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

To the Medical Board of Australia,

I support Option 1.

Please stop making our choices for us.  
You represent us, not control us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:10:28 PM

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To the Medical Board of Australia,

I support Option 1.

I grew up experiencing constant illness from asthma, bronchitis and allergies, taking multiple courses of antibiotics each year as well as many other pharmaceutical medicines to treat my symptoms. These medicines created many other side effects and conditions which I then decided to treat using complementary medicine practices, which helped me recover from the secondary symptoms as well as the original conditions. These approaches included naturopathy, homoeopathy and acupuncture, among others. Since then I have raised two very healthy children using the information I learned from my healthcare team, which includes integrative medicine practitioners as well as the practitioners listed above. I value the ability to select my own healthcare team using a combination of the medical practices that work best for me. I am the expert when it comes to knowing what works best for my own and my family's health and it is a matter of civil rights that we all be allowed to choose the right medical care for ourselves. Our medical professionals and allied practitioners must also be allowed to investigate, research and share cutting-edge information for the benefit of their patients. It is vital in our democratic society that this information is shared publicly and not suppressed by an organisation linked with pharmaceutical companies. These companies inevitably have a vested interest in restricting access to information about alternatives to pharmaceutical medicine and they must not be allowed to do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:37:05 PM

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To the Medical Board of Australia,

I support Option 1.

I use only complimentary medicine so if you want to make your nation sick than thats the way to proceed to stop it. Its just ridiculous.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 1:11:04 PM

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To the Medical Board of Australia,

I support Option 1.

I have generalised scleroderma and I would not be alive without a combination of regular and complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

people deserve choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 19 May 2019 7:25:12 PM

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To the Medical Board of Australia,

I support Option 1.

Why I support patient access to Integrative & complementary medicine

- \* Integrative & complementary medicine, Kinesiology has helped thousands of people with Autism, chronic illness and mental illness more successfully than traditional methods with long term sustainable results. Not just assisted a symptom.
- \* Integrative & complementary medicine Kinesiology, keep mine and my family's health at a high level reducing the burden on the Aust Govt and Medicare.
- \* Integrative medicine and Kinesiology work to resolve health issues from the root cause as well as preventing illnesses.
- \* Integrative practitioners not being able to practice will mean greater burden on the health care system with more untreatable illness. We already have an over burdened system. Australia can't afford a higher burden.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:42:08 AM

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To the Medical Board of Australia,

I support Option 1.

Wellness seems to be reduced to disease management (the management of dis-ease) for the herd. Wellness is promoted by achieving our best epigenetic expression, all complementary modalities offer means to enhance our epigenetic outcomes.

Globally, technology is changing exponentially, the ability to extract wellness and longevity enhancing understandings for public health and the management of end of life conditions requires the broadest data set with the broadest range of modalities running from conventional allopathic outcomes to those from the complimentary modalities in the data set. One can not say what will be revealed by big data, but limiting and distorting the data set by excluding modalities precludes scientific discovery.

In this era of public health directed to managing the public herd to the benefit of the herd rather than the individual it is important to allow the data set to contain these alternative results for better or worse for the individual making the choice. The small fraction of people accessing complimentary therapies should be allowed by the state to make their own choices for themselves and their families. This is to the benefit of the herd, perhaps reinforcing the allopathic standard of care with its ever more tightly prescribed codes.

Perhaps "The art of medicine" can be diminished to a mere mechanistic world view at a time when the research is showing the huge disease and wellness interplay between lifestyle, nutrition, sleep, exercise, massage, the gut biome, the human genetic Snps. Clearly the epigenetic factors driving gene expression are key to our wellness. These complementary modalities provide epigenetic pressure to enhance the wellness of the herd, why would this be restricted, it decreases wellness and drives up social and economic cost.

With stem cell interventions, implantable devices, laser devices, light therapy, nutritional genomics, AI DIAGNOSIS ROUTINES, HBO therapy and Internet education and awareness of our individual responsibilities on the forefront, why prevent the herd from accessing the future, by attacking this entire complimentary world view. This is not a competition for our wellness dollar surely?

I am a consumer of many complimentary modalities. I need them they have a great record with my personal experience of wellness. Eventually there will be no practitioners, they will be economically starved out of practice. They will have to recognise the futility of their former practice. They hopefully will get their Centrelink benefits for following a career path no longer sanctioned, they will be made redundant socially and personally. An assault that we are fighting here and with increasing frequency will eliminate training of complementary practitioners, it will eviscerate the dwindling number of complimentary practitioners, for which person can make such a career choice against the herd. Individuals will have no choice but to

burden the public health system with demands arising from disease that emerges from lack of timely complementary epigenetics management. Prevention is better than cure.

Public health is not infallible and elimination of choice for individuals is not something required by government fiat, people are intelligent. Was this an election manifesto, perhaps I missed the issue.

The many vested interests and commercial agendas that benefit from reducing consumer choice and promoting products, protocols and procedures within their control, not always to the individuals benefit.

Bioceudicals medical conference in Sydney in May 2019, featured Dr Dale Bredesen showcasing his reversal of Alzheimer's disease with his integrative and functional medical protocols. Dr Brandon Brock showed his success with the treatment of inflammatory conditions using his integrative approach and all the tools of allopathy and complementary therapies. Last year DR TERRY WAHLS was onstage on her own feet describing her functional medicine journey of recovery from late stage MS. Professor Y Schoenfeld elucidated autoimmune unwellness and the integrative practices across many modalities that returned wellness. We have all seen the work of Dr Dean Ornish, integrative, allopathic and complimentary to return wellness to cardiovascular challenged individuals. [REDACTED] in Sydney, using integrative practice to return wellness to Sydneysiders and rural Aussies alike. Peter Diamatis with his Singularity University leading our thoughts on exponential change and emerging understanding for wellness.

I agree that this medical censorship by government is an 'invasion of civil rights and academic independence'.

Who is driving this restrictive agenda and to what end and why today? Who is the one with omniscience here early in the 21st century before the Singularity in 2030. Omniscience will come with the Singularity.

Take up this narrowing of choice later, perhaps in 12 or 14 years when you have more understanding, more power, not now. This attack on integrative practitioners and Complimentary practices is wasting valuable social energy when energy must be put into reversing Alzheimer's, dementias, autism, autoimmune conditions, diabetes, obesity, heart disease and other chronic illnesses of modern society before the economic cost overwhelms the economy. Without successful action the whole society could be consumed with caring for these sick citizens. It is time for all practitioners of wellness to unite and work on the elephants in the room.

Maintain and expand choice and pay for it within national health systems. Keep the complimentary wellness sector supporting AUSTRALIA.

One day soon, as you age, you too may benefit from the complimentary modalities you supported and grew, reversing this dark night of government over reach, the nanny state.

Thanks for your attention and interest, please do put AUSTRALIA to work on individual wellness, for the sake of the herd.

I consent to publication of my submission without my name.



Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:25:13 PM

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To the Medical Board of Australia,

I support Option 1.

I strongly oppose the proposal to restrict the practices of Integrative Medical Practitioners, and thereby the health choices of their patients. My family, friends and myself consider this approach to health care to be the best of both worlds. Where possible we prefer to avoid the use of pharmaceutical drugs, but are so appreciative of the ability to be guided in the use of other options by a medically qualified practitioner. We consider it an unnecessary infringement on our freedom to make our own health choices, as well as posing a significant threat to the reputation and practices of University trained health professionals such as Chiropractors and Osteopaths, as well as traditional health care providers such as herbalists and acupuncturists, all of whom have gained the long standing respect of their patients because of the significant health improvements experienced by them. Please honour and respect the freedom of all health practitioners and their patients to work together to achieve the best possible health choices and outcomes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 11:41:42 PM

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To the Medical Board of Australia,

I support Option 1.

Having endured a set of chronic symptoms for many years, I have attended countless GP and specialist consultations, numerous expensive and invasive diagnostic procedures, a frustrating lack of answers, no specific diagnosis and most definitely no identification of the underlying cause.

This has led me to seek out integrative medicine which offers more time to listen to history and symptoms, a more holistic approach, more sensitive and targeted diagnostic procedures, treatments that treat the underlying cause and the choice for natural alternatives for getting and staying well. The choice to access integrative medicine is vital for me and for my family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 6:39:18 PM

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To the Medical Board of Australia,

I support Option 1.

Complimentary medicine has been around for years and has help many people. I've found acupuncture to be very beneficial and people should be given the choice in the care the prefer to have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:22:13 AM

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To the Medical Board of Australia,

I support Option 1.

[REDACTED]

Hi. I have had past issues with my health that have not been diagnosed correctly by regular GPs.

Integrative and Complementary treatments have been the only way I have managed my health. With a GPs training and knowledge coupled with the added benefits of 'alternative' treatments there is a wonderful option to get the correct treatment required.

Please don't take away our choices when they are so affective. I won't go to GP who has not got a wider alternative knowledge of treatments available.

Keep our choices - it is our right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:32:20 AM

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To the Medical Board of Australia,

I support Option 1.

Please do not take our choice of doctors away. Let the conventional and alternative choices be available to everyone- we can make our own choices. I rarely go to a conventional doctor and rely on natural therapies and alternatives to help me keep myself healthy. If the two could work side by side there would be a lot more people going to those doctors who offer choices instead of having to go to the Doctor who would only offer conventional medical products. My health has never been better and it is only due to all the amazing treatments I have had using the 'alternatives'.

We should be able to choose who we trust with all aspects of our health. Doctors who have knowledge of both treatment aspects using conventional and alternative would make our choices easy and we could go to these passionate doctors and practitioners with confidence that they will respect our choices.

Please let us make our own mind up how we want to handle our health and let the two modalities work together.

We need more passionate doctors who can look after us and this will ensure that more of us will go to doctors who offer the alternative choices as well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 8:24:56 PM

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To the Medical Board of Australia,

I support Option 1.

Natural medicine has helped turn my life around it is and should always be the right for any one to assess and natural medicine!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 12:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It's about my health and my choices ..I have used natural therapies for 30 years when needed through my qualified naturopath/ nutritionist he is excellent and I have never had a side affect from the natural medications but I have had lots from pharmaceutical medications making me sicker that when I went it . My naturopath sorted this out for me. I want the health funds rebates installed for natural therapies...how dare you do this as far as I am aware we aren't in a communist country who dictate your life...and the medical board need to STOP copying the USA with there crazy attitude to health and the government dictating what you can and can't do. In one word INSANE why does this government think this is ok. I find this very distressing as I can't see what the purpose is...the medical world need to make changes and get on board that people aren't happy with pharmaceutical companies as some medications are totally toxic especially Anti depression...makes people sicker I saw a friend go through this and the medication led to suicidal thought which they didn't have. My journey with natural has been fixing up medical blunders and I am healthier for it. I am sick of the medical world putting natural medications down and saying there is no scientific proof...there is, this is how herbal and homeopathy medicines started in the natural form until pharmaceutical decided money can be made from this ...wouldn't it make sense to get natural therapist ,integrative doctors, nutritionist, naturopath and other Allied health professionals together and brain storm better health options that people want instead of making it harder for these holistic professional who do a great job. I have had to change GP as these don't listen to you and only want to spend 10 mins on your health how is that working ...it's not. My fantastic naturopath [REDACTED] works with you and always checks if you are taking other medications never had a clash. He is brilliant he would be a great person to have on your committee to getting this right. In my opinion the medical world needs to change and get on board that it's not just treating the symptoms and masking it with drugs that don't work and give you other symptoms that you didn't have, it's about finding the cause and fixing it. the medical world needs to realize that we need more than just a script it's about your diet, stresses, preventive medicine, Physio, osteopath ,Chiropratic, natural medication it all has a place. The medical world has a place it's done some great stuff, but it needs to change. Stop feeling threaten by the natural world and learn something that makes you a better practitioner. Isn't and shouldn't it be a better health ...and choice...holistic is the way to go.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 9:45:08 AM

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To the Medical Board of Australia,

I support Option 1.

We have had a long road to recovery with severe mould exposure to our entire family. Mould is now being called the new asbestos. It causes many problems. None of the GPs or specialists we saw were able to help us at all. No one looked at the cUse of our daughter's symptoms and just told us to put cortisone cream on her (head to toe!) and that she was just highly allergic and she would have to live in a bubble.

Thankfully, I listened to my gut and due my own professional background (specialist orthopaedic physiotherapist) I realised that I just had to find the right person with the knowledge to help us. After many different practitioners, we were able to piece it all together and without them we would have one sick kid. But she isn't sick, she is so healthy because we went pretty extreme to get toxic antimony out of her 2 year old body. Mainstream medical providers had no idea what to do with this information which I discovered through a naturopath with toxicity testing.

Please understand the value of thinking outside the box which "alternative" practitioners do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 11:26:48 PM

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To the Medical Board of Australia,

I support Option 1.

Integrated and complementary medicine has supported my lupus journey in aiding a much healthier option to high potency medication. Use of all practices available to my wellbeing is my choice and has resulted in a MUCH reduced financial burden to the community. Let me have my choice please!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:33:08 AM

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To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrated health care and complementary medicine.

Integrative health care enables practitioners who have studied nutrition and wellness to address the cause, to build the body up so it can do what it's designed to do, fight disease. At the same time it avoids where possible toxic and often harmful drugs that may cause lifelong issues or lead to the need for a cascade of other drugs to treat various side effects. This is all very lucrative for the sickness industry, drug companies etc, but is blowing out hospital budgets at the expense of taxpayers.

I have always invested in preventative health and see an integrated GP to address dis-ease. For example, I had a diagnoses of sarcoidosis and the skin specialist's recommended treatment was cortisone. I sought an alternative approach and was prescribed a range of complementary therapies. The condition was not visible within a week and has never returned. Practice that looks at the body's function and systems, investigates causes, and recommends quality complementary medicines and other therapies, is a logical, wise approach and must be available to those who choose this path.

Not allowing patients this freedom is akin to a dictatorship supporting the powerful drug industry. Drugs address symptoms but typically not causes, so should be one option when needed, but not required. Taking away people's freedom to choose their health and wellbeing path would be devastating for society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I think it's absolutely ridiculous that this would even be considered.

Doctors and Patients should have the right to choose and receive a full diagnosis based on all therapies that have evolved based on new technologies and ancient knowledge. What's the aim of removing this choice? It's in our constitution to have freedom of choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:17:27 AM

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To the Medical Board of Australia,

I support Option 1.

People should have choices - that is what informed consent is about.  
I would rather my Dr be fully informed and give me alternatives than  
use Dr Goggle

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:15:34 AM

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To the Medical Board of Australia,

I support Option 1.

I am intelligent enough to make my own health choices. Taking away my right to integrative medicine is totally unacceptable and a step backwards in my opinion.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Please allow us to have choice of care whether prescription drugs or herbal medicine, they can work together!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:21 AM

---

To the Medical Board of Australia,

I support Option 1.

Free choice,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 8:11:36 AM

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To the Medical Board of Australia,

I support Option 1.

I don't believe that all illnesses can only be cured or alleviated with modern medicine which is already majorly compromised by pharmaceutical company marketing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 5:06:06 PM

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To the Medical Board of Australia,

I support Option 1.

Prevention versus cure makes more sense economically. People who generally use integrative medicine are trying to get healthy or remain healthy. Why are they being penalised financially? Diabetes and heart disease are lifestyle diseases and Australia's biggest killers. Integrative medicine works to create and sustain healthy lifestyles.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:11:58 PM

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To the Medical Board of Australia,

I support Option 1.

My health, my choice. I believe in integrative and wholistic medicine which includes natural and nutritional advice. Herbs, minerals and vitamins. Chinese medicine and other holistic care. I don't know where I would be without it. No diagnosis and no help. Thankyou for the integrative Dr's who have treated and supported me along the way where mainstream Dr's were unable too. They are so important for supporting a healthy lifestyle and better health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 1:11 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I argue strongly for maintenance of the current guidelines, which allows for serious consideration of complementary and alternative medicine in alignment with traditional medical practice.

Having worked for years as a research manager in a medical faculty of a Go8 university, and as the child of a (now retired) nurse, I have both awareness and deep appreciation for modern mainstream medicine. It has saved or extended both of my parents lives. My child is part of a clinical trial to test the efficacy of meningococcal vaccinations. These are indications of the high esteem in which I hold modern mainstream medicine.

However I am also aware and have a deep appreciation of complementary and alternative medicine as a part of medical practice. The NHMRC itself has contributed massive amounts of research funding to this aspect of medicine, reflecting a recognition of the potential of these avenues.

