcry, natural therapies has been reinstated. The MBA can expect the same public response from this new proposition, so listen to the people and make a choice for the people.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 12:58:22 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern

After putting 27 vertebrae out of place, I was able to walk again with the total assistance of a Chiropractor, not a hospital. Migraines I suffered from 24/7, for years as a result of a stroke, disappeared completely after just a couple of sessions of Acupuncture.

This is what alternate treatments are capable of. These practices and many other modalities are nothing but beneficial and need to be supported, not castigated.

Nowadays I am a Regression Hypnotherapist and Reiki Practitioner. I have become this as I have an unswerving belief in how helpful I can be, through these modalities.

I appreciate your consideration on this matter, as many people, both clients and practitioners will suffer under the proposed changes.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 1:03:45 PM

To the Medical Board of Australia,

I support Option 1.

To encapsulate the human experience of wellness into a single faculty of 'universal thought' and minister successfully from this has proven itself to fall short in every family's story of love and survival... My mum was given no hope with terminal lung cancer, but healed through a natural therapy designed by Dr Maxwell Gerson, called the Gerson Therapy, 34 years ago (we still have her, at 84).

Every member of my extended family is living WELL due to the courage, energy, endurance, and passion of medical practitioners who want to go beyond ordering diagnostic tests, referring and writing prescriptions. For example, Thyroxine replaced my low thyroid function, but the antibodies destroying my thyroid gland remained very high. Changing my diet/supplements quickly brought them down to normal to stop this destruction and restore health. Only an Integrative Practitioner...

Integrative Practitioners are using the good science they have learned to guide their prescribing: taking detailed patient histories; connecting the symptom patterns to make diagnoses; using supplements that have been scientifically trialled and proven; partnering with their clients to encourage lifestyle changes that underpin all dis-ease; removing responsibly the need for many, if not all, chemical additives (drugs) and their associated complicated and costly side-effects to the community and nation at large. Integrative means: combining two or more things to form an effective unit or system (google dictionary).

We can assume Integrative Practitioners source tested knowledge base/supplements from allied health practitioners whom they respect.

Like Medicine, Naturopaths and Chiropractors are specialists: they also have a tertiary education, are registered with a governing body, and are gathering an ever-growing body of evidence for practice. Like Medicine, their knowledge base originates with and in-depth understanding of the anatomy and physiology of the human body. If Medical doctors desire respect, these practitioners must be respected also, people. If my mother had put her nose in the air and said "No" to the ideas of these practitioners, not because of ignorance, but because she believed that Medical doctors held all the knowledge in the world that could help her to live and be well, she'd have missed out on 34 years of life. Dr Gerson was a medical doctor... integrative medicine has always been practised, but now more than ever, it is has a growing body of evidence that is proving for many practitioners the, "First, do no harm," spoken by the father of medicine, Hippocrates. He also appealed to strengthen the organism to heal itself. Returning to the founding father's wisdom requires standing out from the pack where there is attack, but the evidence does speak loud and clear.

Please show humanity to your professional peers. They have the same tertiary training as you, yet they are thinking differently. They are prepared to give compassion to the people who seek care from them, to

guide them with the best choices in guided practice. Consider them and be kind and show respect to your peers and the people who consult them. They are going an extra mile to help them, you cannot charge them with a lack of care.

If you get cancer, are you prepared to die for what you believe in?

Please don't silence the helping hands who go the extra miles with passion and carefully consider each one of us, please, they are in the profession for the love of it, and really want to help us to keep out of the sick system and enjoy vibrant health!

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 7:23:04 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. For a free society to thrive it is essential that people have freedom of choice, to have the ability to choose their health care without restraint. Most people go to their local GP but on occasion sometimes one needs to go else where. I have scleroderma and hypothyroidism which has resulted in leaky gut. I am being treated by my GP with medications but the leaky gut was really difficult to resolve. I eventually got onto a professional who was very experienced with the leaky gut problem. I have seen a vast improvement in my quality of life and it would have been a real shame if I had not been able access this information and my quality of life would not be what it is today. Integrative and complimentary medicine will never be a threat to conventional medicine. Where could I go to get treated for scleroderma and hypothyroidism but my GP as both illnesses are incurable. I appreciate your time and hope that you can see that complimentary medicine is just that but to take away the individuals choice is not good for society and if choice is removed resentment and discontent my take its place.

Thanking You and Kind Regards,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 2:01:01 AM

To the Medical Board of Australia,

I support Option 1.

I never believed in anything outside of traditional medicine until my specialist told me to get my affairs in order.

It was integrated medicine that saved my life.

People need to have an alternative solution, otherwise we are going to lose a lot of people.

I consent to publication of my submission.

I consent to publication of my submission.

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.

"Do no harm" is the mantra of the medical profession. I've been diagnosed with Polymyalgia Rheumatica and have been on Prednisolone for 8 months. My weight has gone through the roof, I often get opportunistic infections and it looks like I now have diabetes. My doctor knows nothing about low dose naltrexone (LDN) although it has shown to be effective in some cases of auto-immune diseases.

Pharmaceutical companies make no money from LDN so most doctors do not prescribe it. Do you wish to now make it impossible?

The "do no harm" is a joke where opiod addiction is rampant, steroids are prescribed where other forms of pain relief are not even countenanced and you want to want to make it even tougher for those of us who are weary of narrow-focused allopathic doctors.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 5:22:56 PM

To the Medical Board of Australia,

I support Option 1.

Please do not change the legislation regarding natural complimentary therapies. These are an invaluable and essential part of health management, both on prevention and recovery process.

I suffered from Lyme disease years ago and suffered debilitating pain and chronic fatigue as a result, thankfully I recovered thanks to Chinese medicine, acupuncture and other traditional therapies. Do not deprive access to these wonderful therapies by changing the legislation.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:15 PM

To the Medical Board of Australia,

I support Option 1.

I strongly support patient access to integrative and complimentary medicine.

After years of sinus infections (6 per year), integrative medicine has helped to look at the underlying causes and through natural medicine has helped me to have no sinus infections in the past two years.

Integrative medicine has allowed me to explore other areas of my health which I thought was “just my genes” including chronic low immunity. I am now on appropriate supplements and vitamins to support my levels which were not picked up by my GP and they refused blood tests. I have had negative experiences with GPs which are often a bandaid approach eg. Given antibiotics 6 times per year for sinus infections instead of looking at the root cause, refusing blood tests, provided with recommendations that have not been appropriate and misdiagnosed including told I have ‘anxiety problems’ when I had hot potato voice, a symptom of Quinsy which was subsequently diagnosed as Glandular fever. This has led to mental health and emotional issues for myself over the past 10 years with anxiety around doctors and not being believed when I am sick.

Over the past 6 months, integrative medicine has helped me with hormonal imbalances by looking at underlying causes of why this might be happening (mould, toxins).

Integrative medicine has actually saved my life and has greatly improved my quality of life to a significant degree - not only physically but emotionally too. If there are restrictions on integrative practitioners, this would be silencing the right for people to access holistic help and support. Please continue to give these practitioners the right to continue to help people just like me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:46:01 PM

To the Medical Board of Australia,

I support Option 1.

Please respect my choice to holistic treatment. I am allergic to most chemicals. Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 6:52:43 PM

To the Medical Board of Australia,

I support Option 1.

I have two chronic neurological conditions, Dystonia and Tardive Dyskinesia. Typically treatment is trial and error and my neurologist and GP work together to coordinate my treatment. Many of the drugs available have significant side effects, I have been hospitalised three times from side effects. Typically drug or Botox treatment is used in conjunction with other therapies. Recent research continues to show the value of these complementary medicines and natural therapy treatments. Please do not impose restrictions without looking at the recent research which has been conducted in relation to treatment of my disorders and other chronic illnesses.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 5:27:03 PM

To the Medical Board of Australia,

I support Option 1.

In 2012 I became extremely ill from long term exposure to excessive indoor mould. This condition is now known as Chronic Inflammatory Response Syndrome and has been recently recognized in a parliamentary inquiry into biotoxin illness in Australia.

However, at the onset of my illness little was known of this condition in Australia. It was only due to the well informed and open-minded approach of integrative medical practitioner, Dr [REDACTED], that I was diagnosed with this condition and subsequently treated to minimize my symptoms and give me back some quality of life.

Over a 2-hour initial consultation, Dr [REDACTED] took the time to delve into my health, both past and present, and to ascertain any exposures that may have contributed to my current state of health. This was a huge contrast to the standard GP consultation where doctors are expected to diagnose and prescribe for a condition in a 10 to 20-minute time slot.

My local GP had no experience with mould inhalation causing immune dysfunction and the multitude of symptoms associated with exposure, so was unable to comprehend the symptoms I was exhibiting.

Likewise, I saw three neurologists, all of whom sent me for MRI scans for my ongoing headaches and cognitive dysfunction. These scans failed to show the cause of my symptoms and it was suggested by all that it was a psychological condition.

It took an integrative GP to think outside the box and send me for a spectroscopy and, subsequently, for a quantitative MRI scan. These scans showed inflammation and atrophy which did not show up on a regular MRI scan.

I feel extremely grateful that I found a doctor who is able and willing to take the time to listen to his patients, as well as being up to date on current research regarding environmental intolerances.

I continue to see Dr [REDACTED] on a regular basis, as I have confidence that he has the knowledge and insight to keep my immune system functioning effectively, using an integrative approach.

From my own experience, I feel that it would be a real tragedy if people were denied the choice to consult with integrative practitioners.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:44:04 AM

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with MS in 2004.

They expected me to be in a wheelchair pretty quickly and by 2008 my left leg was dragging, I walked with a walking stick, I was lethargic all the time, and I was numb from my toes up to my chest.

I continued getting worse until 2010.

If i had taken the neurologists option, i would have been injecting myself every 2 days with a deadly drug for the last 15 years!

I said no, i wanted to go holistic, at which the neurologist showed me the door and said to come back when i wanted to do what he wanted me to do!

His drug has 5 pages of side effects, which they give you other drugs for, also which have side effects, which they give you other drugs for, which have side effects . . . Etc!

I tried naturopathic substances for 6 years but alas they had little effect on the MS.

But I kept looking.

I did my due diligence on a natural product that has over 40 years of R&D by leading world renowned doctors - Dr Herb Nagasawa & Dr Robert Keller. I have been taking this product now for 9 years since 2010 and it has put my severe MS on the back burner - I know I still have MS but my bodies immune system has now strengthened and is fighting it into submission.

2 capsules a day only - a poompteenth of the cost of the drugs recommended.

No more walking stick!

No more dragging leg!

No more numbness!

No more colds! (Bonus)

No more flu! (Another Bonus)

Heaps of energy!

All natural!

Helps my body produce the best antioxidant in the world - glutathione!

Just because it's a natural product does not mean that it shouldn't be recommended by a practitioner - especially since it works!!

Yes due diligence needs to be done on all products, but don't condemn the ones that work because of those that don't have the R&D, peer reviews, double blind crossover studies, and over 145000 PubMed articles.

Just a thought - please remember that the drugs that are trying to be foisted onto us were once given naturally by herbalists long before big Pharma got hold of them and started mass producing them synthetically which now have to go through an LD50!

Shame!

If I require help from my GP I want the option of saying yes or no to the drugs they recommend and have the option of going for a natural remedy.

I consent to publication of my submission.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 4:55:53 PM

To the Medical Board of Australia,

I support Option 1.

My dear wife had bowel cancer and was given 3 years to live by the oncologist. She had 8 years of quality life even while doing chemo thanks to the support provided Integrative & complementary medicine. Even the oncologist and her GP could not explain the results, and the MBA want to deny people access to similar care. Must be no money in it for big pharma.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 11:07:05 AM

To the Medical Board of Australia,

I support Option 1.

As stated in my subject line, my choice of medicine whether traditional, western or any other is as critical to me as freedom of speech. I particularly appreciate choosing doctors who have both western medical training and training in traditional or more ancient medical practices. I feel much safer that way. I am extremely sensitive to many pharmaceuticals and indeed to several herbal remedies. It has taken a lifetime to work out what actually serves me. Recently customs seized a particular Chinese remedy that I was importing because I could not find it here. There is literally no substitute for that in any system, natural or otherwise, the Chinese practitioners having developed their remedies over thousands of years. I do not think this makes them infallible but they sure did learn a thing or two about the human body long before western medicine had evolved past leeches. Hubris, in any system of thought, politics or science is a grave and dangerous mistake. I am literally horrified that my medical choices could in any way be limited by people who have chosen politics as a career. I have over 50 years of study and practice behind me in the realm of therapeutic sciences and arts. I had to learn this because of scurrilous medical over-medication in my teen years under a famous doctor whose practice was in [REDACTED]. [REDACTED] It took me decades to recover. I learned at an early age to be careful about who I could trust around health. So I ask you (and I am shocked that I need to ask anyone!) to please respect my freedom of choice around my own body. It belongs only and entirely to me. I have learned a great deal about how to take care of it. I have learned more, I guarantee, than anyone in Parliament in virtually every country in the world. I require for myself the kind of respect that you as professionals would require in your chosen fields. That said, I insist that doctors in Australia be given the choice to offer alternative treatments alongside allopathic treatments. There is a place for balance amongst all of these systems in assisting our complex and extraordinary bodies. Thank you for your time and attention.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 6 June 2019 10:50:51 PM

To the Medical Board of Australia,

I support Option 1.

Dear Sir/Madam, I am writing to appeal to you allow me the freedom to choose what is the best medical practitioner for myself and my family.

I have never felt safer or healthier than the day I found an integrative practitioner who uses the best of both world to help me manage my illness.

If I were to have this option to choose removed I would feel violated and oppressed.

I have been seeing *specialists for years for my thyroid disease" and never felt better.

My integrative Dr combined treatment and after 17 years of illness I was finally able to get on with life. \$184 to specialist to tell me my test results are normal. Bulk billed by my integrative who instantly recognised my results have never been normal. They are now thanks to her.

I can write for days with what benefits I get from my alternative practitioners. But this is about my freedom of choice.

I would very honestly consider leaving the country I was born in if this right to choose was taken away from me.

Complimentary medicine has never been more exciting, effective and available and this world has never been more sick, greedy, evil and in need of it.

This boycott against alternative, integrative and natural health medicine stinks like a fat donation wrapped in a long pharmaceutical side effects insert.

This democratic country is slowly feeling more like a dictatorship ..

Please let us continue to make this decision for ourselves. If they didn't work we wouldn't return to them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 4:23 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have a mother who is of ill health and conventional medicine has been unable to offer any relief to her pain and discomfort. Her condition cannot be cured, its collateral damage from radiotherapy from a brain tumour 26 years ago. The recommendations from an integrative practitioner offered her relief. I do not believe that we need to be placing 'complementary medicine and unconventional medicine and emerging therapies' into one, they are quite different. I also believe there are good and bad practitioners in every modality and the guidelines should focus on the health and safety of all Australians, which all doctors should follow.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I am a chronic illness sufferer who wouldn't have made any improvements without natural and complimentary therapies along side my gp. People should have the right to decide how they want to treat their own body, whether they choose complimentary therapy, a gp or both.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:49:11 PM

To the Medical Board of Australia,

I support Option 1.

Since I've known my family suffers from faulty genes that have manifested in major depression for myself and my son, amongst other issues, I've spent 3-4 years researching treatment. This is scientific research that the traditional general practitioners are not trained in. I was diagnosed by Dr [REDACTED] a GP who has dedicated her life to helping people with complex health issues. Myself and my son both take appropriate (practitioner only) B vitamins with a low dose anti-depressant. I am coming off the antidepressant slowly as it has never previously been an option. Currently I am on half the lowest dose.

My frustrations with conventional medicine is that it still doesn't train doctors in nutrition. It is a no brainer. Food keeps you alive and can be beneficial for health or cause sickness. The science in this area is already well advanced so how could the MBA do anything other than add support.

There must be vested interests like not having to train doctors any differently than they did 50 years ago or worse they are at the mercy of the drug companies.

It would be a very cruel thing to deprive those who have only made improvements to their health by using these services.

For goodness sake do some research yourselves.

Hopefully in this internet world those that work so hard to get scientific advances to be heard by doctors will soon be successful in their pursuits. These doctors invest their own time to help find the underlying reason people are sick and address that issue instead of masking the symptoms with drugs that keep the drug companies unethically rich.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 7:33:02 PM

To the Medical Board of Australia,

I support Option 1.

I believe that complementary medicine / supplements are a major benefit to my health. I feel that our lack of energy or slightly depressed state is because we lack vitamins and minerals. Sometimes all you need is a vitamin or mineral to give your body a boost. Oils used correctly can have a benefit for your general feeling good within your self. I believe today our medical practitioners are way to happy to give out pills when not needed. I have used a few products over the years for menopause and these have helped. I'd rather take them than anti depressants. Don't take our right to health and well-being away from us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 8:34:47 AM

To the Medical Board of Australia,

I support Option 1.

With a history of chronic health issues physically and mentally,
without integrated health, I would never have had as much progress as
I do today.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 8 May 2019 9:27:56 AM

To the Medical Board of Australia,

I support Option 1.

I suffer from Allergies which affect my eating habits, gastric discomfort and respiratory functions to name a few.

I have not being able to get better by the conventional medicine.

However I have been using "alternative medicine" methods which were able to improve and eliminate most of them.

I do not think that I could reach my age (85) without that help.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 12:20:24 PM

To the Medical Board of Australia,

I support Option 1.

As a retired RN and sufferer of a chronic disease I am very disappointed that restrictions on holistic medical practitioners are being considered. For many years I have had to manage my own health needs as conventional medicine has had no understanding of the condition, which is post viral CFS/ME. Fortunately this has recently changed since NHMRC has carried out research and the establishment of Emerge Australia. Also there is now a wealth of information available from web sites and books by doctors in US and UK some of whom have suffered themselves from the condition. I rely on their books and newsletters for support and information and this gives me information as to what treatments I can seek here that are effective. Unfortunately most if not all gp's practicing conventional medicine which is narrow in its knowledge base and very drug orientated are quite unhelpful. Doctors practicing in a holistic model understand the complexities of my condition and are able to do investigative tests far beyond that of convention medicine does. For example one of the the major issues with this condition is digestive disorders often primarily because the body does not have the energy to process digestion properly. I am plagued with bowel infections and food tolerances due to the breakdown of the cells lining the intestinal wall -intestinal permeability . Often I am unwell because of a food I am consuming that unknown to me I have developed an intolerance to. Sometimes I am fatigued because I have an infection such as a fungal infection that is causing me to be unwell. My immune system is weak and does not respond normally to infections and I am prone to low white blood cells as in neutropenia. These issues are not understood by my gp's. Often if I mention gut problems it gets brushed aside and not addressed at all. Food intolerance testing is not done and by some is disapproved of. Even a dietitian has told me it is not reliable. For me it can be the difference between an inflamed stomach or not or other symptoms like mood changes and fatigue. Once I was prescribed a cox inhibitor because my stomach was inflamed, according to my gastroenterologist when food intolerance testing told me it was caused by the mix of seeds I was eating for breakfast. Cox inhibitors have their own side effects that are undesirable as in inhibiting gastric enzymes that we need to digest our food. Holistic medical practitioners understand and investigate these issues and take steps to rectify the associated imbalances (dysbiosis) in the gut bacteria. And I rely on them to keep me well. I also have used Chinese Medicine and Naturopaths over the years as they also understand these issues that are crucial to my health. I would not be where I am now if it was not for all of these modalities. In fact I managed to maintain my career for years with their help. One last point: When my gp tells me I have neutropenia due to a stealth infection I go for Chinese herbs which restore my normal immune cells and treat the infection. My Chinese herbalist was a general trained doctor in Shanghai hospital so I can take my blood test results to her and she understands them and treats me accordingly. I have paid many thousands of dollars over the years for these treatments that are not covered by Medicare because the medical profession has not been able to help me until now. Please

do not place restrictions on holistic doctors. They are well enough trained in the medical model in my opinion to use professional judgement in order to "do no harm." Thank you.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 1:20:13 AM

To the Medical Board of Australia,

I support Option 1.

My father-in-law has been in and out of hospital for over two years. During the last episode he was transferred into palliative care . Today he lives at home with his family and is happy and doing well. It has taken an integrative approach. The medical professionals viewed his recovery as miraculous. It is no miracle. It has taken an integrative approach. Every conventional doctor has provided a different diagnosis and every doctor has provided a different treatment and medical intervention. Many were surgical, costly and unnecessary. His medical records fill two lever arch files. Only the family understands and have a comprehensive record of his history and what works and what does not.

To date, no conventional doctor has had the time or an integrated knowledge to truly take a comprehensive case history and understand the complex and chronic nature of his multiple conditions.

An integrative approach has been the cornerstone of his improvement. With an aging population and chronic conditions on the rise not everybody fits into a standard model of care.

Most randomised controlled trials are interventions conducted on an ideal patient in an ideal situation. This is not reflective of many patients in the wider community with multiple co-morbidity and medications.

We require diversity and variety in our health professionals and approach to treatment. A mechanistic approach in a health system under stress is simply not sufficient to meet the needs of all patients.

I urge you to maintain choices and options open for the people and health care professionals of Australia.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 9:01:36 AM

To the Medical Board of Australia,

I support Option 1.

Having experienced a lifetime of chronic illness, the only way I have regained optimum health is by using integrative and complementary medicine. I was sent home from hospital dying, and complementary medicine saved my life.

I disagree to imposing restrictions on integrative practitioners. All the doctors I have seen are professional medical practitioners with care and respect for their patients. They go out of their way to find answers for their patients when other doctors do not have the time or inclination to do so.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 26 April 2019 9:25:12 AM

To the Medical Board of Australia,

I support Option 1.

I have finally started to make progress with anxiety, depression & LUTS by combining what my urologist & natural remedies cater want me to do.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 3:30:59 PM

To the Medical Board of Australia,

I support Option 1.

Holistic help and guidance with intake of correct supplements thru long Cancer treatments to support organ recovery to which impacted body trauma from operations & mental impact.

I feel definitely to have all the help from both sources Holistic & Medically trained is needed to prove a positive outcome. They can benefit each other in different ways

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 3:54:53 PM

To the Medical Board of Australia,

I support Option 1.

Our health system has always been an asset when trying to resolve personal health issues and at times the mainstream medical hasn't always had the answers so I'm personally elevated when a holistic approach has assisted in my recovery to regain my health, in the past I have suffered a frozen shoulder and adrenal fatigue, neither could be assisted by mainstream medicine as I was only offered drugs for pain management, forced to look elsewhere for answers I had great success with acupuncture to regained my health. Australia has in the past had an open and progressive approach to medicine and alternative healing practitioners, as has been evident in world wide movement of doctors incorporating more natural holistic approach recognizing that the majority population body want this deeper means of treatment rather than a cocktail of pills. Please remain a progressive Australia and embrace these practitioners who practice these types of ancient medicine that has worked for centuries and can only improve and compliment the Australian medical system.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:05:52 PM

To the Medical Board of Australia,

I support Option 1.

Medical Board of Australia

I resent deeply your attempted interference in my choice of medical treatment.

I deliberately choose doctors whom I know have an understanding of integrative and complementary medicine because I am a retired natural health practitioner and know the value of natural medicine from personal experience.

Such doctors have an appreciation for the value of traditional medicine and many have completed post-graduate qualifications in integrative and complementary medicine in order to offer well-considered advice to their patients.

Integrative and complementary medicine used judiciously heals and actually strengthens the constitution, with NO adverse reaction or side effects. One of my many personal successes is as follows:

When I was younger, an Integrative GP had my urine tested and confirmed a serious case of urinary tract infection. Knowing my interest in natural health, he gave me the choice of drinking fresh barley water or taking antibiotics. I chose the barley water and used it as directed.

After a follow-up pathology test, he received a telephone call from the pathologist concerned, asking which drug he had used because, and I quote his words as relayed by my doctor, "I have never seen a UTI clear up as quickly before."

Now in my late sixties, I have no medical conditions and take no prescription medications thanks to advice and support from these dedicated doctors.

Why are so many people turning to natural medicine?

Because, since the proliferation of synthetic drugs, we well and truly know THE REAL COST OF UN-NATURAL MEDICINE - drug companies raking in massive fortunes (subsidised by our taxes) at the expense of many millions of human guinea pigs subjected to adverse reactions, addiction, anti-depressant "zombie" states and, preventable deaths.

Natural medicine has become a trillion dollar industry for good reasons, people trust its safety and want to actually improve their health and lifestyle not destroy it.

Surely it is better that advice (and supervision) come from a medically trained doctor with post-graduate qualifications than a self-help book.

I consent to publication of my submission.

Sincerely,

A solid black rectangular redaction box covering the signature area.

From: [REDACTED]
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 11:10:19 AM

To the Medical Board of Australia,

I support Option 1.

In early 2016, I was diagnosed with high risk oligometastatic Stage T2a cancer, PSA 9.5, Grade 5/5, Gleason 4+5=9. In short I had widespread advanced metastatic prostate cancer. My final visit to Dr [REDACTED] from the [REDACTED] Private Hospital was a disaster as he told me there was nothing that could be done for me and to go home prepare my papers and wait to die. Only the intervention of my wife stopped me from taking that one last paddle board ride into the ocean with 2 sand bags tied to my ankles. She helped me get further opinions from [REDACTED] and Drs [REDACTED]. Subsequent visits to [REDACTED], [REDACTED] and [REDACTED] all resulted in me leaving their clinics wanting to reach for a packet of razor blades as they all had similar stories that if I went through with their procedures of them removing as many of the lymph nodes, doing radiation and chemotherapy by the end of June I may prolong my life by say 1 – 2 years but not much more. If I did nothing I would not see Christmas.

At first, my visit to [REDACTED] was much along the same lines and I was about to leave all dejected and depressed when at the end he told me that If I went through all this I would have 2 years or so of misery until I died. He said you are resourceful, try alternative holistic medicine or whatever I can use, what did I have to lose. I am so very grateful to Dr [REDACTED] because those few words changed my whole attitude and life and that is why I am still here today with a clean bill of health with clear scans and great blood tests from December 2017.

I will never ever say which HOLISTIC DOCTORS or clinics I went to for fear of them being persecuted by the medical profession in particular the MBA.

Of course the first thing was to get my PH right (it was very acidic) and to detox my body. Another important tool I used was to keep the 4 legs of my chair even (otherwise it will fall over) and those legs are: Rest and Sleep: Diet and Nutrition: Exercise: and the most important Mindset (which was not in a good place because of what those previous Drs had told me). **DISCIPLINE IS REQUIRED WHEN YOUR LIFE IS IN YOUR OWN HANDS.**

Sure I had lots of different treatments but the most important thing that was drummed into me was to strictly adhere to a high animal fat Keto Genetic Diet with the aim to not have any carbs and to eat unlimited protein and fats. Of course I was also on supplements and some other medications.

Having stabilised the cancer and to knock the cancer once and for all, I then participated in treatment in a clinic in Istanbul / TURKEY. Here I was put on a "Carboplatin, Docetaxel, Etoposide" chemotherapy regimen applied once every 3 weeks together with whole body hyperthermia, local hyperthermia, hyperbaric oxygen therapy and supportive infusional therapies (vitamin C, DMSO etc.).

From the outset I undertook all of my scans and MRI's and blood tests at the same services so that I could have easy comparison of how I was travelling. Following 3 months of treatment I followed up with PSMA PET-CT scan for treatment response evaluation. This scan reported to

have complete response in all my metastatic lesions and only having low level activity at my primary prostate gland.

By achieving this treatment response my disease was down staged with only having local disease so I received a 3 weeks chemoradiotherapy protocol.

After receiving the chemoradiotherapy protocol, a follow up PET-CT scan was done in December which reported having complete response in all lesions. I only had sclerotic lesions reported in L4 and L5 which are about my prior tumours located there and aren't active anymore. My entire family have been with me on this amazing journey and in the main attend holistic doctors resulting in similar successes. Main stream doctors certainly have an important role (other wise how would I have found out about my cancer in the first instance) to play in the health of the community but the importance of holistic alternate doctors and complementary medicines must never be underestimated.

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices so therefore, I consent to my submission to be disclosed to any third party.

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 14 June 2019 9:45:01 PM

To the Medical Board of Australia,

I support Option 1.

There are so many reasons why I use complementary medicine & non conventional practitioners. After searching for help with GP, neurologists, allergists, endocrinologists, the only relief I get is from Chiropractic, Massage & Naturopathy + an actual diagnosis from a GP who practices alternative medicine. If I didn't do this I would be costing the government NHS system a lot of dollars and supporting the multi national drug companies that are behind this. By removing our choice to choose how we treat our bodies is akin to a dictatorial power that undoes decades of advancement, discoveries & scientific knowledge that help so many people today. My story is just one of thousands and I wouldn't be hear today if it weren't for "unconventional" practitioners, that have helped me out of a dark existence by treating the cause & not just the symptoms which a normal GP would do..

I also have a granddaughter that after months of tears no sleep, constantly in pain from birth to 6 months and after visits to both Chiropractor, Naturopath & non conventional GP was diagnosed with severe salicylate allergy and magic happened when this was taken into consideration and the whole families lifestyle changed. I will add that she had been taken to a GP numerous times to be told it was colic, reflux, she'll grow out of it, virus, teething & the list goes on there was always an answer that was never right. I could go on & on with examples in my family alone but all I will say is it would be a very sad day if this law was passed.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 27 April 2019 12:57:09 AM

To the Medical Board of Australia,

I support Option 1.

1. Freedom of choice is a democratic right.
2. Religion is not banned even though no scientific proof?!!
3. Complimentary medicine is older than modern medicine. It is the basis of new treatments.
4. It is preventative as apposed to remedial- ie cheaper for the govt long term.
5. Stop regressing our health system.
6. Backward and internationally embarrassing move.
7. I would have had 3 back surgeries without the help and stabilisation of my osteopath.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 12:31:29 PM

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has not been 'proven ' to be' effective' because there is not the endless amount of cash that pharmaceutical companies splash around for research in traditional medicine . Why if it doesn't work do people keep going to these practitioners? - people have quality of life because of them . Traditional medicine doesn't have all the answers - in many instances the treatment options available(within TMed) within don't fix the problem - take chronic back pain for example - given the mindset of complementary medicine doesn't work - should we take away the practising rights of a Dr who can't fix someone's back pain or that pt died of cancer - better deregister that Oncologist - ridiculous isn't it? - but that's the mindset that is being applied to complimentary medicine . I and my family use 'complimentary ' medicine frequently . I have had acupuncture for a headache with instant relief . My husband has frequent osteopathic treatment for chronic neck and back pain with great relief . I have had Osteopathic treatment for stress with instant relief .My Mother - in - law had 1 Osteopathic treatment to an old ankle sprain that had caused her pain and swelling for 20 yrs with instant and ongoing relief . My daughter has Scoliosis and has ongoing Kinesiology treatment which has reversed her Scoliosis by 1 degree in 1yr (with actual X- ray evidence of same which the MBA will not accept as evidence as they told the treating Dr - that his case was closed)To take away the right of Drs to incorporate these treatment is to deny people the right to choose health treatments that work for them . It is totally bombastic of the MBA - they do not have all the answers - far from it - medicine is not an exact science with a one solution fits all

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 4:31:07 AM

To the Medical Board of Australia,

I support Option 1.