My own most significant direct experience with treatments threatened by the proposed changes involves chronic ankle pain from an old injury: daily pain, to the point I am frequently woken by it at night. Months of physiotherapy, undertaken over the years, has failed to improve function or pain. The only long term treatment is surgery. However surgeons have advised this will not cure the problem: only minimise further damage, and \*hopefully\* reduce the level and frequency of pain. Then there's the waiting time to have the surgery in the public system, my existing PHI insurance leaving a gap of over \$6,000 for private surgery, which my family cannot afford.

Fortunately, I have found that osteopathy has made a significant (and unexpected!) improvement to my pain levels. I have also found that a herbal-based anti-inflammatory cream has benefited (again, unexpectedly: I was quite the cynic!), which is particularly welcome as I am currently pregnant and prone to liver issues, limiting other traditional anti-inflammatory and analgesic options.

And then there's the risk of these proposed changes alienating patients to the point of profound avoidance or aversion to accessing standard medical practice, which should not be underestimated.

Based on my own experiences working and growing up in traditional medical practices, combined with my personal health experiences, I strongly believe the proposed changes to guidelines would be detrimental to the quality of care provided by medical practitioners to Australian patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:12:34 PM

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To the Medical Board of Australia,

I support Option 1.

My brother and niece will have to seek treatment in another country for Lyme

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I use integrative doctors and their therapies because their treatments supports the body's natural healing mechanisms and looks at the underlying cause of disease process and dysfunction. Allopathic medicine treats the symptom and not the underlying cause. And most of the pharmaceutical drugs have several and at times, severe side effects , sometimes irreparable side effects. I have had personal experience with the integrative doctors , with my hashimoto thyroid disease. I always consult integrative doctors whenever possible. Plus it is about choice. The right of the individual to choice his health treatments and journey.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:32:41 AM

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To the Medical Board of Australia,

I support Option 1.

Hello, integrative medicine and complimentary practises have helped cure my daughter of OCD, by gut testing and treating a strep overgrowth. My other daughter was cured of eczema when a conventional doctor only had steroid cream to offer (a band aid solution). I am currently seeing a naturopath as I weaned myself off medication for anxiety, and then the anxiety came back in a bad way, coupled with depression. I did not wish to be on medication anymore so I am under a naturopaths care and I once again feel fantastic. Please do not take these options away, people have the right to choose their own healthcare, as sometimes the conventional system comes up short when getting to and fixing the root cause of problems.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

Thanks for giving me the opportunity to register my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 1:58:21 PM

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To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I support Option 1 to leave the current guidelines as they are. It took 3 years for my complex condition Chronic Inflammatory Response Syndrome (CIRS - biotoxin/mould illness) to be diagnosed because I had many complex symptoms. See Dr Ritchie Shoemaker - surviving Mold website in the USA for more info on the condition.

An Integrative Dr diagnosed me with CIRS and since then my health has dramatically improved using a combination of both prescription drugs and vitamins. Lucy Wicks (Gosford MP) recently presented a report to parliament on biotoxin illness given she suffers from it herself.

To remove the right of patients to see Integrative Dr's who get to the bottom or cause of patients health conditions would be draconian. Europe and the USA have Integrative Dr's so why would Australia be any different?

I am happy to pay the extra to see these Dr's given my condition is so complex and requires more than the regular short GP consultation time period. Regular GPs have never even heard of my condition.

Make no mistake, pharmaceutical drug reps sell to regular GPs and most of these drugs merely mask the condition and do nothing to treat the underlying cause of the disease.

Please maintain the status quo as it is. Why change what is working - it would be madness and patients would be forced to travel overseas for care.

Thanks & Regards,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 12 May 2019 7:43:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped me by correctly diagnosing a chronic health problem which "conventional" Drs missed for years, and healed within months by prescribing a mix of natural herbs and supplements that have a high history of safety without the known side effects of its pharmaceutical alternatives. The new guidelines proposed by the MBA will take away Dr autonomy, increase risk to patient safety, while costing the government more money via inadequately treated chronic health problems and iatrogenic deaths via pharmaceutical misuse and overdoses. This plan for change is an obvious push by those with an agenda to keep Drs compliant and controlled by drug companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:27:59 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine. Conventional medicine does not have all the answers.

Naturopathy, Massage, Chiropractic, Osteopathy, Bowen Therapy and Reiki have given me my life back. Vitamins also made a huge change to my well being.

The government is being closed minded in denying the value of these worthwhile therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:57:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Without vitamins, Bowen therapy, chiropractic treatment and a naturopath I would be spending my days in bed. Three Ear, Nose and Throat specialists told me they couldn't help me and I'd have to live with the vertigo which plagued me.

Well ten years using those so called alternate therapies I am mostly well and working.

Don't be so blind and led around by pharmaceutical companies money. Look to people's health and freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 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.

People should be entitled to all treatments options available. We are all grown up enough to make our own choices about how we want to be medically treated.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:56:05 PM

---

To the Medical Board of Australia,

I support Option 1.

We need a choice. We need doctors which can advise on holistic principles without being prosecuted or frightened. It is a free country and educated people like doctors should be able to give advice on the basis of their education and experience, not on the government 'guidelines'.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am writing to express my concern at the proposed changes to the guidelines around use complimentary medicine. I have lived with chronic illness my entire life, I have been to many doctors, many of whom have not been able to help me at times when I have been so ill I have been unable to work for long periods of time. It is only because of doctors who have been able to take the time to do a thorough assessment with an understanding of health through the lens of nutritional and complimentary medicine that my health has returned to a place where I can now again engage in full time work with the continued support of my Integrative medicine doctor. If this support is taken away, I and many others will no longer have the choice of accessing those doctors who are actually capable of helping us, our health will deteriorate and our ability to be productive members of society will be severely impacted. Not to mention the flow on impact that our chronic health has on our families. Please, if any changes are to be made, let it be in the direction of broadening the access to integrative medicine doctors and the treatments (vitamins, minerals, and other herbal supplements) they use to help so many who would otherwise have no where to turn, not towards restriction of access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 7:35:11 AM

---

To the Medical Board of Australia,

I support Option 1.

There are reasons we're not all given the same medication and dose and that's because we are individuals with separate cases and issues. No 2 people are ever the same. As I believe medication definitely has its place in health care so to does natural remedies. This is the choice of each and every INDIVIDUAL to make which they cannot if you choose it for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:47:32 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

In taking care of my own health, and not being a burden on the health system, i use natural medicine and supplements.

Integrative treatments are important, as it looks at the whole person, and is not taking a band-aid approach.

I have personally used integrative and complementary medicine in many ways to maintain my health, including conception of my child.

With natural medicine, there are very few side effects, and they work, allowing doctors more time with patients who really need it.

Restrictions on integrative practitioners means that there will no longer be holistic care available from registered professionals who are educated in holist treatment.

It is my choice whom i see to help me in taking care of my own heath.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

A Question for the medical board.

Do you really care about the people? Because if you did you would allow integrative healthcare to continue. Thousands of people have had benefits from integrating other healing modalities with great results. And might I also say have been healed from their conditions that pharmaceuticals would not have allowed.

So I ask you again

Do you really want people healed or do you just want to control the masses and have them sick in hospitals that can't cope, clogging up the system.

Give people choice. You have no right to take that away. Until you yourself are faced with an illness that you struggle with and is not improving, then you will understand what people are going through and I'm sure you would also seek out alternatives just to be well again. Good health is a right NOT conditional.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:45:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I use many complementary therapies and believe I am less of a burden to the overall MediCare Australian System because of my commitment to my health via integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:30:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Medical stuff doesn't always work as we are all somewhat different in many ways. My DNA says I have a Very High Resistance to TB. So I probably didn't need that vaccine at high school. One treatment won't affect every person on the planet in the same way. People have allergies that don't get tested for. I want my doctor to be free to advise me of other possibilities instead of a one pill fits all approach as I have personally integrated other things into my life to improve my health and it's totally helped MORE THAN ANY DRUG.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 9:34:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Both myself and many of my friends have been successfully treated through integrative medicine. It has been particularly helpful with many many children with Autism diagnosis. This is a condition that is getting out of control in many countries specifically because mainstream medicine is unable to provide answers. I have seen evidence of cures and large reductions in symptoms of ASD in multiple children after seeing integrative medical practitioners.

Personally, I have had multiple issues all my life and very few have ever been explained by mainstream medicine. I have been to many GP's since childhood and all have said my symptoms are either unexplained or they have given me the incorrect diagnosis. Only integrative medicine has been able to identify and diagnose my issues through pathology and then treat my symptoms and work on the cause of my issues through supplementation. If I did not see my integrative GP both myself and my son would be very sick. My sons issues have also been addressed successfully through integrative medicine where mainstream healthcare has been unable to provide solutions. If the MBA imposes the proposed restrictions on integrative practitioners, i will no longer be able to work, look after my young children or contribute to society. It is a matter of both my son's and my life. We would not live a normal life without these medical experts. I will end up bed ridden and we will both have multiple chronic conditions as a result.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:36:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I write to express my concern about possible changes to people's right to choose their health care. Taking away options sets a dangerous precedent. Individuals and families have the right to make their own choices about what works for them and their families. I have used homeopathy for years. It is inexpensive, has no side effects and is highly effective. For a government/agency to decide I should not have this option is a denial of my human and legal rights. I have the intelligence and ability to make informed decisions about my healthcare and feel very strongly that this should not be interfered with in any way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 11:41:15 PM

---

To the Medical Board of Australia,

I support Option 1.

My family are all allergic to medications, we have many injuries from vaccines and other medications, it has all but destroyed us. We are not able to tolerate general conventional treatments. Please do not take away our choice for wellness. Life is so difficult for us as it is.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 4:44:23 AM

---

To the Medical Board of Australia,

I support Option 1.

If people were restricted in choice of alternative health treatments, many would deteriorate and die. We would go forward to a dark age of slavery while we are forced to make Big Pharma even richer and more powerful.

If their medicine were that good, it would stand alone and not need to be forced on people.

This kind of ruling would only be made through complete ignorance or evil greed.

Please allow us informed consent and freedom of choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 9:23:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it is important to have a choice between conventional medicine and integrative medicine. I suffer from several allergies and had been taking antihistamines daily for 15 years. Now thanks to my integrative gp and a variety of vitamins and complimentary medicines I no longer need the antihistamine and my allergy are less of an issue

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:38:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I am against restrictions on integrative drs as they have helped me greatly when the standard GP approach failed. We should be encouraging new approaches and teachings so that we can learn more about the “too hard basket” patients like myself, of which there are many.

Been told it's all in your head and you need anti depressants is not good medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I suffered for years with gut health issues. Conventional medicine had me medicated to ease the symptoms. Never once was I tested to find the cause.

I was feeling better but never getting better.

Alternative medicine got to the cause of the problem and I've reclaimed my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:02:22 PM

---

To the Medical Board of Australia,

I support Option 1.

It's my body, my health, my choice! But out! Stop your brain washing campaign, your only concern Is \$\$\$, not my health. People are waking up to the MBA hidden agenda.

Give people back their power to choose, stop controlling and brain washing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:17:40 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a debilitating condition that conventional medicine alone was not helping. The addition of natural substances and therapies have made a positive difference to my health. My doctor has been very helpful in keeping me stable, which would not have been possible without osteopathy and nutritional supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I support a trained medical practitioner to offer advice on all types of medicine which are natural. They are fully trained to prescribe pharmaceutical style medicines and have no incentive to recommend natural products except a patients wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 5:06:37 PM

---

To the Medical Board of Australia,

I support Option 1.

For the past 8 years both my husband and I have sought alternative treatment for fertility issues and various health problems that were deemed “incurable” or “unexplained”. Through various therapies including kinesiology, acupuncture, chiropractic, Chinese Medicine all of which had their own special supplements etc that helped us on our journey to health and wellness. Now with my daughter we choose alternative medicine and she is a healthy, thriving little girl. No one has the right to make the decision of what is right for our family. It is our constitutional right to choose what is right for us at any given time. Yes, there is a place for antibiotics and conventional medicine - but not all the time and it is also not always 100% effective and can have a myriad of side affects. We choose therapies that support us in our journey to health, that is non-toxic, non-invasive as often as possible.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:42:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary, holistic and herbal medicine should be freely available to those who choose to prescribe to it. Do not change the guidelines to disallow this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

integrative medicine has been a life saver for me throughout my fertility problems. I spent 5 years trying different ivf clinic pharmaceuticals which all failed. I then decided to try complementary medicine and acupuncture and have successfully had two pregnancies after my treatment. Not only did it help me conceive but it helped completely rid several health issues including nerve pain in my neck.

I was also diagnosed with a horrible parasitic infection after travelling to India years ago. After microbiologists and gastroenterologist unsuccessfully were able to treat the infection the microbiologist suggested I tried herbs and they worked and I was cured. Please do not disregard these treatment or put restrictions on them. As a medical practitioner your job is to find a suitable treatment that works for each individual. Complementary medicine gave me a chance to be a mother - allow others to get this chance too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 12:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe medical field should be an intergrative approach to health prevention and wellness of a patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 9:37:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to advise that I strongly support no change to current integrative and complementary medicine guidelines.

If I did not have integrative health in my life I truly believe I would be very sick. After having my daughter my regular gp did not reduce the thyroid medication they had increased through pregnancy. At my 6 week check up I mentioned how full of energy I was and how tingly my skin was. I now realize it should have been obvious what was happening. I then got very sick, had massive pain, heart palpitations, my gall bladder was removed after numerous hospital visits, I was in more and more pain and could no longer stand for more than 10 minutes at a time. My GP said it will take 6 weeks, when it got worse it became 2 months, then 3 months etc.

At that point I was sick and terrified and it led me down the integrative health path. Through diet and other options I am now fine, that would not have happened without help outside our standard medical system which was failing me.

People have a right to choose their own path. Standard medicine fails people as it does not treat the cause of a problem only the symptoms so we need an option to use in alignment with it that is also treating the cause.

Please do not change guidelines when current ones work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:27:16 AM

---

To the Medical Board of Australia,

I support Option 1.

It is essential that we have freedom of choice of which medicinal path to take, whether mainstream, integrative or alternative. Each of our bodies work differently. Some of us work best with mainstream, others best with integrative and others best with alternatives and therefore we must have all three options available to us to choose what's right for us! To prevent this choice would mean going against the whole purpose of the system for aiding people's health and well-being and will only enable enhancement of health for some and degradation of health for others. We need a all round healthy community to be a successful community!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 2:35:14 PM

---

To the Medical Board of Australia,

I support Option 1.

After years of being sick with recurring UTI's, Chronic Fatigue, POCS, and feeling generally unwell. I saw my first integrative Dr in [REDACTED] NSW in my early 20's (over 20 years ago) and from this day I never looked back. Not only did I have my health back and feel well again for the first time in years. I will always seek the advise of a Dr but believe a Dr should be able to prescribe complementary medicine when this is in the best interest of the patient. Let's not take a step back in modern medicine today there is the space for Dr's and Complementary medicine to work together.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:41:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe we live in a world of integration. Many ancient cultures have answers to things we have not yet even asked the right questions about in modern medical science. There is a place for all modalities without a doubt.

Integrative medicine has helped all our family. Our daughter is on the autistic spectrum and the integrative approach has taken her from being unable to learn to having an enriching school life.

We have worked with integrative doctors with our small children to work on clearing parasites so as not to give their little stomachs antibiotics. This enabled them to be more alert, aware and able to learn also.

As adults both my partner and I have had benefit from integrative health care for many illnesses, genetic issues, fatigue, food allergies etc. There is no end in sight as to the place for integrative medicine in our life.

We love western medicine as well. They all have their place.

As we grow in our intelligence as a country I honestly though we would be opening our world to more wisdom, not narrowing down to one model fits all approach.

I do hope you leave things as they are for all of our health needs.

Many thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 11:39:21 AM

---

To the Medical Board of Australia,

I support Option 1.

I have the right to choose MY healthcare. I find a combination of mainstream and alternative medicine has always worked best for my chronic conditions. I have the right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 8:38:29 AM

---

To the Medical Board of Australia,

I support Option 1.

My integrative GP has helped me immensely more than my regular GP for the specific condition that i had.

My regular GP couldn't help me, their only solution was medicine with nothing else and no investigative tests.

After doing those extra tests through my integrative GP I discovered that there were many imbalances in my gut and therefore had to have a specific antibiotic prescribed for me alongside other more natural remedies to help build my system backup to healthy, my regular GP would not have discovered this and I would have never discovered the root cause behind my problem and began a road to recovery.

Having intergrative GPs available keeps people safe from self diagnosing using the internet and self prescribing vitamins and other practices.

If it is decided that integrative Gps are limited in their practice it just proves that the big drug companies are money hungry and care nothing at all about the people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:49:03 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

It is very important to me that the right to choose holistic health care is not taken away and remains a choice! We have a right to choose and doctors the right to offer alternative therapies. Western medicine is not the be all and end all. In fact it has proven time and time again that it is too invasive and too aggressive for everyday health concerns. Truly it is a last line of treatment for serious conditions. On the other hand holistic health care and alternative therapies continue to prove themselves to be very helpful and effective for many health concerns, minor and major health issues and preventative medicine as well as maintenance of well being. We have a choice! And the government has no right to take it away. Very disappointed this is even being suggested, are we going backwards to the dark ages? No we are moving forward and learning to gently heal and maintain health on all levels. I highly support option 1 and will be personally very disappointed with the health system if freedom of choice is not upheld.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 5:50 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is important for GPs to offer patients other complementary services too as conventional medicine unfortunately not always can help or can be used alongside conventional medicine to enhance results or help with side effects. Also patients should be able to choose other therapies such as homeopathy, acupuncture or osteopathy etc. Health board would save money by allowing complementary therapies. For example, all my family (both adults and kids) have been using homeopathy and acupuncture for the last 10 years and haven't taken any conventional drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Long ago I gave up going to my GP for general health support. There was no advice! Only a big gap bill. I pay top level private health insurance, and cannot get dietary advice or specific care eg- for my thyroid disease. The answer is always take a higher dose of thyroxine.

My health is not improving under a straight GP. However, the Ayurvedic dr I go to, who prescribes various herbs and minerals and looks at my overall health has had an immediate effect on my health, weight and general well-being. In the past I was able to see an integrative GP/Ayurvedic Dr who helped me get the best results. She was very competent and I felt very safe. This is the best type of medical attention.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:35:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had many doctors use acupuncture, herbal remedies and recommended complementary therapies to help for my physical and mental health. As well as my physical health. In particular acupuncture was recommended by my doctor and this was a pivotal therapy used when i was diagnosed with Bells Palsy. Even the hospital nurse and doctor advised this was a recommended treatment option for nerve damage.

I have many friends who work with integrative practices to help with mental health and physical ailments. Often when traditional medicine is unsuccessful or stopped working.

Most GPs i have seen have not had anything else to offer and usually only want to provide perscriptions even when they cant say confidently what the nature of the problem is or what lifestyle factors might be involved in healing or what needs to be avoided. In 10 minute consults doctors often ask few questions and spend most of the time, taking temp, blood pressure and using a stethoscope. Its pretty routine and ive been misdiagnosed multiple times over my life because of the time pressure doctors operate under.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 12:52:33 AM

---

To the Medical Board of Australia,

I support Option 1.

I need and want to have the freedom to choose what suits me and my family, I do not take medication I only get what is needed in the natural and chemical free, and since big pharma is killing us with by supplying chemicals that fix one thing and create more illnesses in our bodies and yes it is all about the money the more sick they make us the more \$\$\$\$ they make, we are not all stupid yet our so called government is just playing puppet to big pharmaceutical company, let us keep the little bit of freedom we still have to choose, please thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

I do not support the proposed changes that limit patients from accessing complementary and integrative medicine. Seeing as they are deemed safe, I don't see why restricting access is in the public interest. There is so much to a person's healing journey, and by combining modern medicine with alternative medicine, we are giving ourselves the best chance to heal from the many chronic illnesses that plague our society today. It makes sense that one can choose to see a doctor who integrates both these approaches. I cannot see any benefit for the patient by removing this access. A number of years ago I struggled with many chronic conditions, combined mental health issues. True healing started to occur once I combine my many medications with Traditional Chinese Medicine, Acupuncture and nutritional changes and supplements. I felt like a new person, and have never had a reoccurrence since. If the option of seeing an integrative GP was removed for me, I don't know that I would be where I am today. Please reconsider.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I have witnessed firsthand through friends and my own family, how integrative and complementary medicine has helped improved people's quality of life. I have friends who have children with Down's Syndrome, MS, and other special requirements who consistently use complementary medicines (along with some pharmaceuticals of course) to improve their quality of life.

My family have personally used Chiropractors to help my son's movement when he was young and now both my eldest children enjoy the benefits of kinesiology. To have these options taken away would not only affect my children personally as they really love the benefits of this, but it would affect so very many others with much more serious conditions than theirs.

Parents and patients need to know that they have a choice in how they treat themselves and their children and to take this away is simply wrong. I hope you reconsider taking these options away from the many who use them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I believe that the only people to benefit from banning doctors from being able to suggest complementary therapies are the giant pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 6:45 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am appalled at proposals to limit the scope of practice for integrative medicine practitioners. Complementary practices can support patient well being enormously. Attempts to say there is no evidence to support complementary therapies is based on flawed information.

Give patients the choice as to how they wish to be treated.

How many deaths a year are the result of toxic pharmaceuticals?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:09:08 PM

---

To the Medical Board of Australia,

I support Option 1.

If it weren't for complementary approaches, I would not be back in the workforce or might not even be alive. We tried regular conventional medicine first which helped in the first few months, but then stopped working. Restricting our freedom of choice in healthcare approaches would have had devastating effects in my case and in others yet to come.

Chronic illness is often not easily addressed in a 10 minute consult. As more people develop chronic, multi-system illness, it would appear that restricting approaches that are effective gives the impression that the MBA does not care about the welfare or recovery of patients. People gravitate to what works. The market determines what healthcare approaches have merit; if it doesn't work, people don't go back. Tightening regulations appears to be more the operation of a cartel than looking out for the best interests of clinicians and their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:04:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine as I have been utilising these services for about 4 decades with great success.

The time allotted for a consult with a GP is inadequate as more time is required in getting to the root cause of a problem, if it is anything other than a short term acute illness. If the MBA imposes restrictions on integrative practitioners it will adversely affect my ability to utilise the therapies I choose and find effective.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:39:35 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the right of the patient to have access to integrative and complementary medicine.

Every day I take certain vitamins and use herbs as I believe a more natural approach is better than pharmaceuticals made from synthetic and unnatural products.

My choice to use complementary medicine needs to be respected and I feel that right is being eroded by the MBA.

If restrictions are imposed on integrative practitioners and herbal medicines my health will be more of a drain on the health system.

As it stands now I cover the cost of my natural practitioner and herbal medicine myself.

It would be wonderful if these costs were included in my private health benefits!

I fully support doctors who work in the integrative field as they treat the body as a whole.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 1:45:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to integrative & complementary medicine is a right to any individual that needs the support of what conventional medicine cannot provide.

Integrative & complementary medicine modalities were recognised and practised long before modern medicine arose. It is fundamental for anyone to retain the choice and the right to choose any modalities required without being pushed by a Medical Board that is unaware of each individual health situation. I use Integrative & complementary modalities due to the current modern medicine not being able to address the root cause of my health issues. I can live my life without any pharmaceutical drugs and do not have to weight or rely on an overused medical system. I am responsible for my choices and free to decide what is best for myself.

The restrictions the MBA wants to impose on integrative practitioners is a deprivation of our freedom to choose and somehow a forced control of my own health. If the MBA goes ahead with such a plan I will have no other choice than seeking holistic health on what will become an "underground" network.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 7:40:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I truly believe integrated & complementary medicine helps certain medical conditions that pharmaceutical medicines don't!! While I was undergoing chemotherapy treatment, taking vitamins & some natural therapies, certainly helped me while having chemo! I am disappointed that considering taking these options away from Doctors right to provide a holistic practices is just wrong, and takes away my right to chose treatments beneficial to me & as well as others! I strongly urge the MBA to make no changes to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 11:49:16 AM

---

To the Medical Board of Australia,

I support Option 1.

To be able to work with an Integrated Doctor has been transformative for me and members of my family. These professionals are trained and consider ongoing PD as vital to their commitment to their patients. My experience has been that my Dr educates me and is open to investigating my particular issue. Please enable my Dr to continue on his path with his vocation to empower us as patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 8:34:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has its place. It should not be taken out as an option. How will a doctor treat a vitamin deficiency without vitamins. Should a doctor just deal with the symptoms. I say NO to any change and limitation to using complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 11:04:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I am seriously concerned at the potential changes to healthcare.  
I was diagnosed with rheumatoid arthritis in 1987, and for the past 22 years have chosen to manage this disease 'drug free' with integrative therapies, along with my GP's support, to a much more positive effect on my health than whilst medicated during my yonger/ childhood years.

Not only would these changes restrict patients like myself, from an overall better quality of life via integrative treatments, it also dehumanises the patient & can make them feel as if 'hope is lost' without plentiful treatment options.

When a GP or specialist can support a patients medical autonomy & right to safe healthcare via the recognition & suggestion of integrative options, it helps the patient feel secure in their treatment plan.

It also means a doctor can freely work to their own best means in their Duty of Care.

It is also worth considering that oppressive measures against medical autonomy & the doctor/patient relationship, doesn't just immediately negatively effect the patient & doctor, but will stunt the further progression of medicine as a whole.

Integrative medicines efficacy should lend more impetus to medical science, enquiry & research, leading to better healthcare, more likeliness of 'cures' being discovered, & a healthier attitude to medicine & science alltogether...

Rather than a knee-jerk reaction to shut it down at the expense of everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 25 June 2019 7:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I like to see a doctor who treats me as a individual and not just another patient who you prescribe a pill to. We are all individuals and not one size fits all. Holistic medicine has a place in today's treatment of people and big pharmaceutical needs to let doctors do their job of treating everybody as they see fit. [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:52:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I think integrative and alternative medicine is useful, helpful and important.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine be practiced as I eventually determined after five years of severe stomach pains I had malabsorption of fructose and sorbitol through seeing a GP with experience practicing complementary medicine. Other GPs would only explore coeliac disease, otherwise I was to just put up with the seemingly random severe stomach pains. It was impacting on my daily quality of life. After completing FODMAP breath tests with the GP determined I simply had to not over eat specific fruits and vegetables. The GP also prescribed a probiotic and vitamin supplements to heal the irritated gut with great success. Three years later I still very rarely get stomach pains. If the MBA restrict integrative and complementary medicine practice others in my shoes will not be able to determine the cause of seemingly random pains even when eating healthy and cause chronic distress.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:39:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine was the key for me to address issues conventional medicine could not.

It is crucial for me and my family and I feel supported by Australian physicians that do integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 19 April 2019 11:47:43 AM

---

To the Medical Board of Australia,

I support Option 1.

Any form of holistic healthcare is a choice and should remain a choice for everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:04:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Pro choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 7 June 2019 11:11:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the right to freedom of choice when it comes deciding what form of treatment is appropriate for dealing with any health issue. In return I expect respect and support for making this choice without legal and informal prejudice and penalty.

Integrative and complementary medicine has benefitted me for over thirty years for overcoming numerous ailments and conditions using natural therapies. Family and friends who have chosen to be treated naturally have also benefitted.

Integrative and complementary medicine is of a high standard in Australia which needs to be more widely recognised, accepted, promoted and officially supported. All practitioners are highly qualified, skilled and have a deep understanding of the human condition. Holistic diagnosis and treatment using natural therapies or a combination of both conventional and alternative treatments benefits all patients by using the best of both worlds with negligible risk.

The proposed MBA restrictions on integrative practitioners is a denial of basic human rights in Australia and the World Health Organisation. There is absolutely no tangible evidence that alternative medicine poses an unacceptable risk to society and it appears to be promoted by powerful medical skeptics applying negative pressure within the MBA network. The potential of creating a two-tier system is unjustified, creating division and compromising clinical autonomy and control where patient needs become secondary rather than the primary focus.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:53:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the right to freedom of choice when it comes to deciding what form of treatment is appropriate for dealing with any health issue. In return I expect respect and support for making this choice without legal and informal prejudice and penalty.

Integrative and complementary medicine has benefited me for over twenty years for overcoming numerous ailments and conditions using natural therapies. Family and friends who have chosen to be treated naturally have also benefited.

Integrative and complementary medicine is of a high standard in Australia which needs to be more widely recognised, accepted, promoted and officially supported. All practitioners are highly qualified, skilled and have a deep understanding of the human condition. Holistic diagnosis and treatment using natural therapies or a combination of both conventional and alternative treatments benefits all patients by using the best of both worlds with negligible risk.

The proposed MBA restrictions on integrative practitioners is a denial of basic human rights in Australia and the World Health Organisation. There is absolutely no tangible evidence that alternative medicine poses an unacceptable risk to society and it appears to be promoted by powerful medical sceptics applying negative pressure within the MBA network. The potential of creating a two-tier system is unjustified, creating division and compromising clinical autonomy and control where patient needs become secondary rather than the primary focus.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:10 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 chosen Australia for living as it is beautiful country with democracy. But nowadays country has been changed a lot. People losing choices.

Why on this earth can we not have a choice?

I believe doctors, specialist are important in their field either holistics doctors, natural remedies, treatments etc...

I care about my health, about my body and I would try to avoid as much chemicals for my body as I can , that s why if I can choose I will choose natural way. Those people has the power and knowledge as well as doctors, how to help and heal people as body can heal themselves but we need to give them chance to do it.

I want to have a choice how to treat myself and my body, not being force.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:22:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to ask that no additional restrictions be placed on the current guidelines for integrative doctors. I feel restricting Integrative Doctors holistic approach to their patients care is extremely short-sighted.

The current conventional ill-health model is based on sickness care rather than health care. It primarily treats symptoms and does little to determine root causes. The typical 10min doctors review further fosters this very simplistic view, and in my opinion, encourages the over-prescribing of medications as a quick fix, particularly when there is no time to explore beyond the most obvious symptoms.

Integrative Doctors go beyond the simple symptom fix and look to address the whole body system and the underlying imbalances.

Integrated Doctors are more up to date on latest research, they are open to impact of nutrition and more natural complimentary treatments (which have been used for centuries in older cultures), they choose to look beyond the presenting symptoms with the goal to bring balance to all the interconnected body systems. Frankly, this approach needs to be more widely adopted, not restricted.

Society is getting sicker and health care costs are becoming unsustainable - until doctors start looking beyond the symptoms & treat the body as a whole system, including impact of lifestyle choices, I do not see how the current health crisis can be turned around.

Personally, I will always elect to attend an Integrative doctors I feel I should have that right without the MBA placing unnecessary restrictions and causing even more exorbitant costs.

Society as a whole would be better served if the MBA actually promoted the Integrative model of care by encouraging more of their members to broaden their outlook and teaching 'health care' to upcoming medical students.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:18:12 PM

---

To the Medical Board of Australia,

I support Option 1.

For many years natural medicine helped me and my family and friends with effectively treating various medical conditions and I am a big believer in integrating natural medicine into traditional treatments. Therefore it is extremely important for me to see a GP who is open to it. I believe we, patients have rights to choose treatments which we are comfortable with and doctors who we can trust in providing advice and help we need!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 3 June 2019 8:16 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

At the moment GPs are not set up clinically, educated or supported financially to deliver preventative medicine or manage chronic diseases effectively. It is very clear that unless doctors get involved in helping patients understand root causes of their chronic disease (mostly lifestyle related) then we'll be confronted with a tsunami of disease without any way of combating this. Integrative doctors look at nutritional and other interventions when they treat their patients and typically develop relationships that extend beyond the clinic walls unlike a conventional GP. If the government persists in not supporting preventative medicine or the means for GPs to get involved in lifestyle decisions and on top of that shut down the valuable service provided by integrative doctors then we'll be in deep trouble. It isn't in the public purse's interest to pursue more detailed testing as this uncovers a can of worms re treatment options earlier rather than reactively which is currently the case. This is 'head in the sand' behaviour by our politicians and industry leaders.

The other issue we have is that unlike the run of the mill GP, many integrative doctors are innovative in nature and we need these kinds of doctors in the system so we push the system harder toward new solutions for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 10:53:53 PM

---

To the Medical Board of Australia,

I support Option 1.

It is an Australian Citizen's basic constitutional right to choose their modality of health care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:05:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely do not support any changes to my freedom to have the expertise of a medical professional integrating alternatives therapies in my care and in the care of my family. I know these work and I know beyond doubt that this is the way forward. Anything other than this is simply control vested in protective practices of self-interest be they corporate or within the medical profession itself.

I and my family have had many experiences whereby the use of complementary practices is the best way forward. Drugs are not often the answer and in many cases, Doctors don't have the answer...it lies elsewhere in the body of complementary medicines.

I find it extraordinary that this is even on the table and it is an affront to my intelligence and the intelligence of science and practitioners of integrative medicine. This is once again 'big medicine' trying to have their own way just like was done with the changes to health insurance. This too must change.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:06:39 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe there should not be further restrictions on integrative practices. Integrative and complementary medicine has helped my family in many ways. I wish there were more doctors who could supply these treatments.