I hurt my back many years ago, I was on some pretty strong medications to keep me semi functioning as a human being, I was very very depressed as those meds only touched the surface of my pain, each time I visited a Dr they just kept giving me stronger pain relief, this was going on for about 11 yrs, I was in my 40s, I often wondered how long my body would cope with all these meds, I couldn't go back to work, I was so depressed. One day I was recommended by a friend about a Doctor who also believed in integrated therapies, who may be able to help me, so I went. This Dr performed a procedure on my back called Prolotherapy I went for about 10 sessions, after that I went for a weekly massage, I was improving day by day, infact I became so well I even did a massage course because I loved the benefits and wanted to help others. I still can't believe how it turned my life around. I went totally off all pain relief, my Tremil, no more Panadex, Mersindol, totally off all pain medication. I went back to work, my life completely turned around. Now I wasn't totally pain free but I was off those toxic meds and I managed my pain, getting massages and seeing a chiropractor taking magnesium. I also take zinc and curcumin and fish oil daily. I'm not on antidepressants anymore I take a vitamin B complex instead. We didn't stay in the area where I met my first Integrated Dr. I'm 66 now. We moved to the country I see another Integrated Dr here, I will never go back to an ordinary Dr, Integrated Drs understand my needs I certainly get more than a 5 min consultation, these Drs have a passion for helping people stay on top of their health. Please don't impose restrictions on Integrated practioners, they are the "new way of practicing medicine" I have so much faith in these Drs and know if My Dr thought I needed to see a specialist I would be recommended straight away. Integrated practioners are our future, they teach us to be mindful and responsible for our health we all need to be able to choose what we feel is working for us in our life to stay healthy. If the MBA impose restrictions on Integrated therapists, you will be making many many people very unhappy, I would just look to "Dr Google" to help me, you can even get consultations online from overseas practioners don't underestimate people where there's a will there's a way, I will just keep getting what is working for me now, I'd read more about alternate health practices, I'd treat myself, I would find other like minded people and we'd help each other, the witches would be coming out of the woodwork believe me. I'm 67 this year I'm planning to be here on this earth for quite a few more years yet, my health is my wealth.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 12:00:36 AM

To the Medical Board of Australia,

I support Option 1.

In 1985 I underwent a spinal fusion following a car accident in which I suffered 3 fractured and 2 dislocated vertebrae. A stainless steel cage was placed in my spine packed with bone to graft and stabilize the site. From that time no further surgical intervention was possible, so for the past 34 years I have self managed the condition with treatments which would be restricted if these guidelines were to be changed. Treatments at various times have included remedial massage, thai massage, chiropractic for adjunct areas, myofascial dry needling (often included with acupuncture), myofascial or Chinese cupping, naturopathy, herbal supplements for inflammation and system support, meditation, and yoga. Over the years I have completed an Advanced Diploma of Myotherapy and Bachelor of Health Science (Comp. Med.) with a major in the evaluation and ethics of complementary therapy research. The degree included units from various aspects of conventional medical qualifications (Pharmacology and Pathophysiology, Pain Management, Neurology, and Immunology amongst others) as well as the writing and evaluation of scientific research papers. I have also taught hand to hand combat at law enforcement level for more than a decade (to my knowledge, I am still the only woman in Australia [REDACTED] [REDACTED] been a member of the [REDACTED], borne two children, participated in long distance cycling and competitive horse riding and am qualified as a personal trainer, all without any concession made to my injury - in fact, most people, including my [REDACTED] colleagues, never knew I was impaired. In 2016 I saw Mr. [REDACTED], neurosurgeon, for the first medical assessment of my condition since initial rehab was completed in 1986. The reason for this is that the bone implanted has grown and is now beginning to occlude neural foramen in several areas between L3 and T10. Mr. [REDACTED] could not believe that at this stage (at the time I was 49, the accident happened when I was 17) I was still functioning with minimal lifestyle impact and no regular painkillers. I now work as a myotherapist and have success helping patients with the physical aspects of complementary therapy. If you want to see whether complementary therapies work, I offer myself as a prime example, and my GP, neurologist and neurosurgeon will confirm this. Please don't refuse other people the chance to access qualified professionals in these areas when I know from personal experience that it can save a broken person from a useless and painful life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I have a dr who is not necessarily advocate for integrative or complementary medicine. However, as someone who has a chronic illness I have found it not only refreshing but also extremely effective at times. For me it will never replace western medicine, it will always be my go to. It has saved my life, a number of times. But it also empowering to use integrative & complementary medicines make me feel empowered and often used as a preventative measure. Why would you take this option away from drs & the public.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 6:31:43 PM

To the Medical Board of Australia,

I support Option 1.

Without integrative Medicine my daughter would be lying in bed with no functionality and no diagnosis or treatment despite extensive consultation with conventional medical specialists. With the knowledge of several integrative doctors she has a diagnosis of CIRS and Borreliosis and is improving dramatically.

I am 62 and recently an integrative doctor picked up a sudden drop in iron and referred me to a gastroenterologist who will now manage suspected bowel cancer. Without the connection with this integrative doctor this would have been missed.

Just because they tackle areas where evidence is slow to be published, they do wonders with the complex task of working across a multitude of medical areas to manage multi system illnesses.

Yes they may prescribe extensive tests and an array of medicines but they do so with a high degree of clinical reasoning, objective review and consultation with other medical specialists both integrative and conventional.

This is cutting edge medicine and should be applauded and supported rather than limited.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 12:39 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly do not agree with the changes proposed by the MBA.
Patients need to have a choice. I myself have experienced very bad back problems and complementary medicine has helped me a lot over the years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 3:59:33 PM

To the Medical Board of Australia,

I support Option 1.

Please don't change patient access to integrative & complimentary medicine - I ONLY go to holistic medical centres because the integrative doctors, naturopaths, osteopaths, dentists, Chinese herbalists, acupuncturists etc etc treat my whole body (rather than the typical bandaaid approach of treating the symptom) to get to the underlying reason for my visit. Prevention is better than cure is their mantra and I can attest to that. I'll be 53 this year & have a 9 month old amazing little daughter. If it wasn't for my naturopath, integrative Doctor, acupuncturist & Chinese herbalist, i'd be like a lot of other childless women. I went down the path of IVF, IVF doctors, gynecologists & pharmaceutical hormone drugs etc for 14 years (17 IVF rounds) until an integrative Doctor with the help of a naturopath detected an infection in my cervix. Once that was cleared up (not using antibiotics but with goldenseal & calendula pessaries), my husband and I were able to have a baby. Of course conventional doctors (IVF, Fertility, gynos etc with their stock standard routine medical tests) were useless for me. We must have a CHOICE - otherwise like most rational things that are outlawed or banned, integrative medicine will go underground or there will be a black market trade. We can't be dictated to like this & have our freedom of choice eroded when it comes to how we treat our physical & psychological concerns. If we let the MBA impose restrictions on integrative practitioners, lives will be lost, babies won't get born, people will get sadder & sicker, Big Pharma will have MORE power & Australia will suffer. It's the dumbest idea out there - we don't force people who go to conventional doctors to go to integrative doctors so why are we being forced to change our beliefs? It's [REDACTED] & it stinks of Big Pharma getting itchy feet because more & more Aussies are realizing that if they look after themselves with the guidance & care of integrative medicine, they too will be able to live a healthy full life (like me having a baby at 51!) until they're a ripe old age. It's a no brainer! I do not take a single pharmaceutical drug; therefore I have no side effects from their poison. I take a small amount of prescribed supplements that enhance my health - how can this be problematic for the MBA? We're not the ones clogging up the bloody hospitals in this country!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:22:35 PM

To the Medical Board of Australia,

I support Option 1.

we have used homeopathy and acupuncture for over 40 years. First my wife's discs of the spine were rebuilt. When we showed xrays before and after to 2 doctors, instead of saying " what happened ", they said " it is impossible , It is not the same person ". My oldest son , now 43 y/o, had ear infections every 3 months for the first 2 years of his life. Children hospital in the middle of the night and injection of antibiotic was the treatment. We went to our first homeopath and my son never had ear infection since. One couple could not have children after 4 years trying. All tests on her and him revealed that everything was normal and doctors did not have an answer. In desperation our friend went to see our homeopath and she was pregnant within 2 months. Too much acidity in the vagina. Simple dose of alkaline treatment did the trick. I could continue for a long time giving you our experience of alternative medicine. 6 weeks ago my wife twisted her knee badly and could not walk or drive. MIR showed severe myxoid degeneration. The surgeon suggested cortisone injection. After 5 weeks of acupuncture and homeopathic treatment, she is now driving again and almost walking normally. Last month I was diagnosed with severe sleep apnea and offered a machine at a cost of \$ 2000. 6 sessions of acupuncture and , at least for the moment , I do not need the machine. 2 weeks ago, on [REDACTED] [REDACTED] was talking about alternative medicine and the only thing he could say that homeopathic pills are nothing else that sugar pills. Ignorant people are very dangerous when they talk about something they know nothing about. Please talk to people who have experience in those fields. Keep your mind open. Yes it is a competition to your trade but competition is healthy. 3 years ago I needed a triple bypass and a total hip replacement. Guess what I did ?? Yes, I had surgery because anything else would have useless and I probably be dead now. If you want to talk to me I could be available.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 2:03:06 PM

To the Medical Board of Australia,

I support Option 1.

My health my choice. We citizens have a right to choose how what we put in our bodies. Pharmaceutical companies have proven to be corrupt and their products dangerous causing death at worst . Interpretive medicine has helped me find the cause of sickness in my body and given me the tools to bring my body back to a healthy state with out damaging it further. Using vitamins and minerals I have been deficient in has helped to cure my extreme fatigue . With out the input and suggestions from an intgrative doctor I epaulet have been unable to find a cure, in fact I would most likely have been put on medicines that would have harmed my health

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:02 PM

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support doctors having the freedom to integrate conventional and alternative healthcare solutions when treating patients. As a lymphoma cancer survivor myself whose treatment included surgery and radiotherapy alongside naturopathic supplements, yoga and meditation I firmly believe this integrated approach helped me on the path to health and well-being.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 21 May 2019 5:40:54 PM

To the Medical Board of Australia,

I support Option 1.

Alternative medicine has been my saviour as a patient with chronic pain please don't change the laws

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Our second was an [REDACTED] regular. The support we received was incredible. As was their openness and accommodation of our choice to use a GP who was Integrative. In the end it was the combination of modern and traditional approaches that helped our child. Even the [REDACTED] specialist team were amazed with the results.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 11:23:21 AM

To the Medical Board of Australia,

I support Option 1.

My life was changed overwhelmingly for the better following a visita to an Integrative GP. A change in my diet and some supplements and my everyday joint pain disappeared along with my exhaustion and the consequential low moods. My quality of life was vastly improved by this GP and constantly failed in by my long term family GP. The confidence I felt in following this health path was BECAUSE I was seeing someone with a recognised GP medical background who had taken the responsible decision to gain further training. I think rather than shutting down such practitioners maybe the MBA might better use their time and funds to investigate why patients use these practitioners over 'traditional ' GPs and to learn from that information to better train GPs.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 9:12:19 AM

To the Medical Board of Australia,

I support Option 1.

I honestly do not feel it is the right of the MBA to take away people's freedom of choice! Having lived with chronic illness for 40 years, in this time I have found personally, a combination of both has been of most benefit, and have spoken to many people who have had the same results. I would also like to point out that most of the traditional medications, are now what the medical board is trying to stop the over prescription of due to so many people having to deal with the addiction of them!!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:47:01 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because it helps with symptoms of my chronic health condition. My condition has significant nutritional implications that healthy diet alone won't rectify. Traditional western medicine has not helped me but integrative medicine has.

If restrictions are placed on integrative medicine the added cost will be a considerable burden to wear.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:36:27 PM

To the Medical Board of Australia,

I support Option 1.

I have suffered from various health issues over the years but primarily chronic idiopathic urticarial brought on by autoimmune disease. I visited every doctor and specialist under the sun for a period of 5 years and no one was able to help me. All they wanted to do was to put me on expensive and debilitating drugs that, at the end of the day, did nothing to help me and I could not function in my daily life when taking these medications. I eventually found an integrative health care specialist and with her gentle guidance and support, I have managed to reverse my autoimmune disease and have not had an occurrence of urticaria for over a year now. Without my integrative doctor's help, I believe that I would not be where I am today. If you stop these doctors from being able to practice, I firmly believe that you will be taking away a lot of people's health and the cost to the healthcare system in Australia would be devastating.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 11:45:46 AM

To the Medical Board of Australia,

I support Option 1.

I have depression and fibromyalgia plus migraines. I use acupuncture, massage, Chiropractic therapy for all of my ailments which benefit me greatly. I have used herbal medicines also which has been fantastic also.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 1:42:52 PM

To the Medical Board of Australia,

I support Option 1.

25 years ago I was put on blood pressure medication and cholesterol meds since then I have been to specialist for skin conditions and eye problems . I have had to spend time off work . Eventually I asked for a thyroid test which proved positive and I was put on Synthetic T4 medication . Although I was optimal on the TSH I felt like crap , I had concentration issues some anxiety and started suffering depression , I was extremely fatigued and bloated and putting on weight .

I eventually found an Integrated Dr that performed blood test for all my T hormones plus a lot of other things . He found I had issues with Reverse T3 and that my T4 and T 3 were not even close to optimal . I have been on NTE and also T3 and I feel I have my life back . Now he is determined to get me off my blood pressure and cholesterol meds by finding the actual cause , this is so refreshing considering my normal GP was more then happy to just test my blood pressure and write me a script for more blood pressure medication every few months .

I require the choice to see Integrated / holistic Drs to keep me healthy as normal Drs and “ gold standard “ medications simply left me sick and incapable .

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 12:25:10 PM

To the Medical Board of Australia,

I support Option 1.

I support no change to the current guidelines for integrated health treatments. People with chronic pain issues need to have a choice of treatments. I, like many other chronic pain patients have had adverse reactions to some medications and natural treatments, such as chiropractory, naturopathy, laser acupuncture and such have provided some relief. Our quality of life should be of utmost importance. I also feel that if it were not for integrated treatments, I may not have been able to maintain a working life. Income is important to me because I need to be able to afford any treatment for Chronic Migraines and Fibromyalgia to have a better quality of life. For anyone in chronic pain, these treatments are their only lifeline. Please don't take them from us!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 5:50 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have always had great respect for 'complimentary' medicine. I have been saved from excruciating back pain by my chiropractor, I have gone through the chemotherapy for my breast cancer with virtually no side effects by following advices of my naturopath and an integrative doctor. I believe in proper regulation of alternative medicine but not it's complete rejection. As we have never won the war on drugs, a deregulation of natural therapies will never stop people from seeking alternatives to mainstream medical solutions, it may only drive them underground, where we might return to a dangerous mix of true healing and quackery. I think it's much more important to insist that alternative and natural health practitioners have a some scientific and medical background and are supported by their medical peers.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 3:21:30 PM

To the Medical Board of Australia,

I support Option 1.

I wholeheartedly support all patients access to Integrative and Complementary medicine. Please do not take away the right of patients accessing this very important, helpful as far as quality of life goes, and sometimes life-saving option to all patients.

I have had many family members and friends who use Integrative and Functional Practitioners, who have helped each one more than the traditionally Western trained Doctor, including my sister in law who was diagnosed as Stage 4 with a very aggressive version of Uterine cancer. After seeing various Oncologists, having 2 rounds of Chemotherapy, with absolutely no effect, and even a worsening of the Cancer, she started seeing a range of Integrative and Functional Practitioners, who did far more thorough testing on a "cellular" level, and 2 years post diagnosis, her last two PET scans has shown no signs of Cancer whatsoever.

Another friend who has Poly fibromyalgia Rheumatica was kept on Prednisalone too long by his GP and Rheumatologist, which has weakened various systems in his body, creating torn tendons, and all sorts of life altering (for a very fit and normally healthy man), medical conditions. He started seeing an Integrative Practitioner, who again did thorough cellular testing, and with various supplements and diet changes (none of which his normal Western trained drs suggested or even approved of), and he now is clear of PFMR, and is on his way to healing his tendons etc (which the surgeon said were unoperable).

You will be doing the whole Country a very big disservice by banning the right to practice or of the patients right to have unlimited amounts of time with these Functional Practitioners should they chose to. You will also be increasing the cost to the Government by denying patients the right to be treated how they chose to be and thereby SAVING the government money by having an increasingly healthier population.

I could write on and on and on, however, I want to be able to choose myself who will treat me and how.

Thank you for listening.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 9:08 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine is just as important (if not more so) than other medicine. They should complement each other. My experience has been that the more that complementary options are integrated with other medicine, the higher likelihood of success. To remove this support will lead to increase in more invasive (and expensive) options such as surgery. I know this from first hand experience with both my knees and my back.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 5 June 2019 5:04:42 PM

To the Medical Board of Australia,

I support Option 1.

Hello I'm in full support of patient access to integrative and complimentary medicine. I was given Steroid medication for Crohns diagnosis. After stopping Steroid medication I became paralysed with slurred speech and collapsing and unable to stand up and paralysis and in a vegetative state. I must have seen 40 doctors 15 GPs and 9 neurologist and 3 gastroenterologists and 1 cardiologists and 1 immunologist and 1 endocrinologist and 15 visits to hospital and no doctors were able to help me or understand why I became paralysed with hair loss and in a vegetative state. Just imagine the cost of taxpayers money in trying to find answers as to why I took Steroids and then became paralysed ... I was deemed psychosomatic and faking it or imagining my symptoms. I was frustrated and appalled at times being misunderstood and I started to research myself ... I had to out of desperation because if 40

Doctors can't help

You what must one do. I am

Now fully recovered due to 2 holistic and integrative functional medicine ... please understand that it's extremely important because it's not until your faced with some illness and if specialists and doctors can't help

You I'm sure you would seek

Alternative measures elsewhere ... I also started studying to understand the affects of Steroid medication and how it can upset your electrolytes especially potassium ... low potassium can render you with paralysis symptoms ... Steroids can also deplete DHEA ... it is imperative that we have the freedom of being able to choose complimentary medicine ... if it wasn't for alternative and complimentary medicine I wouldn't be alive today ... please consider that regrettably sometimes doctors don't have the answers ... I fully supported mainstream medicine but after exhausting more than 40 doctors and specialists and many hospital visits I was becoming a burden to the tax payer ... a few visits with complimentary medicine and I now am really well ... please reconsider especially with what I've expressed today ... thanking you sincerely

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 7:15:24 PM

To the Medical Board of Australia,

I support Option 1.

I nearly died from Steriod medication which was given to me by a gastroenterologist . I became paralysed and with slurred speech and unable to stand up without passing out and pretty much in a vegetative state. 40 doctors and specialists doctors couldn't find the answers. Some belittled me and said I was faking my symptoms and go see a psychiatrist. It was so depressing because I believed in mainstream medicine . I tried 40 doctors and I was accused of wasting tax payers money. Fir goodness sakes I was trying to find answers as to why I was given Steriods and then became paralysed. I would like to say if it wasn't for holistic and intergrative functional medicine doctors I wouldn't be alive today. They saved my life and I no longer am a burden or wasting tax payers money as so eloquently put to me by a specialist doctor ... if 40 doctors couldn't find the answers and 2 holistic and intergrative functional medicine doctors could then this is why they are needed because it's saving the government and Medicare money to be better spent ... this is why we need a choice in being able to choose our services just like if we choose to eat chicken or beef .. thinking you

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 21 May 2019 8:17:57 PM

To the Medical Board of Australia,

I support Option 1.

It deeply concerns me that the MBA think it necessary to place such restrictions on medical professionals and the way in which they see it best to treat their patients. I am lucky enough to be quite healthy and have not had any ongoing issues so far in my life. My wife however is not so lucky and has had to deal with concurrent health issues that are quite complicated. At first I used to tell her to go to the doctor as they will be able to help find a solution. What became obvious quite quickly was that many doctors were time restricted during appointments so ended up treating the symptoms rather than the source. This resulted in prescription drugs often being recommended to deal with the pain. Many doctors admitted that long term use of these medicines is not advisable and can result in serious health issues. My wife ended up having to do her own research by finding other people with similar issues to her and seeing how they were dealing with these issues.

After many years of researching, talking to other sufferers, investigating different methods of treating her ailments that do not involve prescription drugs my wife is finally in a place where she can manage her pain and reduce the severity of her symptoms through natural and alternative methods. I was a skeptic to many of these methods but supported my wife in her journey. What I have witnessed has been remarkable and has completely changed my opinion on how health issues can be treated.

My profession is in logistics and I am a very pragmatic person. What I now know is that people with certain ailments need a more personal and open minded approach provided by medical professionals. Giving medical professionals the resources to investigate individual cases with the freedom to consider all methods of treatment as well as supporting the investigation and trials of alternative treatments is a way forward in treating ailments.

I feel very strongly that restricting the ability of medical professionals to fully investigate all possible methods of treatment may result in misdiagnosis and mistreatment of people who could otherwise lead a healthy and fulfilling life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 6:32:51 PM

To the Medical Board of Australia,

I support Option 1.

The health of Australians is deteriorating mostly as a result of mis education regarding healthy lifestyle. As a pharmacist I often need to recommend vitamin supplements to aid a body to do what it is able to do; heal! Yes there are times when medical treatments are necessary but we have come to rely on them and assume they are a magic cure all. They are not. As shown by the emergence of antibiotic resistance, we must only use these when necessary and allow and assist the body to heal itself with proper nourishment and care when it can. If this includes, vitamins and supplements, rest, physical therapies to reduce stress (a Huge problem in today's society) and give people peace of mind that they can do something to improve their health. Not just rely on some magic pill that doesn't exist. Myself I use supplements and vitamins and have done a lot of extra study on learning how they work and what they do to compliment conventional treatments. Massage, Physio, acupuncture, dry needling and cupping have also played major roles in my healing through knee reconstruction, shoulder bursitis, chronic back pain and general daily stress relief. Disallowing drs to prescribe a healthy lifestyle, and any therapies which may assist in improving a persons quality of life would be detrimental to the health of all Australians and add to the cost of government funded healthcare in Australia as people line up awaiting conventional treatments because they are not informed of any self help or new treatments available.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:37:19 AM

To the Medical Board of Australia,

I support Option 1.

Having been made very ill by a medicore Dr who gave my antibiotics that I was allergic to, she insisted that I would not be allergic to this antibiotic, then told me, "I don't know what is wrong with you & I can't help you". I have struggled for years with my health. Now I am 100% better due to proper blood tests, pyrrole testing, a compounding script of vitamins, diet, homeopathics, chinese herbs. All this with the help of a Dr who provides a complete service. Not a Dr that has no clue other than, "take this pill". There are so many bad Dr's out there, go after them. Intergrative Dr's are doing a fantastic job. Intergrative medicine has saved my life.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 7:23:40 AM

To the Medical Board of Australia,

I support Option 1.

I have had great success in addressing osteoporosis through the tests and recommendations of an integrative Practitioner, without having to take pharmaceutical drugs, but rather addressing nutritional, environmental and lifestyle issues.

I believe the proposed definition which lumps together integrative practices with so-called unconventional practices is misleading, impractical and unnecessary. I also believe the guidelines are sufficient now and that it would be unwise to set up a two tiered system.

I do not want integrative Practitioner to be more restricted. The existing guidelines for so called conventional practitioners should also be followed by integrative practitioners, and that is sufficient.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 11:06:15 AM

To the Medical Board of Australia,

I support Option 1.

To the Medical Board of Australia,

Integrative medicine has prevented me from surgery on more than one occasion. After dealing with bursitis in my shoulder for a long time I spoke with my doctor and requested a scan and a health plan to see an osteopath. When I spoke with my doctor about the scan results I was told that surgery would be needed however I was happy to report that I had been seeing a kinesiologist while I could still get rebates through my health insurance and the symptoms of the conditions had nearly been reduced to zero. My kinesiologist took a very holistic approach, giving me nutritional advice, manual treatment and emotional support. Through working with my kinesiologist and my osteopath I was able to get the condition under control and avoid surgery.

My mother was warned about thyroid issues when she was seeing an iridologist many years ago.
My father has been able to get a lot of relief with neck and shoulder issues through an osteopath.

Integrative doctors are the way forward, alongside “alternative therapies”. Why would we turn our backs on the wisdom of these therapies?

Our hospital system is under so much pressure. Reducing the ability of integrative doctors to recommend natural therapies will only add more and more pressure to a hospital system that can not bear it.

I understand that the pharmaceutical industry has great influence on the regulations that are passed that effect our health and medical industry but I sincerely hope that there are enough people who can do the right thing for the future of Australians.

Sincerely,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 4:59:01 PM

To the Medical Board of Australia,

I support Option 1.

I THINK THE RIGHT TO CHOOSE FROM A VARIETY OF TREATMENTS SHOULD BE LEFT IN THE HANDS OF THE INDIVIDUAL (GUIDED BY THEIR DOCTOR OR OTHERWISE). I FIRST TURNED TO ALTERNATIVE & COMPLEMENTARY MEDICINES AFTER DOCTORS COULD NOT FIND A CURE FOR MY ENDOMETRIOSIS WHICH WAS EXCEEDINGLY PAINFUL. AS I SOUGHT OUT ALTERNATIVE WAYS TO RETURN MY WELL BEING I TRIED MANY INTEGRATIVE TREATMENTS. THEY WERE ALL USEFUL IN DIFFERING WAYS AND IT WAS NOT LONG UNTIL I WAS WELL. SINCE THIS TIME I HAVE USED INTEGRATIVE OR ALTERNATE PRACTITIONERS CONTINUALLY OVER THE YEARS FOR VARIOUS AILMENTS WITH 100% SUCCESS. INDIVIDUALS ARE MORE THAN CAPABLE OF ELECTING WHAT SORT OF TREATMENTS THEY WANT TO UNDERTAKE. MEDICAL OR OTHERWISE AND AS IN MY CASE MEDICAL TREATMENT ONLY DOES NOT ALWAYS FIND RESULTS. PLEASE LET PEOPLE CHOOSE THEIR OWN STYLE OF TREATMENT. WE ARE CAPABLE.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:30 PM

To the Medical Board of Australia,

I support Option 1.

I wish to sincerely support the continued use of integrative medicine in Australia. It has personally helped myself and my whole family and kept us well for the past 5 years. We have used it to identify food intolerances that we're making me and my children sick. We now manage our lifestyle with the help of many different integrative practitioners and feel healthy for the first time in years. We tried prescribed drugs that had knock on effects with side effects. We now manage our lives without these drugs and we are so grateful for the amazing wealth of knowledge and health given to us. Please do not take this away as a choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 11:13:56 AM

To the Medical Board of Australia,

I support Option 1.

WITHOUT THE USE OF INTEGRATED MEDICAL PRACTITIONERS I WOULD PROBABLY BE NEAR DEATH OR HAVE A VERY POOR QUALITY OF LIFE. OVER SEVERAL DECADES OF SEEKING HEALTH FROM VARIOUS MAINSTREAM DOCTORS IT WASN'T UNTIL I MYSELF FINALLY DIAGNOSED AN AUTOIMMUNE THYROID DISEASE AND HAD IT TESTED & CONFIRMED BY A MAINSTREAM DOCTOR (WHO EVEN THOUGH MY ANTIBODIES WERE OFF THE SCALE) STILL REFUSED TO DO ANYTHING. IT WAS FINALLY AFTER SEEKING HELP FROM AN INTEGRATED MEDICAL PRACTITIONER THAT MY QUALITY OF LIFE IMPROVED. HE READ ALL MY BLOOD TESTS IN CONJUNCTION WITH EACH OTHER AND AFTER DOING NECESSARY BLOOD TESTS PRESCRIBED BOTH CONVENTIONAL MEDICINES AND VITAMINS & MINERALS THAT MY BODY WAS DEFICIENT IN. THE RESULTS WERE DRAMATIC. THE CONTINUED MONITORING OF MY DISEASES INCLUDING HASHIMOTO, GASTROPARESIS AND ENVIRONMENTAL ALLERGIES HAS ALLOWED ME TO FLOURISH IN MY 50'S. I HAVE FINALLY BEEN ABLE TO LOSE 25KG EVEN THOUGH I EAT MORE NOW THAN I EVER DID. I AM SO DISAPPOINTED THAT I LOST 3 DECADES OF LIFE MUCKING AROUND AND BEING INSULTED MY MAINSTREAM PHYSICIANS WHO EITHER CHOSE TO SPROUT I NEEDED ANTI-DEPRESSANTS EVEN THOUGH MY BLOOD TESTS SHOWED BLOOD IN MY URINE AND ELEVATED CPR AND MY HAIR WAS FALLING OUT, OR JUST SENT ME ON WILD GOOSE CHASES OF TESTS AND MORE TESTS AND EVENTUALLY I WOULD REALISE THEY HAD NO IDEA EITHER. I BELIEVE IN INTEGRATED MEDICINE AS IT IS BOTH SCIENTIFIC AND CUTTING EDGE. AT THE MOMENT IF I COULDN'T HAVE ACCESS TO INTEGRATED MEDICINE I WOULD PROBABLY HAVE TO REALISE THAT MY QUALITY OF LIFE WOULD SLOWLY DETERIORATE TOWARDS A SLOW AND PAINFUL DEATH, OR I WOULD TRY AND ACCESS THROUGH ILLEGAL MEANS SO I COULD AT LEAST LIVE. I FOLLOW A STRICT DIET AND EXERCISE PLAN BUT THESE ARE NOT ENOUGH. THE DISEASES I HAVE NEED BOTH CONVENTIONAL AND INTEGRATED MEDICINES. PLEASE DO NOT BAN COMPLEMENTARY AND UNCONVENTIONAL MEDICINES AND EMERGING TREATMENTS AS I CANNOT GO BACK TO THE DECADES OF PAIN AND FATIGUE AND AILMENTS I SUFFERED.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 7:44:04 PM

To the Medical Board of Australia,

I support Option 1.

Hi,

My friend has been under the guidance of an integrated doctor for her young daughter's Mitochondrial disorder.

Her daughter has improved immensely and my friend believes the supplementation has been key.

Complimentary medicine has a rightful place in modern medicine with many people receiving life-changing results.

Kind regards,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:29 PM

To the Medical Board of Australia,

I support Option 1.

I am very concerned to hear that integrative and complimentary medicine may be denied to Australians. I have personal experience of how 'non-conventional', drug free treatment has helped my family. One of my daughters, now in her early forties, has suffered with severe depression since since a teenager. As a child she was very anxious and displayed obsessive compulsive behaviours. She has self-harmed for years and was unable to work or have relationships. Over the years she has visited doctors, psychologists and psychiatrists. She has received several diagnoses and tried drugs of all kinds. Nothing worked. She was in a state where she was terrified she would loose her mind as sometimes she would loose touch with reality. She talked about dying and suicide. Some psychiatric drugs made her worse and she would be suicidal. She just wanted peace and death was the only way out. The psychiatrist didn't know what to do with her. THEN we discovered Biobalance. We heard of a woman who had similar experience. Biobalance doctors carry out extensive blood tests, some covered and some not. These tests show the doctor imbalances such as vitamin and mineral deficiencies. My daughter's doctor told her that she was the worst case of inbalance she had seen. My daughter was prescribed the natural substances she need. Within a year she was a different person. It's now almost two years and I have a happy smiling, normal daughter. I had given up and was in despair. The majority of doctors know little about this type of treatment, and Australians are suffering needlessly because there is a gap in healthcare. I beg you, on behalf of all Australians to to encourage doctors to investigate alternatives to drugs and for the Australian Government to support this needful approach, rather than rob and deprive Australians of every effort to enhance their health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 6:47:17 PM

To the Medical Board of Australia,

I support Option 1.

Cannabis medicine saved my daughter and my husbands life

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 12:50:38 PM

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern,

I support patient access to integrative and complementary medicine because it is a way of fine tuning your personal treatment and makes you also pro-active about your own health which has many benefits including mental health.

Allopathic medicine seems to be a one size fits all approach, where Holistic therapies take into account the whole person's lifestyle, age and physical/mental conditions.

I am on a Disability Pension but pay for my own vitamins and other products. Some of these so called 'Fringe' therapies have been around for thousands of years and there are mountains of Empirical evidence to support them.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

During my first pregnancy, 16 years ago, I began informing myself on alternative healing methods, so that I did not harm my baby with any medications. Before this time, I was chronically ill for the first 28 years of my life, using antibiotics & various other pharmaceuticals prescribed by the GP. Integrative medicine has supported my healing process to the point where I have not needed a single dose of antibiotics in 16 years. Further to this, integrative dr's have supported the healing & recovery of my immune system. I have also treated my children in the same way & to this day, they have never needed a single dose of antibiotics. Healthy people means a healthier community, means a healthier society, means a thriving economy.....isn't that what we're trying to achieve?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 1:36:24 PM

To the Medical Board of Australia,

I support Option 1.

I am DEEPLY concerned at the proposed guidelines. Integrative medicine and wholistic support has changed my life. Suffering from an auto immune condition where more pain killers and anti inflammatories were shoved down my throat by doctors for years. Finally finding an integrative practitioner who worked with me, my body, my hormones, my genes has assisted me in removing pain and discomfort, managing my health and wellbeing. I am very concerned to think that others could be prevented from having access to the same information and recommendations where the generic medical system did not meet my needs, or others needs with some complex issues.

Vitamins, minerals, herbal supplements, natural therapies and diagnostic testing all played a huge role for me. And having the time to spend with a practitioner more than the quick 10 minute in and out of the doctors surgery, was of huge benefit.

PLEASE do not tighten regulations further to prevent so many good practitioners doing good work. Of course we want to ensure everyone is safe but a blanket rule is not the answer.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:31:01 AM

To the Medical Board of Australia,

I support Option 1.

I greatly value those medical practitioners who incorporate complementary health modalities into their practice. I was diagnosed with a rare auto-immune disease three years ago, and standard medical treatment for my condition was of very limited and at times questionable benefit. However, with the incorporation of natural therapies such as acupuncture, vitamin supplementation and naturopathic dietary guidance, my health has greatly improved to the point where my illness is in remission.

I believe that a strictly allopathic medical approach to treating illness lacks the holistic perception and framework that is more commonly found in natural and complementary therapies. I therefore have far greater confidence in practitioners who integrate these therapies into their medical practice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 8:40:28 AM

To the Medical Board of Australia,

I support Option 1.

This is getting beyond the joke! Surely as human beings, we have the right to choose our own methods of healing.

The only means mainstream doctors have is to prescribe drugs. I have seen too many cases of more drugs having to be prescribed to counter the negative effects of the first drug....and so it goes on.

I have many stories of how alternative medicine has helped people, eg, my father was told he'd need medication, maybe surgery, for his heart. Regular acupuncture treatment made it unnecessary.

Having always used alternative therapies to maintain excellent health, at age 74, I recognise that it's wise to have medical checks, and I'm so grateful to have found a medical doctor who believes in a holistic approach. I trust and respect his advice, in fact I am feeling even healthier than I did before I consulted him. No drugs have been prescribed. After tests, he advised some diet change and supplements, with explanations of how they'll help. I wish all doctors would use the integrative approach, so many more people would benefit!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 7 June 2019 5:58:03 PM

To the Medical Board of Australia,

I support Option 1.

I am very dismayed to hear that you are trying to restrict medical doctors from including integrative and complementary medicine in their delivery of health care to Australian patients.

I am very grateful that my doctors have been able to use this approach and I feel it is due to them that I have generally good health at my age (74), and am not needing any on-going medications.

I turned to complimentary medicine after the birth of my 3rd child when a urologist told me I should take a drug for the rest of my life which would preclude me from continuing to breastfeed my tiny baby and becoming pregnant again. As I would not choose to use the medication I looked about for alternatives and I finally found homeopathic remedies which helped me through that period of my life. I was also careful to get as much information about the practitioners of homeopathic medicine as I could and chose those who would recommend I attend a medical practitioner if they felt my condition needed the support allopathic medicine could give. At this time I didn't know of any medical practitioners who used integrative medicine.

I am not against allopathic medicine per se, indeed I have great respect for those who work in this field. This is why I prefer to attend a medical doctor who also uses integrative medicine, knowing that his advice is crucial to a good outcome for my health. For example, I once attended with a very bad UTI and hoped to take a homeopathic remedy but my doctor advised me against it and said it was important to take an antibiotic, which I did, as I respected his diagnostic ability.

I find modern surgical procedures to be absolutely extraordinarily skilful and love the advances in anaesthesia etc and I am very grateful that they exist (as I would not be writing this now), but it is in post-operative support and healing that I find complementary medicines work so well. For example, 2 years ago I needed brain surgery and the moment I arrived in the small special care room in the ward for neurology patients I began to use arnica, as advised. I was told I would be in that room for 24-48 hours, but after only about 18 hours I was back in a ward, and after 5 days they wished to discharge me and told me how tough I had been in dealing with the pain. I am not tough, a coward actually, and I certainly took all the recommended analgesics, but I did continue with the arnica all through my hospital stay. After leaving hospital I found I didn't need to take many analgesics. I also attended my doctor and the medical centre where he works and he prescribed a whole range of homeopathic remedies, which I am sure supported and helped me recover more quickly. Even my long scar which I was advised to bathe in water with calendula lotion has healed so well that my hairdresser says he is amazed that he doesn't need to do anything special when styling my hair as he has to do with other clients who have scarring on the scalp. If only I had known about something as simple as this when I had other surgeries.

It worries me that I may no longer be able to receive the benefits I have received over many, many years from my doctor's practice of integrative medicine. If this is not available I will be having to make some of my own medical decisions which may not be at all a good idea as I age.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 11:46:50 AM

To the Medical Board of Australia,

I support Option 1.

I spent my entire life involved in physical activity, science and health as a PD/H/PE teacher and personal trainer. I played competitive sports at high levels for 30+ years and was incredibly fit and healthy. At age 45 I had 3 young children and was loving life and incredibly healthy and well. Then we moved house...

We moved into an older house (with the intention to do a knockdown/rebuild) yet that house sat on a large sandstone rock and within 6 months of being in that house I was experiencing a wide range of unusual and concerning physical symptoms.

The first symptom that caused me concern was the inability to move my shoulders and arms much at all. It was like I had gone into lockdown. This was painful, inconvenient and annoying as it affected every aspect of my life.

I am fortunately married to a surgeon and had access to some of the best specialists in Sydney to try to get to the bottom of my issue asap. I visited neurologists, orthopaedic surgeons, sports physicians, immunologist, and a number of GPs and unfortunately did not get any answers that lead to improvements in my symptoms..

There were numerous blood tests, MRI's, scans, physical assessments and questions. All my tests results came back as "normal".

My symptoms were getting worse and I was getting no answers from the doctor's visits. The phrase "post viral inflammation" was used numerous times when no other diagnosis could be given - yet I maintained that I was fit and healthy when these symptoms started. I had been training as always and had no symptoms of any kind of "virus". The doctors then told me it must have been an asymptomatic virus...

There were also the few doctors that mentioned that I should consider anti-depressants as it seemed to be "all in my head". Hearing this would devastate me, as I am not one to create attention for myself or desire sickness or injury. It was upsetting also as I could no longer exercise, pick up my children, close the boot of my car, blow dry my hair or a million other everyday activities one would do when using their shoulders and arms...

As my symptoms continued to get worse (and the number of symptoms started to increase), I would see more and more doctors yet my physical condition deteriorated. We were at a complete loss. The only thing other than anti-depressants that was prescribed for me was Mobic for inflammation.

After living with the pain and debilitating symptoms for 2.5 years (and no resolution) I finally had a break through when I visited an integrative GP and also saw a chiropractor/kinesiologist.

The integrative GP knew of a condition that seemed to match my many and varied symptoms and this GP sent me for more blood tests - yet they were much more specific blood tests than I had done before. The results of these tests no longer came back as "normal" - they were consistent with an emerging inflammatory condition known as "Chronic Inflammatory Response Syndrome" caused by mould and other biotoxins. And now things started making sense.

You see the house we had bought and moved into that I mentioned earlier, sitting on that sandstone slab caused a few problems. We had placed a large number of porous items on the bottom level into storage (wine cartons, fabric travel luggage, books and numerous boxes filled with Christmas tree and decorations and similar).

We had also carpeted the house when we moved in - creating the perfect environment to cultivate mould - a water source (through the rock), porous materials and reduced ventilation.

We recognised that the house was smelling mouldy and felt damp, so we installed whirly bird fans into the roof and also sub floor ventilation - yet this was only done a couple of years after moving in - so the damage was done and the mould was long standing.

I had no idea mould was a health risk. I recognised it wasn't good to look at and didn't smell great, yet other than that, it was not something I gave any real thought to. And besides, it wasn't in our actual house; just the storage area below the house.

Yet my integrative GP quickly educated me on the myriad of health problems associated with mould both at an allergic level (which my immunologist was dealing with) as well as at an immune system level.

The integrative GP, in addition to the specific blood tests (which looked at inflammatory markers, hormone levels, vitamin deficiencies and more), also did a VCS eye test, stool and urine sampling, nasal swaps, brain scans and genetic testing.

All these tests were required as there is no single diagnostic tool able to confirm this condition. Rather, you have to do a bunch of testing, tick a bunch of boxes, and move forward from there.

Obviously while this was all going on I was living with my surgeon husband who was seeing and hearing all of this unfold over the years. He was initially very skeptical about my diagnosis and the condition, yet after looking into the science and research behind it he understood the condition and backed me 100% into working with alternative therapies to get well.

He could see after 2.5 years of "modern medicine" offering limited solutions that suddenly working with the integrative GP, chiropractor/kinesiologist, acupuncture and energetic practitioners I was finally on the mend.

I am currently almost 4.5 years into this journey and I would now consider myself at about 90% back to full health. I have not seen a regular GP or specialist for this health issue since working with my current alternative health team and I am going from strength to strength. We moved from the house (after remediating it 2 years ago) just a few weeks back - so I expect my health to be fully restored within a few months now I am out of the house for good.

My husband who had always been very reluctant to acknowledge alternative health care as "real medicine" has a completely new appreciation for this area of health. He will now openly state that while "modern medicine" is fantastic for treating acute health conditions and conditions that fit into a nice, neat box, it fails when looking into chronic health conditions and especially fails when dealing with the body's immune system's responses.

As so many of today's health issues seem to be chronic health problems (because modern medicine is very competently dealing with the acute issues), we absolutely need integrative and complementary medicine to be widely available and accepted as a valid and reliable system of health care.

Restricting access to integrative and complementary medicine will only lead to more and more people getting ill and creating a population of unwell individuals in pain and unable to contribute to society and their lives as they once would.

I will maintain that I was incredible unwell for years and it was only by being able to access both modern medicine and alternative therapies and doctors that I was finally able to see and create a path to wellness.

If the MBA imposes restrictions on integrative practitioners it will negatively affect millions of individuals that rely on these services and therefore create a massive burden for medicare and the economy as a whole.

I think that we need to appreciate that these are not "new" therapies or "woo woo", they are ancient therapies and utilise the body's innate ability to health with the right help.

Modern medicine as we know it did not exist for thousands of years and our ancestors relied on these so called "alternative therapies" to maintain health. No one is expecting the use of these therapies to replace modern medicine and all that it offers to create health and cure acute issues, yet there absolutely needs to be options open and available to both modern medicine and alternative therapies in order to cover our evolving health issues and needs.

Please do not make changes to our current guidelines and please do not impose restrictions on integrative practitioners. The long term cost to all will be too great.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:53:30 PM

To the Medical Board of Australia,

I support Option 1.

I cannot express how disappointed I am that it is even necessary as it should be a given that we have access to these services. I and my family have used many modalities from Kinesiology, reflexology, homeopathics and naturopathy. All of these have been used to treat issues that mainstream medicine were unable to treat. My father has Dementia and was told it was untreatable yet homeopathics and natural plant products are restoring his memory. My father's Dementia has been caused by heavy metal toxicity in his brain and without the integrative medicine he has had he would not have been able to remove these metals safely and this can be proven through the blood tests and hair analysis results.

My mother has an untreatable heart condition and integrative medicine has extended her life by several years to the surprise of her doctors. Stem cell therapy has saved the life of our dog who has Juvenile kidney disorder. Please do not take away our rights to these treatments. It has been widely proven that these treatments work and if it was not for the falsified research done in our own country (which is an atrocity that they will be held accountable for) this would more than likely not be happening.

Do not allow the Pharmaceutical companies to be our only source of treatments. Australia is supposed to be the Land of the Free yet you are removing part of that freedom with the act.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 6 May 2019 3:41:52 PM

To the Medical Board of Australia,

I support Option 1.

I have Sage 3 Prostate cancer and went down the standard Uro/Onco path of treatment. In hindsight, it was the worst health decision I made.

What I wasn't told was that there was a 70% chance that the procedures would FAIL and I would be back for more treatment within 5 years.

I have had my 'lifetime' dose of radiotherapy with the consequential burnt bowel, bone death in large part of my RH ilium and the neck of the RH femur. Plus a urethral stricture, just for good measure.

Recommendations to continue with Androgen Deprivation Therapy are fraught with a very strong chance of developing a refractory cancer and/or atrial fibrillation. All well researched and documented outcomes, but barely mentioned by specialists who 'talk-up' their particular therapies and gloss over the 'downsides'.

Furthermore, as a result of treatment I still have ALL the symptoms that led to the diagnosis of PCa in 2008 plus a couple more - a chronic lack of sleep and incontinence.

The way I see it now, is to seek alternatives and to try natural, complementary and even novel therapies to recover some quality of life. and the MBA wants to restrict choices.

To me, it seems that the MBA is not interested in making evidence-based decisions but technocratic decisions based on a prejudice of any other medical paradigm that the MBA and the industry it serves, does not like or agree with - the more so if the treatment modality is researched and successful in other countries.

I should have gone to a German clinic upon diagnosis and taken their hyperthermic treatment - no radiation, no surgery, no endocrine disruption and about as expensive as the standard treatment I received in Australia - which cost me some tens of thousands despite having medical insurance.

You could take some time to reconsider, but I suppose it is not in your interest to do so.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 12:05:36 PM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,
If guidelines are changed those of who Lupus or any other autoimmune disease, will not be able to control pain and have access proper medication. Please do not change the guidelines. Our disease causes severe pain and debilitation

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:10 PM

To the Medical Board of Australia,

I support Option 1.

I am a victim of a failed pelvic mesh medical implant. After years of the mesh eroding through my bowel, rectum, bladder and vagina I was left in pain, suffering ill health, chronically infected and immunocompromised. I saw multiple GP's and surgeons who all identified severe medical problems but the only treatment options were antibiotics, pain killers and multiple surgeries. I was told these problems would be life long. It was not until after I came under the care of an integrative doctor, who straddled the fence of traditional and integrative medicine beautifully, that I was offered any true options to regaining my health. My integrative doctor took the time to truly understand my complex complications, run extensive testing and with my particular circumstances plan a course of action that over the past two years guided and supported my recovery. She treated me holistically, not as a body part or single illness and planned my care to ensure that as complex human beings all of our body systems are connected and need consideration when understanding illness and health. Integrative medicine should be encouraged, supported and always be a consumer led option.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:28:58 AM

To the Medical Board of Australia,

I support Option 1.

I have over many years used Alternative Medical Practitioners as well as Conventional Doctors.

Having experienced both I have found that I very rarely if ever come across a MD who is pro active. I go to a Doctor if I have an idea of what is wrong with me, or what services I might need, ie Pathology, Radiology etc however, if I don't know what it is that is the problem, it is highly unlikely that the Doctor will do much more than offer me a 'pill'.

If I go to a Naturopath, or an Homeopathist, I know they will actually investigate the condition and the reason behind the problem.

For example, some years ago now, when I was working, I became very sick that affected my work and forced me to have 2 or 3 days off work at a time. This went on for 2 years. When I went originally to the Doctor she made no attempt to diagnose my condition, but offered my an antibiotic. I never accepted the antibiotic as the condition had not been diagnosed. Eventually, after 2 years, of days off work and seeing my Doctor who only ever offered me an antibiotic without any diagnosis, my Manager advised me that perhaps I shouldn't return to work until I was well.

At this point I made an appointment with a Naturopath. On the first visit he diagnosed that I had Glandular Fever and as it had been with me for so long, my immune system was totally depleted. He immediately started treatment for the Glandular Fever and restoring my Immune System. Totally back to normal after 3 months.

I have also been for Acupuncture when needed with much success and I regularly go to a Chiropractor, Physiotherapy and Podiatry.

I believe I should be entitled to the same Government Subsidy of my Health treatments as given by a Medical Doctor.

I also believe that the Practitioners of these Alternate Therapies should be allowed to practice their form of expertise in their various fields and their patients should be able to afford and choose with whom they wish to consult.

Medical Doctors who have also studied and practice Alternative Medicine would probably be the ultimate desirability in choosing a Medical Practitioner.

Why would a Government who had any care or concern for the welfare and well being of the population forced people into unemployment by taking away their livelihood by refusing to allow them to practice their form of healing expertise? Surely it's their patients who decide if their healing methods are working or not. If it's not working their patient do not return.

We are forced to return to Medical Doctors as they are being forced upon us as the only Health Practitioners the Government will recognise.

I believe I and all Australians are entitled to the same subsidy for their health needs no matter what qualified practitioner they go to. It should not be in the Government jurisdiction to arbitrary decide that Australians are only financially eligible to have one form medical help. Time and time again it has been proven that there are good, bad and indifferent Medical Practitioners. Perhaps you should

concentrate on weeding out the indifferent and bad Medical Practitioners instead of going to the Alternate Therapist who obviously don't have a Political strength that the Medical Practitioner fraternity have.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 12:43:37 PM

To the Medical Board of Australia,

I support Option 1.

I offer my unqualified support to doctors in regard to their use of ongoing integrative and complementary treatments.

Both my daughter and I have recently tested positive for the HLA DR 4-3-53 multi susceptible gene which has caused us multi symptom, multi system health issues over many years.

Although standard medicine could provide temporary relief of some symptoms, it wasn't until we found an integrative practitioner that we were able to a) understand our condition, and b) begin the process of recovery.

A diagnostic and treatment plan was arrived at only after a careful history was taken and relevant tests were conducted. And although there is no 'quick-fix' to our health issues , we now have the knowledge and the means through our practitioner to improve our health immeasurably and regain some real 'quality of life'.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 9:04:49 PM

To the Medical Board of Australia,

I support Option 1.

First and foremost this review is a ridiculous waste of everyone's time including the MBA's.

My family, my extended family all see integrative doctors and are so happy with the results we continue to spread the word. They look at the body holistically, not in an isolated fashion as many straight-medical-drug-reliant-doctors do.

My father who is 89, had a stroke almost 12 months ago and his acupuncturist and integrative doctor have successfully got him off all medications - he is doing so well! One less Medicare cost to the government, but alas, no drugs are being sold and no money is being made.

Integrative doctors (mine) has changed the course of my health; i have more than a GP; so much more; it would be devastating to have that taken away from me. From my family and all the families who have had so much benefit from such doctors.

I employ you - stop wasting time and money on the 'review.'

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 8:41:17 AM

To the Medical Board of Australia,

I support Option 1.

In 1985 after a thirocotomy a biopsy report showed 'Hilar lymph node showing anaplastic malignancy, most likely secondary carcinoma'. A further report read 'lymph node biopsy showing an anaplastic malignancy consistent with with a metastatic undifferentiated carcinoma', told my life expectancy 6-7 months, nothing could be done, it was my 50th birthday on that day! Returned to Charleville to die but my two daughters decided otherwise & started to urgently look into natural therapies. For the next 18 months I did the Gerson Therapy under the care of a Brisbane doctor who had the courage to stick by her convictions despite rumblings from the medical fraternity. I ask the question "where would I & many like me be if the choice to fight back was taken away, believe me there are many being home to die. I suspect I would get the same prognosis today that I was given 34 years ago. On my birthday this year I announced that I am now 34 (real age 84)! Please Don't take this choice away from us, it is our right to choose what we do with our bodies and I salute those doctors who have the courage to follow their convictions despite the threats they endure.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:30:16 AM

To the Medical Board of Australia,

I support Option 1.

Leave things as they currently are and do not just fiddle with the current system to suit your own agenda. I use Chinese medicine and acupuncture for my spinal injury and at times I need longer than standard consultations. Your vision of revolving door medicine with a handful of pills is not what I want! The current guidelines are not broken, so leave them alone!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 12:35:35 PM

To the Medical Board of Australia,

I support Option 1.

I can't function in life as a sufferer of stage four endometriosis without having access to complimentary therapies such as naturopathy and acupuncture

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 10:28:11 AM

To the Medical Board of Australia,

I support Option 1.

Some years ago my husband was severely ill and conventional medicine had no answers for him. It took him 9 months and thousands of dollars to find a rheumatologist who could tell him that he had fibromyalgia and another 9 months to find an integrative health professional who was able to help him. During this whole time the only offerings by conventional doctors were medications that would have put his health at further risk and likely shortened his lifespan.

His integrative health specialist was able to help him back to good health through the management of diet and vitamin supplementation, and by following those guidelines he is still healthy today.

If you remove integrative healthcare from the system then you will only force more people to seek out alternative health practitioners. If you remove alternative health practitioners then you will force the whole system underground, and more and more people will learn how to treat themselves.

If you persist with trying to remove alternative and integrative health practices from access when they are clearly helping people, then I can only make the assumption that you are more interested in making profit from selling pharmaceutical products to "manage" illness than in making sick people well. If so, then you are no longer espousing the Hippocratic Oath to "do no harm" and it is you that should be removed from practice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 8:03:22 AM

To the Medical Board of Australia,

I support Option 1.

It doesn't matter how much you try to restrict access to medicines that are not made by a pharmaceutical company as people will still seek out alternatives. Sometimes by choice (and the choice should be theirs) and sometimes because of necessity. We are a family that falls into both. I have a son who is ASD, I did not like the side effects of the prescription meds they wanted to put him on so I sought out other options (choice) . He is now managed with a variety of diet, nutritional supplements and herbs quite successfully. I also have a son that has a connective tissue disorder, because of this disorder, quite a few pharmaceutical medications have no effect on him, for example paracetamol and ibuprofen do nothing for him either as an analgesic or an anti pyretic, antihistamines do nothing for him, topical local anesthetics do not work on him. He was also a kid that got sick easily, but since he has been put on a nutritional and herbal supplement to help his immune system he does not get sick any where near as often. Dietary changes, Chinese herbals and acupuncture have made a big difference to him in helping with his allergies and pain. He is my example of using natural medicine as a necessity as the prescribed medication either does not work or caused an allergic reaction requiring a trip to the ED. If access to the alternatives is restricted or removed you will condemn my 8 yr old son to a life of misery and pain as nothing else has worked for him.

The other thing that doesn't make sense to me is that one of the reasons stated as to why these measures are needed is to "save the uneducated" from "being mislead and fooled" and yet studies have shown that the higher a person's education level, the more likely they are to not just take the doctors word as gospel and to actually seek further information and look for other options. In the grand scheme of things, science is young, natural medicine is not. It's a bit like science is the teenager who is ignoring their parents because they know everything and their parents know nothing.

If you really want to keep people safe, then encourage the interaction, regulate the natural practitioners so that a high standard of education is there and they do have to be held to a standard of practice and codes of conduct. By trying to restrict access you will put people in danger by pushing natural medicine underground.

Leave our choice, for some of us, it's not a choice but a necessity.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 17 June 2019 3:58:44 PM

To the Medical Board of Australia,

I support Option 1.

Hi,

Conventional medicines have their uses, but so do many "alternative" medicines such as traditional herbal remedies.

Kinesiology in particular has helped my daughter with problems with her digestion that conventional doctors could not fix.

I request that there be no change to the current guidelines.

All the best,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 11:10 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access and freedom of choice when it comes to integrative and complementary medicine. 2 years ago I became very ill, loosing weight, terrible migraines , heartburn, anxiety, nausea (the list goes on). I saw my gp who referred me for and MRI, ct. scan, numerous blood tests, then to a gastroenterologist and a psychologist. None of the tests showed anything significantly wrong so they said it was just stress and sent me to counselling. After 2 sessions the psychologist told me there is nothing wrong with my head and it must be something physiological and sent me back to the gp. That's when I decided to see an integrative gp. I had a comprehensive digestive stool analysis done and it was found I had very very high levels of psdomonas bacteria and required antibiotics. As I was so sick my body wasn't able to absorb the nutrients from my food as well as it should so he also put me on a range of complimentary supplements. I completed an elimination diet and also found that gluten and dairy was significantly effecting my gut. This guy changed my life, I got my life back, when the standard conventional medical system failed me.

Please allow freedom of choice for integrative medicine, it should be working hand in hand with conventional medicine not against it. If you impose restrictions, people like me will suffer terribly and put an increasing burden on the already strained medical system. Each person is responsible for their health and deserves to have the freedom to choose which drs they see. I feel like the decision to review this all comes down to money. Doctors and big pharmaceutical companies aren't getting the kickbacks they have been enjoying for many years as more and more people turn to integrative and complimentary medicines. These have been used for thousands of years and do actually work. Don't base your decision on money and greed, let each person choose for themselves. The conventional medical system needs to evolve and if more and more people are turning to integrative medicine for answers them something needs to change with conventional medicine not integrative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 4:14:45 AM

To the Medical Board of Australia,

I support Option 1.

I struggle with an autoimmune disease and had it not been for the herbs, meditation, Chiro and accupuncture I would still be on toxic drugs and dead. Please open your mind to the new health paradigm it saves lives

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:53:39 PM

To the Medical Board of Australia,

I support Option 1.

I support the no change policy of doctors who supply supperly ways of assisting their patients such as myself with acupuncture ect. I support this because I have a back injury where I fell back onto a steel house foundations spike years ago and as I have gotten older, myself lower back gets out of alignment. I also have a long-term neck injury from a previous car accident that happened a long time ago. Once again my doctor can fix it with acapuncture when I require it. I also have brain cancer so as far as I am concerned, I have enough on my plate without having to suffer in needless and excruciating pain IF this proposal is made to be the law.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 7:33:02 PM

To the Medical Board of Australia,

I support Option 1.

Dear Medical Board of Australia,

I am writing to state, without hesitation, that your proposed changes of restricting the work of integrative practitioners is a backward step based on fear. It is also a breach of human rights.

For 40 of my 62 years of life I have been treated by integrative doctors and naturopaths with great success. Everyday health problems, and even the more complex ones, have been healed by natural means. These include flu, kidney infection, vaginal infection, muscle spasm, pms, shingles (twice) and acne to name only a few. The beauty of this is that not only does healing take place but there are no side effects. This also means there is no support for a disgracefully cruel animal experiment industry.

Another big advantage is that I have paid for it myself with no rebates from health care funds nor government.

Integrative medicine is expanding throughout the world at speed. This is because it works. Doctors want it, patients want it and are now actively searching out doctors who offer this service. If we in Australia don't offer it then patients will go offshore to acquire it, either by phone consultation, Skype or travel. Some countries are making it a headline feature. What are we doing? Trying to oppose the inevitable and look stupid in the process? Like the story of coal? Advanced countries think we're going backward. I'm in Europe right now and the comments I receive about our attitude towards this kind of thing and other subjects is not positive. We're losing our name of being 'forward', 'example', 'progressive' 'smart' etc to 'you're becoming a pariah'. All because our important institutions are overtaken by self interested business with no real concern for doing the right thing.

People have a right to choose what kind of healthcare they want. This is a fundamental basic human right. Just as you may choose to only be treated by way of drugs, others also have the right to be treated in a non-drug way should they choose.

With the speed of information and connectedness via the internet, more people are realising their options of healthcare and more importantly, why it benefits them. This is impossible to stop and the more people learn then the more choice they want.

Do you really, in all common sense want to let us languish in the dark ages while everyone else is going full steam ahead? Can you imagine the feeling of actually curing your patients? People everywhere are waking up to the fact that drugs don't actually cure (apart from only a few) but are designed to treat symptoms. This is dark ages medicine and betrayal at its best.

It's time for us to shed our cloak of fear, ignore the urge of a medical Spanish Inquisition and embrace the compassionate and effective means of healing that most people want and benefit from. This is only just to those who work in the profession and their clients.

If you oppose the much needed integrative medicine approach you will be sacrificing the health of your patients for the benefit of your ego and ignorance only and there will be a high price to pay for it. Act

now in good conscience and reap the benefits of having made the right decision, for everyone. Your question should really be how can we advance our medical practices by integrating more and varied therapies, not how can we hold everything back.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:05:04 AM

To the Medical Board of Australia,

I support Option 1.

As a sufferer of severe panic attacks I wouldn't be able to function without the inclusion of integrated complimentary medicine which my doctor supports.

My doctors has stressed the importance of a holistic integrated approach to my debilitating condition. Medication, counselling, yoga, meditation, addition of herbal remedies, minerals and vitamins, accupuncture, massage, nutrition all play a role in helping me function and get through life. Without my GPs support I wouldn't be where I am today. I'm not the only one with mental health issues that have taken this approach and seeing results.

I choose integrative medicine as a healing is beyond a pill, and taking this right away from doctors leaves the population vulnerable to not healing and ultimately more money on the tax payer with GP offices and hospitals overwhelmed (as we are already experiencing). I beg of you to not impose restrictions on our doctors to take a well rounded approach to our health, and allow them to support and encourage us to adapt different modalities of health for our healing. One size does not fit all when it comes to health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:31:26 AM

To the Medical Board of Australia,

I support Option 1.

In 1990 I was a young up-and-coming lawyer with a successful career. One day I collapsed in court, got a taxi home and basically was unable to get out of bed for 3 years. It came completely out of the blue. My neurologist said to me - I have no idea what is wrong with you but I suggest you go home and stay in bed till you feel better. He also said - I wouldn't want you handling my brief in the condition you are in. I was referred to an immunologist who diagnosed me with Chronic Fatigue Syndrome, and told me there was no treatment. I should just go home to bed.

I wish I had a dollar for every doctor who has given me that advice over the last 30 years!