Non-conventional methods can and do keep many patients out of the over-loaded hospital system.

Use of acupuncture after surgery meant very quick healing of wounds, both for myself and my husband. The surgeon even miscalculated the time since surgery at the follow up appointment, thinking 4 weeks when it had only been 2.

Recommendations of use of supplements such as magnesium for cramps and vitamins B and E for heart health and iron tablets when anaemic have reduced symptoms so other medications and complications did not occur. (this is absolutely essential as I have had extreme adverse reactions to many medications including those for BP and in surgery)

As I age, regular remedial massage and physiotherapy as a preventative process means I am still able to function physically and do not need to take pain killers which can be addictive, and which have also caused reactions when I have used prescribed medications.

Currently the diagnostic testing for sleep apnoea has meant using CPAP to maintain suitable oxygen levels in an effort to assist the heart function.

In the past I have organised kinesiology for a grandchild who was suffering extreme behaviour issues, the result after 5 treatments was he reduced from almost daily detentions at school to about 1 a month.

Such methods can mean children do not have to be put on anti-depressant and behaviour modification medications.

Hypnotherapy helped another grandchild who could not sleep.

All patients need choice, and medical practitioners should embrace whichever treatments will work to keep their patients healthy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:08 AM

---

To the Medical Board of Australia,

I support Option 1.

It is a patient's choice to be given all medical options including those that may not fit with western medical models, especially considering our multicultural population and R&D into non western choices that provide better health outcomes than more mainstream western solutions. Do Not remove a person's choice to know all medicine options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:35:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I suffered greatly from 2013-2017/18 when I was trying to get any help other than nasty Steroids. An Integrated Medicine doctor was the only one who actually helped me. It's disgusting to see medical rights in Australia infringed upon because of draconian people in power and their draconian will. Our bodies, our choice, our rights. HANDS OFF our alternative medicine; western medicine is NOT the be all end all of healthcare. I am disgusted in Australian medical practice, I am disgusted that you're trying to do this. All you're going to do is force more people to become their own doctors (so you'll still lose this fight). If people find no help in western medicine, they try other alternatives and when those fail they treat themselves; and usually recover.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:53 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Since using natural therapies life has been bliss! Natural therapies allow me to understand the inner workings and functioning of my body, holistically, that I wouldn't know about if not accessing these therapies. My mental health is now brilliant, and at times when it's not up-to scratch I access my knowledge learnt from these therapies or go back to build upon my knowledge or "unblock" any blockages within my energies. My physical health is now wonderful because of it and I'm able to function within society at a much more successful rate than without natural therapies. I'm also able to work through life and work challenges at a much more responsive rate than I was once capable of. Natural therapies extend my personal capabilities and understandings of myself and the world around me and is therefore, in my opinion, extremely vital to us. We are natural human beings accessing natural therapies. If you simply acknowledge or learn about how our Australian Indigenous Peoples and many other cultural groups around the world have used natural therapies, you will truly understand natural therapies rightful place in Australia's health system. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:44:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a supporter of integrative and complimentary medicine. I have many family members and friends who have benefited from the services of integrative medicine practitioners. There is nothing more valuable than our health. Thus it makes little sense to me to restrict treatments that can help people restore their health.

As such I see changes to the current guidelines as a threat to health care options and integrative medicine practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:38:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine must remain available through trained medical & integrative practitioners as it has assisted my family, friends & myself many times over the years with pain management, digestive disorders, managing stress & depressive mood disorders. I have seen the positive results attained when pharmaceutical medications have either failed or created yet another health issue due to side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:20:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I have personally both witnessed & experienced integrative & complementary medicine assisting in healing ailments that pharmaceutical medicine & it's side effects only exacerbated. Our CHOICE to be able to use holistic health treatments is not only a HUMAN RIGHT but, I believe, essential for the health of our nation!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 12:52:12 AM

---

To the Medical Board of Australia,

I support Option 1.

It's my body and my choice what I put into it for my health care. Natural medicine is how it all started, then the medical system has tried to recreate what Mother Nature had already given us, but we seem to have lost our way and have little faith in its origins. There is little or no side effects from natural medicine in comparison to created medicine. We live (supposedly) in a democracy, which usually means we should have choices, and that the politicians should be representing what the people want, so that's why I believe we should be supporting freedom of choice in our medical system as well as others.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Please just let us have a choice! Everything is slowly being taken from us. We can no longer make an informed decision because you don't allow us all the options. Mankind has been using natural therapies for thousands of years. Get Big Pharma off our backs . We are slowly dying because of synthetic drugs. Give us a choice!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like my doctor to provide natural alternative treatments / therapies if I desire, also my health fund to subsidise this again.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 9:22:39 PM

---

To the Medical Board of Australia,

I support Option 1.

The right to have an effective array of treatments whether from GP recommended or not is at risk from a bunch of narrow minded autocrats not beaureaucrats. Clearly study the success of modern and complementary medicine in nations like Germany, Modern science is verifying the effectiveness of complementary therapies and many Drs demonstrate great success in combining the two. Let free choice remain.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

Drs train extensively to gain their certification. Some chose to train further in feilds of integrative medicine to provide their patients with better all round care.

In a world with increasing environmental factors affecting our health and well-being this is vitally important. With a massive rise in cases of children with autism spectrum disorders, immunological health concerns- including both allergies and auto immune diseases, not to mention the massive increase in cancer rates. Patients and our society deserve to have freedom of choice when it comes to healthcare.

To restrict access to those providers who have done extensive training is just wrong and dogmatic. It makes us as a whole wonder what the true agenda of the health department really is. Does it really have our best interests at heart.

I do not see how this choice could possibly have any positive impact on patient outcomes.

We are talking about trained professionals offering health advise.

These professionals will offer both pharmaceutical as well as nutritional advise, alongside a large range of testing. Which also is currently at the patients expense and not covered by Medicare!!

Testing which only integrative GPs have training and expertise in.

Testing which when assessed by a trained professional can greatly assist the Dr to integrate his practice with both modern and holistic health care. All in all to gain the BEST outcome for the patient with the least amount of harm!!

The MBA should be looking at ways of increasing g finding and access to these specialized DRs who have undertaken the required training certainly not placing even more restrictions on our freedom of choice when it comes to healthcare professionals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine, as over the last 13 years it has meant that my children and I have received health care that actually addressed our health concerns, where conventional medicine failed to help.

In the case of my son's eczema and gut issues, the advice of a conventional doctor significantly worsened his condition, whereas the integrative physician whom we consulted provided treatment that healed and helped my son. In the case of another son's serious brain cancer diagnosis, he has exhausted any possible benefit from conventional medicine and it now has nothing to offer him beyond a poorer quality of life, and probable hastened death because of the side effects of conventional treatment (radiation and chemotherapy). Rather we are successfully helping his body to fight the cancer by supporting his immune system to do its' job. This approach would not have been possible if we had not had access to the support and advice of a highly trained integrative physician.

I have been able to manage neck and back pain over a number of years because of regular access to chiropractic care. Without this care I would almost certainly have required ongoing pain medication, and would not have been able to live an active and busy life with a large family for whom I care.

Another child's bedwetting issues were resolved after consultation and treatment by a chiropractor.

My observation of integrative and complementary medicine is that practitioners take the time to understand the full picture of the patient's health and lifestyle, and because they think holistically, the treatments they prescribe are more likely to address the underlying causes of the presenting symptoms. This is in contrast to my experience of the conventional medicine approach which seems to focus on a drug-based treatment to alleviate those symptoms, rather than identifying and addressing the conditions that have led to those symptoms.

Conventional Western medicine is only one approach to health care.

Restricting access to integrative and complementary medicine will limit patient choice, and deny people the opportunity to respond to their health issues in a way that considers the whole person, and gives them a variety of options in managing and treating those health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 10:55:53 PM

---

To the Medical Board of Australia,

I support Option 1.

In 2009 I began studying as a yoga teacher. Previous to this I had severe pain in my back and neck, needing constant attention and I was always taking pain killers. If it were not for my chiropractor and all of my other natural therapies, I might still be in constant pain and a burden on the health care system but I am not. I became healthy, gained my movement and life back and went on to become a qualified yoga and meditation teacher. I now teach over 100 plus people a week how to move, stretch and relax their bodies and I wouldn't be here doing this if it wasn't for the alternative health care choices I've made and the loving, caring practitioners who helped me to get there. Please, don't keep taking away our individual choices and push more people into an overloaded health care system that you cannot support. Give people a chance to find the method of treatment that works for them and give them the support to find their wellness... their way! We are all unique and respond differently to a range of treatments. Please don't push everyone into the same box. It's not healthy, nor supportive of the bodies own instinctive ability to heal. Thank you for the opportunity to voice my opinion.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 9:48:52 PM

---

To the Medical Board of Australia,

I support Option 1.

My family and I have been using complementary medicines for several years now and have even shared information with the Doctor for other patients following the same path. We should have the right for our Doctors to give us all options for our health including alternative/complementary and modern medicine. I have not taken any modern medicines for over 6 years now and have been able to gain information and advice from my Doctors to help me decide on the best form of treatment for my choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

The integrative health options provided by my doctor has been paramount to my health. Without it I don't believe I would have carried my twins to full term, or coped as well as I have raising 4 children. I love I am looked after so well by my GP and without her knowledge of nutritional medicine, Chinese medicine and acupuncture I would struggle with my health which would effect all areas of my and my family's life. Please don't restrict or change anything, if anything give them more freedom to recommend what they want to especially products that have clear scientific research supporting it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a chronic sufferer of Hashimoto thyroiditis, lupus, left sided hemiplegic migraines, chronic asthmatic. I am also a full time carer to my husband. While prescription medications form a big place in our daily life we have found that we also need a combination of complimentary medicines to combat other side effects and deficiencies that medications cause. Our general gp needs to have the ability to prescribe these especially when deficiencies are found after blood tests results have come back. Don't take this ability away from them. Thank you for taking the time to read this.  
Thanking you [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 12:26:02 PM

---

To the Medical Board of Australia,

I support Option 1.

Australia is a democracy. To me this means I have a choice I how I live my life, and I cudi g the health choices I make. I am not against pharmaceutical medicines, but I they have a place, and I but so do other treatments. I have had great outcomes wit pharmaceutical medicines AND other forms of health services such as osteopathy and herbal supplements. I do not give you permission to take these choices away from me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

After being misdiagnosed for some 20 years and nearly losing my life due to treatment by conventional doctors, I am only now slowly regaining my health with assistance from an integrative GP. I have found conventional medicine has let me down and cost me a great deal with their misdiagnosis including my career. You will be doing people like me a great disservice if you implement new guidelines restricting integrative practitioners. If you were to do so, I would choose not to seek medical assistance due to the serious harm done to me in the past and I would rely on my own research rather than risking my health again with conventional doctors who did not listen to me for 20 years.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:38 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is my right to choose how my medical conditions are treated. I prefer the use of supplements to support my body's normal function instead of toxic treatments that cause unwanted side effects. I choose to be guided by an integrative GP to get best results.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 11:52:48 AM

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To the Medical Board of Australia,

I support Option 1.

Having access to natural and integrative forms of medicine has been extremely helpful to my chronic health issues.

Vitamins, minerals, plant extracts have been used for hundreds of years, and when used with diligence and care, they can be both safe and effective. At the end of the day, it is the responsibility of both practitioner and where possible, the patient to take ownership of their health and subsequent treatment.

Take too much Vitamin C or forms of Magnesium and you may be diarrhea - but that doesn't mean they're bad. In fact they're crucial to life.

Yes, there can be risks and side effects to all treatments, particularly if used incorrectly - but no more than pharmaceutical treatments, and in some cases, less.

We have no shortage now of evidence that pharmaceutical companies are not always necessarily acting in patients best interests. I think taking alternate options away from patients who can be suffering from extremely complex illnesses, does no good for the patients, nor the broader community. It will leave people over a barrel.

Rather than spending time, money and effort in stopping practitioners from being able to use a range of treatment options, why not invest in research into the most useful forms of "alternative" therapies, so we can grasp a better understanding, rather than tarring them with a broad brush.

No one wants to be sick, no one wants to be in pain, no one wants to spend their life in a practitioner's waiting room - people want to be well.

A healthy member of society can be a productive member of society - why not do something to improve people's chance at this, rather than taking away the few effective treatment options they have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:55:59 AM

---

To the Medical Board of Australia,

I support Option 1.

It is quite obvious that the modern medical industry is strongly influenced by profiteering pharmaceutical companies, that see any alternative to the drugs they sell as potentially reducing their profits. Even the tiniest bit of research of studies from reputable sources shows that prescribed drugs cause deaths in huge numbers, as do medical “mistakes” or the euphemistically named “adverse events”. Deaths in Australia caused by medical and drug adverse events are estimated as anywhere between 18,000 and 54,000 per year. An horrific statistic made up of individuals who have trusted their medical and drug treatments. Perhaps the MBA need to be looking at these “events” instead of obfuscating by moving our attention away from these appalling statistics and directing their attention towards Integrative Medicine. People aren’t as stupid as the MBA seems to think they are. People’s ability to choose alternatives to standard medical and drug treatments MUST BE SAFEGUARDED.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:30:21 PM

---

To the Medical Board of Australia,

I support Option 1.

As a patient of integrative doctors and as a registered health professional myself I do not support the limiting of access to complimentary and alternative medicines and therapies available in Australia. Medical doctors are bound by a code of conduct and trained in ethics, and should, as all health professionals are, always put the patient first. In a health care context this means considering the evidence-based triad: best available evidence combined with patient preference and values and clinical experience. The changes you are proposing does not, in my opinion, support evidence based care on any of the three levels. This is stifling innovation, forward thinking, choice and options in health care, not improving the system. Complimentary therapies not always but often have substantial evidence behind them, such as herbal therapies. Not only that but they have often been used for years, leading to a large backing of clinical experience supporting their use. There is no need to restrict these practices when the doctors should be practicing ethically and using the evidence based triad to inform their care. If they are not, that is a case for individual punitive action, not collective.

Further, to take away the choice of the Australian public is unnecessary, unwanted, counter the evidence and it seems to me that it would be poor for the economy. Our hospitals are struggling, our GPs apparently aren't being supported and the pharmaceutical benefits scheme is blowing out, not to mention the sky rocketing growth of chronic diseases and autoimmune illness in this country, problems which "conventional" medicine has very poor answers for and very poor results. Why not combine the best of the two worlds to increase the efficacy of both? The rigours of scientific enquire with age-old treatments, to figure out why they work and how they can be made better, and tailored to address our growing health problems on a holistic scale?

Personally, herbal medicine, supplements and other complimentary therapies have vastly helped my health over the years. When a GP told me at 19yo I was "simply depressed" due to symptoms of excessive fatigue, it was an integrative doctor who bothered to order some tests and diagnose me with anaemia. But being an integrative GP, he went further, and it was herbs and supplements that supported and strengthened my system to enable me to begin absorbing iron, following problems with infusions and common iron tablets. That is just one example - my point being people turn to integrative medicine often for a reason, for a different opinion or different options when they don't want the conventional option. It should not be your right to restrict choice when the choices are not causing harm.

I hope you will reconsider these measures, and consider instead supporting differences of opinion and change within the medical world.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:19:34 PM

---

To the Medical Board of Australia,

I support Option 1.

As a Registered Nurse I cannot stress enough how we need these complimentary health care options and choices for the general public and health care consumers. No one is suggesting that the alternatives take the place of modern medicine. But if your very well educated and well trained Doctors are prescribing complimentary health alternatives as a wholistic well rounded approach to health care management, in addition,

then why are there moves to try and stop this. ??

Having worked in health care for nearly 3 decades, I can tell you the health care issue of our age is getting people to take responsibility for the lifestyle choices that contribute to chronic disease in this country. The current medical system is struggling under the weight of chronic disease, obesity, chronic pain, depression and mental health issues and a rapidly ageing population with fewer young people going into Nursing. Not everything in health and well being can be measured in terms of a prescription. Most of the complimentary health options have 30-50 min consultations, seeing the person in a holistic way and taking into account not only symptoms of the condition, but also how the person exists in the community and is ( or isn't) valued, supported and how their self perception of disease and chronic illness impacts how they contribute not only to their own health outcomes, but to society more broadly. It is not as if these complimentary options are paid for by the government. We the consumers pay. And the reason we are willing to do this is because we want to have more options to contribute to our own well being, we want to feel heard, acknowledged and we need time spent to facilitate real lifestyle change, to help us make healthy choices. A dietitian or nutritionalist can help with this. In a system collapsing under the weight of diabetes and cardiac disease, this advice needs to be offered as a compliment to medicine. In a system where opiate abuse and chronic pain & use of narcotic analgesia is at an all time high, many have found they need less of this type of medication, or need it less often, if they are able to access acupuncture, massage, osteopathic advice and other complimentary options to work in conjunction with the medicines. The people who are using these services are often the people who diligently see their G.p. And attend the specialist appointments because they are interested in their own health. Your Doctors who are using or referring to complimentary options as well as medicines are the future of health care, because they are seeing the person in a more holistic manner and they have learnt to understand that people need to be coached, acknowledged, heard and empowered to make real lifestyle changes. The current medical system unfortunately has become so overloaded, that often people do not get more than 5 or 10 minutes ( mostly it is a lot less) with the G.P.