Faced with the loss of my career, my income and in fact my entire life as I saw it then, I was in shock. I was sleeping 20 hours each day, it was as if I was lapsing into a coma. My husband had to wake me up to feed me. Weeks earlier I had been a busy and successful litigation lawyer in the city! Now I couldn't even follow a simple conversation, and didn't have the energy to talk even if I could understand.

I found a local GP who took an integrative approach and he gradually got me to a place where I could walk, have a short conversation, feed myself. This was a major improvement.

I have had a number of relapses over the years. Each time 'conventional medicine' has told me they have nothing to offer. Each time it has been a more 'alternative' or 'integrative' approach that has supported me back to health. I have used homeopathy (to my great benefit), acupuncture, naturopathy, diet - all offered by wise and caring GPs.

In 2018 I had another serious relapse. I had to put my business on hold, and was unable to do anything much but lay in bed and wish someone was there to clean my house or prepare a meal for me. Again, conventional medicine had nothing to offer me. However I was (again!) lucky to find a local GP who has a more integrative approach. She sent me for a microbiome test and made some major adjustments to my diet. She 'prescribed' a range of supplements, based on extensive blood tests. After months of severe illness, within weeks I was up and about, still not great but able to function. It took about 3 months, but now I am back at work and nurturing a more complete recovery through the integrative treatment regime.

As you might imagine, I feel quite angry when I read that doctors who take a more wholistic and integrative approach may have their practices curtailed. When I was first diagnosed CFS was known as 'yuppie flu' and I got a lot of disbelief from the medical profession, told I should just get back to work and that would fix me. This was devastating.

Conventional medicine does not have all the answers. The ancient holistic therapies are able to treat people in ways that western medicine does not provide for. I believe the best outcome is a combination of the two systems. The best of both worlds. Some GP's are more attuned to that method of healing and you do us all a great disservice by withdrawing that option, especially for people who's ill's fall outside the known boundaries of modern medical science.

I implore you to have some compassion and humility, and to support rather than oppose a more integrative approach to medicine.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 4 May 2019 12:57:16 PM

To the Medical Board of Australia,

I support Option 1.

I am strongly in favour of integrative/ complementary medicine and think it's a patients right to choose what kinds of treatment they wish to receive. Conventional medicine is fantastic and many advances have been made but it's not perfect and shouldn't be the only option. Patients like myself can have all sorts of blood tests which show nothing is wrong when feeling absolutely awful. The menopause is one of many areas of medicine which I think benefits from a complimentary approach. Drugs are not always the answer and the fact that conventional medicine at present pays little attention to diet which I believe is one of the biggest killers leading to so many diseases which could be avoided shows to me that conventional medicine while great is not perfect and cutting off other avenues to patients is draconian and wrong. In an ideal world to me all doctors would be trained medically and holistically to the benefit of all. Do not limit my choices it's my body.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

As a long term Migraine Sufferer Acupuncture, Massage and functional foods like Happy Hormones are an integral part of my treatments, as are botox and scripted medications. It's a circular treatment that includes all medicines - integrated and mainstream medicine.

We need all options on the table and we need benefits for those.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Hi. Soon after both of our 2 sons were born, they were diagnosed with reflux. Our sons were so bad that even on losec and other ppi's they would scream and scream and scream and would try and crawl up our chest and over our head. We were told they would grow out of it. It was until we started giving them alternative medicines (matrix alkali) that we saw dramatic improvements. Such a simple and much less damaging medicine to their small little bodies. Our integrative doctor had them on a number of other medicines which i am sure has helped them avoid pandas to this day. They had nearly 100% levels of various streptococcus species of bacteria. Had we not seen the integrative doctor, we would be in and out of the hospitals trying to get ivig to beat pandas like so many other parents are.

Please leave the system as it currently is - I do not want my boys to slip back into pandas.

Thanks

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 4 June 2019 12:04:16 PM

To the Medical Board of Australia,

I support Option 1.

I have been a user (and practitioner) of Complementary therapies since I was 19.....(50 years). This has mainly been in the area of Nutrition and Nutritional supplements. Of course, I have accessed conventional medicine when I needed to (eye surgery, appendectomy, regular medical checks). Improved nutrition has been the emphasis in my practice as a Naturopath over the past 35 years, and in my own life as well.

We are constantly being told of overcrowding in our hospitals, insufficient funds to meet the health needs of our ageing population, and yet , we are being penalised for taking responsibility for improving our own health by having rebates removed by private health funds....such a retrograde step.

I have just listened to a radio interview with Professor Stephen Myers .dealing with this issue. It was brilliantly articulated and presents many valid arguments..... he suggests that this submission is “ political”, and that neither option should be voted on.....that MBA should go back and redraft their guidelines.

If I have to vote on these guidelines, I would choose option 1, but agree with Prof Myers that there are many flaws in these guidelines

I consent to publication of my submission.

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.

My current health is what it is because of Integrated therapy! Without the blood testing, vitamin and mineral suppliments, my condition was only diagnosed by an integrated doctor who picked up that i had oestrogen dominance and told me how to fix it, and my weight problem.

I asked my regular gp the same question and they tried to tell me to go on a high-carb shake diet! Our health system would fail without integrated doctors! Please, for our HEALTH do not make changes!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:40:13 PM

To the Medical Board of Australia,

I support Option 1.

I had a low grade illness that kept recurring which was treated with the repeated use of antibiotics. This led to a number of side effects and no long term resolution of my symptoms. After consulting a doctor who was qualified in bot Chinese traditional medicine and western medicine, the treatments finally resulted in the improvement in my health.

I have since had positive results from alternative treatments while always seeing my doctor.

If restrictions are placed on integrative practitioners, this will impact on my health and other members of my family who have had success in treatments only when the combination of treatments and methodologies are able to be used in an individual way.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:30:37 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine. An integrative GP was fundamentally the most important part of correctly diagnosing and managing my wife's MTHFR gene mutation and pyroluria. We do not want to lose the option to seek alternative help from highly qualified medical doctors. Nutrition training for standard medical doctors is woefully inadequate and dieticians lack the diagnostic training to order tests and accurately diagnose and manage complex pathologies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 6:01:48 PM

To the Medical Board of Australia,

I support Option 1.

I support the practise of Medical Practitioners being able to provide Natural Therapies (if Trained to do so) and to support Natural Therapists such as Bowen Therapists, Hypnotherapists, Chiropractors etc. I believe Doctors should be able to provide more natural remedies or complementary remedies for their patients. I have received excellent care and diagnoses from such Doctors who have found the basis of my health problems where mainstream Doctors have not! I am allowed to receive and discuss my own Blood and other Pathology Tests and make my own decisions whether or not to follow mainstream guidelines or to make my own decisions re treatments. I declined Chemotherapy 21 years ago and despite being told by a conventional Oncologist that I would be dead or have more Cancer within 5 years, I am still alive and have no cancer! My muskulo skeletal issues, and those of my children have been helped immeasurably, firstly by Chiropractic and then by Advanced Bowen Therapy. I stopped Smoking aged 30 with Hypnosis provided by my Integrative Medicine Doctor. Recently A mutant Gene, which has probably adversely affected my immune system and Thyroid function, was discovered by an Integrative Doctor whereas I have been treated for many years by Doctors who did not pursue the reasons behind my medical issues. If Restrictions are imposed, we are going back to the dark ages, where Barber Surgeons spread Grease in Sword Cuts and Filthy Obstetricians, with Egos and Arrogance, and Ignorance, spread Puerperal Fever amongst women but scoffed at more modern Doctors who said clean wounds and clean Doctors' hands were what was needed!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 3:47:21 PM

To the Medical Board of Australia,

I support Option 1.

I am completely disappointed the MBA might consider restricting access to medical treatments that can assist individuals provided by practitioners who take a broader or alternate approach to the treatment or prevention of various conditions. Both my wife and I have previously and continue to utilise both "conventional", integrative, and functional medicine. Our local GP has been excellent but at times we have sought more in depth assistance. This have involved Dr's or other practitioners who allocate significant time to understand and investigate our issues then provide a broader treatment / prevention approach. This may involve a range of strategies / treatments as the "single pill approach" does not work requiring what I will call the holistic approach. This has personally proven very successful.

One personal example is I attended a number of conventional specialists who undertook various scans/ scope tests for ongoing pains only to be advised they are not sure what it is but its nothing to worry about.

I then utilised Chinese medicine and after approximately 5 treatments the issue had been resolved. Clearly there a brilliant work done by conventional medicine but this is not always successful or suit the patients needs and conventional medicine surely can't claim the have all the answers.

Conventional Alzheimer treatment has tragically not proven to be successful with no single treatment. Hope however does exist via Dr Dale Bredesen's work where a integrative approach is taken. This approach might be met with some resistance from some within the conventional medicine area but his work has clearly shown positive results but requires a practitioner to utilise complementary medicines etc. Currently we are utilising the Bredesen protocol for a family member via a very caring and passionate Dr.

I urge that no changes be made that limit a persons access these alternate or more intense levels of support to individuals.

kind regards

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:59:04 AM

To the Medical Board of Australia,

I support Option 1.

Human health is a complex and imperfectly understood field, despite the wonderful advances of the past century.

Rigid centralised control is a poor choice for delivering good outcomes in a complex setting. It risks entrenching suboptimal practices, placing delays in the way of fresh insights and excluding fresh ideas that might be beneficial but have not been blessed by central command.

A far better strategy for working in a complex setting is to have skilled practitioners in close and frequent touch with emerging conditions, such as the state of health of a patient, trying things they are confident with (first) do no harm and building on what works. That is more or less how my blood pressure medication was sorted out (all PBS in my case).

I see no reason why the GP I trust should not consider anything at all that he believes could help me. This might include not only conventional treatment but also exercise, mental health interventions, self help techniques and alternative medicine. So long as anything that might be pushing the envelope is closely monitored and we know when to reconsider, I am happier knowing that nothing that might be useful is being kept from me by medical bureaucrats.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 20 April 2019 11:03:35 PM

To the Medical Board of Australia,

I support Option 1.

Hello

I absolutely support Integrative Drs . Firstly they have taken the long road and put in further study and a final commitment to help their patients reach a higher level in sustaining good health .

An explanation quoted to myself was that when the patient has been through ED or their GP had their operations and or treatment for their disease they are sent home hopefully on the mend. There is a huge gap in being a little bit well and getting their health back to the best they can be.

Integrative Drs are then able to meet these patients requirements with modalities not practised in Allopathic care , with the shortfall in health care available due to an overload in the public system .

As you know whenever a patients dies in hospital with chronic disease they leave behind a huge box of expensive prescription drugs ,many paid for by the government . No matter how many drugs are fed to a patient with Chronic Disease who faithfully follow drs Orders they still die .

By consulting with an Integrative Dr the patient is educated on how to manage their disease effectively without prescription drugs .

Utilising Complimentary therapies most time then patient becomes well and stays well as they are treated on an individual basis and not as a standard theory.

On a personal note I'm 71 an ex nurse and remedial Massage therapist.

I have studied many modalities. I understand that complimentary medications are heavily monitored in Australia by the Goods and Therapy institute . Which is safe for the public knowing that an accredited integrative Dr is abiding by a code of ethics .

I have Lyme Disease or if you like a chronic infection throughout my body after removing a very fat tick from my lower spine . It was not removed safely therefore I suffered immensely as the little ticks purged by the female into my system caused me skin infections and a crippling Arthritis . GPs were not allowed to do anything but the mandatory Doxycycline . So it was up to me to research for myself as to how I could live through this . I had to eventually stop work due to the chronic fatigue stemming from the inflammation.

My visit to an Integrative Dr in Perth gave me the assurance to keep up with my self imposed treatments, by listening to me and doing blood tests not authorised by average GPs .

I'm appalled that many Complimentary modalities have been erased from Private Health as I personally am in Private Health for the stars as in maintaining my health. As an aging adult I wonder why our government and Medical officials haven't thought about minting the Older persons health and dental care as a positive approach to keeping people out of nursing homes and costly aged care packages . It is up to us as older people to decide what we would like and recognised for our wise cognitive values .

Please give more thought to ancient healing and other cultures methods to sustain a quality of life . If you would like to cont me personally I would welcome a chance to discuss many points of staying happy and well as a normal person. Please allow Intergrstive Drs into the

healing of our Australian population. We deserve options that suit us
and not whatAcademics an Economists . think we should have
Regards

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 5:07:58 PM

To the Medical Board of Australia,

I support Option 1.

I have had anaphylactic reactions to penicillin, cephalosporins and all types of opiates - synthetic and natural. Aspirin is my only painkiller and anti-inflammatory from all pharmaceutical medicine. However I can use different herbal medicines and clinical Pilates to help with symptoms when I am told not to use aspirin. I have even had to wait 4hrs for Monash medical emergency centre to make a special rabies vaccine (I was scratched by a bat which I rescued) for me that was not made using egg due to being intolerant to all egg products. Alternative therapies and medicines have been an important addition to my lifestyle that Normal Doctors have not been able to supply due to the lack of alternatives available through pharmaceutical products. Please keep our access to alternative therapies and medicines available.

I don't know how my Gp would be able to help me without having natural herbal alternatives. Even when I did ivf the anaesthetist had to look at my allergy letter and not put pethadine into the anaesthetic and make sure they did not provide a painkiller after, they used an alternative therapy of a hot patch on my belly to combat pain after the ivf - my eggs taken out, so I woke up with a heat patch on my belly and I had to cope with cramps without medicine- aspirin is the only painkiller that works for me, but couldn't be given in case of bleeding. As there are only 10 % of the population in the world that are allergic to opiates it seems pharmaceutical companies don't care about finding alternatives to opiates for painkillers. This makes me turn to alternatives such as turmeric and olive leaf extract to help combat inflammation and the herb feverfew is my alternative to using aspirin as I cannot take opiates in any form that they may try to make. I have had very bad reactions to opiates, tramadol, ibuprofen, naprogesic, codiene, paracetamol, lignocaine, kephalex, amoxicillin & penicillin v&g.
Please keep alternatives available for people like me!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 8:43:58 PM

To the Medical Board of Australia,

I support Option 1.

My family regularly uses integrative and complementary medicine. We find it helps reduce symptoms and time of illnesses. My children react to conventional panadol etc and without natural medicine we would have no options for minor illnesses.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 1:25:56 AM

To the Medical Board of Australia,

I support Option 1.

It distresses me to think that my right to choose how I stay healthy and to whom I go to help me maintain my wellbeing is at risk because of any restrictions you are proposing at this time.

About 25 years ago my young son's health began to deteriorate. Neither the family GP nor our paediatrician could find anything wrong with him. They ignored my theories of what could be causing his illhealth. (I only lived with the child 24/7)

The doctors couldn't label his dis-ease; his group of symptoms. So they told me they could not treat him with the tools they possessed as doctors.

At 6 years of age he had been strong, healthy and robust. By 7 years old - and this still upsets me to write - he'd lost weight, substantial muscle mass in his limbs and was depleted of the normal energy someone of his age should have had. Worst of all, he eventually also became subdued and depressed.

There had been zero changes in the family dynamic so the problem had to be idiosyncratic.

He needed to be treated as an individual whose health needed to be restored - not swept aside because his doctors couldn't make his symptoms fit into their limited understanding of ill health and disease, or match his symptoms to a disease label.

They were looking for a disease to treat - not a way to return him to good health!

Our podiatrist was the only "medical" person sharing my alarm at our boy's withering state.

After nearly 12 months of turning to conventional "medical doctors" for guidance and help, a friend suggested we see an integrative doctor whose practice was a good 40 minutes away - but I would now fly hours to this man who treats individuals - not diseases.

He wasn't stumped by our son's symptoms.

He simply took his case, taking into account all my observations of my son's health for the previous 7 years; mental emotional and physical.

With his broad experience in, and understanding of, several modalities of medicine this practitioner of integrative medicine helped support my son's body's natural inclination to achieve good health once again!

His methods included necessary temporary diet changes and nutritional supplements - neither of which our GP nor paediatrician had even considered. How could they? It's not part of their training.

Which makes the MBA's proposal to impose restrictions on integrative practitioners all the more ludicrous!

Here you have medically trained doctors who, by further important and valuable studies, have gone the extra mile - actually several miles - to INCREASE their knowledge - not just about disease but also and more importantly about health and how to restore it, and again, more importantly, how to MAINTAIN it!!

Which leads me to ask the following questions of the MBA.

1. What is the motivation behind your proposal to impose restrictions on integrative and complementary medical practitioners?
2. What are you hoping to achieve for the general population whose right to choose such practitioners would then be compromised?
3. Who is making this decision?
4. How many and which members of the MBA has the professional training, knowledge and experience to be in a position to determine what restrictions are to be imposed?

Thank you for reading my impassioned explanation for why I consider such restrictions to NOT be in the best interests of our nation's health.

If you want to propose any changes, please ADD in more Health and Nutritional training for our doctors!

I have always been a proponent of the wise truism, "Prevention is better than cure".

Being one of the thousands of Australians whose good health is supported by integrative and complementary medical practitioners, I believe that your wise decision to drop this proposal would be in line with this adage!

With the support of one wonderfully open-minded GP, and another great GP who practises integrative medicine, as well as a group of talented physiotherapists who run brilliant exercise classes, and along with support from osteopathic, naturopathic and homeopathic practitioners I have been able to continue to live by this adage!

I am proud to say that, tG, since converting to a system of complementary medicine some 25 years ago, I do my best to save the government money by no longer needing to take any pharmaceutical drugs - in spite of my history of asthma, eczema and rhinitis and a family history of cardiovascular health issues and neuromuscular health issues.

By the way, I returned with my son to the same integrative medical doctor about 3 years later when, once again, our regular GP and paediatrician were at a loss as to how to help my son return to good health when he presented with an array of symptoms that simply did not fit any of their textbook disease labels. And (more than) once again, the "medical establishment" had disregarded my carefully considered suggestion as to the possible cause of his illhealth at that time, deeming it to be impossible. A blood test some time later showed my suggestion to be correct. Always good to learn!

So hopefully now you understand why it distresses me to think that my right to choose how I stay healthy and whom I go to to help me maintain my wellbeing is at risk because of any restrictions you are proposing at this time.

Thank you for taking the time to read this.

██████ - mother, grandmother, wife, sister, daughter, friend, carer and educator

I consent to publication of my submission.

Sincerely,

████████████████████

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 5:31:24 AM

To the Medical Board of Australia,

I support Option 1.

Integrative doctors do not pose a threat to conventional medical doctors but rather they provide an additional service to understand and diagnose the root causes of some illness, which will be diminished if their consultation times are restricted, and may also affect the efficacy and ability to develop individualised treatment plans - which are the very reasons that these services are utilised in the first place.

Without the ability to link debilitating and reoccurring leg cramps with a lack of magnesium, my husband would not be mobile. This small diagnosis has made an invaluable contribution to his quality of life. Please do not restrict the provision and access of these services to those patients who find emerging treatments successful in the treatment of their illnesses.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:05:42 PM

To the Medical Board of Australia,

I support Option 1.

I wish to seek pro-active health choices that are supported by non-biased education (I.e. full disclosure of potential side effects over a lifetime) and sustainable lifestyle awareness to ensure that I can choose a lifestyle that supports achieving and maintaining optimal health and well-being. This includes access to tests and integrative treatment before a minor health complaint progresses to a irreversible disease. I am pro choice and pro health. Waiting until a disease has progressed until it is able to be treated by a strict 'Western Medical' model is encouraging a very sick society and a health care system which is built on maintaining that sickness: where is your integrity and the hippocratic oath? It seems the "Medical Board of Australia" does not represent Australians (the people) and instead have sold their souls to pharmaceutical companies for profit. What is the point of living if it is in a diseased state? Health is natural and Western Medicine should ideally only be sought when needed as a last resort: NOT dictated as the ONLY legal option. Corruption and interior motives should be exposed and the people who gain financial benefits from practices that exploit others and at the same time pollute the environment (excreted pharmaceutical products have been found in our waterways and are deliberately given to animals which become food. Yes there should be more regulation.. but not what you are proposing: through draconian dictatorship models. Companies (and individuals) should be the ones sent to jail for bias and undeclared conflict of interest.. instead of targeting the people who put the 'care' in health care. Both systems can be viable and have their appropriate place in OUR (Australia's) healthcare system: so I support people's right to chose their healthcare model. For example, If people want to die naturally: that is also their right, rather than be poisoned in the name of science because they have had their right to autonomy overruled by corporate greed. I watched my mother die of systemic organ failure after Chemotherapy: the cancer was in remission but she was left with poor kidney and liver function.. so NO! What is the logic in being 'cured' if you die of side effects?? I have studied medicine myself as a result of my experience witnessing my mother's journey including deterioration and I AM determined to find a better solution: Sometimes that requires thinking outside the 'conventional methods' to find an innovative "alternative"... which in time if successful and 'safe' can be adopted and brought into mainstream practice. Antibiotics began somewhere... otherwise Western medicine would still be stuck at a base level of amputations, blood letting and leech / maggot therapy.. So the question is how advanced are you really?.. The Medical Board of Australia appears to be stuck in Newton physics when society has advanced to Quantum physics: if you wish to hide your motives under the banner of 'science'.. what level of "science" is this? This decision is not progressive and not in the public's health interests. If there is a better explanation for the medical boards current decision to target integrative medicine: please contact me to providing reasoning and full disclosure for this approach as there doesn't appear to be any logical reason other than the conclusion I have drawn above (profit and board member

'sponsorship') that the question should then be raised " Does the Board's current position now pose a threat to advancing society?" I am educated: I have studied western medicine, military medicine, alternative and complimentary medicine and other forms of wider 'healthcare' therapies because I want to know for myself what works and what doesn't and I want to understand both the 'scientific research' as well as observation based reports/ data collection and the safely or impact over time: what are the side effects or impact in 1 year, 10 years and importantly: will this affect genetic changes, compromised immune system or anything else that can be considered adaption and importantly are there any consequences for fertility and passing on to the next generation! What works for me may not 'work' for someone else. Hence why access to varied therapies and encouraging choice is so important. The human system is complex and even scientists cannot predict every potential reaction: e.g. thalidomide.. accidents happen and sometimes the effects are only observed over time in human populations: not in Petri dishes! Anyone who is arrogant enough to believe that they are an expert on the human body and knows ALL interaction pathways and can predict whether one practice / therapy or drug is safe and another isn't: is delusional (in my opinion). There is even a dictionary word "iatrogenic".. aka colloquial "oops, sorry mate"! Humans are not robots: Biochemistry is complex. We are as good as our knowledge and we cannot possibly know everything. The medical board's role is to determine safety and efficacy; not become involved in politics. I advocate for transparency of motives (declaring if our health practitioners or 'representatives' and advocates receive 'kick backs' (sponsorships/donations/ commission etc) from the professional groups (associations) or products they promote; if a practice or therapy is of high risk then this should be brought to the public's attention explaining why this is considered a risk, not just defaming the group. Integrative medicine as a collective does not pose this kind of risk. Individuals who are blatantly disregarding AHPRA guidelines and are a threat to public safety is a different matter. The same standard should be upheld for everyone who is registered, instead of generalised targeting integrative practitioners: be specific as to why this group is in the spotlight!

I advocate for best practice (including embracing change when enough sound evidence is presented), longevity and public safety (i.e 20 year trials / compulsory safety reviews and correct reporting of side effects) and public access to this data / information for true "informed consent". I will continue to seek being open to both traditional wisdom and modern scientific research and innovation in my own practice and continue to put education in regard to the health of my patients / clients first, before personal financial gain. If this will make me a 'criminal' in the future: i.e. lose my license to practice because I support full disclosure education and balance: I have lived by my ethics and am proud to be known for that! As an Australian, I can only hope that the people who chose to 'represent' 'my 'interests' are driven by the same passion and ethics.

Kind regards,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:01:58 PM

To the Medical Board of Australia,

I support Option 1.

I have some serious health issues whereby I am able to manage them and lead an extraordinary life by using natural as well as conventional medical aid . I am more than happy to be interviewed if you so desire..

Sincerely [REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 9:30:31 PM

To the Medical Board of Australia,

I support Option 1.

Please do not change the right for me to use nature practices!
These practices has helped me get pregnant, raising my child and everything we do. Mental health reasons. Well being!
We use these practices as we believe it best suits our family and the health of our family.

We use these practices as It is also part of our religion.

If you took away these practices you take away our family, our right to choose in a free country, our religion!
Please don't change

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 6:05 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Three years ago I became extremely ill. Turned out I had been over exposed to mould in my home for far too long and with being pregnant my body couldn't cope. It was shutting down. I saw general practitioner after general practitioner, I went from one specialist to another. I spent thousands of dollars just trying to get answers. Once I found the mould, I had an idea of what had started my medical cascade but no medical support. Again my search for answers on how to heal the damage continued. At last I hit the jackpot, I travelled over an hour every other week to visit my new found integrative general practitioner. He ordered tests I had never had suggested pharmaceutical medicines, natural supplements and natural therapies in an attempt to heal my broken body. And it worked. After three years of my own little living hell I can proudly say I am on my third pregnancy and a bundle of health. It was a long and costly road to healing but I have no doubt I wouldn't be here if it wasn't for the suite of medical and natural interventions it took to heal.

The body is a miraculous thing and the pharmaceutical industry can certainly be a lifesaver but they go hand in hand with all other faucets of the natural therapies we have access to in Australia. We need to start looking at them and using them as complimentary. That is exactly what they are. They compliment any health regime, reduce cost to the health system in the long run and help members of the community regain health.

Don't take our choices away, don't put further burden on the system by shutting down a large and very successful health approach. Without my integrative doctor and other complimentary health professionals i would be costing the health system a lot of money still but here I am, free, all because of the extra care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 1:16:00 PM

To the Medical Board of Australia,

I support Option 1.

My name is [REDACTED] i am 75 years young because i have been using integrative and complementary medical treatments for over 55 years. I had my Prostate removed 7 years ago .I then developed an incurable disease that only 2 people in a million get called Vasculitus which is an autoimmune disease. I am a pensioner and i need all the help that is available through allternative medicine. WE all need access to both systems as they currently are available. My cancer has now returned and i need all the help that is currently available to me to stay alive. (BOTH SYSTEMS).

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 1:10:48 PM

To the Medical Board of Australia,

I support Option 1.

We all deserve the right to the truth and full knowledge of what is best for our bodies when it comes to health whether it is, in anyone's eyes as being pharmaceutical or natural. We were given a earth to live and thrive on with all we needed to live, survive, heal etc etc. if we needed chemically induced and altered plant life it would have been so from the start. Too many people has been harmed by what has been altered and controlled by the human hand. We deserve to have access to all things being natural or pharmaceutical and we all have the right as humans to decide for ourselves what we choose in the way of treatments for our ailments, diseases etc etc. If you are truly a board to help support, provide and give life to us when it comes to our health then why are you so against allowing these alternative medicines and procedures to be allowed. Isn't it our choice how we live? Isn't it our right to know our options rather than be told there is only one way for you to live and it is to have a terrible amount of harmful medicine that will make you even sicker and cause you more problems down the track or even kill you, or die. Why in a lot of cases specially cancer for eg this is the only option. With all we have and all our ancestors of all different races and ethnics have learnt and all the things we can do today why is this the only option????????? Altering anything whether it be plants, DNA Humanmake up, even a cars engine will always always mean it will never be the same or run smoothly. Everything about pharmaceuticals are altered, chemically, synthetically changed or enhance to suppress the symptoms of the problem with horrible side affects to other parts of the body that needed no interference or intervention, nothing cures or heals. Many people including myself have benefited from natural, alternative and interpretive medicine when the medical and pharmaceutical world deemed my beautiful daughter a lost cause that could not be saved that there was nothing that could be done. Try being a parent and being told to go home and enjoy what ever time you have left with your child that they are sorry. This is wrong in more ways than ever needs to be because if those that we have put our trusts in with our loved ones and lives thinking they are the professionals that have studied and know everything there is to know medically be it natural or not to help cure or heal that person then they should be knowledgeable on not only what the pharmaceutical companies offer but what ever can be offered. So they should not only be learning from a pharmaceutical book but from life and natural alternatives also. A medical professional took a oath to help people in need so they have the right also to know if these alternative etc options do they can make more educated advice to a patient. We are human no matter what colour race or how much money we have we are all the same as deserve to be treated equally and humanly not as a number or as a ginea pig to make others rich.

I consent to publication of my submission.

Sincerely,



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:09:50 AM

To the Medical Board of Australia,

I support Option 1.

To the government body that had the power.

Please read this email. It is important as this could happen to you or a family member. Several times in my life I have suffered from mental health issues and I have almost lost my life as it got so bad. After going through counselling and the medication route I was still suffering. I then went to an acupuncturist who saved my life with the combination of herbs and needles she restored my energy levels reduced my pain and listened to me. She was amazing and now I can continue to be mum for my two beautiful children. Who could have grown up without their mother.

We are all individuals and we respond differently to treatments and many like me need holistic complimentary doctors. Thank you for listening. Pharmaceuticals aren't always the answer. Herbs can be very powerful with the right doctor.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I suffered for 9 years with hashimottos some days not making it to work as the fatigue was overwhelming always a foggy head couldn't think straight bad memory and a body that felt like every joint had toothache I finally found a DR that did lots of testing put me on the right medication and my life has changed I feel normal again for the first time in nine years and I can now function again if you do what you are proposing many people like myself will go back to not having a life please think before you do this I don't want to go backwards health should not be governed by pharmaceutical company's just out to make a profit at the cost of someone's health

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 9:27:13 AM

To the Medical Board of Australia,

I support Option 1.

I have a background of nursing so have respect for medical care. However, over the years I have found that a mix of natural therapies and "mainstream" medical works best. For my back pain, chiropracty gave the answer where mainstream medical did not. If there is a non-drug alternative, I will take it. I take supplements such as co-enzyme Q10, Vitamins b and c. I rarely get colds and flu. I disagree with psych medication which Doctors are handing out like lollies when diet, lifestyle and other addresses to underlying causes can remedy the problems. Of course if a leg is broken, it needs medical care as do many other conditions, but individuals **MUST** have choices and options. No single thing works for everybody, so a wholistic approach which may include "alternative" therapies **MUST** be on the table and the individual **MUST** have the right to choose and be offered alternatives. I believe that any tightening of regulations to disable the provision of integrative treatments will also play into the hands of the big pharma vested interests where the only alternative will be the drugs they make millions from and is not in the best interests of the patients and their care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 8:53:24 AM

To the Medical Board of Australia,

I support Option 1.

It is essential that i continue to have access to my integrative medical practitioner who plays a vital role in assisting me to manage the impact of CFS & fibromyalgia on my life. Unfortunately traditional medicine cannot support me to manage the pain and fatigue that comes with these chronic conditions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 10:58:43 AM

To the Medical Board of Australia,

I support Option 1.

I have a serious health issue concerning my arteries particularly my coronary arteries. The cardiologists are unable to clear blockages in my arteries due to the extreme risk involved.

I am consulting an holistic doctor who has been able to eliminate the incidence of angina episodes as well as achieving a substantial reduction in my blood pressure with a strict diet. My blood pressure has been reduced to a range of 88 to 128 since starting the diet.

I recently had a consultation with the cardiologist and he was very impressed with the results achieved through this integrative approach.

I am seriously concerned that any interference with my ability to choose a doctor who is prepared to work with other practitioners using other modalities will seriously impact on my health an life expectancy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:20:21 PM

To the Medical Board of Australia,

I support Option 1.

I have been living with a Chronic illness for 10+ years. My bones ache, my head spins, my eyes are foggy, my memory poor. I wake up, walk to the kitchen, make myself a tea and in return, I have a completely numb face and full of exhaustion. I have received many years of "conventional" medical practices throughout my life and I have never received a positive result. Every conventional pharmaceutical treatment I would receive, I would be greeted with a new worse symptom. I don't say this for sympathy. I say it for understanding.

It is only this year (2019) I have felt a positive shift in my illness. The only thing different to my many years of treatment from numerous of "conventional" doctors, was my change to Integrative medical approaches. Previously, I was unable to work, I was greeted with everyday pain and issues that not only affected me physically but also mentally.

I am 24 years old - "the best years of your life are in your 20s". Mine have been the worst.

It is now I can say I am on a positive incline in my health - something I did not expect. This is because I have received treatment from an Integrative Medical practitioner. I can now start the journey of having " the best years of my life" thanks to these doctors. Although I have a long way to go to reaching my full potential; it is the most "alive" I've felt in my whole 24 years.

So I ask you this? What if this was your daughter, or son, partner, family member or friend. Would you feel comfortable taking away treatment that has a positive effect on them? What if it was you?

I consent to publication of my submission.

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.

Integrative care with the combined support of a naturopath, chiropractor and GP prevented me from spiralling down into post natal depression. I was introduced to meditation, herbs, vitamins, breathing, stability and posture exercises. This integrative approach to health care addressed the causes and not just the symptoms. I was able to help myself without using the highly unhealthy and dangerous antidepressant drugs so readily prescribed to bandaid the problem.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 11:27:45 AM

To the Medical Board of Australia,

I support Option 1.

As a mother of children with special needs, the right to access integrative and complementary medicines is crucial to my children's health and wellbeing. It is my fundamental human right to have input in my health care and the care of my children. Restriction on integrative practitioners will impact adversely on those whom are already suffering, navigating the most challenging circumstances to the best of their ability. This must be stopped.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Monday, 15 April 2019 9:53 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My son has been significantly aided by his integrative health physician. All other medical professionals we sought help from just wanted to mask his symptoms with pharmaceutical drugs. When we switched to an integrative doctor, the change in my sons health was nothing sort of miraculous.

I cannot for the life of me understand why any government would want to take away patient choice. Australians have never been so sick, meanwhile pharmaceutical companies are thriving financially.

If integrative restrictions are put in place, my sons health will be significantly impacted to his detriment.

The government should be supporting wholeheartedly medical professionals who seek to cure patients, not those who only want to drug and line the pockets of pharmaceutical companies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 8:09:10 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 value medical doctors who integrate 'complementary medicines and emerging treatments' into their practice..

There SHOULD NOT BE bans on use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing.

My integrated doctor saved my life, literally after two other GP's just prescribed me antibiotics which just made me worse. I needed extensive knowledge and a broader support to recover from a very complex illness.

Please lets move forward in our healthcare practices in australia..a holistic and progressive outlook is the way to go. PLEASE

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 10:44:08 AM

To the Medical Board of Australia,

I support Option 1.

I believe that integrated medicine is important. In a democratic society freedom of choice is essential. Intravenous high dose vitamin C has stopped my advanced prostate cancer spreading. I have pet scans etc that support this opinion.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:36:21 AM

To the Medical Board of Australia,

I support Option 1.

I have unusual and difficult to diagnose health problems.

My health has been made much worse by Doctor prescribed medications -

I have literally been on the verge of death/stroke caused by the very meds that were supposed to save me. in spite of me warning the Doctors that this would happen, I was pressured into taking them, because of their lack of knowledge & experience with such situations.

I am still alive and in good health BECAUSE I used complementary medicines. Doctors should be able to reference my experience to help others maintain quality of life by suggesting alternatives to Prescription medications.

MEDICINE IS NOT AN EXACT SCIENCE and all medicines originated from what is now considered 'alternative' treatments.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 8 May 2019 8:43:01 AM

To the Medical Board of Australia,

I support Option 1.

Integrative practitioners saved my daughters life when conventional medicine couldn't. Almost 13 years ago she had severe autoimmune and leaky gut issues including coeliac disease that a lot of GP's hadn't heard of. Desperate, we were forced to go to alternative therapies who over the next few years assisted her so much that she is now symptom free and medication free and has been so for about five years. I'm still amazed how many GP's (and specialists) don't know about these conditions. I think the medical system needs to embrace all therapies, both western and eastern, as this most benefits the patients. Everyone is different and the more options the better. Western medicine can be amazing and both my husband and I have directly benefited from it. But the alternative therapies are amazing as well. There's enough sick people to go around so the more options doctors have the better.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 22 June 2019 6:34:54 PM

To the Medical Board of Australia,

I support Option 1.

I believe focus on optimum health and prevention of disease and illness with an holistic view of the patient by integrative practitioners provides far better outcomes for patients than conventional medicine alone. How can a conventional practitioner receiving approximately 20 hours of nutrition education across 4 years, possibly give them the tools to best help their patients? From my understanding, conventional medicine predominately treats disease and illness with drugs and surgery. Many drugs don't cure disease and many only mask symptoms. There are millions of drug related deaths across the world every year. From my personal experience, I was prescribed statins around 13 years ago, as my combined cholesterol level was around 5.5. I was loathe to take this medication unless absolutely necessary but my doctor insisted I would either have a heart attack or stroke unless taking them. Apart from high cholesterol, I had normal blood pressure and no history of heart disease. I started to experience muscle weakness and pain in my joints. My energy levels were low and I suffered many other symptoms, including brain fog. I complained to my doctor I suspected it was side effects from the statins and my doctor insisted the statins were not to blame. After a few years I became deficient in vitamin D and other vitamins. Mostly I was extremely fatigued and had lost much of my strength. After researching possible side effects from prolonged use of Lipitor, Lipital and in the last 3 years Vytorin I suffered chronic fatigue, severe shingles, shoulder bursitis, frozen shoulder and clinical depression. I stopped taking my statins as I believed they were causing my symptoms. I told my doctor of this and asked to be sent for a coronary calcium score. At age 60 years, my score was zero 0...perfect. My doctor insisted on me seeing a cardiologist as she was still convinced I would have a heart attack or stroke without medication. The cardiologist said although my cholesterol was high, at the time combined, just under 10. my chances of having a heart attack or stroke in the next 10 years was less than 1% as my CCS was zero and I have no other risk factors. I haven't taken statins for around 3 years now and my health has improved considerably. The American Heart Foundation say statins are over prescribed in 30%. This is terrible, considering the side effects. From experience I have found conventional drugs can do more harm than complementary medicines. Personally, I know when I take a quality multi B vitamins, fish oil, vitamin D, Zinc, CoQ10 etc. it helps with my mood, energy levels and immune system. I know when I take magnesium before bed I sleep better. Most conventional practitioners tell their patients, vitamins & supplements are a waste of money and of no benefit. This is a really stupid attitude to have, especially when many of the drugs they prescribe their patients deplete their bodies of vital vitamins & nutrients. Even if patients have a good diet, macro agriculture grown crops are far less nutritious these days, as soil is depleted and grown with chemical fertilizers. I suffered with endometriosis and conceived my 1st child with IVF...luckily I conceived naturally with my 2nd baby. Years later my endometriosis returned. Someone who practiced Ushi Reiki offered me free sessions to see if that helped.

I had nothing to lose and gave it a try. After only 2 sessions my endometriosis symptoms disappeared and have never returned. When my Mother was in the last stages of pancreatic cancer she was miserable, although medicated she still suffered nausea and pain. I took her to the same Reiki practitioner in the hope it may help. To her amazement it did! She would arrive miserable, feeling ill with no appetite. After her treatment she would emerge with colour in her face, a smile, pain free and asking where we should go for lunch. The conventional treatment she received at a large repatriation hospital at [REDACTED] in 2004, was appalling for her. As she held a Veterans Affairs Health Card she was in a ward with other Veteran wives, widows and was treated by the public training system and by one of the hospital surgeons. We followed the surgeon's advice and bullied her into surgery, believing the hospital surgeon had her best interests at heart. Later we found she was operated on for surgical training purposes, while she still had pancreatitis and a chest infection the surgeon went ahead with "whipples" surgery. How she survived the procedure we don't know. Shortly after he went overseas and we suspected that's why he bought her surgery forward by 1 month. She experienced complications with infected tubes etc, lost much weight and generally was weakened by the experience. Later, when the cancer had gone into her lungs she received chemo. On reflection I believe Chemo was no benefit to her and only caused her more suffering and compromised her already weakened immune system. Of course if one is being cynical, parma's make profit for their chemo drugs and the oncologist I believe is also financially rewarded. Sorry, but I really think the MBA should be looking more closely at conventional medicine and the harm the system can do. Also the many vested interests in this industry focus more on profit than patient outcome. instead of trying to take away people's right to seek holistic treatment with better results. If anyone who reads this would like more information on my Mother's disgraceful treatment and outcome I would be happy to discuss her story. Lastly, I find it concerning the MBA did not consult the integrative/complementary medicine communities and patients during this process.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 21 June 2019 12:18:45 PM

To the Medical Board of Australia,

I support Option 1.

Over the last 30 years I have battled anxiety and depression especially severe depression after major heart surgery. After years of medications with various side effects I started to research better ways to help me manage my symptoms. The medical doctors I saw offered nothing more than increasing my dosages with very few long term benefit. I did find one doctor to look at my health from a more holistic view point and after some new tests that were never suggested before, a change in diet, the use of herbal medicine and integrative/complimentary medicine I have finally started to feel alive again and positive about my future. This has come about through my research and the option of working with a doctor who has the expertise in integrative medicine. Any change by the MBA impacts on my right to choose the health care that works best for me. I have witnessed many of my friends go through countless procedures and medications with little to no effect who like me have sort out better options. As stated before any change of this policy impacts on my right and others to choose the best health treatments for our health

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 29 June 2019 1:21:32 PM

To the Medical Board of Australia,

I support Option 1.

I find it abhorrent that integrative medicine is at risk of being restricted to patients. I see this as yet another manipulative tactic to control our freedom of choice in order for Big Pharma to make money at the expense of humanity's right to health as they see fit. Conventional medicine is THE REASON people are remaining sick and the health system is failing.

I recovered from a severe spinal injury through non-invasive, natural methods, have been through the menopausal phase using natural remedies, and all my life have sought natural methods for physical and mental health. I never have the flu shot and I have not been sick, even with a simple cold, for more than 7 years. I take care of my health with a preventative mindset, and this works for me and many others in my community.

To think I wouldn't have access to choice if I did require medical treatment enrages me and many others I know who see the 'conventional' medical system failing and costing taxpayers a fortune. I vehemently oppose this and request this action be stopped immediately.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 11:31:17 PM

To the Medical Board of Australia,

I support Option 1.

I am a veterinarian of 35 years experience and understand the biochemistry of animals well.

I had suffered from many GIT, menstrual and stress related undefined unwellness for many years. Once I had my biochemistry analysed and my diet changed and wellness placed as a focus rather than a disease to be found I have never looked back. There is a place for both forms of medicine to be practiced and respected. These practitioners do no harm so I can't see why the MBA would want to restrict them from practicing unless perhaps big pharmaceutical companies are applying pressure. I believe that the average GP needs, as a matter of urgency, to embrace the concept of Wellness into their daily medical philosophy and go back to base science and their Hippocratic oath.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 8:41:39 AM

To the Medical Board of Australia,

I support Option 1.

I have been a supporter of integrative & complementary medicine these past 35 years, since my eldest child had issues that allopathic medicine could not resolve and compounded the problem by merely masking symptoms with drugs and not attempting to address the issue. This led me to search for alternatives that have offered a means to work on the issue, mainly with Homeopathy. In this time I have completely eliminated the use of antibiotics and drugs of any form which I believe has made our household by far a healthier one. Above all it has provided an emergency standby, at hand at all times, which has offered solutions in most cases, reducing the need for medical intervention & allowing the body time to heal itself. Instead of visiting the GP office on a fortnightly basis with the repeated results of no action, I saw an improvement almost immediately with visits to GP becoming far less frequent because my daughter was actually healing without the use of drugs. This to me was proof enough that alternatives can & do work and I was extremely grateful for the opportunity to explore different paths. Having said this I'd like to add that I believe this choice to be paramount and is a reflection of our democratic society which offers an individual the right to choose their own path. This is the essence of our society and must not be taken lightly.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Medicine is a holistic approach and for 100s of years practitioners from various natural therapy practices have helped people with a multitude of ailments. There is many studies around the world on the strengths of Holistic Medicine. It

It is an abuse of power it seems by the therapeutic Goods Association to tell patients what type of therapies they can use to attend to their ailments. Many patients have had great success with integrative medicine have a great success with integrative medicine . This includes myself who has been a patient of breast cancer and kidney failure. Without integrative medicine I would not have come through these two major morbidities without the strength mentally emotionally and physically that I have today.

We saw this type of behaviour in the Middle Ages and it was deemed then to be a witch Hunt full stop history does seem to repeat itself and we need to reflect on the Ridiculousness of this witch hunt and the intrusion and holding of our own personal choices to attend to our health issues full stop

Modern medicine has only been around suggest over 100 years. Integrative medicine has been around for hundreds of years. This needs to be remembered and in doing so this bill needs to be stopped

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 24 June 2019 6:24:35 PM

To the Medical Board of Australia,

I support Option 1.

Have you ever had any health issues that you could not work out what it was? Why you couldn't get better? Get pregnant? Stop being sick? I have and no one could help me until I saw an integrative Dr years ago who helped me. I finally understood what was going on and begun to get well.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 9:21:22 AM

To the Medical Board of Australia,

I support Option 1.

I have osteoarthritis of the spine. I see an osteopath five times a year and believe that between her and the other alternative therapies such as acupuncture, Bowen Therapy, a careful diet and mineral and other supplements keep me in a shape where I can function reasonably well. I am sure I would cost the medical system far more money if I did not have access to these preventive sources of assistance.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Without integrative medicine, my daughter would still be 'living' (If you can call it that) on rice, potato and diluted neocate/ prescription formula chased down with 12 tablets a day to barely tolerate even that.

We went through hell with her from birth until we were steered into the right track by an integrative doctor who worked out what was going wrong with her gut and start the healing process. It has been a long haul but she is now a bright, bubbly 8 year old who can eat almost anything she likes and is medication free.

All traditional doctors could offer is more medications lined up when the existing ones stopped working. What a joke.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 28 May 2019 6:06:09 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my 89 year old mother and the combination of both integrative and traditional medicine complements best practice for all. It would be criminal to not allow people the right to choose. Keep this practice going please
[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

My choice is always for natural complementary products and I wish to be allowed to continue to make those choices. I select my medical practitioner based on the fact they have an integrated approach. I and my family have found this approach beneficial for our health. If I did not have this choice I would have been on blood pressure and cholesterol pharmaceutical medication for the rest of my life starting 10 years ago. Thankfully with diet and lifestyle changes supported by complementary medicine blood pressure and cholesterol are fine and I am drug free. Not only is this better for my health it is a saving for government and not a burden on PBS.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:28:43 PM

To the Medical Board of Australia,

I support Option 1.

I am deeply concerned that the MBA would even consider restricting the rights of the public to make their own choices for the care of their own bodies! We are NOT STUPID! It would appear that the MBA considers all people to be totally devoid of the ability to think for themselves, research products and services, test out treatments then make their own decision whether to continue with that or try something else. It is everybody's right to do whatever they think best. We do NOT need "helicopter parent" types of boards deciding for us as though we are 4 yrs old. Most of the alternative products and services have been used successfully for possibly hundreds or more years with excellent results and more new ones are becoming available that are even more refined and appropriate to use. Myself, friends, family, neighbours etc have experienced profound improvement in many health areas with the use of 'alternative' therapies - MUCH MORE SO than by doctors!! As a qualified herbalist and naturopath, I understand how and why such treatments work. My sister is on medicinal cannabis with wonderful results. It does not matter if it actually 'heals' or removes the cancer. What does matter to her and those of us connected with her is that she is experiencing enormous relief from pain and many nasty symptoms caused by "traditional" - ie chemotherapy-treatment. This enables her to continue on with more quality of life. This is something that a lot of 'alternative' therapies can do. In many many cases, those other therapies actually cure health issues completely, whether or not doctors deign to acknowledge that. It is blatantly clear to all intelligent people (clearly you do not think there are many of us with actual brains) that this is in fact a push by the pharmaceutical companies to increase their profits, at that expense of people's true health, happiness, satisfaction, autonomy etc. It is painfully obvious that they simply do not care about people: only the bottom dollar line. It is a very sad reflection on the state of MBA members that they would allow themselves to be bullied and blackmailed by such people and companies to lower themselves by agreeing to restrict people's choices. I suspect that all that will happen is that a huge black market will arise in other treatments. THEN it can become unregulated and potentially risky. I hope you will see sense in not allowing such an eventuality to happen by trying to create even more of a "Nanny State" than already exists.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 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.

Integrative medicine has saved my life, very literally, after experiencing prolonged illness. Working in conjunction with my regular GP I was able to regain my health, which in turn benefited my 4 young children, and my husband. This experience is not unique to me - millions of people globally find relief in traditional or complementary medicines, which predate the current allopathic medical paradigm. The recent witch-hunt of legislative and changes to private health policies is creating an image of a regressive and authoritarian Australia, which is simply unacceptable and primitive for a world leader.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:28:09 AM

To the Medical Board of Australia,

I support Option 1.

I fully support the work of medical practitioners who seek to address their patients as whole human beings. Conventional practice of 10 minute sessions for diagnostics, shaped by the militarised approach to patient care that hospitals were designed for, is widely understood to be insufficient and inefficient for determining a person's health needs and prescribing adequate care.

General practitioners are required to form opinions about the health of their patients that can be very important for their overall wellbeing. They are also a fundamental connection to the health system, and the human services system more broadly. A person who may hesitate to speak with a counsellor may disclose symptoms that point to mental health concerns to a GP, for instance. A blood test is likely to reveal vitamin and mineral deficiencies, if they are present, that contribute to a person's present and future health picture. Preventing GPs from using their considerable expertise and fundamental understanding of the working of the human being as a whole is simply non-nonsensical. While I was suffering from influenza last year, I visited my local GP superclinic. I told my doctor that it is unusual for me to feel so tired, and to take so long to recover. She ordered blood tests, and seeing that my iron stores were low, recommended iron supplements. With my background in pharmacy work, I understand that many mineral-based iron supplements can cause constipation - I asked her to recommend one that was plant-based and easy to digest. She did. Within a day of taking a plant-based, liquid and herbal iron rich supplement, my symptoms (especially energy) improved.

There is a great deal of research into the benefits of herbs as medicine - indeed, the chemicals in plants and their synthetic substitutes form the basis of much of allopathic medicine. It is well understood that the body functions on the basis of fine balances of specific chemicals, compounds and organisms between and among our cells. Treating such imbalances appropriately allows the body to return to healthy functioning, and may ward off the breakdown of systems in the body and a more acute presentation.

It is also well understood that the state of a person's mind and their emotions have physiological impacts. To continue to insist on 'conventional' practice in the face of this knowledge is unscientific. Science as a discipline seeks to test hypotheses to discover new things about our lives, our world, our universe. To deny medical practitioners the opportunity to participate in what is currently viewed as innovative or new goes against the basic precepts of science, seeming to run counter to the understanding that there is an infinite spectrum of knowledge, and we do not yet know it all. I insist that my practitioners be informed about current research, current best practice, emerging tools and understanding. With the wide array of technology at the disposal of clinicians and researchers around the world, persevering with outdated understandings and modalities is a poor indicator of any system.

I have used natural and complementary practices to aid my health over the last two decades. This includes herbal remedies, homeopathy,

flower essences, yoga, meditation, acupuncture, massage, reiki, reflexology, bower therapy and others. I started as a sceptical and suspicious teenager. Over time, I began to approach my health from the point of view that my attitude towards life is a major contributing factor to my body's state - as the remedies that I was using worked for me. I sought practitioners who ask questions and who consider history, diet, mental and emotional state, and general life circumstances in forming their professional opinion. I continue to work with professionals who understand that unless the cause of an issue is addressed, it will continue in one form or another. This is what is involved in treating a person's health with an appreciation of the whole.

Had my doctor prescribed anything for my flu symptoms without addressing low iron, my depressed immune system would simply have caught the next infection and my energy levels would have remained low. I was also taking homeopathics at the time, and had not developed a nose or chest infection despite a week of congestion. My doctor remarked that whatever I was already doing, I should keep doing it. I have had other experiences with GPs that have not been like this - instead of seeking to discover and leverage therapies that are beneficial for different people or conditions and support recovery or vitality, I have at other times found that doctors are rushed, or sceptical about anything outside of their formal training or experience. Overall, this leaves me as a patient with a sense that I have not been respected as a person, a lower level of trust in doctors as making fully informed decisions that will leave me in a better state of wellbeing in the medium and long term, and a sense of confusion - how is it that people who have dedicated a considerable portion of their lives and energy to people's health and wellbeing fail to apply or refer to the full scope of tools that have emerged? How can people who trained within scientific disciplines stop enquiring into the limits of our understanding, or insist that nothing new remains to be known?

The Government and all relevant government authorities need to reconsider their entire position on Integrated Medicine and the future of health treatments in general. I will continue to use natural, alternative and complementary therapies and I will continue to demand of the practitioners that I encounter that they be fully armed with a sound knowledge, appreciation and understanding of human beings as a whole. I will not settle for less than this.

I consent to publication of my submission.

Sincerely,

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

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.

Hello,

When I was 12 I was diagnosed with Crohns disease. More recently on top of this I was diagnosed with Lupus. Since I was 12 years old I put all my trust in western medicine to heal my body. It got me nowhere.

If it wasnt for a holistic approach I probably would have a lot of my intestines removed. It is imperative that I have access to holistic doctors and the supplements they prescribe.

Kind regards,

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 9:53:36 AM

To the Medical Board of Australia,

I support Option 1.

I have been partially paralysed since 1982. If it wasn't for complementary health care combined with medical I wouldn't be where I am today still out of a wheelchair. My husband's CLL was diagnosed by a doctor who did a computer blood test in her surgery. I am also allergic to all osteoporosis medication so I need the choice to get help wherever I can and I am using supplements etc in place of the drugs. Everyone is different and I really believe that all forms of treatment should be available to anyone who needs it. Maybe the medical association should take off their blinkers, put aside their fears of what they don't understand and embrace a lot of the alternatives and integrate them in with conventional medical clinics. That would give patients a good choice and allow doctors to observe a variety of treatments and how they work.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 12:12:11 PM

To the Medical Board of Australia,

I support Option 1.

In 1982 (37yo) I had a CVA which left me with right side paralysis & no speech. After 7 weeks in hospital and an operation to clip the weak vein which had burst I was turned over to hospital physios. After getting myself to walking (with a dropped foot) & talking (they were not a lot of help with only half an hour 3 days a week) they told me that that was as good as it got. I could only walk a few steps as my ankle was swollen, purple & would turn and I had to stop until the pain went. My knee also would ache fiercely after a small distance. I was headed for a wheelchair and my husband and small children were headed for being carers for the rest of my life. After 10 years of this my GP at the time had just started learning a bit about acupuncture, but said that it might do some good but he didn't have enough expertise. He recommended an acupuncturist with more expertise. In 5 years of having the acupuncture, taking Chinese medicine and using massage the only problem I had was the dropped foot which was manageable. That meant that I could walk, shop, work, look after my children & our home, travel and not need a carer. I use chiropractic, physiotherapy and massage on a regular basis to keep the bones and muscles doing what they should.

Also, in later years, I have been diagnosed with Osteoporosis but am allergic to all the drugs so my Endocrinologist said that she couldn't do any more. I have researched and am now taking integrative supplements which are keeping the osteoporosis at bay, again no wheelchair. My GP is happy with what I am doing. Doctors & specialists need to look beyond their specialties to what each individual needs holistically. The only medication I take at 75 is Thyroxine plus my supplements and I am still out of a wheelchair and still looking after a 3 storey home, doing shopping, cooking, cleaning etc. I have been able to have a good life due to complementary medicines where doctors and specialists failed me in these instances. I have learned that doctors and specialists do not have all the answers and need to look further afield in a lot of cases. I believe that a lot more people could stay out of hospitals etc if a more holistic approach to each individual was taken.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 22 May 2019 5:16:19 PM

To the Medical Board of Australia,

I support Option 1.

I myself am currently studying to become a Registered Nurse, In my studies i have learnt the importance of conventional medicine, and i believe that it's unbelievably important, but we have also been taught how equally important integrative and complementary medicine is, especially culturally and socially. I personally have dealt with mental health my entire life my conventional medicine has let me down but throwing me on antidepressants and upping my dosage until i feel "normal". I have also been diagnosed with an autoimmune disease and hypothyroidism, my local conventional practitioner put me medication and let it be, when i didn't feel better they said well you're blood tests are normal so there is nothing i can do.

I then seeked help from a well recommended integrative general practitioner, how sent me for blood tests for my vitamins and mineral levels, talked about personal changes i could make for my disease, and changed up my medications within the first 2 visits. I have seen this practitioner twice now in comparison to my dozens of previous practitioner appointments and i have never felt more respected, listened too, and treated.

Adding restrictions to seeing a practitioner that cares about all aspects of my health and is open-minded to making changes and taking into account every aspect, will hinder my health, which i know is the exact opposite purpose of medical services. Health is more than putting a band-aid over symptoms and calling it a cure.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 11:59:07 AM

To the Medical Board of Australia,

I support Option 1.

I am concerned to read that the MBA is considering the restriction of what a doctor can recommend for their patient if it's not considered "conventional". What is "conventional" medicine? Chinese acupuncture has been used for over 2,000 years. I consider that a conventional medicine as it is time tested and reliable. I found it to be the only remedy to an extremely painful facial myalgia which had lasted weeks to which my doctor who uses only "conventional" medicine could not offer me any relief. The conventional use of pain medication was out of the question as it would have effectively put me to sleep most of the day, and so this was the only solution. It worked. The thought that this is under consideration by the MBA as an unworthy choice of treatment option is at the least concerning and at the worst a horrifying and an appallingly obvious sign that the potential for our medical freedom of choice, and the learned discernment of our doctors is under serious threat. I personally feel it is also showing ignorance of the effectiveness of the many alternative treatments available.

I support patient access to integrative and complimentary medicine because it offers choices where on occasions "conventional" medicine doesn't work, or where the patient has allergic reactions to medications/drugs. The patient's right to medical autonomy and the doctor's right to offer safe effective alternatives is a very basic right. The right to stay alive how a person chooses.

In recent years I had a problem with my thyroid. The medication used made me feel worse, so I researched and took a small dose for some time of iodine. I now do not have a problem with my thyroid, it is completely back to normal.

I am asking that that this new consideration of restricting doctors in how they can best treat their patients be thoroughly researched, but preferably scrapped completely as it will benefit no one if their medical the knowledge added with very effective optional complimentary therapies advice isn't allowed to be given to the patients.

It's all about choice, and the right to be given access to all the effective options available for the patient to choose wisely for their own medical health, and the doctors being permitted to be able to offer it with their medical knowledge first and foremost.

With all due respect, please do not restrict our access to safe alternative therapies, and the doctors who offer helpful information regarding them.

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 2:18:49 PM

To the Medical Board of Australia,

I support Option 1.

I strongly object to the restrictions that are being considered where medical doctors are concerned and their freedom to practice holistic medicine.

Complementary medicine has been around a lot longer than western medicine and therefore I strongly believe they go hand in hand. When a medical doctor chooses to integrate the two, he/she offers a great service to their patient.

I had cancer when 25 and thanks to integrative medicine, I have had no chemo or radiotherapy. I am now shy of 69 and am healthy and strong.

As I said, I strongly object on the current planned regulations.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine, I have leukaemia and I find integrative medicine assists. If I cannot get full support from my doctor and Naturopath as I choose I will use Google only and find my own way through this. I am healthy and happy and this is due to the full support of both my medical and alternative practitioners. I do not want any restrictions. Many of my friends agree. Restrictions, we head to google, No restrictions we will be guided and treated by mainstream and alternative medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 12 May 2019 5:19:10 PM

To the Medical Board of Australia,

I support Option 1.

I have a daughter of 52 who has suffered various medical problems over the past ten years or so, and who has at last been given a diagnosis for much of her condition. This has been achieved by her GP accessing for her complementary and integrative medical practices.

I therefore ask that a doctor's professional right to these services be respected and maintained. Our doctors are professional people and must be trusted to use their judgement in these matters.

Integrative and Complementary Medicine has been successful in many, many cases., and current guidelines have worked well. There is surely no real case for change, as patients are fully protected under "Good Medical Practice: A Code of Conduct for Doctors in Australia." There is, in my opinion, no case for change by people who may have a different professional opinion. Patients' needs must continue to be put first, and Australians need to feel they can trust their doctors to recommend appropriate treatment.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:17:52 PM

To the Medical Board of Australia,

I support Option 1.

My Mother has had Dementia since 2011 and while she was under the care of a general practitioner who also provided complementary medicine her condition improved. Her geriatrician has evidence of this from one of his regular tests. Unfortunately it became difficult for my Mother to access this Dr so now she sees a GP and a Naturopath and her condition has deteriorated at half the normal rate according to her geriatrician.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Friday, 19 April 2019 11:46 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Over the last 3years I have been extremely unwell following a viral infection that triggered several auto-immune diseases.

Even my Gastroenterologist suggested looking at Prebiotics & "Food as Medicine".

I also have had ongoing Bowen therapy.

I have greater respect for a GP that looks at the person wholistically!,,Mindfulness & meditation have also helped,again suggested by my GP.

In this day & age it would be a retrograde step to vastly restrict these wonderful GPs that don't just view a patient through the old model of care that is SO restrictive.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 12:05:18 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & Complimentary medicine. I believe in a well rounded medical system one inclusive of promotion of healthy lifestyle, healthy eating, healthy relationships, Integrative & Complimentary medicine, in conjunction with conventional medicine.

I am in my 50's and entering the Menopause phase of life. I had been suffering from hot flushes (not nice in themselves) but they also were inhibiting my ability to sleep. Conventional medicine wasn't an option as I had negative side effects from what was on offer. I was able to be treated with complimentary medicine with great results. Thus enabling me to get much needed sleep and continue my daily routine, without the need for other drugs to help me sleep.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 11 May 2019 6:31:19 PM

To the Medical Board of Australia,

I support Option 1.