Is this the concern? How will your doctors fit other modalities into the short appointment times.

What is currently happening is not working. The progressive doctors who can see this and are trying to make positive change, should be allowed to offer an alternative. If you don't want this, choose a different G.P. But don't choose for the rest of us.



I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:21 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is our right to deal with health issues as we see fit and I resent that you are attempting to take that freedom away. I have no doubt there will be much more damage done to patients' livers, kidneys etc by using endless amounts of medication when relief can be found by using many 'alternative' methods. For some the only place to find that information is at the doctors.

Personally our family has been supported from alternative methods for as long as I can remember and often a result is obtained without being as invasive as so called traditional methods. I personally use essential oils daily to assist with pain from arthritis and I have no doubt that eases the load on an already over worked liver due to the many chemicals and toxins that we are subject to daily.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:37:45 AM

---

To the Medical Board of Australia,

I support Option 1.

My body, my choice. I'm tired of boards, committees and parliamentarians trying to tell me what's right and wrong when it comes to the way I chose to manage and engage in my health care. I fully respect, use and am grateful to western medicine BUT it is not the only way and I highly value my integrated GP. The time I get to discuss my needs, the well researched options provided to me from the MANY sides of medicine, the comprehensive testing to diagnose or 'rule out' possibilities (that I'm often out of pocket for - which I'm ok with), these are the things I value.

I spent 8 hours in an ED with severe gastric pain only to have a doctor prescribe me a heavy duty reflux medication, a medication that would have done NOTHING to heal the cause of my pain. I chose not to take the medication on instinct & when I read about its function in the body I was pretty sure I'd made the right choice, so I made an appointment with my integrated GP to discuss. With some conversation, some nutrition advice, some diagnostic testing to rule out a few things and some compound prescribed supplements I have not had the same pain again, yet if I'd just taken the prescription as directed I'd likely still be suffering. My regular GP would not have spent the time or energy working with me to investigate the cause of my pain and they would certainly not have spent time looking at specific types of and quantities of mineral supplements right for me. The same way a specialist may work with a patient to 'tweak' medication doses, my integrated GP works with me to 'tweak' my vitamin and mineral intake, to 'tweak' my nutrition, to 'tweak' my stress levels and to educate me on ALL the options available to me, not just the ones aligned to traditional thinking and big pharma kick backs. She cant do that if we dont have appropriate time.

Alternative and complementary therapies are already under attack from medical boards and government, we are taking significant steps backward by looking to restrict properly trained GPs who chose to integrate their western training with alternative and complementary therapies. Why restrict those who are offering the best of both healing worlds?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 10:56:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Some years ago I adopted the Paleo diet and lifestyle and soon noticed a number of positive health benefits. However my bone density continued to decline and also my thyroid blood tests. It was only after I consulted an integrated health practitioner who ordered tests and devised a programme that things changed. My last bone density scan has shown an improvement and my thyroid blood test is now in the normal range. I am so pleased to be caring for my health by looking at and treating causes and not treating symptoms. I am less likely to be a drain on the public hospital system. I wholeheartedly endorse integrated doctors and believe we need more of them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe integrative medicine holds not only holds its own when it comes to identifying a treating people, but also hold the key to unlocking new treatments and potential diagnosis. I personally have benefitted from herbal and diet treatments after being diagnosed with MTHFR. After 3 miscarriages and a still born I know have 2 children. I don't believe a free country restricts the choices on patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 6:55:31 PM

---

To the Medical Board of Australia,

I support Option 1.

It is my choice as to how I wish to be medical treated.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:53:26 AM

---

To the Medical Board of Australia,

I support Option 1.

as a sovereign being on this planet I have the choice of determining my own healthcare, regardless of its origins.  
integrative & complementary medicine is the only model that should be implemented .in my own experience it keeps my family and I healthy and happy which then allows us to be very useful and active in our community .  
ask yourselves 2 questions .WHO are you? WHAT is MY purpose on the planet?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:48:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I absolutely want to receive the best healthcare that I (and my family) can and of course that includes integrative and complementary medicines. These medicines have had massive benefits on healing my own issues, and I would never have gotten better if I had alone just simply relied on a course of antibiotics. It has restored my quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 12:03:51 AM

---

To the Medical Board of Australia,

I support Option 1.

It's about time the medical fraternity stopped running scared of complementary medicine. There is room enough for both. My body my choice. I am not saying allow free range, obviously all practitioners of either 'side' should be trained, qualified and meet certain guidelines in order to work. But ALL need to learn to work together.

Unfortunately because of the attitude of many mainstream Drs, many patients choose not to disclose when they are undertaking 'alternative' treatments / medications. Many do not understand that that can be dangerous, but do not want to deal with the negativity of their Drs.

Having worked for over 10 yrs as a Registered Nurse and another 10 as a Remedial Massage Therapist I have seen both sides of the 'fence', so feel well qualified to comment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 8:51:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I understand that for many of you, an alternative form of medicine would be seen as a threat to your position as a medical professional and potentially something you don't understand. Appreciate the fact that for decades the medical profession viewed nutrition and diet as something "alternative" as well as things like Pilates and psychology. To boot, your profession is far from bulletproof in things you have stamped for approval (see Thalidomide and the Food Pyramid). There has been academic research to show the benefits of heat shock proteins on muscle generation and mental stress; things like hot yoga and sauna are great sources of heat for inducing the shock proteins. Long story short, don't be on the wrong side again. Don't fear change, steer into it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:36:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Without complementary medicine I would be in pain and unable to Walk unaided. It has taken a long time but the improvement has been well worth the wait. The greatest benefit apart from mobility is that my gut is responding to natural remedies whereas before the medication was causing problems needing investigation every three years to make sure everything was ok. Surely you cannot take away this choice that is working for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 21 May 2019 8:15:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I don't believe a person should have their right to choose for their own healthcare taken away. Over the last few years I've witnessed the medical profession dictate to their patients as if they aren't smart enough to know anything to do with their own health. I have worked in hospitals and clinics, I've studied science and complimentary therapies, and I believe there is room and need for both. I have turned in the past to alternative medicine when allopathic medicine hasn't worked. I've used it for my self and family and recommends it to friends and colleagues.

Sadly when I've read a post on social media from medical doctors regarding complimentary therapies or even other 'types' of doctors, the comments from GPs have been quite offensive to other professions. This comes across as a profession being scared of losing place on the pedestal they've put themselves on. We are talking about people's lives, and their right to choose for themselves as responsible human beings.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 6:49:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine because I believe as individuals we have the right to choose our healthcare.

There are terrible diseases that have no cure and everyone should be able to do what they can to help heal themselves, under the guidance of these amazing educated practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Do not take away peoples choice for the sake of big pharmaceutical companies. Intergrated medicine improved the quality of health of my family, reliance on pharmaceutical interventions is not how the population will achieve positive health outcomes

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I supportive Doctors being able to have choice in how they treat people particularly in the area of integrative medicine. I have a particular interest in dietary interventions and think doctors should be able to recommend low carb diets to individuals with chronic health conditions. Our current dietary guidelines are killing us and I see diabetics get sicker and sicker in front of me because no one told them diet is making it worse or even worse, a high carb diet was recommended to them.

I do support government funding of iridology, homeopathy and such that we know does not work.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 3:12:24 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi,

In August 2016 ten doctors told me to get my affairs in order owing to an Angiosarcoma on my nose. [REDACTED], they said, this is the granddaddy of them all and offered to give me a rhinoplasty and we will take one eye. On top of that, they offered me chemo and Radiation treatment and that is all I was offered because that is all the doctors are allowed to do. This is totally inadequate. I refuse all the options they gave me and refuse to listen to the fearmongering which came just before another offer of chemo and radiation. honestly, I felt as if I was in a room full of robots unwilling to explore other options. I had to demand a referral to a trial of a new drug EBC-46 and this trial was not for healing my cancer or tumor but rather to see if it harmed human biology. It was better than what was offered in the first place. They injected 1.2ml into my tumor and after about 45 days the tumor had necrosed and the area had healed. A win for me and for the trial, although there is no method of determining whether the cancer, being a cancer of the blood vessels, is still active within my system as it has a propensity to metastasize to the lung or liver. Without that trial which is in effect an alternative/different medicine to that which is more traditional being chemo and radiation, I believe I would be dead and if not the quality of my life would not be sufficient for me. It is important to note even though doctors may think the current methods available to them in treating patients are adequate in most cases the methods they use are ancient with the only changes being the chemo recipe or a different way of delivering an old treatment as in radiation, other than that nothing else has changed and there seems to still be a thought pattern that to heal there has to be destruction which in itself is barbaric, to say the least. For me, the barbaric treatment offered forced me to seek out other treatment some of which made me break the law to save my own life, something I have no hesitation in doing. I do not understand why big pharma is allowed such control over medical practitioners when there are other treatments available that actually work without the cost associated with chemo and radiation therapy and also the dangers that are so often called a side effect when in reality they are an add-on to keep people attached to the pharmaceutical company by needing more drugs to counter the side effects (add-ons) of the original drug prescribed. After all, we do live in the 21st century and it is about time we allowed our medical practitioners to work with their patients in a way that minimizes harm from treatments and this could mean blending treatments together for a better outcome. The internet is full of examples of people refusing the old ways and embracing the new ways to a healthier more fulfilling life with dignity. Here in Queensland one of the values of the health department is an informed choice for the patient, what choice is there when offered chemo or radiation and surgery other than to decline one or all of the treatments only to be told the patient cannot because "that is the protocol". Unless the medical profession is allowed to embrace other alternatives/different treatments some of which may cost far less than the traditional being offered how can we expect to move forward into new ways of helping



patients heal. Any doctors that are not interested in broadening their knowledge outside of the current three-stage treatment if given the chance, should be asked to retire as they certainly are not practicing true medicine but rather supporting old ways over patients needs. The need for a patient to heal without further damage being done to their physical being and without the need for expensive drugs that in some case do more harm than good. Some areas doctors could explore are cannabis, sound therapy, alkaline therapies, etc. It is no wonder doctors scoff at these treatments because they are taught from day one to ignore them and therein lies the problem. It seems nowadays doctors are more interested in their bank accounts rather than helping a patient to get well by any reasonable means necessary but that can also be attributed to the government placing strict rules preventing them from exploring better less invasive methods of treatment.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 11:44:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I honestly feel that taking away people's availability to choose which service, care, or medicine they want to use is appalling. We are human and all different. We each have a soul that wants and needs a variety of care for wellbeing.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We know there is a cancer cure ---why is it being censored---medical errors and treatments are the highest cause of deaths---education of doctors is controlled by the drug cartels --- doctors that educate themselves are at risk of their livelihoods and in some cases their lives

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:44 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We should have a choice in whether we would like to see other forms of natural healing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 29 June 2019 11:39 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 to be able to have a choice with our health and keep holistic practices for people wishing to use them

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am an Adult Congenital Heart Defect survivor, and as such have had many medical issues that are (or have been) treated with traditional methods. However, it was recommended for me to have remedial massage for a particular injury, and that worked wonders. Podiatry was also another recommendation, for which I'm grateful, as is acupuncture. I have also chosen chiropractic care and reflexology, which has helped me enormously. Reflexology has been more recent, and came at the recommendation of my Podiatrist. It has helped me beyond belief with the soft tissue damage I get from fluid retention due to heart failure. Remedial massage, acupuncture, chiropractic, podiatry and reflexology are all part of my own health care plan for myself.

Although not all were initiated/suggested by my GP, each is vital to me. If GPs were able to continue recommending such treatments to others, there are so many who will benefit and there will be many more people who can experience optimum health levels.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I believe a doctor can only do his/her job properly by giving the patient all avenues to a resolution of their health problem. I actually stopped seeing a doctor who would not write a referral for blood tests that I needed because I was going to get a second opinion from a naturopath. I have the right to get the best informed advice so I can make my decision on what medical treatment I want to take. Don't let the big pharmaceutical companies gag doctors from giving the best advice to their patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 11:00:00 AM

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To the Medical Board of Australia,

I support Option 1.

To whom this concerns,

I would like to say that if I do not have my treatments that I would not be able to bare the pain of my body. I am sure that I would be in a wheel chair today if it was not for my treatments from the best people that encourage me to keep on my own two feet with the exercise programs I do. If the government stop these treatments then where will it leave me. I say thank goodness I can afford the health insurance which is so hard as it rises every year.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:46:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1 - for keeping to current standards in allowing patients and doctors access to use complementary medicine. My family and I always use complementary medicines and find them very effective.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 29 May 2019 9:27:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I was diagnosed by multiple GP's with panic disorder. This involved ambulances & trips to hospital. It wasn't until I found a GP who uses complementary medicine & a nutritionist that I found I was allergic to high histamine foods. If I had not found my diagnosis I would certainly be in one of 2 places, not living or in a psych ward highly medicated & putting a strain on the public healthcare system. Apart from this my quality of life would be about 0. Complementary medicine has a place & should be a choice for those who have been failed by the current healthcare system.

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 5:10 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 make any changes to what the doctors can advise on or prescribe for cause I have a really good doctor who provides sound advise and prescription that I don't want to anything to change. Yes there are some doctors who do the wrong thing and I think that should be on a case by case. The case should be raised by a complaint from a patient and due investigation need to be conducted before stripping them off their ability to prescribe other medications

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:15 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 disgusted to hear that Integrative and natural therapies are under threat of being included in health care. This country is well behind enough as it is when it comes to health care, but now we are going backwards!

I personally suffer from chronic fatigue and after several visits to conventional doctors and time and time again coming away without answers to my health concerns in the 10 min appointment times, I finally explored Integrative medicine and Naturopathy.

For me this has been a bit of a life changer. I finally have the support that I need from such practitioners that will give the time to listen and try and get to the bottom of my illness.

I now have some explanation of my condition and some useful advice and treatment that gives me hope in getting my life back.

As a country we should be trying to lead the way in medical treatment, by supporting alternative medicine and researching the causes of the chronic health conditions that are becoming all so prevalent in this day and age. So many people are suffering from auto immune diseases and food intolerances as well as depression and anxiety, yet we continue to do nothing to target the root cause of the issue.

I only hope that this country wakes up to themselves. I for one am sick of suffering from chronic illness. Much more needs to be done!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has been a huge part of my life and approach to health. So many effective, natural and non evasive approaches are not recognised in the medical field. I feel that it would be a huge mistake to restrict the ability of practitioners to provide methods that have been shown to be effective but not yet recognised in medical literature.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 6:57:51 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom this may concern,

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

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

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

I request Option 1 – No Change to Current Guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <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 the grateful recipient of complementary medicine through a Medical Dr with numerous formal qualifications in environmental & holistic medicine.

After a HUGE number of tests & treatments with GP & Specialists from 2016 to 2018, I was unable to get any resolution to my health condition. This would have been a HUGE strain on medicare, with the number of tests I had.

However, with my integrative/comp medicine Dr, she only did a few tests, and then I paid for a few other tests out of my own pocket...  
and then within a relatively short space of time this year (2019) of being on her treatment plan (food, supplements & herbs), my condition has improved dramatically. I feel I am now on the upswing of my health. And most importantly I feel nourished, cared for, and empowered under her care. This is the BEST I have felt in many many years. My chronic condition which many Dr's could NOT help me with is now on the improve. My quality of life, reason for living, and physical, emotional & mental health is now vibrantly high.

If only I could now use my private health fund to gain rebates on natural therapies. I think it is CRAZY that legislation PREVENT people from affording optimal, personalised, & integrated health care that not only works but also is PRO-ACTIVE...ie takes the strain off the health care system in the future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 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 believe that medical practitioners should be encouraged to promote emerging therapies to patients. Patients should have the right to choose treatments from a wide array not the same same. Everybody is different and should be allowed to take risks to push the barriers of medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:18:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I support access to Integrative and complementary medicine as it gives people a balanced holistic approach to their health which regular doctors don't consider.