I am deeply concerned and distressed that corporate might appears to have appeared on the scene in Australia and is attempting to influence and undermine a doctor's ability to treat a patient as they see fit, to benefit the health outcome of that patient. Who are on the MBA and what are their links to the likes of "Big Pharma" ????? The latter appears not the slightest bit interested in curing anything because the profits are all in management of a condition ? How has our health system been compromised to such an extent, and to the point where people like myself, seek out alternative remedies THAT WORK !! After a bout of bone cancer in 1992, my specialist advised against chemotherapy and radiotherapy, so I was able to use a host of alternative modalities to cure myself and stay well. Shouldn't this be the priority of governments which constantly whinge about the cost of the health budget ? Why are billions of dollars of taxpayers' money being ploughed into "Big Pharma" coffers via the PBS scheme which appears to included dangerous drugs and vaccines which are doing far more harm than good ??? Why are some drugs still on the market here when they have been withdrawn in some overseas countries ? What are we now, dispensable, experimental guinea pigs ? My husband is currently undergoing massive remedial work on his dental disasters like amalgam fillings, dead implants and necrotic root canals, which are poisoning his heart ! Why did the local GP appear to know nothing about this link and just wanted to prescribe endless repeats of beta-blockers ?! The same occurred at the local hospital which just wanted to prescribe seven different drugs and do shock therapy on the heart ?! How would this help if the poisoning hasn't been addressed ? Our medical system is compromised and broken, costing billions of dollars ! It is our human right to seek out any health professionals, whether alternative or orthodox or both, who care about their patients and want to cure, not just manage conditions ! How dare the MBA even think about harassing such doctors, what a damn disgrace !The pharmaceutical corporations are now out of control, in my view, and the fact that governments and medical authorities appear to be "in bed" with these heinous, profit-mongering juggernauts, is absolutely appalling. No one will ever get rid of alternative health, it will just disappear underground and we don't give a damn that private health rebates have been removed to try and put alternative therapists out of business. We would still use their services no matter what the cost, and not have anything to do with compromised GPs. Any doctor that extols the benefits of a drug or vaccine, but won't tell you the side effects, is , in my opinion, just a salesperson, and not a caring health professional. I feel so sorry for those starry-eyed young people with high marks, that decide to study medicine and then realise what a "hamstrung", compromised and constrained profession they have entered. Those with imagination, intelligence and courage leave and do something else.

I consent to publication of my submission.

Sincerely,



From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 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.

As a chronic illness suffer, I am a big user of integrative and complimentary and natural therapies. Where traditional medicine offers no cure, only treatment for symptoms and medications this falls well short of wellness and relief from pain.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:17:05 AM

To the Medical Board of Australia,

I support Option 1.

An integrative dr changed our life. My four year old didn't need ADD drugs or medication to sleep, after a few blood tests and wee test he was treated with a compounded vitamin. He still is having this. This has changed our and my 5 year olds life. No need for pharmaceutical drugs, no need for a diagnosis that follows you, no need to be labeled the naughty boy. None of it. Life changing.

I consent to publication of my submission.

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.

If the MBA imposes restrictions on integrative practitioners it will have an enormous and detrimental impact on my child's wellbeing. We have relied upon sophisticated testing to find out what is wrong with my son as he cannot verbalise his symptoms (he has autism). We have resolved so many issues using integrative medicine (all scientifically based, I would like to add). My own health would have taken a turn for the worse if I had not sought integrative support for at least 3 conditions over the past 10 years.

To restrict integrative and complementary medicine feels to me like taking us back to the dark ages. I find it almost unbelievable that in this day and age we can be having this kind of debate. Please respect the choice of the consumer. This is simply unacceptable.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 10 May 2019 11:45:32 AM

To the Medical Board of Australia,

I support Option 1.

Integrative Drs are a Godsend! I have never felt as good with my thyroid condition and menopause with a general GP. My integrative Dr listened to me and my body's symptoms not just relied on blood work alone. Best move I ever made for my health!!!!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 10:32:54 PM

To the Medical Board of Australia,

I support Option 1.

I want my doctor to be able to advise me of, and/or treat me with, complementary health services, practices or substances they believe could or would be beneficial to me.

I have diabetes Type 2, and after researching have discovered 2 herbal substances which have proven to greatly reduce symptoms of peripheral neuropathy and improve my circulation. My blood sugar levels have also improved. These treatments can both be purchased at a good pharmacy and others could benefit from being informed of this. All knowledge and treatments should be able to be discussed and decided on with one's primary medical/health provider, including treatments known as alternative or complementary. The medical profession does not have a monopoly on knowledge, in fact these days they seem to be less and less knowledgeable personally, and more reliant on what pharmaceutical companies tell them. A health provider should not withhold information on treatments that could assist or benefit me, even if they involve complementary or alternative therapies or treatments. It's my body and I should be provided with information to help me choose my preferred treatment. Conventional treatments are not always the best.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 24 April 2019 7:37:41 AM

To the Medical Board of Australia,

I support Option 1.

I use have have used natural medicines for most of my adult life. It has helped me and my family in so many ways including the recent illness and eventual death of my elderly father (87) It was pharmaceuticals that eventually killed him! My mum coped afterwards with natural solutions for sleep, anxiety, depression and she is 83! I have the right to choose what's best for me and my family whether that be natural or pharmaceutical therapy.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Wednesday, 17 April 2019 8:36 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My family have used alternative/complimentary treatments successfully for many challenges which are based on an underlying treatable weakness. We rarely use GPs and can't expect them to be across all forms of therapy and should have the right to choose the best option for our family. By taking the time to investigate these therapies ourselves we have limited GP visits and have found a long term benefit and overall less need to utilise the government funded health system.

We enjoy great health and should be given the opportunity to explore treatment options. I work in the health sector and undersand that just beacuse there is not sufficient clinical evidence (possibly because it hasn't been funded due to competing agendas) doesn't always mean it doesn't work. Posing restrictions on integrative practitioners will only reduce the body of evidence and increase the already unrealistic expectatons on GP clinics who do not have the time or money to be able to holistically treat patients.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 10:47:13 PM

To the Medical Board of Australia,

I support Option 1.

It is imperative to take a holistic approach. Health is made up of mental physical and emotional constituents.

I was diagnosed with histiocytosis x At 26 years of age. I was told if I did not have chemotherapy I may die. I had 18 months of chemotherapy and undertook natural health care measures at the same time via naturopathy craniosacral therapy and acupuncture.

These helped. A lot was due to stress and adrenal fatigue.

I became run down again and the first thing the doctor wanted was more chemotherapy. I refused and got well on my own by taking time out and introducing natural remedies rest and nature.

The chemo has had long standing residual stress.

There is a place for both.

Not all bodies are the same and it is 2019.

Surely we can see that western medicine is not the answer; alone.

At least give people the choice for their own health care

Kind regards

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 24 May 2019 11:45:37 PM

To the Medical Board of Australia,

I support Option 1.

I have worked in general practice and in ob/gyn in administration and so I have doctors I know personally and I take my kids to, but I like to avail myself off all the possible remedies, not just the ones they sell at the pharmacy.

I see a naturopath who is a personal friend also.

These two practitioners have never spoken to co-ordinate about my health.

I often take a child to my GP with a cold turning nasty and when he asks if I want a prescription for the chesty cough, I ask how long I can wait before I fill it and in the meantime I go and try the remedies that I know my naturopath will suggest and I keep in my house.

Up to this point I've always been able to treat the illness with organically derived remedies, which is great since I like to avoid antibiotics wherever unneeded.

One of my eternal frustrations was that these two practitioners were not linked up, because there is such animosity & derision towards the natural health sector, which I have seen propagated in the Australian GP magazine on the back few pages.

When my daughter was born with Trisomy 21 it came to my attention that I should be checked for the MTHFR gene mutation. I found a holistic GP to do this because I figured any regular GP would not see the point.

I came back very positive. My husband was also tested and came back very positive. From this we now know that our children are as positive as we are for it, which affects our decisions about nutrition etc.

Another thing the integrative GP did was suspect low zinc levels and upon checking found mine very low. B6 was also low, as she suspected. Some of these blood tests I paid for out of pocket, since Medicare deemed them unnecessary.

This GP was an hour away and much more expensive than the clinic I used to work at, where they kindly bulk bill me. This is because the consultation was much longer, because I was asked so many more questions about my body and what it does than any doctor had before, and I felt the doctor got a much clearer picture of what was going on with me. When I asked a more garden variety late night bulk billing GP to recheck my levels on the basis that they had been low, she said it's not worth checking because it's not that important, and wouldn't put it on my form.

This was very frustrating since I am not willing to keep supplementing, knowing that too high levels of zinc can be dangerous. I would like to suggest that rather than getting rid of complementary medicine and restricting the rights of the integrative medically trained doctors, we begin to train our GPs and hospital doctors on exactly how the complementary medicine streams work and how they help.

When my daughter was diagnosed with leukaemia she went straight into treatment with a chemo protocol, still technically in study phase I think, but highly effective.

We had her naturopath come and treat her on the ward with a kind of targeted acupressure technique that directly addressed her body's reaction to chemo.

She had very few side effects, basically only some really red raw nappy rash. Her consultant commented that she was the poster girl for her type of cancer & the treatment.

Another child who had the same thing also wound up being treated by our naturopath when his mum saw how well our daughter was. His side effects then became minimal as well, after the naturopath's treatment. There is definitely a place for complementary therapies, especially when they usually do no harm at all.

I see no cause for restriction, but for education.

Holistic medicine works best - as when a team of practitioners from different specialties work on a case they will get the best outcome.

So, when a GP or other doctor combines his medical training with a truly thorough knowledge of what treatments are available you can be confident that you are getting the very best thing, be it organically or pharmaceutically derived. (Rather than a rx from a GP who you know has nothing else to offer you.)

Furthermore, patient choice is supremely important to me and we're finally moving into a world where medicine is demystified and a patient can choose. This is good for everyone (practitioner included) and should be encouraged rather than censured.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 8:49:37 AM

To the Medical Board of Australia,

I support Option 1.

I am a lung cancer survivor, of 14 years, and after removal surgery, had no chemo or any treatment at all. I chose a herbal health product, a mushroom, Cordyceps. This and its sister mushroom, Reishi is the biggest selling mushroom medicine in the world. But not in Australia. I have since discovered Boswellia, a treatment for Arthritis, and Curcumin also. The need for herbal medicine is because it does not have the side effects of chemical drugs. I now have an enzyme self treating my three and a half year severe pulmonary fibrosis, and breathe better now, than 3 years ago. Of course have no chemical side effects. Have studied many plant based supplements and they have years of success. Must be not only allowed to continue, but should be promoted.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 12:58:57 PM

To the Medical Board of Australia,

I support Option 1.

I wish to see the use of 'Complimentary' medicines being given the respect it deserves. The medical profession and the qualified Practitioners of Complimentary medicine need to work more as collaborators as their shared goal is the welfare and health improvements of their clients.

"First do no harm" is the basis of the Hippocratic oath. However the disastrous side effects of many of the pharmaceutical drugs are well documented, so that tenent is being abused daily by alliopathic medicine.

The use of medical cannabis and its proven health benefits are being severely restricted due to the strangle hold that Big Pharmaceutical have providing the major source of treatment. The medical profession needs unbiased independently funded research that allows them the knowledge to offer ALL forms of treatment for optimum health. Often the 'placebo or nocebo' effect is attributed to complimentary medicines. However if improvement of health is the goal where is the harm?

As cognitive intelligent adults it should be my right to seek the help I require to improve and manage my health.

Following orthopedic surgery I have been left with 'Complex Regional Pain Syndrome', the only options to manage the pain has been prescriptions of opioid and other highly addictive drugs which DO NOT take the pain away but take ME away from the pain so that I am at greater risk of falling, motor care accidents as my judgment is impaired. Coping with constant pain and a drug dependence is not way to live. I therefore sort out other forms of treatment which have given me some benefit. I reserve the right to have power and control over my body, without the risk of prosecution.

I respectfully request that the medical profession and governments allow this to be MY CHOICE.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 9:32:22 AM

To the Medical Board of Australia,

I support Option 1.

I find it incredible that when I go to the doctor, I often leave with 2 or 3 referrals to specialists to treat different areas of my body that are showing symptoms. This leads to many hours of wasted time in reception areas, trying to get appointments that can often take months to get in to see each specialist while managing said symptoms with no treatment instituted.

Integrative practitioners often see links between symptoms more clearly and treat me as one body, not twelve different body symptoms. I have had far more success with practitioners that are able to guide me on all aspects of my health than when I was using conventional treatments alone.

An example is when I injured my back and herniated a disc in my early 30s. No pain medication or bed rest was helping and I had been off work nearly 2 weeks. I had one acupuncture treatment with a GP and was able to walk out standing upright, despite being doubled over in pain before treatment. This has inspired me to study acupuncture myself and integrate it into my veterinary practice.

Sadly, there are some shonky practices and modalities out there. They are all lumped under complementary therapies.

Most people I know that seek these modalities would prefer to be able to at least have a decent discussion with their GP about them but often hide the fact they are going to non GP practitioners to seek this out.

Limiting GP ability to integrate effective treatments in their practice will drive the practices further into lay persons hands, which will mean potential delays in appropriate testing and diagnosis, which in turn will compromise patient care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 2:35:00 PM

To the Medical Board of Australia,

I support Option 1.

Over the last 40 years I have worked within the medical community as an ambulance officer and along side the medical community as a chiropractor.

I have always recognised and appreciated the vital role of conventional allopathic medical practice in circumstances of severe injury and life threatening illness. I have also seen the vital supportive role of complimentary therapies and practices, as part of an integrative approach to support an injured or unwell patient in their recovery and to help rebuild their constitutional strength.

Just over two years ago my wife was diagnosed with stage 3 breast cancer and we chose an integrative management plan for her health management. Because of the acute and aggressive nature of her cancer, we accepted the recommendations of her oncologist and followed through with the recommended chemotherapy and surgery.

While on this management plan we also followed the recommendations of two other medical doctors. The first was a retired oncologist/surgeon who now worked in complimentary medicine. He recommended non-pharmaceutical treatments that complimented the chemotherapy effects. The other doctor we consulted with was a medical surgeon who was also fully trained in traditional Chinese medicine. His management was to provide herbal remedies. These were not intended to fight the cancer but rather support my wife's body during the chemotherapy to reduce the negative side effects and after the chemotherapy to help rebuild her natural immune resistance.

It was interesting for us to note that once the chemotherapy and surgery were finished, her oncologist offered no further health management recommendations and took a very much "wait and see" attitude towards future management of her condition.

Our other two doctors, however, took a far more supportive, proactive and to us logical approach in recommending an ongoing general health management plan with a goal of strengthening her body's own natural ability in order to reduce future health problems of any sort.

Not only has this helped her physically with her recovery but mentally as well, for both of us, as we have a strong feeling of having more control over her future health. This feeling of self determination would not be the same if we had just sat back to "wait and see what happens".

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 10:01:14 AM

To the Medical Board of Australia,

I support Option 1.

As a nurse of 35 years I have seen the benefits of of Integrative and complementary medicines many many times - Pt's, friends, family members and myself (as someone who has an auto-immune condition). A doctors consultation these days is lucky to last 5 minutes (10 if lucky). This is not a long enough time to do a full and accurate thorough holistic assessment. As a result illnesses or health challenges are only superficially treated. Integrative and complimentary treatments work together with traditional medicine to treat at the cause and improve overall general health and wellbeing (which reasearch shows, plays a major role in in both physical and mental health). our reliance as a society on a pill to fix all ills combined with reduced limited consultation time has led to a production line approach to general practice medicine. Most GP's I speak to are frustrated at the system and the approach to health care that has developed over the last 20 -30 years.

A major benefit of allowing integrative and complementary medicine practices is along with it comes a personal empowerment and allows the person to actively participate in and take responsibility for their own health.

Let's not take a step backwards and allow these supportive practices to be classified as voodoo and witchcraft.

Preventative medicine is more cost effective in the long term and as stated above the current approach to general practice restricts a GP's ability to do more than superficial medicine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 6:06:58 PM

To the Medical Board of Australia,

I support Option 1.

I find conventional doctors do not look at the patient as a whole. They don't try and link all the issues a patient has - they don't even ask about them, even if the patient tries to tell them. They never discuss nutrition. They are totally dependant on standard laboratory tests and conventional medicines and norms. When they can't find a solution, they refer you to a specialist, who does more tests, and if they can't find an answer, they tell you nothing is wrong - inferring you are imagining the condition. This costs time and money but no solution. The condition still exists!

On going to naturopath and intergrative doctors, they immediately ask you about all your symptoms, look at the same blood tests, with a more analytical approach, than the doctor did and start working on the whole problem, including issues with the gut, thyroid, liver, gall bladder etc. The use of vitamins, supplements and nutrition is vital.

I have personal experience of initially seeking a conventional doctors, including specialists and not getting any answers. I've then sought integrative medicine and solutions have been found.

Without intergrative medicine I would be not functioning, extremely ill, depressed and possibly dead. I would definitely be costing the government more in medical bills.

Please do not restrict these doctors, embrace them , use their experience to improve the service conventional doctors offer. They are the way of the future. The future of medicine is not in drugs, it is in intergrative medical practice. Please, please do not take away my ability to gain support to a healthy, fulfilled life. Do not see them as threats to society, their work is scientific, so why limit them?

Yours sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:19 PM

To the Medical Board of Australia,

I support Option 1.

My husband has scleroderma and would not be alive today if it weren't for alternative medicine. His body was rejecting his lungs. Today he is happy and healthy besides some lung scarring. He had a good mix of alternative and traditional medicine. Do not take this away we are not a communist country

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 9:20:16 AM

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

As the medical profession has become more aware of the benefits of integrative medicine & the benefits it has on patients I am shocked that these choices would be under threat. In an age where more and more people are making good health practice choices to combat illness and improve the quality of their lives it is madness to think that choice would be taken away. As someone who suffers from an autoimmune disorder if it wasn't for integrative health choices and intelligent, holistic doctors my quality of life would be greatly reduced.

Please do not treat people like idiots in terms of choosing their own health care choices or take away options which are vital for so many.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:23:54 PM

To the Medical Board of Australia,

I support Option 1.

I have a number of diagnosed medical conditions in which I use supplements and integrated doctors and specialists (including a fertility naturopath). These specialists have dispensed supplements and compounded medications to help me overcome my medical conditions and to have a healthy child at 43 years of age.

A child that's never required any prescription medication in his 2 year life- which I believe is due to having a very healthy immune system (I had a very healthy pregnancy and took supplements throughout my pregnancy).

I have written about this experience in a blog: [REDACTED] as I believe so passionately in what my fertility naturopath did to help me overcome fertility that scientific methods such as IVF did not.

People deserve choice, how I would like to treat my body is up to the individual, make alcohol and junk food illegal before you make supplements and treatments that truly help individual illegal or limit their availability.

Sincerely,

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 1:02:58 PM

To the Medical Board of Australia,

I support Option 1.

I have been battling bad health for 30 + years. I have only just found a doctor that is willing to use complementary medicine. I could feel the improvement within weeks. If this is taken away from me I believe, I will not live much longer.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:21:11 PM

To the Medical Board of Australia,

I support Option 1.

I have had lots of great success in painful and debilitating problems that conventional treatment has not been able to help. The main help from conventional medicine in my circumstances, was diagnosis and medical testing including blood tests, X-rays and ultrasound. Much of the help came by the help of integrative medical practitioners (also with medical degrees) as well as acupuncturists, homeopaths, Ayurvedic practitioners and naturopaths. Even my conventional doctor was shocked at how easily I was dealing with a very painful and debilitating back condition without any need for the opioids she prescribed. This problem was fixed and the pain was controlled whilst the healing took place with the above modalities.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 5:59:22 PM

To the Medical Board of Australia,

I support Option 1.

I have been using Acupuncture and Chinese Herbs for treatment for hip arthritis. Conventional medicine could only offer me surgery. Since I have been using the alternative therapies I have had no pain and my hip feels stronger. Therefore I support alternative therapies 100% and doctors should be able to offer conventional and alternative therapies side by side for patients choice. Allow doctors to continue to offer different therapies . Different treatments work for different people. Please allow this to continue for the benefit of patients everywhere.

I consent to publication of my submission.

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.

Australians have a right to choose the practitioner and medical professional they see. Without integrative medicine I would still be suffering with little sleep, major vitamin and hormone deficiencies and pain. I waited for months to see my integrative doctor after years of being told by local GPs that I was fine. My Chinese medicine doctor was the only one who could treat my coccyx with acupuncture, as local GPs didn't know what to do. Stop interfering with our freedom of choice! If you need to tighten regulations somewhere, why don't you question why there are so many quack GPs who can't and won't do their job properly?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 7 June 2019 12:06:04 PM

To the Medical Board of Australia,

I support Option 1.

I am deeply saddened and concerned at the prospect of integrative health doctors being unreachable for Australians. I have suffered immensely from severe depression & have had astounding results from seeing a Naturopath. Targeted nutrient therapy is clearly the solution for MANY MANY pathological disorders, and the huge data demonstrates that many mental illness' are the cause of nutrient deficiencies or other imbalances that can be corrected through Hollistic treatments. If we wish to see a healthier & happier society we must invest in these treatments more & give Australians a chance at healing themselves in a natural way that they choose. It could be your daughter, your son, your mother, your father that has an illness & ALL they need may be found in natural approaches. Would you want them to suffer & be unable to reach these people? You'd do all you could to get them healthy. So treat everyone the same.

DO NOT CUT REBATES. Coming from a lower class hard working personal trainer who is doing all he can to contribute to a healthier society.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 4:18:29 PM

To the Medical Board of Australia,

I support Option 1.

There are complementary medicine that have been researched to double blind standards to be effective. It's important that Drs are aware of these and can discuss them with patients. As a sufferer of a progressive incurable chronic illness, in which pharmaceuticals have limited benefits, My Dr and I continue to research and try complimentary products and dietary approaches that help me manage my debilitating condition. More often then not, its the complimentary therapy that provides side effect free relief, while the side effects of some pharmaceuticals are too severe. Without his guidance, I will still do this but will be at risk of the negative effects of drug interactions. I need the safety net and the integrative knowledge of my GP to be safe. I am also aware of the positive benefits some complimentary medicines provide to counteract effects of cancer medications. Our Chosen Drs should be able to provide holistic care by being aware of and willing to discuss the inclusion of appropriate and researched integrative and complimentary therapies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 9:58:50 AM

To the Medical Board of Australia,

I support Option 1.

I suffer from type 1 diabetes and work in a stressful environment.
Mainstream medicine on its own has not been able to give me the help I
need but a combination of mainstream and complimentary medicine has.
This in the end reduces a huge burden on the public system

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:36:53 PM

To the Medical Board of Australia,

I support Option 1.

My child was bitten by a tick at the [REDACTED] in 2012. At the time she was five years old and utterly adorable and full of life and promise. After the tick bite her health deteriorated. Her most consistent symptoms were fatigue, excruciating pain in her feet, numbness in her face, nausea and vomiting, and brain fog. At times she had random blindness, paralysis and other systems that were utterly debilitating. This went on for 4 years.

We saw at least 23 conventional doctors seeking help for her unexplained health crisis. Some of them charged us a high out of pocket fee after saying they couldn't treat Lyme disease because they would be deregistered. One said it was my bad parenting as I was allowing her to fake her symptoms. A few said there is no Lyme disease in Australia so we should just go home and distract her.

If it wasn't for the integrative doctors she may have died. She became so unwell we were desperately worried about losing her. The integrative doctors cared enough to risk their registration to help us. I will be eternally grateful to them and forever impressed by the life saving treatment plan we were offered.

The current health system is broken. So called evidence-based medicine is biased towards research that is prohibitively expensive without a grant, but grants are given to priority areas that already have an evidence base. Research must be published in select publications that won't accept early stage research and turns a blind eye from emerging evidence that might require a paradigm change or a correction of long held prejudices.

Conventional medicine required doctors to treat patients according to guidelines. But when no guidelines exist as is the case with Australian Lyme disease they have no options.

Could you please advise how MBA approaches rare or emerging disease that do not have an evidence base?

Fortunately for us the integrative doctors had trained with world leading experts and collected in house evidence to form a set of guidelines for treatment and diagnosis. The treatment worked for my child and she has been symptom free for over 2 ½ years.

Rather than regulate in a manner that discriminates against doctors who are innovative and caring it would be better to reform the current system so that patients were given the option of alternative treatments that are natural, non-toxic and that can restore health in ways conventional medicine cannot.

Australia is an international disgrace when it comes to the treatment of Lyme disease and Australian Lyme disease (that has Lyme-like symptoms). Patients are impoverished by chronic debilitating symptoms

and often travel overseas like medical refugees to seek lifesaving treatment.

Conventional medicine should be held accountable for this failing. Patients sick after a tick bite in Australia are debilitated, suicidal and tragically some have died but no one is held accountable. This failing is outrageous and should be addressed as a matter of urgency.

I consent to publication of my submission.

Sincerely,

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

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 2 June 2019 8:01:10 AM

To the Medical Board of Australia,

I support Option 1.

I suffered from Chronic Fatigue Syndrome for over a decade. I eventually saw a GP who practiced integrative medicine, and subscribed Mr a specific and tailored mix of vitamins minerals and amino acids. This approach brought me back to good health. I was able to return to full time work, to find a partner and buy a house. Ten years later I still take this mix of vitamins and minerals, and it continues to support my excellent health.

Please retain integrative medicine - it is the only option for many people, and helps us to achieve optimum health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 25 April 2019 7:45:17 AM

To the Medical Board of Australia,

I support Option 1.

I have for many years needed to use medical and hospital services as well as a range of integrative and complementary services to treat my complex and chronic health conditions. Often, when the medical model has failed to help, I have sought (successfully) relief from pain and other symptoms. I need to continue to access any form of treatment or therapy that will maintain my independence and maximum autonomy as an older person.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 4:30 PM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I spent a long time looking for a qualified GP who was ready to consider my health holistically work with me and not just reach for a prescription pad each time, he has recommended a number of non invasive treatments such as specific exercise and vitamin therapy (where a diagnostic test showed I was low in a specific vitamin).

Limiting choices fails to see each client as an individual. Each client deserves a care plan that takes there specific health goals into account.

Please either retain current choices or expand them rather than contracting treatment options.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 12:16:19 AM

To the Medical Board of Australia,

I support Option 1.

Please don't change the guidelines. My health has improved dramatically thanks to alternative medicine. Unfortunately traditional medicine could only attempt to treat the symptoms and I felt like crap for 20 years.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:34:18 PM

To the Medical Board of Australia,

I support Option 1.

As a nurse working in the public health system for 25 years it is ever apparent that too many people do not take ownership of their own health and continue the yo-yo cycle in and out of the hospital, minimal quality of life, depression complaining all the time, where's the patients who choose medical and alternative therapies taking control of their own health and making informed choice and being able to find something that suits them and their lifestyle is vitally important. As a person and a mother I feel it is important to be able to make informed choices about my health care in all its forms as well as with and for my children. Medical is not always the best option, a holistic approach to health works best. We should be able to have a choice. I think it's abhorrent that this could be taken away, in my opinion the best doctors are the ones that include a holistic approach to their medicine and know that there are other options beside medicine alone to improve health keep people out of hospitals, to be an active, important part of their family and community and have a great quality of life. Think big picture people not so narrow minded. Everyone responds differently and we should be encouraging people to be responsible and a part of their own health care. I feel really strongly about this from my own health where I sought guidance from a dietitian to improve my diet, chiropractor for spinal health, photobiomodulation from laser for pain relief avoiding pain tablets, yoga and meditation for brain, movement and mind health, naturopath for allergies from foods and massage therapist for muscle movement to stay nursing full time, a mother of three children, wife and friend keeping a positive attitude on life. This is really important to me that we have a choice and can get advice from our medical professions and not just another script for more tablets keep the pharmaceutical industry in massive business interacting in our systems causing ongoing problems in the future. We should be able to make our own informed choices and try different things and have more control over our health care.

Kind regards

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 3:24:26 PM

To the Medical Board of Australia,

I support Option 1.

Sir/Madam,

I wish to submit a general objection to the rights of the Medical Board of Australia to undertake a ban on the use of alternative or complimentary practices for general practitioners.

Whilst the role of the gp is the health and wellbeing of the client in care, there is little, if any, genuine evidence that the role of these options has caused significant harm to them.

Alternatively, by the reckoning of the Australian Institute of Health and Welfare's reports, the incidents of actual deaths caused either through mis-use, mis-diagnosis, or badly prescribed medications, paints a disturbing picture of pharmaceutical use across the country. The fact that a medication has undertaken clinical trials, where by their very nature, they prove that there is a chance of poor side effects, placebo effects, and downright "don't work!", then this should be enough for the MBA to undertake an actual examination of the pharmaceutical industry.

Alternative therapies often don't work. Of that there is no doubt. But neither do all pharmaceuticals, and any company or doctor who claims otherwise is lying.

On the contrary, by allowing a client or patient the option of trying something that may just work, rather than a medication which by the numbers could hurt the patient even more. In point of fact, may kill them. The placebo effect of an alternative option may be enough to make a difference. The skill of the GP is not in question. Rather the inability of the MBA, and whatever it's agenda is, is the real question. Other countries practice both "conventional" and alternative practices from the same office, without too much in the way of conflict. What evidence do the MBA have, other than "we don't like it?" I have had two situations where a GP was actually useless. The 1st was severe hives that occurred that only the use of an anti-histamine covered up the problem. For 18months I resisted going to an alternative therapist.

When I did go, after a very nasty attack, they recognised that the issue was allergies, that they identified to the letter. 16 years since, not a single attack!

Secondly, a GP could only send me to a Physio for bursitis in a shoulder. ONE VISIT to a Bowen therapist and it was fixed. Don't know what they did in both circumstances, but it worked.

So in conclusion, stop trying to fix things that ain't broke! For every sensational TV report of alternative practitioners, and those doctors who choose a CHOICE pathway, there are thousands of people daily who benefit.

Do not take that away

Thank You

I consent to publication of my submission.

Sincerely,

[REDACTED]



From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:31:19 PM

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is the way of the future. It allows a doctor to suggest such simple health aids as vitamin D supplements, or acupuncture, or meditation for excess stress.

I have extreme vision problems, and both my GP and the specialist have prescribed alternative remedies to bolster the eye, including vitamin B3, that has now been clinically proven to assist my problem. If they couldn't have prescribed this, I would have been the loser.

The sole purpose of the medical system should be to bolster patient health in all forms, whether disease related, or lifestyle, or spiritual, or emotional etc. Many of these aspects of health have no drug cure, but can be dramatically assisted by non-allopathic means. It is the right of all of us to be able to access different healing methods, and restricting an integrative doctor's ability to provide this, is removing the patient's right to receive the best treatment available.

This entire proposal suggests that it is a move by the medical fraternity to clamp down on a patient's access to complimentary medicine, and to protect and increase their profits.

Worldwide there is recognition of the importance of complementary medicine such as acupuncture, herbalism, Chinese medicine, naturapathy etc. Why is there an attempt to stifle it here? Answer is that it is all about money. If less is going to complimentary medicine, more is going to the medical fraternity.

What about doing what is best for the patient, not what is best for the strictly medical doctor!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [REDACTED]
Cc: medboardconsultation
Subject: Re: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 1:46:41 PM

Yes I DO consent to publication of my submission.

On Tue, 25 Jun. 2019, 12:38 pm [REDACTED], <submissions@yhyc.com.au> wrote:
To the Medical Board of Australia,

I support Option 1.

I suffered for 15 years with undiagnosed Hashimoto's disease, inability to produce zinc and hormonal difficulties because my results did not fit the standard measure for 'normal'. Also, because conventional GPs just don't routinely test for deficiencies.