It has helped me and my family many times with pain, digestion and emotional stress.

I continue to use these services as they are focused on keeping people healthy and not focused on keeping people medicated.

I believe if the MBA imposes restrictions on Integrative practitioners, they are removing people rights to choose what's best for themselves. I believe this is a move to add more control to big pharmaceutical companies and gain more profits by keeping people medicated and drugged up. This will see a rise in ill health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine because I think that some usual JP doctors cannot solve the health problem and we have an alternative to go to someone else. Not much professional doctors exist. That is true.

I use Integrative and complementary medicine because it does not make any negative influence on your body. Its less harm to your body.

It will be a disaster if we will not have a choice.

I would put more money in medicine to check JP doctor for their professional jobs and to learn how to help people to recover more naturally than prescribing antibiotics for any reason.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 9:25:18 AM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to IM and CAM is vital so that they can be safely & successfully guided to a positive health outcome should individuals choose to delay or reject orthodox medicine (by their own choice). Also, it is worth saying that there is no evidence produced in the discussion paper that quantifies risk or relative risk in practicing complementary medicines.

I have personally studied CAM therapies between 2012-8 and have seen and heard of wonderful results by patients, friends and families. Perhaps poor outcomes do happen, however, I cannot recall of a patient being killed or irreversibly harmed or traumatised in the care of a Naturopath, Homoeopath, Nutritionist or the like (orthodox medicine certainly cannot say the same!) It was a large drawback for me undertaking these studies - to be able to give advice and care that would lead sick individuals back to a state of health, with minimal cost, discomfort and disruption to their lives.

If the MBA were to impose restrictions on IM/CAM practitioners, it would affect by business by creating a (false) image that Naturopathy is ineffective and unsafe.

It is my hope for the future that orthodox medicine will continue to save lives in states of emergency, and IM/CAM will assist maintaining individual health overall by supporting healthy diet & lifestyle choices, and pharmaceutical alternatives where appropriate to reduce side effects and drug dependence. I also believe that IM/CAM can indirectly benefit our environment, by promoting a more natural means of living.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 1:24:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.  
Integrative & complementary medicine has helped myself and my family  
on our health journey

I use Integrative & complementary medicine as an adjunct to medical  
therapies and have found they work exceptionally well.

If the MBA imposes restrictions on Integrative practitioners, this  
will mean reduced access to guidance using integrative therapies and a  
decline in my health using only drug medications which haven't been as  
effective on their own.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:14 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Yes I support all integrative and complimentary medicine.

Since 2014 I have been treated for mercury toxicity and have been receiving care to improve my health. After having amalgam fillings and root canal abscesses (which made me really unwell) removed. I'm still having alternative therapies to improve my general health and well being.

Also seeing my GP at the same time...to help me recover from fatigue, gut, absorption, problems and lowered immunity and repeated bouts of flu and bacterial infections. I'm sure I would have not survived had I not had the support of both integrative complimentary and allopathic medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:14:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine.  
My condition cannot be healed by drugs- Mixed Mould Myotoxicosis.  
The only thing helping me is complementary medicine.  
Also, the bible says- "let plants and herbs be your medicine".  
Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 6:40:41 PM

---

To the Medical Board of Australia,

I support Option 1.

My health issues can only be addressed by integrative & complementary medicine. I tried regular GP's but nobody knew how to help with Mixed Mould Myotoxicosis.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 12:51:42 AM

---

To the Medical Board of Australia,

I support Option 1.

It's my democratic right to choose the way I want my body treated. I opt for a complementary approach to control & treat the diseases I have, M S & TN & would never do otherwise.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 5:10:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used integrative medicine when I was diagnosed with invasive breast cancer over ten years ago. Most of my treatments were alternative therapies which boosted my immune system and helped me to feel much better. I am still cancer free today. It is imperative that each individual person be able to choose their path in wellness. I think that anyone making a choice as an adult for their own individual health should be granted that. Most of our rights as humans have been stripped away and this shouldn't be the case. Where does it stop

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 7:17:11 AM

---

To the Medical Board of Australia,

I support Option 1.

Many people choose to use integrative doctors such as myself because they want a natural holistic solution to their health problem/issue and don't want a band aid solution with a prescription for synthetic drugs which only masks the issue. I want to have the choice to see a holistic doctor as they take the time to look into all aspects of your health and you aren't in and out in 10 minutes sent off with a script as with traditional doctors. I know this from experience. I suffered with migraines and my conventional doctor tried to give me a script for depression medication (not the road I want to go down-one of the side effects can be depression!?) to treat them and I knew there was a better way without suffering the serious side effects of this medication. So I have turned to holistic options and am handling it naturally. I am so glad I am able to have this option and to take it away would not be a good idea. People should have the choice as to how they wish to treat their health issue and integrative medical doctors should actually be given more support not restrictions. Their treatments should be seen as "conventional" rather than the other way around in my opinion.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 6:24:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a middle aged woman, a teacher, who contracted Whooping Cough whilst on camp in 2018. Thankfully I was able to work with my medico to integrate homeopathics and when necessary, after contracting pneumonia, using antibiotics. The combinations of the tow healing modalities assisted in my returning to school in great shape after being very ill.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:06:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I cannot believe that this is happening this is a democratic society and we should be able to choose what type of treatment I need to have this is another money exercise to keep the drug companies in play the drugs that doctors describe most times causes another illness if I can use complimentary medicine it's my choice and half the time doctors don't know what the problem is most times it's hit and miss this is removing my freedom of choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:08 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People should be able to have a choice when it comes to their healthcare and integrated doctors play a large part in this choice.

Integrated medicine has helped people I know but doing different tests a standard GP would not have known about and also having more knowledge regarding treatment with nutritional medicine.

Integrated doctors play an integral part in the medical system and there should be no change in the way they can treat.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 11:46:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support doctors right to provide holistic healthcare without harassment by the medical board. I believe increasing numbers of patients choose integrative doctors because they provide safer natural options of treatments, and these doctors are usually booked up for months ahead which proves how successful and popular they are. Patients are voting with their feet and patients deserve to have free choice of health care. As a naturopath I work well with integrative doctors to provide very successful patient outcomes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 10:42:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors have the responsibility to advise their clients appropriately to prevent nutrient deficiencies especially if the client's symptoms point to vitamin or other essential nutrient deficiency. I can remember when pregnant being advised to take iron. My daughter suffered unnecessarily because her doctor did not advise vitamin D when she was repeatedly sick with throat infections. My daughter is Eurasian with a darker skin than average Europeans. She was breastfeeding at the time. Vitamin D deficiency was obviously playing a part. I call this gross negligence on the doctor's part. Doctor's need to be trained in this area. I understand medical training in Nutrition is minimal. We need more integrative doctors rather than penalising the few enlightened ones.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 12:34:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative medicine because it is desirable for patients to be provided with the best advice to maintain and or improve health. A ten minute consultation with a pharmaceutical prescription is not health care.

When I was pregnant I was advised to take iron by the doctor. This proposed change by the AMA would have penalized this doctor. I have IBS. My doctor advised me to consult a naturopath. Eventually I have my IBS under control.

When breastfeeding her second child my daughter suffered from repeated viral throat infections. The doctor did not prescribe antibiotics, which was appropriate. However, as my daughter is Eurasian with a darker skin than average it turned out she was severely deficient in Vitamin D. I consider the doctor to have been negligent in not being aware of this possibility.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 11:35:07 AM

---

To the Medical Board of Australia,

I support Option 1.

To keep consumers' choice and freedom in seeking healthcare, it is imperative to grant GP's and doctors in general the autonomy to recommend and prescribe holistic and non pharmaceutical interventions.

These should include recommendations to lifestyle, usage of nutritional supplements, referrals to complementary health practitioners and broader testing.

Doctors who spend more time with patients in order to better understand the root causes of their disorders and make recommendations outside the medical square, should not be punished or labeled as fringe. Health care does not equal pharmaceutical intervention. It requires meticulous attention and deep understanding of the patient's needs.

We should be proud and supportive of those doctors who offer information and choices to their patients and empower them to be partners in their own care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:29 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe it is the right of every human to choose the type of medical treatment they want.

No one has the right to say what treatment/s one is restricted to.

And no one has the right to say how long a Dr can consult for.

This is Australia...NOT America ...let's keep it that way please .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I believe I should have the choice to go to a alternative specialist the same why I go to a specialist under the AMA.  
I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:54:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used integrative medicine in the past administered by a competent doctor, and it cured my problem. Please do not restrict competent administering of this perfectly viable medical treatment. Western medicine does not have all the answers, and most doctors do not look into the source of the problem, they only treat the symptoms. Integrative medicine digs deeper and gets results.

Please do not restrict their practice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Western medicine isn't the answer to all sicknesses, people are recognising that prescribed drugs from a doctor at times does more harm than good, People are more aware there are natural alternatives, which of course we are willing to try instead of popping a pill!

Natural medicine has helped me with various ailments and I'm happy to say I haven't relied on antibiotics for a long time due to natural preventatives, but more so it has played as a complimentary aid in my crusade to becoming pregnant!

Thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:36 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 patient I need to have a range of treatment and management options including advice on varying dietary plans and to health supplements and also access to a full range of diagnostic tests.  
Please do not hamstring our doctors and medical practitioners with these restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

It is my human right to have supported access to integrative and complimentary therapy's more funds need to be going into supporting these professions not limiting their access, these therapies keep people well and I have had numerous help concerns resolved with the used of complimentary therapy's. But that's just it, they should be the basic starting point for health and our pharmaceutical industry should be seen as complimentary not the other way around. We deserve to be healthy and informed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:57:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel patient access to integrative and complementary medicine is a personal choice and should be upheld as a basic right. We do not mandate what religion people believe, how they can dress, or if they choose to other alternative lifestyles, why should the choice of alternative therapies be any different!

My family and I have been helped numerous times by homoeopathy, including many sinus infections being instantly cured, alleviation of my husbands' nausea whilst on chemotherapy for cancer, it even stopped my infant child from a visit from the hospital when she was vomiting constantly at 5 days old. We also see a chiropractor who has helped many times with bad backs. The loss if these therapies being supported is a travesty in my opinion.

If you impose restrictions it will make it harder for these alternative providers to stay in business as it is a deterrent for those who currently seek their services!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:09:14 PM

---

To the Medical Board of Australia,

I support Option 1.

As an adult human I have a right to choose my healthcare, and to be able to get reliable information about it.

I do not use mainstream medicine, and these proposed changes would seriously and adversely affect me and potentially make me and others a burden on the medical system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 6:00:37 PM

---

To the Medical Board of Australia,

I support Option 1.

without complimentary medicines I would not be here today, they and the treating doctor saved my life, I tried mainstream medicines but only got worse, I suffered from the onset of osteoporosis, and emphysema, and leaky gut syndrome, and a host of other related problems, but have since reversed all of those symptoms, using these natural modalities and I have since helped my family to use complimentary meds with great success, my wife suffers from Parkinsons disease, And nothing works better for her than these natural therapies,, as this disease is a very debilitating one, its great to see some improvement and its only come from these complimentary medical practices, there for I implore you in all common sense to never take these away from people like us, thank you !!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 9:21:02 PM

---

To the Medical Board of Australia,

I support Option 1.

without these natural therapies myself and my wife would probably not be here, as mainstream could not help us anymore, in fact it was damaging more than helping us, , these therapies have been around for far longer than mainstream in lots of cases, and have helped many whom have come before us, at the end of the day, it doesn't matter which one helps, so long as they do help the individual, even if its only the placebo effect which has had remarkable success I might add over the years also, personally, I have had great success using both mainstream and natural therapies together, as with my wife as well, whom suffers from parkinsons disease

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:09:43 PM

---

To the Medical Board of Australia,

I support Option 1.

MY HEALTH, MY CHOICE!! STOP TAKING WHAT I SHOULD RIGHTFULLY BE  
INFORMED OF IN ORDER FOR ME TO DECIDE WHAT OPTION/S I'D LIKE GO  
WITH/TRY. AGAIN-MY HEALTH,MY CHOICE!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:17:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I have found for many years that Integrative and complementary medicine are very useful tools for my health, as well family and friends.

I am in 70's now, but as a teenager I was prescribed antibiotics for acne for the best part of five years and others for various reasons over the years. As a result of the over use I now have to be very extremely careful, as I can have a bad reaction.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:03:45 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't push alternative therapies aside. I have used them for years with great results and as a consequence have not been a burden on the medical system

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:03:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my strong opposition to proposed changes to restrict Integrative Health Practitioners.

I am a very healthy active full time employed 52 year old mother of 3. Personally I can say that my health would not be where it is today without the help of an Integrative Doctor. She was able to get to the root problem and assist me where my family doctor had failed me. I know that the costs for my care would have been much more substantial in the long run had I not seen an Integrative Doctor. I would also include that the overall well being of my entire family would have been negatively impacted should I not have had the opportunity and choice to seek further help from an Integrative Doctor.

Please consider that this proposition would negatively impact many people as well as costing the Government more money in long term costs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:37:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support integrated medicine as it is a holistic approach to medicine and treats the whole person, not just one facet of the problem.

My doctor uses a holistic approach and at the age of 65 I have good health and am not on any medications- as such it has saved me and the medical money and stress.

We need to encourage a holistic approach.

I encourage you to do the same for the benefit of the individual as well as the medical system.

Kind regards,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 7:32:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complimentary medicine as in the past I have been on a waiting list for 8 months for the removal of an ovarian cyst. During this time i suffered severe pain, was prescribed panedine forte and as a result could not drive myself to work. At the time there was not enough education around this condition and I lost my job due to my absenteeism. I was devastated. I did plenty of my own research and made changes to my diet, stopped taking the pill and as a result stopped the growth of my cyst. I was only 22 at the time and I wish I had access to a doctor who could have guided me through the causes of ovarian cysts so that I could have better cared for my body. Integrative medicine and an hollistic approach to the root causes of health problems will have a lasting impact on our communities creating a well informed and healthier society. While I still needed to go into theatre to have the cyst removed, for which i am very grateful for under our health system, I think delivering medical advice on the root causes of health issues is the future we need.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 1:01:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I have combined a holistic approach to my personal health care management for over 35 years.

Please continue to leave this choice with me!

I know best what helps me stay healthy.....

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:23 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Hi, 16yrs ago i was 'not right' i went to 5 doctors all telling me i had depression, gut feeling i knew i didnt, but by the 5th doc i thought shit maybe i do so i went on anti depressants for a week and gut feeling kept telling me this wasnt right. I scrolled through the yellow pages and found a medical practice that drew my attention, made an appt, she did blood test ( the only doc to do blood tests) and they came back that my body was depleted of everything !!!!@ hormones , vitamins and nutrients, plus i was allergic to wheat and dairy. She than sent me to a homeopath and a naturopath and consulted with them both on how to get me better. With both sets of knowledge and facilities they made me better. THIS IS HOW OUR MECICAL SYSTEM SHOULD WORK, INTEGRATED MEDICINE IS NOT A BAD THING, WHY WOULD YOU THINK THAT? THEY LOOK AT WHATS CAUSING THE PROBLEMS NOT JUST TREATING THE SYMPTOMS . THERE'S A PLACE FOR BOTH, YOU GET RID OF INTEGRATED/ALTERNATIVE YOU ARE JUST INTERESTED IN SELLING MORE PHARMACEUTICALS AND NOT INTERESTED IN ACTUALLY HELPING PEOPLE GET BETTER. THERE IS A PLACE FOR BOTH, IF DOCTORS AND OPEN MINDED PROFESSIONALS CAN WORK TOGETHER WE WILL HAVE SUCH A BETTER SYSTEM

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Western medicine is not always the answer it has a purpose as does alternative medicine We should be looking at how they can work together and giving people the options to make a decision best for them not someone else making if for them .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 12:21:38 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have never had better health improvement since I moved on the advice of my GP and took a holistic approach to treating stress. Even medicare health care plans allow for patients to access physiotherapy in conjunction with counseling to treat mental health. It doesn't make sense to me that MBA is considering restricting access to a wide range of services that complement general medical practices. I must ask if it is the pharmaceutical lobby pushing for this so that GPs will be forced to prescribe medication rather than alternative approaches that work better in the long run.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:09:15 PM

---

To the Medical Board of Australia,

I support Option 1.