Which is a giant oversight given the impact a chronic deficiency can have on overall health - and how common deficiencies are for child bearing women.

I am genetically hypersensitive to standard doses of synthetic medications and require compounded versions to mitigate side effects. I also have to use some alternative remedies because they also have less side effects.

Without my integrative GP - and her specialisation in biochemistry - I would still be chronically ill, unable to keep food down, unable to sit up and menstruating 3 weeks out of 4.

Instead I run my own business, can raise and care for my kids, have completed a Masters degree and function like a normal person.

I understand there are a lot of 'woo' therapies out there - and a lot of people who fall for them.

But restricting the activity, recommendations and intellectual judgement of highly trained, intelligent integrative doctors, is an enormous mistake - and discriminatory against patients who do not fit the traditional envelope.

By all means create more regulation around those who speak with the authority of medical doctors when they are untrained.

But leave the integrative GPs alone. There are barely enough of them as it is.

Traditional medicine in Australia is lagging behind the rest of the developed world with its archaic ideas about health, ignorance of the mind-body connection and inability to treat the patient holistically. Taking away the rights of integrative doctors is a step backwards.

We desperately need GPs who can do more than pump out overkill prescriptions in 5-minute appointments. Integrative GPs are currently

the only serious go-to for many of the complex modern autoimmune conditions that are becoming more prevalent. Prevention and holistic care is the way forward.

We NEED our doctors to keep up, to stay on top of new therapies and practises from countries that are streets ahead. Instead of weighing down the Medicare system with "mystery illness" patients, let the integrative GPs do their thing. Don't ban them from making suggestions that dramatically improve the quality of life of their patients. It's inhumane.

I do not consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 19 June 2019 10:14:58 PM

To the Medical Board of Australia,

I support Option 1.

I have a 4 yr old son with a brain tumor, cerebral palsy and a brain shunt. I rely on integrative medicine to support my sons health and well being. Without it, he wouldn't be surviving and well today.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Placing restrictions on integrative doctors is nothing short of absurd. Those of us who suffer genetic conditions that alter the metabolism of certain nutrients are not going to be helped by a synthetic drug. Nutrient deficiencies are incredibly common and we must retain the right to correct these with supplemental nutrients. Taking this away from patients and doctors is not only dangerous, but criminal.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 11:07:17 PM

To the Medical Board of Australia,

I support Option 1.

The Freedom to select whom we turn to for medical support and advice, and the right of choice of medicine to assist the healing process, is in my consideration, a basic human right. It is an injustice to rob me of this right of choice and to segregate those medical practitioners who offer this choice.

I have found alternative options to conventional medicine have helped both myself and my son up until now with a range of different ailments. The first time I encountered how successful alternative medicine could be, filled me with wonder, when, after rounds of ever increasing strength of antibiotics were unsuccessful in combating an infection, on the advice of a friend, I tried homeopathy and found an immediate change in the situation leading to a rapid and complete overcoming of the infection.

I feel deeply grateful to medical practitioners who in the face of the opposition we are now addressing, continue to offer their services. Thank you for considering my submission.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Thursday, 18 April 2019 9:25 AM
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Having an integrative health practitioner literally saved my life. I live with incurable chronic illness and safe access to integrative medicine is crucial to keeping me a functioning member of society who is able to support my family.

Please do not risk my ability to function and live well by making the changes you are considering.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 6:43:39 PM

To the Medical Board of Australia,

I support Option 1.

I have had heart surgery and (before and after) I would not have coped without the help of natural medicines. The surgery was like being run over by a truck and being brought back to life- for which I am grateful. Before the surgery I kept the symptoms under control by taking natural remedies for heart failure. They worked. I had to wait nearly a year for the surgery.

How dare you tell me what I can and cannot take to help me to survive. Remedies are meant to work together and be complementary. It sure works for me!

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 2:59:13 PM

To the Medical Board of Australia,

I support Option 1.

Good ay. Supporting choice gives freedom to my Doctors and to me in my treatment of hashimotos and any other sicknesses i have had or will in my future. 10 years and for me Thyroxine the standard treatment for my disease had minimal effect on my body and test results. Before finding my current people, I was taking 200 micrograms a day and was still feeling the symptoms of this disease. My anti bodies had only come down from 918 to 468 in a space of 3 years. A friend of mine was seeing a Naturopath for a few things and suggested to me come see her. I went to her i told her minimally what i was suffering from. She intern told me nearly everything that i was. She even asked me about my eye sight and hearing she touched my neck checked my blood pressure pulse asked me about my skin flare ups and when they happen. Asked on my menstrual cycle and the heaviness duration and even colour. In 10 years of having this disease not 1 doctor checked any of that not one. This Naturopath then suggested that i see this particular doctor (fully qualified G.P. plus some other letters to her name) She took my blood results from the month before looked at them examined me explain to me the disease i had how it worked how it may start what part of my body it effects checked all my vital signs and again this G.P. touched my thyroid she sent me for an ultrasound (in 12 years not once did any other doctor check any of these) She prescribed Natural desiccated Thyroid for me to the equal conversion to T4 She asked me to come back in 3 months with a new bunch of blood test and will see how things are. Within the week of me starting N.D.T. My worst symptoms had decrease my skin flare ups had been reduced to angry red and i had not had to rest in the afternoon for 3 days. I went back at the 2 month mark because i was feeling terrible in a different way. I adjusted my medication the next day after i went for the bloods she sent me. Again felt better. She rang me 4 days after my bloods ask how i was feeling and we adjusted them down again. My antibodies were less then 130. In 2 months. And to this day the most N.D.T. that i have been on is 125 micrograms the equivalent in T4. I have worked for the last 5 years. I was not able to before the change. These 2 people changed my life in 2 and a half months. My beautiful G.P. has moved states and i miss her terrible as someone that has seen me through the last 6 years as my doctor and "friend" So what do i do now. It has taken nearly a year to find a Doctor that will see me (I live rural) and he will prescribe my N.D.T. But i had to argue my case with him. i ended up getting all my blood test results going back to when i was diagnosed to show him. We are now working on our "relationship".

By imposing further restrictions on Integrative practitioners and there want to train further and be able to use different practices to treat there patients restricts them from being the Health professionals they want to be and the Health Professionals i want to see. Keeping open to different therapies allows our world to stay informed. I am open to standard practice as well as Integrative practice they both have equal place in my health treatments. But i have limited choice now in my health care. please don't limit it further. Thank You

■

I consent to publication of my submission.

Sincerely,

■■■■■

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 5:48:41 PM

To the Medical Board of Australia,

I support Option 1.

Please do not alter the current guidelines for use on integrative health modalities in Australia. In this field it is essential that there is room for exploration and evolution.

Since the early 1970's I have personally benefited from a variety of approaches which have always contributed to return my physical and psychological health to greater harmony, balance and vibrancy.

* Japanese acupuncture totally healed a badly clicking left jaw in 2007. The jaw had been deteriorating since 1973. I remain symptom free to this day.

* Biodynamic Craniosacral Therapy totally eliminated a strain in my upper back (2017) which had burdened me for 6 months. I remain symptom free.

* Naturopathy and Alexander Technique guidance assisted me to overcome debilitating symptoms of Irritable Bowel Syndrome which had caused severe weight loss in 1999.

* Breath Therapy/Conscious Connected Breathwork have helped pull me out of the throws of depression.

* Meditation, Breathwork and yoga help me deal with occasional anxiety.

The list goes on.

Professionals from outside this paradigm cannot possibly hope to provide fair assessment of the dangers and/or benefits without personal exposure through thorough training and their own personal experience.

This field needs to remain open to continue to evolve and support people in health and awareness.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I would like to exercise my right to choose my preferred method of treatment for my medical condition. I have hyperparathyroidism and Hashimoto's and thyroid cancer and Osteoporosis. I take compounded medication for thyroid and natural supplements.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:41:06 AM

To the Medical Board of Australia,

I support Option 1.

Being diagnosed with an Autoimmune Disease I rely on the use of Integrative and Complementary Medicines which have improved my general health and well-being. My choice my body. To talk to your GP who has knowledge of Alternative medicine and treats holistically is a god send.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 30 May 2019 5:31:41 PM

To the Medical Board of Australia,

I support Option 1.

I'm a 52 year old that has home nursed my family through there cancer journeys, I have a child who attended the royal children's hospital for 8 years, I have complex health needs which are treated through diet and natural choices. I'm extremely fortunate to have a very good GP who is pro active in my care.

I believe holistic medicine where there is a level of responsibility for patients to empower themselves with choices and knowledge leads to better outcomes for everyone.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 3 June 2019 9:39:33 AM

To the Medical Board of Australia,

I support Option 1.

Thank you for taking the time to consider our responses. Natural theories and good food has helped my health over the years and have seen my sisters body cope with the cancer treatments, even though she did not survive the big C, aged 50, i feel i need to be here longer. Many times i have had to have medicine to get over serious health obstacles but have my natural theories work with them or along side for my body to recover. Many say china and asian countries are behind us in Australia, but not in health, the government still recognized herbal Chinese medicine under current changes, why not natural therapies. We live in a country of choices, freedom, vast communities with mixed cultures come to our beautiful because people want live a better life not to be told by the government you dont have a choice on how to live. So many ways we are far behind. Dont fix what is not broken, let people have a choice, let them choose what they wish to put in their bodies. Would you rather our country be full of good health, happiness and in turn we can have enriched life which is better for the country since you want us to work longer. Rethink. They work they would not still exist otherwise.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:32:08 AM

To the Medical Board of Australia,

I support Option 1.

Both my daughter and I independently had serious chronic illness that was debilitating for over 3 years. Standard gp tests were inconclusive, and all I was offered were anti depressants, diabetes medication and tests for thyroid cancer. My daughter's condition had doctors flummoxed. She had the beginning stages of postural Orthostatic tachycardia syndrome, and I had a massive deficiency in iodine, plus a serious dysregulation of my thyroid adrenal ovarian axis. The doctor who was finally able to help me, and then my daughter is a practitioner of nutritional and functional medicine. She ordered tests that aren't covered by Medicare and prescribed supplements to address mineral imbalance and support the whole system. I am well now and would not be without the choice to opt for this type of medicine. The same goes for my daughter. Freedom of choice with regards to our own bodies and health is paramount.

Thank you

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Three years ago I was diagnosed with a series of auto immune diseases that have turned my life upsized down. With zero sign of depression I was continuously offered anti depressants rather than tests. I fought hard and eventually made my diagnosis. My symptoms were body shakes and sudden onset anxiety with no actual fear just massive releases of cortisol at random times. Holistic therapies have supported my adrenals back to health and my thyroid is now on track with T3 support. I would have died without the access to tests I demanded. Stop attempting to put a stop to advancement. When we start saying the science is settled we are putting a block to future advancements in medical treatments.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:27:52 AM

To the Medical Board of Australia,

I support Option 1.

If it was not for the treatment I received from my integrative doctor I would have died as mainstream medicine could not find the cause of my metabolic problem. I have paid for my own medical costs and nutritional support and pathology testing myself with only minimal rebates from Medicare for some of my consultations. I am a registered nurse who now no longer wishes to work in a medical system that will only give options of pharmaceutical drugs or surgery. Instead of looking for the cause they treat the symptoms. Main stream medicine left me for dead. It has taken me over 2 years and around \$25,000 to get my life back. I am now saving the health system bucket loads of money by not running to a mainstream GP for useless treatment.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Our basic rights and freedom to choose is a legacy we need to fiercely protect!

When I was diagnosed with Hashimotos (Autoimmune), doctors said I couldn't do anything and I would have for life... Thanks to the knowledge and advice from holistic health professionals, I fasted, included Wholefood concentrate supplements, meditation, and other natural practices and by day 30, I was CLEAR of the disease....

For those of you on the board making these decisions....

Think of your kids and grandkids...

To not allow them the option to seek natural alternatives rather than flooding there little bodies with only drugs would be criminal...

Thank you in advance for making the right decision...

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:19:14 PM

To the Medical Board of Australia,

I support Option 1.

The proposed new guidelines fly directly in the face of modern understanding of what constitutes best practice medical care, globally. Integrated medicine options must of necessity include nutrition and so-called 'alternative' treatments, based on clinical peer-reviewed research.

There is no science-based reason for rejecting or moving away from these options, quite the opposite.

While I admit to having been skeptical in past many of these treatments (nutrition, alternative medicines, and acupuncture for three examples we have personal experience with) - they have been the only difference-makers in treatment of complex chronic diseases of a few types in my immediate family, and my own history.

You won't really ban anything by banning this, you will merely ban the most educated and well supported people from administering it and maintaining patient care while it's used; you will drive it underground where unscrupulous practitioners can then prey on the victims who have fallen through the cracks. You will likely see these patients again, but trying to figure out what's gone wrong and why will be even more difficult than it would've been if you'd just regulated and monitored instead of banning.

'Alternative' medicine is increasingly merging with 'mainstream' or conventional, as a greater scientific basis for many of its aspects is being proven out under testing. The rest of the world is embracing it, this current 'ban it' reaction is detrimental and outdated at best.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I can't believe that the MBA is considering restrictions on a practitioners ability to offer integrative/complimentary medicines in the quest to assist a patient with their ailments.

I have Osteoarthritis and know that ANY and ALL options must be investigated to alleviate the pain and suffering that patients suffer and applaud ANY practitioner who considers alternatives to provide help and assistance.

I believe it is much more advantageous for a qualified practitioner to be advising a patient on supplements/vitamins and alternatives that can assist a patient hand in hand with any pharmaceutical that may provide help for a patient. The alternative is for people to take advice from quacks or web sites set up by people looking to make a quick buck with no knowledge of who they are selling to, what their medical history is or what impact their 'advice' might have on the individual.

Leave the practitioners alone to provide integrative and complimentary medical advice to their patients.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 5:30:39 PM

To the Medical Board of Australia,

I support Option 1.

I believe we who suffer auto immune diseases should be able to access and be prescribed medicines whether conventional or holistic to assist us....I prefer a mix of both and feel I should be able to have the option available....I've also had cancer so understand fully the importance of conventional medicines but with hashimotos thyroiditis feel I would be robbed if unable to see an integrative go for my holistic care....

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:33:23 PM

To the Medical Board of Australia,

I support Option 1.

I rely on integrative medicine to manage autoimmune thyroid disease. Any restrictions placed on integrative doctors prescribing natural thyroid medications will see a sharp decrease in the quality of life for many sufferers and place a further burden on the national health system when patients are not able to eliminate or control many of the symptoms of their disease.

I sincerely hope common sense prevails here.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 20 June 2019 6:58:29 PM

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that a holistic approach to health, including conventional treatments and “alternative therapies” is of utmost importance. I had back problems, including compression from herniated disc and conventional medicine did nothing for me but pump me full of harmful & addictive drugs and put me on a waiting list for surgery. Osteopathy, chinese medicine & acupuncture gave me my life back. These are not wacko, fringe therapies, they are proven effective and cause much less harm than many drugs and invasive treatments that are considered the norm. Please do not marginalise, stigmatise or restrict access to these types of treatment. The government should be encouraging and embracing natural therapies, not turning against them. In the long term, they are much less costly as well. They are far more likely to address the root cause(s) and look at each individual as unique and different, rather than just treat the symptoms and use standard “one size fits all” treatment. The proposed changes would take away one’s basic human right to have options and to make a personal choice of healthcare that achieves results on an individual basis.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 7:08:07 PM

To the Medical Board of Australia,

I support Option 1.

My Husband, Daughter and Son have been affected by Lyme disease and tick bourne illnesses for the past 10 years. If it were not for integrative and alternative medicine options, I am convinced that my Husband and children would have succumbed to the debilitating and life threatening effects of this complicated disease. General Practitioners and over 50 specialists between them, have let them down, mistreated them, refused to treat them and disregarded and disgarded them on numerous occassions. Those few Lyme literate doctors who did treat them, did it at great risk to themselves and their medical licences.

There appears to be a never ending witch hunt on those empathetic Doctors with a moral backbone who treat these patients when others in the medical community will not.

Integrative and complementary medicine has kept my family alive and able to battle through their illnesses. It still remains a long road to recovery but if the MBA imposes restrictions on integrative practitioners, then they will be responsible for the suffering, neglect and in some cases death of those they swore to protect.

Too many people have suffered and been begiled by the medical profession here in Australia and around the world.

It is time for them to do the right thing and step up.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 23 April 2019 8:10:49 PM

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine. Both I and my family have benefited from integrative medicine.

I had several severe vitamin deficiencies found by testing with an integrative G.P. that had not been found in routine blood tests, what the further investigations for reasons for the severe deficiencies it was found I have pancreatic insufficiency and require digestive enzymes to metabolise my food. It was clear with how severe the deficiencies were that I would have died from malnutrition before diagnosis of this condition by conventional medicine. Without the intervention of an integrative G.P. and unconventional diagnostic laboratory testing for vitamins, minerals and enzymes I would not be alive.

My aunt had iron deficient anaemia her whole life with several episodes of severe abdominal pain with no known cause. After 2 appointments with an integrative G.P. she had a diagnosis of Sickle Cell Anaemia and a treatment plan that included iv infusion of iron, a red cell blood transfusion (necessary due to the severity of her untreated condition) and oral vitamins and minerals.

My father had been gradually putting on weight, feeling the cold and felt fatigued. Conventional medicine had put this down to the aging process. With conventional tests, however not routinely done for adult males of TSH, T4 and T3 levels it was found he had primary hypothyroidism. He tried thyroxine, however this had a poor effect even on the highest dose. His integrative G.P. prescribed porcine thyroid medicine along with high doses of B vitamins and Zinc. He has had an amazing recovery and has been able to go back to sports including swimming, biking and bushwalking, return to work and volunteers at our local church.

There are many other family members and friends that have since consulted with an integrative G.P. These are only 3 of the stories from our family that demonstrate how important integrative Medicine is and how conventional conditions can be missed by conventional medicine alone. With restrictions on integrative G.P.s it is clear that the quality of medicine in Australia would be lowered and patient quality of life would also be lowered. Leading to poorer patient outcomes including worsening of conditions and unfortunately in some patients death.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 30 April 2019 1:02:46 PM

To the Medical Board of Australia,

I support Option 1.

I suffer from a chronic illness and use a range of conventional and complementary medications and therapies. I believe this helps me manage my condition and I have the right to make my own choice to live my best life on my terms.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:31:55 AM

To the Medical Board of Australia,

I support Option 1.

I am writing to voice my extreme concern at the possible changes that may prevent doctors from recommending integrative and complementary medicine. These medicines can sometimes offer help that is natural (always preferable) or even assistance when pharmaceuticals have nothing to offer. To interfere with doctors recommending complementary medicine is not only taking away a persons right to choose, but could also affect their quality of life, placing an unnecessary burden on the health care system.

I have Ankylosing Spondylitis, and this is able to be managed with exercise, diet, supplements and natural therapies such as acupuncture and massage. This is certainly much better for me than anti inflammatories and immune suppressants which take a long term toll on the body, placing me at risk of further health issues.

Doctors who help clients learn about these options should be supported rather than hindered.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 16 June 2019 9:14:04 AM

To the Medical Board of Australia,

I support Option 1.

If MBA limits or inhibits my dr from prescribing left of centre tests, retesting to achieve optimal balance, writing scripts for compounded vitamins and supplements I believe I will return to a state of constant ill health and subclinical issues. After being chronically sick with acute bacterial and viral infections, poor energy levels, infertility, malnourishment in spite of good nutrition and difficulty managing work commitments Id seen more then 20 doctors who had no advice or diagnosis to suggest. This continued for 8 years. I looked alternatively to natropaths and wholistic GPs and regained some health and energy, was diagnosed with multiple food allergies but didn't see dramatic improvements until I was able to get proper pathological diagnosis and treatment from a well educated integrative GP. My Dr recommended dieatery changes and supplements which reversed my malnourishment, chronic low health and fertility while managing to balance my copper, zinc levels, reverse my vitamin B and D levels which were clinically necessary while later detecting hypothyroidism before the situation became dire. There are many people suffering long term before finding ways to improve their lives. The amount of money I spend is my choice and I continue based on huge benefits in my life and for my family. I wish more people had access to this kind of medical diagnosis and help after chronically suffering without help from conventional practices. As one dr said early in the process - ' I could have somethings rare but that would be expensive and he didn't even know what specialist he could refer me to. I've found a combination of new approaches and open minded Drs are what has helped me in an age of decreasing health, autoimmunity and chronic allergies and neurological problems in society at large, especially amongst children. The current conventional system is hugely useful to many but can not successfully heal or help many.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 1 May 2019 3:30:17 PM

To the Medical Board of Australia,

I support Option 1.

Stop bowing to big pharma. As a mental health nurse, and recent service user post a near fatal car accident, I am all too aware that Integrative medicine exists because conventional medicine, one out dated paradigm of healthcare, CANNOT address ALL health needs, for ALL people.

Integrative Medicine practitioners have been a LIFE saver for me, treating me as a WHOLE being - not reducing me to a series of body parts to be serviced by often burned out mechanics who lack time and resources.

IM has been significant in treating my trauma - a phenomenon yet to be recognised by conventional medicine reducing my reliance on medical system and medications.

Imposing restrictions on the MBA will significantly reduce my access to experts who can aid me in recovery, health and well-being with practices aligned with health paradigm philosophies that treat the root causes rather than attempting to simply manage my symptoms.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 12:55:39 PM

To the Medical Board of Australia,

I support Option 1.

I got myself through 3 years of severe fibromyalgia with integrative medicine and advice when GP's would not even diagnose let alone treat me. Reason? No drug company had brought out product for prescription. Also, there were no drug company suggested tools for diagnosis. Natural therapies and the correct exercise allowed me to go on working and lead a fairly normal life where mainstream medicine failed me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 29 April 2019 2:43:27 PM

To the Medical Board of Australia,

I support Option 1.

I suffer from multiple chronic conditions. Pharmaceutical medicines available are limited, most of which are only partly effective and come with excessive side-effects. I have for over 23yrs suffered from Irritable Bowel Syndrome, and for 18 of those years I was not fully diagnosed. This is because GP's write scripts, not treat patients.

This has not only compromised my health, but also my quality of life and ability to earn sufficiently to support myself. Slowly my health is improving, because of so-called 'fringe' medicine, not through 'conventional' medicine and pharmaceutical scripts.

The working members of our community pay taxes, and those taxes provide income for those receiving payments from Centrelink. The number of people claiming such benefits would be greatly reduced, allowing them to return to the work force if proper medical care was available. In many cases these people are either unaware of or are warned against 'fringe' medicine by GP's, treatment & medicine that could dramatically improve their health if not cure them. This does not help the individual or the community.

People who do not understand that conventional medicine doesn't cure all are blessed with good health and ignorance of what it is like to suffer.

I have been tempted to take legal action against GP's who 'treated' me for IBS for negligence, as our own Monash University has been publishing dietary recommendations 'The low FODMAP Diet' since 2002, yet it took until 2014 for a GP to diagnose me. The answer was my diet, not pills. The previous GP to come close identified 'sugars' as being the issue, but not which sugars and he did this by cutting a few strands of hair in 2009. Consultations were half hour long and he was the first Doctor to give me hope. Although I didn't have all the answers my health improved greatly after.

We need this Doctors, GP's aren't enough and there aren't enough of those.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 6:46:50 PM

To the Medical Board of Australia,

I support Option 1.

I have struggled with my health post chemotherapy (9years) and if it were not for integrative treatment, I would not have my gut flora, immunity and depression under control. Doctors are terrible at helping to “fix” issues, just treating them until your next visit and the cycle is never ending (which has terrible consequences on the workplace). This trial and error process has overridden me for well over 8 years trying to work out it out and not one doctor told me my food could be the problem... If you get rid of other complementary medicines, you’d better be able to “FIX” everything as I was suicidal from constant illness, losing my jobs & therefore depression. Modern day medicine is so hit and miss, with only 10-15 minute discussions each time I presented to my doctor well over 2 years with multiple complaints... this was not enough for the same doctor to perform the correct practices on me and get my diagnosis squared away!!!! In the end I had to go to a chiropractor who told me there was something very, very wrong. I went home and called the phone help line, who called me an ambulance and in ED they spoke to my doctor and wanted to kick me out... finally and lastly after doing a chest X-ray, I was told I had 10-12cm tumour in my chest - [REDACTED]???? Doctors on there own are NOT ENOUGH!!!!

Finally I find myself visiting Singapore where their medical practice is to incorporate wholistic medicines. It’s finally working to fix me and Australia are nuts to go back to 19th & 20th century medical practices and think that we are “moving forward!” Talk to people like me before you make decisions like this... walk a mile in my shoes, get sacked from you job because you’re sick all the time, and try and look your family in face when medical doctors tell you and them “you’re putting it on” when you really should have been lining up for chemo 12 months earlier.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 28 June 2019 7:32:33 PM

To the Medical Board of Australia,

I support Option 1.

As someone who has lived with Stage IV (metastatic) breast cancer for over twenty years I believe I am still alive due to the very best combination of conventional, integrative and complimentary medicine. I fail to see why you believe you know more about my body than me, the inhabitant. I fail to see why you would try to restrict my access to those therapies which have been integral to my health. I am also fascinated by the manner in which having a medical degree appears to miraculously make you an expert in everything despite the fact that your training simply does not cover many of these areas that you seek to regulate.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 7:38:40 PM

To the Medical Board of Australia,

I support Option 1.

Before contracting neuroborreliosis and CIRS from biotoxin exposure, I was a highly functioning and contributing member of society. I was a researcher at the University of [REDACTED] and cost the healthcare system barely anything and the welfare system nothing. However 6 years ago I suddenly became periodically bedbound and unable to function independently. I ceased being able to contribute meaningfully to Australian society, needing to quit both my job and my two volunteering positions. I became a burden to my family. My mother had to quit her job to become my full time carer. I became a high cost user of the conventional healthcare system, needing to see multiple specialists and have a plethora of pathology done over 5 years. None of this helped in the slightest. In fact my health declined. This was because nobody identified the real cause of my illness. One year ago I began seeing an integrative doctor who finally diagnosed my CIRS from mould/water damaged building exposure and Lyme disease. He did specific testing that had not been yet done by the myriad of specialists to confirm the diagnoses and guide my evidenced based treatment protocol. Not only has my steady decline been stabilized, but I have made a significant improvement under this protocol. In particular, bio identical hormone replacement therapy has been a turning point for me. As has treatment for CIRS. Without these I would never have gotten better under the care of conventional medicine and would have continued to decline into further disability, becoming more and more dependent on government services. I will need ongoing treatment with integrative doctors who are the only medical practitioners in Australia who currently have the expertise to treat my particular illness, in order to make a full recovery. I want to continue my treatment with them so I can return to work and independent living, freeing my mother to return to her work. If the MBA places the proposed restrictions on integrative medicine, my health will be immediately endangered and the future of myself and my family will be bleak. I believe it is my right to access a doctor who has his or her choice of any tests or treatments that I may require. I feel safe that the current guidelines (Good Medicine Practice: A Code of Conduct for Doctors in Australia) already protect me. I believe that the proposed two tier system is therefore unnecessary and may intentionally restrict the options of my medical care.

I consent to publication of my submission.

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.

My family, along with tens of thousands of others, have benefited tangibly from integrative and complementary medicine. It improved my son's health during crucial VCE years, and enabled me to overcome a debilitating disease of the nervous system that may otherwise have been life long. Using integrative medicine I completed my Masters degree, returned to work, and function better as a parent and community volunteer.
Do not restrict treatments. Australians need access and are capable of making choices.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 7:43:08 AM

To the Medical Board of Australia,

I support Option 1.

It is about time you took your head out of the sand and accepted that health isn't just about pills but looking at the person as a whole. In the last 9 years without alternative options regarding my health I would have been a burden on the public health system costing the taxpayer thousands of dollars. Choosing a doctor who tried an alternative source of medicine changed my life. I do not absorb thyroxine readily but whole thyroid I do. My regular GP doesn't even know what it is but acknowledged when I had a bone scan that the extra nutrients had most likely protected my bones. I have the bone density of a 21 yr old and I am 68.

Please allow doctors to use what nature has provided, we pay for it, most is not subsidised so there is minimal cost to the government. Times are changing, we ask you let us make our choices.

I consent to publication of my submission.

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.

Without an alternative to integrative medicine like functional medicine, chiropractic and homeopathic, our entire family would have continued to be a huge drain on Medicare. Under general medical practice, our symptoms were treated with govt subsidised medicines, including hugely expensive Elecare hypoallergenic formula for my kids. When we elected to focus solely on healing our symptoms with integrative medicine, rather than just treating symptoms, we were able to come off ALL subsidised meds (7 a day at that point). We have now reached a point where not only are we med-free, but the last time a family member needed to see a GP was over 2 years ago. This is a GOOD thing. Doctors are not trained to heal chronic health issues, they are trained in EMERGENCY care and symptom management. A doctor told me this. Integrative medicine works, by focusing on healing root cause. Encourage people to heal, and you save billions with an aging population.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 12:53:53 PM

To the Medical Board of Australia,

I support Option 1.

I would ask that Integrative and Complimentary medicine be recognised for the benefits it provides in many, many situations. To take away people's choices is wrong. I personally use complimentary medicine in conjunction with regular medical advice and feel it has had great benefits to me. My son was on Ritalin for ADHD until complementary medicine was able to help him and with the full knowledge of his medical doctor we were able to stop the Ritalin. The changes in his behaviour and life quality using complimentary medicine approaches was amazing. His overall health improved and his school behaviour and achievement in studies was notable. Complimentary medicine is a choice that should not be taken away.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 13 June 2019 5:43:38 PM

To the Medical Board of Australia,

I support Option 1.

Having had severe allergies all my life, I am now able to enjoy my retirement due to integrative healthcare practices. Using vitamins, supplements, chiropractic care and other naturopathic modalities I have been able to improve my quality of life whereas the normal doctor said I had to live with it. Not an acceptable choice. Mainstream medicine has its limitations. Integrative medicine has its place. Doctors need all tools at their disposal. Not just pharmaceuticals.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 3 May 2019 9:47:17 AM

To the Medical Board of Australia,

I support Option 1.

If not for integrative medicine, I would not be here today. It sounds dramatic but it is very real. I was at my wits end with conventional GP's consistently saying my results weren't that bad and my favourite comment "You're a new mum with a child and also working, you're bound to not feel 100%".

Nearing the end of my tether, feeling horribly sick daily, waves of nausea, pain, constant vomiting, I was close to ending it all myself. Constant illness takes you to a very dark place and some people never return from there and never get answers. I was fortunate enough to be referred to an integrative doctor, the first time I had ever heard of such a thing! He did his own blood work, some not covered by Medicare, some I paid for myself and then and only then did he explain everything in more detail. He was the only GP that looked outside of the box and looked deeper. Turns out I am suspected coeliac and at the very least gluten intolerant, dairy intolerant and I have Hashimoto's disease. Once he prescribed T3 for me and I stopped eating trigger foods, it all changed and started to turn around. I'm one of the lucky ones, I could afford to keep digging, knowing in myself that things weren't right. How many other people don't have the money to look deeper? How many people never find out how to treat their issues? If integrative GP's are restricted, you'll have more mental health issues, more suicides and more burden on the health system. Let people be proactive for their own future, let them choose what **THEY** wish to do with their own money and own bodies. If we all don't stick up for our own health and well being, then who will?