As a patient who has moved through metastatic cancer, with the support of complimentary therapies, I advocate that therapies such as acupuncture, naturopathy, osteopathy, sound healing, ayurveda and a plethora of others successfully returned my quality of life during four years of chemotherapy. The strength and the support that vibrational medicine offered me assisted me to reclaim functionality and a string mind set to over come my illness. Choice is vital for all patients regardless of their symptoms, to remove choice via this proposed legislation is a direct attack on my rights as a human being who is suffering enough through a diagnosis of this kind. I strongly oppose any and every change to existing policy and legislation. And will not vote for any political party responsible for this violation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:16 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare helped me beat cancer. How dare you take away my right to choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:06:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I feel very strongly about the change to medicine. It should always incorporate the choice of natural medicines, because they are exactly that... natural. Why change something that has served human nature for hundreds of years?

I've grown up with natural medicines and remedies and they are my "go to" whenever I feel a sniffle coming on. There have been countless times when antibiotics haven't worked, but a natural remedy or Chinese medicine has helped drastically.

I personally prefer natural medicines as it is safer for our bodies. Imposing restrictions will see a LOT of families suffer, those who rely on natural medicine, those who make a living from practicing natural medicine and their families.

In a world we are trying to make better, this decision is the opposite. It will cripple the professionals and those who need their help most, it is unfair, unjust and the change is simply unnecessary.

There really is no logical reason for changing and creating a negative impact and I would urge you to leave our natural medicines and doctors to do what they do best.

Patients deserve the best of care, that is your duty to ensure this is available. Changing this is not providing the best of care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:25:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I started seeing an integrative doctor after seeing many doctors, I have crohns disease. My doctor combines the best of both traditional medicine and alternative therapies - the improvement in my health has been incredible. I encouraged my husband to have a consultation, his 40 year migraine problem is turning a corner and he needs less of his preventive medications- he is so relieved, there could be a future without migraines. I am grateful that I have a choice of who I can see, to take that away is not democracy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 10:59:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not wish for my GP to be restricted in any way from offering advice and information on alternative medicines. We are not a totalitarian country yet so freedom of choice should apply when I visit my GP.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:33:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been to gp's for over 10 years with NO assistance other than the standard tsh test for my thyroid issues. It wasn't until I seen an Integrative gp that my issues were not only taken seriously, but he discovered thru blood tests that I couldn't covert t4 to t3, no wonder I was feeling so unwell. If anything you should be forcing all GP's to undertake more studies to look outside the square, and use both western and complementary medicines to better treat all Australian's as we are so far behind the rest of the world and really need to step up our game, I should be able to choose what treatments I want as it is my body after all, I had to pay myself anyway for all the tests and it feels like big pharma are getting their way and excluding any competition to their products, please do not allow this to happen.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 2:57:04 PM

---

To the Medical Board of Australia,

I support Option 1.

After a broken leg I required pain medication and found those prescribed were causing depression. Without a choice I would have walked under a bus long ago. Using alternative medication maintained my pain balance without interfering with my mental state.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:54 AM

---

To the Medical Board of Australia,

I support Option 1.

As someone with a chronic health condition (eczema) that I have experienced my whole life I have always (until very recently) relied on solely "conventional" medicine. I have spent my life on and off prednisolone and the Dermatologist wanted to put me on Cyclosporins which I refused as I'd rather put up with the pain, discomfort, and embarrassment of eczema than take Cyclosporins. Because I was unwilling to risk my vital organs I felt snookered and didn't know where to go. Through integrative medicine I have made some really impressive changes to my skin, I still use it alongside western/conventional medicine as that's the idea.... it's integrative, not one or the other. Not only has it helped my skin but it has helped my confidence, and reduced my social anxiety. I feel much more assertive and competent in my job. Integrative Medicine has had a big positive impact on my health and wellbeing. Please don't restrict access to it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:50:11 PM

---

To the Medical Board of Australia,

I support Option 1.

It feels a little silly to have to even be writing this, but it is absolutely appalling that our government is now so heavily controlled by industry, and functions purely in the name of profits...whilst knowingly harming citizens of this country with invasive conventional treatments, while trying to deny people the right to natural treatments that actually work. I would like to think this email even matters, and thought it was worth a try, on the off chance that there was any integrity left in this country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:59:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir / Madam,

In my experience, nutrition, didn't and supplementation where necessary are the most important part of maintaining good health.

Our son has had a few health problems over the years that conventional treatment and surgery were not able to rectify but we had great success when applying changes to diet and supplementation with liberals and herbs guided by a specialist.

Mauve Factor is one of the condition ma that we are treating, which causes a mineral (zinc) deficiency.

There are many publishers studies available on this topic but it is still not taught to GPs. This example alone highlights the need to keep an open mind and accept the we don't already have all the answers. There is new information coming to light all the time that can be put into practice in a way that does not cause harm to the patients.

Thanks for your consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:15:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi, I totally believe every patient should have the right to choose to use complementary medicine, These doctors have gone the extra mile to educate themselves on taking a more holistic view to provide excellent patient care, which in my opinion every doctor should do! No one should be penalised for their beliefs. I cannot take conventional medications for chronic pain relief, so I need Medical Cannabis, safe no side effects but not on PBS and highly unaffordable, acupuncture works! Please do not change the law, I fully support these doctors and they should be treated with the respect they deserve instead of the subject of a witch hunt, when my son was younger he suffered severe headaches nearly every day, conventional meds did nothing he had MRI , ct scan, specialists nothing found our doctor suggested acupuncture which of course a young person doesn't take likely, being stuck full of needles, but it worked after months of pain, tests ect, also helps greatly with my severe Sciatica pain. Please MBA do not take away our freedom of choice especially for those who want to explore every avenue for a better quality of life. Kind regards [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 11:31:27 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change options available for healthcare. Complementary & Integrative medicine has made a big difference to my health in conjunction with conventional medical practice. I have also seen the benefit with family and friends. Taking these options away is taking away the right to choose healthcare options that assist with health and wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 7:26:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I have added integrated health therapies throughout my life and found it has been highly helpful... without this support it would have drained the health care system....

We have the right to make the decisions for our health , It is not ok for the Government to take this right away from the public ...

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 11:53:11 AM

---

To the Medical Board of Australia,

I support Option 1.

I have a right to information and access to 'fringe', complementary or alternate health care options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:13:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I am in strong favour of patient access to integrative and complementary medicine. I very much believe that with so many conditions it represents a more holistic option for patient care. Giving the best chance for people to achieve better health. It also gives the patient options if they wish to avoid medications that may produce side unwanted side effects.

In many cases it also gives the patient some sense of control over their health and conditions. Often being more 'active' in their own treatment than the passivity of purely being prescribed medication or having surgical procedures. Plus it works!

I have been going to a clinic which uses a combination of a regular GP with integrative approaches such as naturopathy for hormonal issues which affected my skin and periods. Both have which have now improved considerably without any medication.

If I had not have had this option I would most likely have been prescribed some cream or harsh medication which would not be good for me in other ways or simply treated the symptom not the cause.

At one point I did go to a regular doctor for these issues and their approach was not nearly as comprehensive.

If restrictions were placed on integrative practitioners, I feel my choices would be significantly reduced in how I am treated for conditions. I also feel it would become a real either or scenario. I would have to see someone like a naturopath or a gp. Or spend twice the time and money seeing both. Sometimes a more traditional approach is best. Sometimes a natural one is best. If I cannot see an integrated gp, I will always get the approach of the one I go to. Not the best approach for the situation.

We need more for practicing integrative options. Not removing these choices for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I value my option of choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 6:24:29 PM

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To the Medical Board of Australia,

I support Option 1.

I believe it is grossly unfair and clearly one-sided to deny myself and my family a choice when it comes to the type of healthcare I may want to access. Please do not make the proposed changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:45:29 PM

---

To the Medical Board of Australia,

I support Option 1.

How dare we get told who we chose to treat us. My experience with integrative practitioners is that they know a hell of lot more than a normal GP. More people get helped with their health from a integrative practitioner. They treat the cause and not the symptoms with poisonous drugs that create more problems.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 5:15:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that a patient should have a right to choice and medical professionals not constricted in the type of care they offer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:31 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We all have the right to access holistic and multidisciplinary healthcare. We all should be given a choice to access complimentary therapies. Healthcare delivery should stop being dominated by the biomedical model.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:35:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I am very concerned about the MBA proposed guideline changes, and am surprised that there has been no consultation with Integrative Medicine organisations to work on any possible concerns. It took me four years of illness and visits to many doctors for me to be properly diagnosed with Chronic Inflammatory Response Syndrome (CIRS). The General Practitioners that I saw were mostly dismissive, unhelpful, and not knowledgeable enough to test and question me to work out the root cause of my illness.

It was only when I started with an Integrative Doctor, that I was tested more widely, given nutritional advice of some substance, and my issues were uncovered.

I have only started to get better because of the advice and treatments from Integrative Doctors, and I cannot believe that patients are not regularly referred to them for complex issues, instead of patients having to fight their way through the medical system to get any help.

If Integrative Doctors are restricted in giving advice or treatment to me, my ability to recover from this incredibly complex and overwhelming condition will be severely affected.

I am happy to give more information if required, however please take this very seriously. Many patients who are dependent on Integrative Doctors to help them get better would have their health compromised if restrictive changes are brought in. Also dedicated Integrative Doctors who have put in so much work to help patients get better should be supported and encouraged so that the whole medical profession can learn more and improve.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose to use integrative medicine over pharmaceutical medicine any day of the week. Yes I think there is a place for pharmaceutical drugs but not in 90% of health concerns we are faced with. I worked with my Gynaecologist to help eliminate HPV from my system so I didn't need the LETZ procedure, this was with alternate options. It was about healing my immune system so my body could eliminate the virus on it's own. I had CINII and refused the standard line of care because it was invasive and something that wasn't needed. I continued to have pap smears regularly to ensure my condition didn't get worse and it didn't because of the other OPTIONS I had! I was 21 years old when I went through this and am 30 now with no HPV and clear bill of reproductive health. I am also 12weeks pregnant which may not have been so easy for me if I had have had the LETZ procedure and my cervix health could have been compromised. There is not always ONE way to treat people. We are all different so we should all get a choice! Please don't take that option away!

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 12:15:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support the current form of Doctors being able to refer a patient for the use of integrative practices. I have had success with some of these practices and would be very disappointed to see them removed from the sphere of Doctors, as I think that is a safe place to find recommendations from. What happens to the recommendation of essential vitamins if doctors can no longer recommend them for symptoms they diagnose that would cure or prevent a disease. What of Spina Bifida prevention? What happens if people can't get acupuncture which helped me for a recurring work injury that no amount of medications would? The diversity is essential in modern day medicine. And what of laser treatments that have helped me immensely for my the rare arthritis disease I have. Please do not remove these practises from the sphere of Doctors and send them underground. They need to be kept in the open where they can be accessed by patients through their doctors.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:28:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support freedom of choice. It's important that we have the ability to seek information and education from highly qualified practitioners that through education and experience know a whole range of ways to approach issues or illnesses that a patient may be experiencing. My husband underwent chemotherapy and radiation in 2014, along side this treatment he was educated on integrative practices that would support his body to heal following such invasive and intensive medical procedures/treatments. Had he not been given education on diet, movement, relaxation, stress management (the list goes on!) he may very well have found himself significantly sicker from his treatments. The course of chemo he underwent was so strong that the oncologist includes a break period halfway through treatment but my husband didn't need one.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 11:55:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I had chronic illness since I was weaned. This included asthma and arthritis, which brought about anxiety and depression - all before the age of 14. My family when I was a child, and I myself as an adult, regularly sought, and followed to the letter, medical and allied health professional advice. I wanted to be well. All that happened with my health was a progressive decline.

When eventually I was told my only option was ECT and lifelong medication that made me feel sick, I decided there had to be a better way. So I asked people who had got better, and they recommended an integrative GP. I found this in my mid 30s. Their approach included a battery of tests followed by medications, complementary medicines and lifestyle interventions. The results were tracked by blood test, so there was documented proof that the strategies were working.

I wasn't able to work full time prior to meeting that doctor. Now, I live a normal life, medication free, pain free, asthma free and depression free.

I am so angry at conventional practice for robbing me of so much of my normal life, given it took about 2 months to feel better and 12 months to turn the whole thing around. I spent my 20s lying on the floor unable to work or even walk, thanks to arthritis. Conventional practice did nothing of note for me. I haven't had a flare up of note since embarking on the journey with that GP.

Please stop dictating to your members and start listening to their results. Conventional practice is ineffective for chronic illness. Why do you think GPs are taking this up? Do you think they're clients are all placebo responders who never saw a "real doctor"? It's the reverse, we gave up on conventional practice. You couldn't help us! Those tests, those interventions and those doctors gave us back our lives.

More doctors need to learn this, or else more young people will lose years of their life to ill health they don't need to have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:27 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do NOT limit patient's options to medical care! Some people, like myself show allergies to chemical treatments which cause me to feel nauseated. My body heals much better with herbal options. Not one set of protocols fits all people, that is just common sense. Please do not take away our free choice and the availability of obtaining alternate treatments and advise. I have an autoimmune problem, and my own body was starting to attack my thyroid gland, usually this is not reversible, however by changing my diet and eliminating certain foods, and trying to get my stress levels under control, I was able to stop my auto-immune response Please don't stop doctors from offering alternate treatments. We are supposed to be a free country with choices, doctors should have these rights to offer valuable alternate options and patients should have the right to be advised of alternate treatments. If doctors can't offer alternate treatments, many people will look for other ways of attaining it , or go to other countries to get treatment.( Money leaving Australia!)

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:17:52 PM

---

To the Medical Board of Australia,

I support Option 1.

As doctors are expected to offer advice on healing it goes without saying they need the option to advise on all the therapies available. Indeed it is negligent not to offer real solutions and just chemical drugs which mostly mask symptoms and compound illness. The near future will see a time when health professionals are subject to legal class actions in relation to the death and injury that is taking place as a result of the self-interests within the present system. The western healthcare system is designed to be self-perpetuating, therefore it is a matter of time until it implodes. It makes complete sense to actually heal people and eventually the primary (natural holistic) healing modes will be the healthcare of choice.

I personally have had longterm health problems associated with medical drug use and negligent and incompetent surgery. I nearly bleed out during a botched operation, was mutilated internally and have not fully recovered after 17 years.

My saving was nutrition supplements (Chinese herbs), yoga, massage, Bowen therapy, osteopath, meditation etc. I would have been dead years ago without finding these options.

If the intention is to actually heal people, complete healthcare choice is essential.

Looking objectively at present trends, it could be concluded that selling drugs was considered more important than real healthcare. I feel the MBA could greatly benefit from looking deeply into the kick-backs and real results that are the reality of the system. If time is taken to research the drug manufacturers, it can be seen they openly talk about 'business booming' and 'profits are surging' while paying for 'adjusted' research results and burying reports on deaths and injuries. Malpractice in hospitals is the 3 highest cause of death in the US.

It is time for the medical profession to look hard at itself, the future is bleak for an industry that seeks to censor and control choices.

Choice is Non negotiable. Say well, stay out of the system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 4:57:58 PM

---

To the Medical Board of Australia,

I support Option 1.

Why you support patient access to Integrative & complementary medicine  
Because along with other medicine approaches in harmony, way more  
effective for physical well health, leading to functional contributor  
to  
Living

How Integrative & complementary medicine has helped you, your family & friends  
Diagnostic tools, functional medicine whole body approach

Reasons why you use Integrative & complementary medicine  
I was really ill, now I am well

What it will mean to you if the MBA imposes restrictions on  
Integrative practitioners  
My medical practitioner does quarterly path tests organ and systems  
monitoring and adjusts my routines accordingly for optimal well health

Please let these practices remain

Gratefully

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because the main stream options sometimes don't work and everyone should have access to any Health care that will lessen their condition/disease. Integrative & complementary medicine has helped me personally with treatment for shingles where nothing was available to help in the way of pharmaceutical drugs. If I did not have access to the treatment I needed I would have been in pain and with my hands and finger effected my family would have suffered greatly also with me not being able to look after my children quicker.

I use Integrative & complementary medicine when mainstream medicine does not have a solution for me so by removing this you will be limiting my right to a healthy and happy life. if the MBA successfully imposes restrictions on Integrative practitioners I will no longer be able to utilities the tried and true treatments that work for me personally and the countless others who rely on these treatments to go about there day, continue to work and contribute to our community. If you take these from us you will find an influx of ill people your other systems cannot support financially or medically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 9:01:33 AM

---

To the Medical Board of Australia,

I support Option 1.

Its important for Drs who practice intergrative medicine to be able to continue to do so. to change the legislation is a direct attack on our freedom of choice.

I only ever use natural therapies to manage my health, and this is supported by Drs who I see for diagnostics and general health care. If I need to have more intervention, then this is pursued .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 13 May 2019 12:22:50 AM

---

To the Medical Board of Australia,

I support Option 1.