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 14 May 2019 10:43:29 AM

To the Medical Board of Australia,

I support Option 1.

The MBA's preferred option of tightening regulation of practitioners who provide integrative treatments is misguided and harmful to the wellbeing of patients!

Over several decades, I have personally been treated effectively by a range of alternative health practitioners, including chiropractors, Bowen therapists, and acupuncturists, along with conventional medical practitioners, some of whom integrated the use of alternate techniques and health supplements into their treatment.

It has been scientifically verified via before and after blood tests that the use of particular non-pharmaceutical supplements has had an ongoing beneficial effect on my health (e.g. Omega 3 supplements to maintain control of cholesterol and Epilobium plus Saw Palmetto to control PSA levels). In addition, the use of some alternative therapies has enabled me to stop using pharmaceutical products (e.g. Bowen Therapy treatment which removed the need to take migraine medication).

For the MBA to have little or no awareness of the possibility of such benefits is appalling! Furthermore, the MBA's apparent intention to curb the individual actions of medically qualified and experienced personnel, while possibly also restricting access to vitamins and other alternative health supplements smacks of being inappropriately influenced by the financial interests of pharmaceutical companies. Perhaps some investigation of the financial interests of the members of the MBA is warranted!

If the MBA does go ahead with its proposed assault on the use of alternative medicines, therapies and integrative medicine by both conventional and alternative practitioners, there is likely to be such a groundswell of opposition that the MBA may not even survive in its current form. Millions of people like me will not stand by and allow such an organisation to dictate what we can or cannot continue to use in maintaining our health and wellbeing.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 4 June 2019 2:48:30 PM

To the Medical Board of Australia,

I support Option 1.

For over centuries we have seen natural therapies being used - even before science discovered medical treatments.

The benefits of continuing to support and encourage the use of complementary healing modalities like Reiki.. out way the risks that minority groups.. sceptics and fixed beliefs by the board is medicine. If you review the use of these modalities across the world you will see higher success in both healing and quality of treatment by the patients. These are not alternative healing practices but complementary. They work in conjunction with modern medicine.

In the US the use of Reiki in hospitals has seen lower stress rates, calmer and more positive emotions during chemo treatments and operations for patients.

We are both human and spiritual/energetic beings.. let's use both modern science and holistic healing to better humankind.

There are no risks or downside with the use of Reiki healing alongside medicine.

By removing these options we are going backwards in our healing practices. Our bodies need a balance approach to healing and science only focuses on the body.. not the mind or spirit. I have seen the benefits of reiki healing for use pre and post operation. For times of stress and pressure, relief of anxiety.

My father used Reiki during his battle with cancer. He received comfort from the pain (whilst also taking medication), relaxation and felt a sense of calm and peace during his treatments.

It also helped my mother with her grief and stress during this time.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 1 June 2019 12:35:35 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access integrative and complementary medicine because I have health issues and drug reactions which preclude what could be regarded as normal treatments.

I need a prescription for Clexane injections every six months and that is usually the only time I go to a GP. If I could find one who did incorporate integrative and complementary medicine I would go more. I am on the lookout.

I have advanced osteo arthritis. I am tired of being prescribed opioids and other drugs to alleviate my pain when I have said I can't take them. I ask a pharmacist or check online myself before taking anything now.

I was sent to a pain clinic in recent years where I was told surgery was not an option with my Factor 5 blood and was sent home with an antidepressant because of my drug reactions. It also made me ill.

I try bowen therapy, chiropractic and acupuncture and at the moment, osteopathy all with some pain relief. I also attended a naturopath who treated my long term irritable bowel very successfully.

I pay what is for me, a large amount to a health fund, and feel I should have the right to choose who I attend.

Unfortunately we can't all be put in a box and traditional treatments don't work for all of us. Without integrative and complementary treatments there is no help for someone like me.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:39:57 PM

To the Medical Board of Australia,

I support Option 1.

I will only ever use natural medicine first. 2 homebirths 35 & 33 years ago. Homeopathy for all childhood illnesses. Still use today... family member had stem cell treatment for incapacitating bulging disc, with 95% improvement. The medical world is totally controlled by the pharmaceutical industry and I do not want to have anything to do with that style of treatment. Have seen too many suffer with chemo poison and radiation treatment then die. I will never use this type of treatment in my life. Let those who trust in themselves and the health providers we choose be free to make that choice. There will always be enough people that put their life in the hands of their doctor, so be it. My health my choice.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 8:40:52 PM

To the Medical Board of Australia,

I support Option 1.

I believe that we have the right to choose whatever health care we believe is best for us. There have been many periods of my life when I have had complex chronic problems that traditional medicine alone could not address. Using complimentary medicine under the guidance of my doctor helped me recover.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I grew up with a Doctor right a father, so have been vaccinated, taken antibiotics and benefited from “normal” treatment and modern medicine. I have, however, benefited hugely from the "complimentary," integrative and holistic advice I have received from my doctors also.

In particular, changes to my diet and lifestyle have healed skin issues such as dermatitis and acne, have helped with ulcers, menstrual health, pain prevention/relief and other daily health concerns.

I choose nowadays to frequent doctors who provide this integrative approach because I get better results from this combined treatment.

Complimentary medicine is simply that, complimentary. I can boldly state from my own experience and that of my family that restricting the ability of doctors to provide such information, treatment or referrals would not benefit Australian society in any way.

I don't know about you, but the last thing I want for my children is a health system like the USA.

Do the right thing by us.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <submissions@yhyc.com.au>
Sent: Tuesday, 16 April 2019 4:51 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 was diagnosed with SLE Lupus 14 yrs ago. I have been fortunate to have had integrative doctors and natural therapies, which have helped put me in remission.

Left alone under the conventional medical system, I would have continued to be very sick.

Please ensure complimentary medicine to be allowed it's place in our health care.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 2:19:28 PM

To the Medical Board of Australia,

I support Option 1.

I am writing to support option 1, that there be no change to the current guidelines for the use of complementary and alternative medicines in Medical practices.

Integrative medical practitioners give more time in consultations, so that appropriate treatments and lifestyle advice can be given, rather than jumping immediately to prescribe expensive, and maybe unnecessary or inappropriate medications. This can result in improved outcomes for patients, yet also in reduced cost to the health system.

For example, my wife and I discovered the benefits of Homeopathy for our first baby – who was too small to be able to say that the treatment had only a placebo effect – and as a result used homeopathic treatments with great benefit for both the children. After that positive experience, I also myself used homeopathic treatment with good results.

After some years of recurrent problems with a (conventionally diagnosed) herniated lumbar disc, the problem was finally resolved without surgery by Cymatic therapy. I had previously also benefited from Chiropractic treatments, which enabled speedier return to work but without effecting a complete cure.

In general, my current good health and fitness (at age 65) is supported by a healthy and wholesome diet, a physically active life, and in particular by Tai Chi/Chi Gong, which is underpinned by Traditional Chinese Medicine.

The result is that I very rarely need to go see a Doctor at all, but if I do, I would strongly prefer to have the choice to be seen in an Integrative practice, combining the best of modern medicine with traditional and more recent complementary and alternative approaches.

This wish is in line with World Health Organisation best practice.

For all these reasons, I respectfully request that choice in methods of health care which may be used in Medical Practices should not be limited by new regulations.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 21 April 2019 11:31:10 PM

To the Medical Board of Australia,

I support Option 1.

My family values GPs who can supply us with information on both science based choices and intergrative, complementary choices for our health. We have found over the years that each body within our household is different and requires different means of healthcare.

I am a mother of three (soon to be four children) and would not have been able to have any of these children if I had of remained under science based healthcare, which I did for many years. When intergrative, complementary alternatives were presented by my GP, it took only 4 months to conceive after three years of following what I believed at the time was my only alternative.

I wholeheartedly believe that these two elements of medicine work hand in hand and my family would lose faith in the Australian medical board if our health freedom of choice was taken away. Many countries embrace both forms of medicine as standard practice. It is in the best interest for the patrons of our country to do the same.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 25 June 2019 3:23:16 PM

To the Medical Board of Australia,

I support Option 1.

I strongly object to The Medical Board of Australia's (MBA) proposed new guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice.

I see this step as another abuse of power and control for main stream medicine to remain controlled by the pharmaceutical juggernaut, without due regard to true medicine and healing.

By restricting those forward thinking medical doctors who integrate complementary medicine to the benefit of their patients is in my opinion a backward step in the evolution of medical practices.

I have personally benefited from complimentary medicine when mainstream medicine and pharmaceutical drugs were not successful in providing relief or cure.

Acupuncture , Chiropractic, Osteopathic, and Naturopathic practices are among the disciplines I have found effective in the treatment of ailments from severe psoriasis, chronic back pain and gut issues, after years of pursuing general medicine.

That there are doctors who embrace the complimentary and holistic medicine is again in my opinion a giant step forward and must be encouraged rather than taken backwards to relying purely on synthetic drugs and the monopoly of big business and the almighty dollar.

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

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED] <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 strongly support patient access to integrative and complementary medicine. It has been through these type of practitioners that I have been able to heal my gut and hormone imbalances that doctors have been unable to help me with for years. I would continue to use complementary medicines both for myself and my children. I place a high value on having access and the choice to opt for a holistic therapy and only wish it was more supported by government through health fund rebates for natural therapies. If everyone had more access to natural therapies it would save billions on emergency and chronic illness.

I consent to publication of my submission.

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.

Providing a holistic approach to wellbeing has proved to be much more successful than just prescription medications and surgeries. I have had long term health issues including breast cancer and have proved that alternative therapies aid and assist treatment as well as helping the body to recover and recover from western treatments. Taking away our right to choose is a disgrace

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 1 May 2019 11:38:36 AM

To the Medical Board of Australia,

I support Option 1.

After yet another frustrating and expensive visit to specialists I would be devastated if my only source of relief from my autoimmune issues was taken away. As I suffer from chronic pain visiting the chiropractor, acupuncturist or massage therapist are the only remedies available to me that do not increase my drug load and add to my issues. The chiropractor keeps me mobile and the other therapists enable me to stay as comfortable as possible. Modern medicine is failing me. For example I visited the rheumatologist yesterday. I have now seen him twice. He has never examined me. Yesterday he told me he respected me too much to prescribe me medication I didn't need even though he acknowledged I had serious issues. He offered no other advice or methods for me to deal with my rapidly declining health but was quite content to charge me \$120 for wasting both our time. At least I get better service from the alternative health service providers that I see.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Tuesday, 7 May 2019 11:22:14 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because it has provided the healing to our child's ongoing illnesses where conventional medicine has time and time again failed. For our family we have had direct experience in the success that integrative medicine brings. As a result, it is clear that conventional medicine no longer adequately provides remedy for today's medical illnesses, while integrative medicine has proven to do this for our family in areas including:

- food allergy and intolerances;
- chronic skin infections and eczema;
- digestive and gut disorders; and
- behavioural and developmental delays.

Don't be too shortsighted. This is not a sector of funding which should be cut, rather it is a much-needed space to inject funding for research and studies which I'm sure will validate its efficacy in positive patient treatment.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

Over the last 35 years my family have been greatly helped by practitioners that have been integrative doctors that have an understanding of gut health/allergies/auto-immune problems. In fact I have found that mainstream doctors and specialists have not been able to help us. Who is pushing this agenda to limit integrative doctors and complimentary medicine? It is certainly not patients. Do you really think we would waste our money on complimentary vitamins/medicine if we feel it wasnt helping? We are not idiots. Our bodies are all individual and in many cases takes individual treatments whether it be homeopathic/vitamins etc to help heal. I would hate to think where our families health would be now if I had followed a more mainstream approach to our health. Please let us choose our own healing path

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:56:32 AM

To the Medical Board of Australia,

I support Option 1.

I am writing to confirm my support to maintain current guidelines for the integrative and complementary medicine. As a patient with a life-long use of the medical system (for Crohn's Disease, Osteoporosis, Breast Cancer and Intestinal Failure resulting in the need for permanent Home Parenteral Nutrition I am well aware of and extremely grateful for all that medicine has offered me . However integrative and complementary medicines have helped when conventional medical care could not - for example with pain, muscular skeletal conditions, improved immunity, improved nutrition and many other aspects of my overall healthcare.

It would severely affect my healthcare if I cannot access alternatives and also claim benefits on my private health cover.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:05 AM

To the Medical Board of Australia,

I support Option 1.

It angers me that the MBA are still so tunnel visioned in this world of toxic chemicals and chronic disease. I have survived for nearly 60 years without taking any drugs for any of my ailments. I am allergic to chemicals and turned to alternative treatments over 30 years ago to deal with my health problems - with NO side effects. I am very lucky to be interested and therefore knowledgeable about health and have been a laboratory and research technician. Having done my own research and learning about how the human body works, I will ONLY go to an integrative doctor. I do not want to be handed pills and be operated on unnecessarily. I wish to have the CAUSE of my symptoms treated, not the symptom. It is high time we had a herbal benefits scheme, because for me to remain healthy and free from pain, I need to take specific herbs. As a low income earner, my financial stress never ends. High quality fish oil and curcumin is all I need to keep my arthritis under control. But it costs me a lot because MBA prefers to make us sicker with toxic chemicals that cause toxic side effects and other health issues. What right does the MBA have to snub the best treatments for people who wish to stay healthy!? Wake up!! I will only see a doctor who knows how the body works and takes the time to treat their patients as individuals and not as malfunctioning machines.

I consent to publication of my submission.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I was a pedestrian struck by a drunk driver who mounted the footpath that I was walking on, I was hit at an estimated 70kms an hour. I started in the GP's office but the only thing they could really do was manage the pain with prescription pain medications. I was on high doses of a multitude of painkillers trying to find something that subdued my pain, being a lot of nerve damage nothing did. I was trialled on Targin which nearly killed me and from that moment my Dr made alternative suggestions. I ended up working with my gp, my psych, my ortho specialist, a physio, a massage therapist, an OT, an acupuncturist and my pharmacist. It was the gp that made the suggestions, he didn't give up on me when conventional medicine fell short he supported me and allowed others to assist in my rehabilitation.

I can walk, I can move my left arm again, I still have some pain and limitations but far less than before my Dr sent me to other people for a holistic approach.

Conventional medicine has limits and a Dr who is free to practice within their training is a good Dr. A Dr that realises some patients just need something different.

Removing this option will see people suffer, it will see medical costs increase as people become a strain on the mainstream system. While we clog up waiting lists instead of using other options.

Please keep the system as it is, I'm proof that it works just fine.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 3:45:31 PM

To the Medical Board of Australia,

I support Option 1.

I write in support of continued or improved patient access to Integrative and complementary medicine.

I began using complementary medicine in 1999 when conventional medicine was unable to solve the health issues of my family. I have since used integrative and complementary medicine along side of conventional medicine for myself and my family of 3 sons. Without the support of massage, Bowen therapy, kinesiology and nutritional support I would surely have been a high consumer of medications for anxiety and depression, pain relief and lowered immune issues. Early access to an integrative doctor in 1999 highlighted nutritional sensitive for my infant son that conventional medicine had no answer for. Complementary medicine plays an important role especially in preventative medicine and all doctors with an interest in this area should be supported to source evidence based research rather than penalised for looking outside of the square.

Many people choose to purchase and self prescribe nutritional supplements. Simply banning their use by doctors does not solve the problem ... in fact it probably makes it worse because people will become even more secretive about what they are taking, putting themselves at higher risk.

Many Australian universities are studying the benefits of nutrition and life style changes on our health. Integrative doctors are much more likely to take this current research back into the community, promoting preventative health care and alternative effective treatments when conventional therapies fail.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: medboardconsultation
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 8:24:40 PM

To the Medical Board of Australia,

I support Option 1.

I support option 1.

We live in a democracy and should be allowed the choice of where and what is done to us in regards to healing. Conventional medicine has its place but so do alternative medicine and practices. I personally have had many great results with complementary medicines.

I particularly believe in prevention more than the cure. A lot of alternative medicine practices do that. That is also good for the country's economy as fewer people develop worse conditions if the cause is found and cured early enough. The cost of health care is kept down and lives are healed at an earlier stage.

I believe in finding the cause of an illness and not masking the pain. I give as an example having gut issues and burping. Conventional medicine GP plugged it up with a tablet called "nexium". That with time reduced the lack of digestive acid in my body, further. My digestion got worse. I ended up with a leaky gut. Naturopaths corrected the situation and my gut is well now but it took some time with probiotics and some foods removed for a while from my diet and more digestive enzymes being added putting more acid in my system (not less) and my digestion improved. As one gets older the digestive acid can reduce. Conventional medicine did not help me in this instance as GP did not look at the cause and long term solution.

Another fabulous experience of alternative medicine in my life was Tibetan medicine. It was for altitude illness. Really quite amazing. This was taken when I was in my 60s! While in my 30s I had had altitude illness in Peru. Conventional medicine failed me. I was sick for 2 weeks. I especially asked for English doctor and conventional medicine but it did not help. Oxygen and rest and some tablets. 30 years later and altitude illness was totally handled with Tibetan medicine while I was in Tibet.

Over 1.4 million people in Asia use acupuncture for healing. Acupuncture has provided assistance with pain when I had a Masseur pinch a nerve in my neck. To relieve the unbearable pain, conventional medicine could only offer strong drugs that affected the gut badly. Both tablets offered were labelled poison and not to be taken for more than 5 days. One tablet had the side effect of gut lining damage. The other tablet offered to reduce the pain would give me constipation. I chose neither as my gut work had taken me so much time and effort to correct and I did not want the side effects such as these. Maybe for someone else in that situation with a stronger gut, the tablets could have been ok to use but I chose neither, knowing my situation. I used acupuncture and osteopathy with laser treatments. The issue was resolved without side effects.

My experience of complimentary medicine has been very good along side conventional medicine. Conventional medicine is fine with surgery. ..but I want to do everything possible not to need an operation. I applaud Integrative doctors. They are the future in my mind. They look at the whole being and get results and that is why they are popular with patients.

I believe we live in a democracy and should be allowed to make our own choices.

I am 73 and healthy but mainly because I use both systems of medicine.

I suggest that if a lot of people are using alternative medicine it is because it helps them. A great shame that MBA want to be a monopoly.

Are we going to an autocratic system ? Why? Could it be because the alternative systems are being more appreciated by patients than the conventional? and getting better long term results and hence the bigger slice of money?

Health care is a basic right and choice is a way of life in a democracy. Freedom of choice - thank you.

Sincerely

[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 7:41:49 PM

To the Medical Board of Australia,

I support Option 1.

In our family of 5, all five members have various combinations of the MTHFR Gene SNPs. All 5 of us suffer from a variety of autoimmune problems, an integrative approach to our health care has been crucial for our quality of life! To remove this option of medical care would be devastatingly detrimental.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 27 June 2019 8:10:43 PM

To the Medical Board of Australia,

I support Option 1.

I and my family have used chiropractors for years to avoid more serious issues developing. My father avoided back surgery with the help of a chiropractor despite doctors telling him he needed surgery to stop severe back pain.

I used a chiropractor to reduce symptoms and finally stop extreme pain from a trapped nerve in a disc. I also saw a chiropractor to help relieve pain and inflammation that caused my shoulders to stiffen after my GP diagnosed me with fibromyalgia but could not treat it. My husband, father and son have all benefitted from Chiropractic treatment when doctors and physio failed.

My daughter is in her 4th year of a 5 year Chiropractic Course at [REDACTED] University. What will happen to her if she is unable to find work once you cut off chiropractic as a choice for so many patients? Has she just wasted 5 years and thousands of dollars on a course that is provided at a government university and based on scientific evidence but is now not considered mainstream enough?

I also must explain that a GP in the northern suburbs diagnosed me with either fibromyalgia or Chronic Fatigue (his words) but told me I just had to put up with it, he had lots of patients with this and they just dealt with it. I was so disheartened by this, I never went back. Instead I went to a chiropractor and remedial massage to relieve some symptoms and then found a doctor (GP) who tested and treated the gut with diet and supplements and found infections of Babesiosis and Chlamydia Pneumonia and Mycoplasma and eventually Borrelia Burgdorferi (Lyme) . After years of treatment with antibiotics and naturopathy I regained my health. Without that I would be bedridden and unable to work as I was becoming with my old GP.

When a GP starts asking about diet and exercise and alternative therapies before they hand out the latest drugs and unnecessary surgeries I will believe we don't need alternatives.

Please retain the current settings that give patients choice to avoid more serious interventions and prevent symptoms from worsening. And consider the Chiropractic industry that has helped so many Australians and is backed by sound scientific evidence.

Complimentary medicines should be considered as an option for many people to avoid or delay more invasive and costly interventions.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Friday, 31 May 2019 9:45:22 PM

To the Medical Board of Australia,

I support Option 1.

I am a 58 year old woman with Rheumatoid Arthritis. With the expert advice of my rheumatologist and GP, I have been able to minimise the use of the very serious drugs used for arthritis treatment. The side-effects of these drugs are not trivial and there are evidence-based unconventional therapies available. I don't understand why my "expert" health care professionals should be unable to advise me about these therapies.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Monday, 22 April 2019 12:34:18 AM

To the Medical Board of Australia,

I support Option 1.

I support no change to the current guidelines; to allow freedom of choice and a more progressive , wholistic approach to interpretive medical treatment . I am 50 years of age and suffer from anxiety , as well as a thyroid imbalance, through wholistic medical treatment I am able to lead an active life supporting a mother with dementia and extended family needs as a mother and grandmother. It is important that my doctor regularly take my blood tests and evaluate my blood to keep on top of my energy levels and recommend treatments ; to prevent autoimmune complications and ward off depression; to have quality of life and not be a burden to my family it is imperative that I see a doctor who uses medical and naturopathic , dietary , and biochemistry knowledge and practices. Please do not allow fear mongers to limit the diversity of treatment available to Australians . Sincerely [REDACTED]
[REDACTED]

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Saturday, 15 June 2019 9:29:08 PM

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine for seven reasons:

- 1) I'm pro-choice. A lot of people want/choose/prefer integrative and complementary medicine and that should count for something.
- 2) Science/research is too slow when it comes to catching up on much that is ancient wisdom (mostly due to funding not being prioritised towards it).
- 3) Traditional western medicine is not the be all and end all - it is only one slice of a pie. Yes, an important slice, however, expecting it to function as a stand-alone is akin to shooting itself in the foot.
- 4) Integrative and complementary medicine can be and often is very scientific - lab reports over time can confirm the efficacy. Medical practitioners still have all their western medicine training and experience, so what's the issue?
- 5) Importantly, integrative and complementary medicine provides longer consultations. The current standard model of 10-20 minute appointments is woefully inadequate and asks the impossible of medical practitioners when it comes to treating the cause rather than the symptoms - when it comes to attempting to do anything much beyond pill-popping, arranging tests or referring to specialists. Much can be missed and very frequently is.
- 6) It has had a massive impact on my health and wellbeing (in fact, without it, I believe I would be dead).
- 7) Standard doctors do not have the knowledge, skills or time to assist me with health issues I have which fall outside the standard parameters. Without integrative and complementary doctors my health, wellbeing and quality of life would be unacceptably compromised.

Integrative and complementary medicine has helped me greatly, and many people I know. I could list dozens and dozens of examples, however, I will focus on just some key ones here.

- 1)
My elderly father suffered extreme, chronic hypertension and over the course of a few months was three times airlifted from country NSW to Sydney for treatment. When he later came to visit me I took him to see my integrative GP, who gave him specific dietary recommendations and said if he followed them, in six weeks his BP would lower substantially (also advised him to work with his doctor to manage adjustments to his BP medication). Sure enough, after six weeks, his BP dropped substantially and his medication had to be reduced substantially. When his doctor asked him what he was doing differently and my father told him, the doctor scoffed at it and disregarded it. As my mother was feeding him, she found it easier to eat the same things and reported some substantial improvement with some different health issues she was having with her digestion (as a result of radiation treatment she had years before for uterine cancer). My

father maintained the diet for about a year, and then slackened off it, resulting in his BP rising again. (And my mother's troubles also returned). So the dietary regime was reinstated. Please note the contrast in resources required between the former treatment and the latter. (I'm very grateful that the former exists for the times it is required.)

2)

I experienced a fairly sudden health crisis at age 40, which resulted in two ambulance rides to Emergency, each time for a few hours for tests then sent home again. I was then sent to have a heart stress test and then asked to wear a monitor for 24 hours. As soon as I was able to get an appointment, I went to see my integrative medicine specialist. He asked a simple question that nobody at the hospital had asked, that zeroed in exactly on the issue. He was able to quickly ascertain the problem and arrange a non-pharmaceutical remedy that he regarded as an urgent treatment to avert more serious heart episodes, or possibly even a heart attack. He advised that it would take a few days for my body to get back to normal. It did, the issue was fully resolved and has remained so for the 15 years since (and counting). Please note the contrast in resources required between the former treatment and the latter. (I'm very grateful that the former exists for the times it is required.)

3)

At age 19, I had been chronically unwell for months and consulted a doctor. He sent me for various, thorough tests (which in hindsight were excessive, avoidably unpleasant and not actually necessary). When he told me the results were all clear, I asked him, "what now?" (as in, to resolve my unwellness). He shrugged his shoulders and essentially said the tests were all clear, so nothing's wrong, can't help any further, end of story. He did me the biggest favour, as the outcome of that appointment compelled me to consider alternative medicine for the first time in my life. I made an appointment with a naturopath, who advised dietary changes and herbal supplements and told me I would feel a lot better within a week. The improvement was massive - I was so surprised and really pleased, of course. From then on I resolved to prioritise alternative medicine, and over time I evolved this to include an integrative/complementary medicine GP.

Over the 35 years since then, I have consulted various integrative/complementary medicine GPs (changes mostly as a result of moving to different states or regions) as part of an holistic approach, and this has had an incredibly positive effect on my life, longevity and wellbeing. I am a good advertisement for it. At almost 56 years of age I am my ideal body weight, BP is good, bloods are good, I look 10-15 years younger (surprises people a lot) and with the exception of antibiotics and painkillers for a tooth abscess 5 years ago, and antibiotics on two other occasions (when unavoidable, in 2000 and 2003), and an exceptionally rare Panadol (average once every 2-3 years) I have not taken any pharmaceuticals for well over 20 years (lost count after that). I'm aware that this would not make me popular with the pharmaceutical companies. Apart from an appendix operation aged 19; a curette after a miscarriage age 30; and an overnighter for the removal of all four wisdom teeth age 23, I have not spent a night in hospital in my entire adult life (38 years). I have throughout this whole time had health issues to deal with, however, they are not issues that standard doctors have the knowledge, skills or time to assist me with. Very fortunately, I've been wonderfully assisted by integrative GPs.

4)

With the help of an excellent naturopath and integrative GP, I had several lab tests done a few years ago that included gene testing that they suspected was an issue. The results did in fact indicate an issue with a particular gene, which they were then able to prescribe a supplement to create a workaround for the methylation process in the liver. I was advised the genetic fault came from both my parents. When accompanying my mother to her doctor's appointment I thought it would be helpful to advise the doctor that quite accidentally, I was able to pinpoint this issue for my mother's health (which is completely disastrous). When I advised what it was and suggested it be noted on my mother's medical file and factored into her treatment, the doctor looked at me like I was from outer space and said, "we don't go into all that here." That's code for, 'I don't know enough about it, it's too far left of centre, I don't have time, there are too many other health issues to deal with here.' And yet, from all the insight I have now, and what I see happening with my mother, I believe factoring this in would help her a lot. An integrative/complementary GP would be onto it, or open to it.

5)

I have observed many people around me over the years who have only consulted standard western medical practitioners. I have also observed many people around me over the years who have consulted integrative/complementary doctors and alternative health professionals. Hands down the latter are far better off. I've had a number of friends who were getting no improvement via standard doctors and I recommended my integrative GP and they had a clear improvement. (One friend who stuck with the standard approach has since died of 'complications from the treatment of Parkinson's Disease.' I can't prove it, however, my gut feeling is that if he'd utilised integrative/complementary medicine GPs he'd still be here.)

I am not anti-establishment. I am not anti-western medicine. I am pro-choice and as a direct result of my experiences and observations over 38 years, I am pro-holistic health approach.

Integrative/complementary medicine is an effective, reasonable, functional and increasingly accepted option that plays an essential role in Australia's healthcare mix.

If the MBA imposes restrictions on integrative/complementary medicine practitioners I believe this would be a serious mistake, detrimental to myself and countless others, and cause a massive setback and fall out for health treatment generally. It is no exaggeration to say it would increase pressure on the already overburdened health system and put lives at risk.

I urge you, fervently, not to change the current guidelines.

I consent to publication of my submission.

Sincerely,

A black rectangular redaction box covering the signature area.

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Wednesday, 26 June 2019 3:38:15 PM

To the Medical Board of Australia,

I support Option 1.

I am a healthy 69 years old on zero drugs maintaining my health mainly through the use of complementary medicine and practice. Over twenty years ago I was scheduled for a spinal surgery which I subsequently cancelled and turned to acupuncture and then yoga practice. My back is these days stronger than when I was in my forties. I use complementary supplements to stave off arthritis and colds with very good results.

Medicine should be approached in a holistic manner to combine current medicinal achievements with those well trialed and often gentler traditional methods.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Sunday, 30 June 2019 12:44:39 PM

To the Medical Board of Australia,

I support Option 1.

1. Only my nutritional medicine GP has been able and willing to investigate and treat my chronic fatigue syndrome condition.

I was in a bedridden state in 2004 and am now (2019) able to practice Pilates. However, I still need to take multiple vitamin and mineral supplements; do daily meditation; be careful with everything I eat and drink; and take as much exercise, and have as much sleep, as possible. The sort of individual-based treatment offered by this GP is becoming more mainstream (eg, in cancer treatment).

2. What is 'conventional' changes with time, and with acceptance of new and better practices.

So much of previously accepted medical practice has been shown to be ineffective and/or dangerous, but was blindly followed due to convention, and often unfounded trust in the PR of pharmaceutical companies and medical board. A case in point is the treatment of depression, as discussed in "Lost connections", by Johann Hari.

3. Empirical data as a basis for accepted protocols is a good policy, but needs to be constantly reassessed and reappraised. For instance, how much previous human research totally overlooked women, or teenagers, or diverse ethnic groups - but the results of the research is uncritically applied to all?

4. Expert bias (when experts in one subject presume to be experts in other subjects as well), is obvious to me in this proposal. Instead of resisting integrative medicine, the benefits should be examined with a view to determining best practice.

5. It appears that the proposers are looking backwards, not forwards, in the advancement of medical practice and promotion of people's health.

I consent to publication of my submission.

Sincerely,

[REDACTED]

From: [REDACTED]
To: [medboardconsultation](#)
Subject: Consultation on complementary and unconventional medicine and emerging treatments
Date: Thursday, 2 May 2019 6:28:12 PM

To the Medical Board of Australia,

I support Option 1.

If it weren't for my GP having an open mind and condoning my choice in complimentary therapies alongside the medication I use for my Rheumatoid Arthritis, my quality of life would be much poorer.

I consent to publication of my submission.

Sincerely,

[REDACTED]