The move to change the MBA guidelines is another absurd attack on patient choice as well as freedom for "non-conventional" medical practitioners to practice and help so many people.

The strangest part about all of this, is that by having integrative and complementary medicine readily available - it decreases the load on Medicare and the medical system!

I turn to integrative and complementary medicine first, because I want to treat the cause, not just band-aid the symptoms. And I don't turn to drugs to fix it (that will in turn more than likely cause more issues).

It has helped myself and my family in so many instances over the years. From treating simple coughs and colds, to helping me recover physically and mentally from a nervous system breakdown.

I haven't been to a doctor in years and don't want to!

The first place I turn to is Chiro, Naturopath, TCM and other traditional healing modalities. All of which look to treat me in a holistic and natural manner. And all of them have been highly effective.

It's just plain wrong to limit the scope of what treatment integrative doctors can provide, purely because it's not dubbed 'conventional'. In doing so, you are ignoring thousands & thousands of positive examples where it is helping people to live their best lives, everyday.

Australia is becoming incredibly backwards in regards to healthcare. Freedom of choice with regards to an individual's health is paramount in my opinion. And a basic right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 4:21:41 PM

---

To the Medical Board of Australia,

I support Option 1.

The health system in Australia needs to take a hard look at itself as I feel it is not meeting the needs of people as the system in America does. For example the young girl that had to travel to the USA to have her peanut allergy treated when it could so easily be adopted here. Also ordinary doctors do not look for certain minerals or hormones that may be lacking in a person in Australia except the Integrative Doctors. What doctor automatically checks a persons Vitamin D levels?

People need the right also to choose whether to see a Bowen Therapist or the like. It is a matter of what works for them. Please do not take this right away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 12:19:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I highly value a holistic approach to healthcare and it is what has significantly improved my health. The public has the right to choose what kind of practitioner they would like to see. I have tried both conventional healthcare and holistic and experienced much greater care with holistic practitioners. I have been given the time, I have been thoroughly questioned and they have managed to get down to the cause of my health problems and have managed to prevent chronic progression of the disease. Australia's health care system is going backwards with the approach that the MBA and government have been taking.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 5:16:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I am outraged at the AMA 's proposal to stop Doctors usually  
alternative treatments, and suggestions as part of their treatment  
protocols. This is totally unacceptable.  
S

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:32 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I wholly support all patient access to Integrative and complementary medicines. As a family, several members, including myself have turned to complimentary medicine when conventional medicine has not been effective or caused more serious problems.

It is already very hard in this country to find a mainstream practitioner who is open to complementary medicine and willing to work with both even when it is obvious the standard treatments and medications etc are definitely not working.

Integrative doctors usually spend more time getting to the root of the problem before prescribing any treatments, whether mainstream or alternate. They provide a more personal service and diagnosis – not the one size fits all patients receive from many mainstream doctors.

As Australians, we should always have the right to be able to choose, without fear of retribution of any kind, the type of medical treatment we feel is best for ourselves and our immediate family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:39:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should have the freedom to choose what we want for our health. If it wasn't for natural health I would be taking multiple medications like a majority of people.

I had IBS which was fixed in 3 weeks with yoga therapy and shiatsu, no western therapy can do that. I see an osteopath, chiropractor, homeopath, take practitioner range supplements.

The Western medical model is prescription drugs or surgery, hardly a way to cure anything.

In fact the biggest cause of death today is medical stuff ups, medications and bad practice. Both my parents along with thousands of others have died at the hands of doctors.

But to be fair they are necessary in cases of emergencies. I am grateful for having life saving surgery when I needed it. My doctors were lovely as were the nurses

For anything else and to maintain wellness, I choose natural therapies and am a big believer of supplements.

If the pharmaceutical industry didn't destroy the reputation of doctors and weren't supported by idiot politicians, who support profiteering, things might be different, but meanwhile I have the right to choose my healthcare.

Is this Govt and MBA now in the hands of communists ? Because taking our right to choose complimentary therapies is exactly that.

I would go to a doctor if they offered more complimentary or nutritional advice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 10:41:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I have found health professionals who use integrative and complimentary medicine are very conscientious spending a lot of time reading relevant research papers and being aware of new directions in health care. For example my doctor was attending seminars in 2009 on the relationship between gut microbiome and mental health and fatigue. Now this is being discussed and utilised widely- 10 years later.

This approach brought about for me a reduction in chronic fatigue and cleared up why I was experiencing so many unpleasant gut issues.

As a person who experienced a bullseye rash at the site of a paralysis tick bite in Nth NSW coastal region and subsequent chronic symptoms I find it insulting to disregard the immense impact the transmission of infections from ticks has had on my life and many others.

We need to be exploring researched approaches that show improvement and be prepared that these could be outside traditional medical approaches.

Our GP group in my area are sponsoring Yoga for Pain which has been shown to give improvement to even returned service personnel. I have had it ease migraine during a session. And it is so simple and easy to do.

I have had improvement on different herbal treatments. Eg Garlic, Vit C & Horseradish tablet triple strength ceased the revolving door of virus, sinus infection, antibiotic treatment, a brief respite then virus again etc that I was on. I haven't had sinusitis since going onto it. Simple, yes and Effective.

What more could we want?

Even with low iron St John's Wort lifted my spirits when very down before I even started my iron supplement regime as I had been unaware of my deficiency.

Look through history and there is delay in embracing change. We should wise up and intellectually look at the research rather than shutting down something prematurely.

The Senate inquiry into an emerging Tick borne disease showed enough for action. There are too many very ill people getting worse and horribly so.

Stop this prevention of treatment and look into the basis of why doctors are using these methods.

There is no more risk to patients and we deserve the right to choose our treatment options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:34:02 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine is vital. It is exactly that - complementary. As a family we use both, and in doing so, save the health system a lot of money! It has helped our family dramatically and removing this access infringes heavily on my rights and freedom to choose as well as puts more impact on the medical system which will impact every Australian, particularly those really needing medical care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 12:38:58 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a 73 year old and have used complementary medicine most of my life. This in my view has kept me healthy and mobile and out of hospitals. If you want a more healthy nation and less burden on the hospital system you should be supporting and advocating complimentary medicine not trying to close it down. Do your homework. Let Doctors do their work that is what they are trained for, not governments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 6:40:09 PM

---

To the Medical Board of Australia,

I support Option 1.

As you know integrative GPs identify the root cause of a health problem and develops plan for a patient to get well that works. The majority of modern Australian GPs provide incorrect advice, they just treat symptoms and sometimes can't even get that right. People before profits please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:52:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I am horrified that Dr's who practice integrative/complementary medicines may be penalised

I have a long term medical condition that orthodox medicine can't help me with. The only decent help/treatment I've received is through Dr's that practise integrative medicine. I have seen real improvement with this approach

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 6:08:16 PM

---

To the Medical Board of Australia,

I support Option 1.

This is critical to keep integrative and complementary medicine. We have a right to choice. This saves lives and is a complement to regular medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:35:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I have an autoimmune condition that even the best specialists are puzzled by. How am I supposed to get proper care without being able to avail myself of emerging treatments? Conventional medicine hasn't caught up (with peer reviewed studies) of integrated medicine options. My doctors are constantly coming across new information, for example, the impact of the microbiome on autoimmune conditions. Am I to wait the years it will take for the medical community to accept this as 'conventional' treatment before seeing if it can ease my symptoms?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 9:46:04 AM

---

To the Medical Board of Australia,

I support Option 1.

Hi,

My family has been helped so much with integrative medicine. I personally have suffered for nearly 7 years from chronic insomnia. Through a combination of supplements and other herbal tinctures, my insomnia is significantly improved and manageable and I am not reliant on sleeping tablets.

My 7 year old son is high functioning ASD and his sleep and behavioural issues have improved through the assistance of our integrative medical practitioner. We found that he was significantly low in key minerals and also high in heavy metals. Various supplements and food switches have been key to helping him (and the rest of the family) live a calmer, more normal life and transition to school successfully.

Please don't restrict integrative medicine, our family relies on it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 2:27 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

GPs are getting busier and busier. I was ill for over 5 years and several GPs said there was nothing wrong. It was only in a support group for my symptoms that I decided to see a naturopath, japanese accupuncturist and started taking supplements. I had medical intervention too but what I am most angry about is how long the mainstream system took to finally find out what was wrong with me.

Integrative doctors looked at me as a whole person (not one symptom) and took the time to ask many questions and look for symptoms which pointed to the problem. Even when I went to GPs and specialists asking could it be this, they ignored me. It took me 5 1/2 years to be properly diagnosed by the mainstream medical system and by that time serious damage was done to my lungs. It is my choice and should remain my choice to choose what type of health practitioner I use to keep as healthy as possible and for quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 7:54:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a Reiki Practitioner and know first hand the benefits of Reiki for myself, my family and clients. I also avail of many other natural therapies and have total faith in them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 2:04:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Personally, I have only had success in any medical treatments via complementary medicine. I see a holistic GP who offers a holistic and complementary referral system and I would really not like to see Australia as one of the leading countries advancing in holistic health to take a back step in this process. Conventional medicine has a very important place for serious illness's day emergency however complementary approaches work better, in my experience, than conventional medicine and the public have a right to choose how they would like to be treated.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 9:13:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been able to diagnose and support the healing of my gut and hormone issues while my first Gp could not.

The body functions holistically and must be supported holistically if it us to get better.

It is lunacy to think that only looking at one facit of treatment & support will work.

Looking at the bigger picture is wiser in order to find the root cause.

At the end if the day we want more people healthy and so calling on more knowledge is advisable.

Next you will think there us no need for consultants or specialists, allied health professionals or nursing staff. They all work TOGETHER! Big picture!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 11 June 2019 3:37:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I feel very strongly that doctors should have autonomy to provide care which integrates traditional and complementary medicine.

My family have benefitted from this wholistic approach for many years.

Commonly traditional medicine practices have not been sufficient to resolve symptoms and conditions. I am a strong supporter of the right to choose how my care as a patient is provided. If complementary medicine can be used this, in my opinion is mostly safer, with fewer side effects than many traditional treatments.

Many European countries have been using integrative medicine for many years.

If restrictions on Integrative practitioners are imposed I believe we will be moving backwards, to the detriment of patients, the health system, the economy and reasonable rights. The only ones to benefit would be big Pharma.

Please don't let the current laws be changed

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:50:10 PM

---

To the Medical Board of Australia,

I support Option 1.

alternative forms of healing have been used by my family in the treatment of Parkinson's and mental health issues. Why are you denying these practices and their benefits to the people who choose Western and alternative practices in their life to give them a better quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 10:39:59 AM

---

To the Medical Board of Australia,

I support Option 1.

To only allow a very narrow range of options to a doctor, in treating their patients can be very damaging to that treatment. I know my health is transparent to many influences other than bacteria or viruses. I have been helped enormously by informed prescribing of various natural treatments in boosting my overall wellness and stamina in fighting disease. To ignore thousands of years of successful treatment in favour of only the pharmacological is reductive and disallowing of the complexity of our human mechanism and the treatment possibilities. It reduces all possibilities to those chosen by the Pharmacological industry, putting business executives in charge of my options. Please do not disempower doctors by changing the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 12:53:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Holistic Medicine is just as powerful and important as Western Medicine. There is place for both streams in our health care system. You should not dictate to people which stream is right for them. People require the right to choose. Western medicine has failed me many times where an integrative approach has done wonders. And vice versa. One is not superior to the other. They are just different and both should be available with the same amount of options, rights and rebates as the other. No health care should ever be solely responsible for the outcome of someone's health. They are support for the person and no one will be accountable.

I have been undergoing integrative health for issues over the last 3 years. It was only once I saw an integrative doctor (also a GP - trained in both - more training than your average doctor) that I was able to recognise change. They looked at the WHOLE me. My whole life situation, my stress, my job, my nutrition, my relationships, my blood, my hormones. The tests done were not even recognised in the "typical" western treatment yet the tests clearly showed my imbalances, deficiencies and needs. I was able to correct these over 3 years with compounded formulas.

I'm astonished that Australia is cutting these important therapies from the rebate list and considering them as less impactful. Who's the judge of that? It's absurd.

Give people choice. Allow all options. Provide rebates for all styles of treatment, not just mainstream treatments that make more money. It's the right thing to do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:19:17 AM

---

To the Medical Board of Australia,

I support Option 1.

For many people, with complex, chronic health conditions, integrative and complementary medicine has been the only thing that has helped them. I have actually been harmed by long-term use of pharmaceuticals - and this has been rectified only by practitioners skilled in the area of complementary medicines and those seen as 'alternative' to the standard medical model. These are the ones who take seriously, their oath to do no harm.

Living with a chronic condition is hard enough, but to then restrict access to the very things that make life bearable - is bordering on inhumane. Is that really the kind of government we want? One that - when conventional medicine doesn't work, choose to throw those patients on the scrapheap?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 9:47:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should retain our choice to seek integrative & complimentary medicine. Practitioners should be allowed to use new and innovative testing and approaches for treatment. I believe this approach allows a more individual treatment and helps look for the underlying cause of issues rather than just treating the symptoms.

We have used an integrative and complimentary medicine approach for my husband in the treatment of his Crohns Disease, which has been very successful. He has avoided surgery and the heavy medications with substantial side effects suggested after his initial diagnosis. This has been both a benefit to him and to the potential burden on the healthcare system.

Integrative and complimentary medicine also provides many preventative health care options, allowing patients to be empowered and participate in their own healthcare journey. We should be allowed to continue to choose our treatments of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 1:44:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Australians should be allowed access to complementary medical care and Australian doctors should be allowed to recommend and prescribe these treatments.

In the past I have been prescribed SSRIs for anxiety and depression. These had their benefits but also came with side effects and did not address the underlying causes of my condition. Through chiropractic, specific supplements and change in diet, I and my family have better health than we could have hoped for with pharmaceutical treatment, since underlying causes of the chemical imbalance have been addressed.

I strongly believe that there are valid alternatives to a traditional pharmaceutical approach to medical care, and that other forms of treatment can effectively complement mainstream medicine. Patients and doctors should be allowed choice in which forms of treatment they choose, recommend or prescribe.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that Australian's deserve the right to see the practitioner who they like. Provided that person is qualified to do so, why should this be of any concern to anyone else.

Integrative doctors, chiro and other health practitioners have a place and help those where conventional medicine may not. They are trained in their field and to take this right away from the public just isn't right.

The recent move to remove natural therapies from private health insurance is also ridiculous.

Natural and integrative medicine has kept me out of hospital and therefore saved government money that could be best spent on a hospital bed where someone required life saving surgery.

I'm sure I am not the only one who this applies to.

General practitioners have not done in depth studies into vitamins, herbs and their therapeutic actions to know enough about it so leave that to the experts please.

Australia is losing faith in the government with all of this bureaucratic talk on natural therapies where clearly factual evidence was left out of studies. Don't make another mistake !

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:42:26 PM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary approaches to Allopathic medicine are important.

Many of my family and friends have been successfully treated using 'alternative' approaches to their health issues. They were able to access these treatments because they were able to choose practitioners with deep knowledge of the modalities.

I find it incredibly narrow-sighted to restrict patients and practitioners to modern medicine approaches only.

Modern medicine certainly has its' incredibly important uses, for example, many lives having been saved by medical technology and expertise in emergency situations, and in surgery.

However, many ongoing and less extreme health issues are very well-addressed by using multiple approaches, by practitioners whose study equals hours spent by conventional doctors. Traditional and natural approaches often have less harmful side-effects than pharmaceuticals.

We, as consumers, should have choice when it comes to our medical decisions. Surely success is indicated by the many various practitioners in the many 'natural' and 'alternative' health modalities? How would practices stay open, otherwise?

Please broaden your view to include the value that many patients place on practitioners who are able to offer treatment based on deep knowledge of historically successful methods.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 2:35:50 PM

---

To the Medical Board of Australia,

I support Option 1.

For many years our family has used complementary medicines to both prevent and treat illnesses. We believe in the efficacy of these alternatives - especially when there are factors such as severe allergies and gut issues to work around.

We believe it's essential that Doctors and Health Providers be allowed to continue as they have for many years - to practice without restraint, using methods only they can determine, to achieve improved health outcomes for our society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 9:49:33 PM

---

To the Medical Board of Australia,

I support Option 1.

Our family has for many years used naturopaths, herbalists and alternative doctors to help with our health concerns. We see their services as a valuable addition to our own choices to lead healthy and well balanced lifestyles. Without their assistance, and indeed their deep concern and interest in us (provided through longer than 'typical' appointments), our large family would not have been able to improve and indeed heal some of the health problems we've had. We're so thankful for them!

We feel it is imperative that these practitioners are permitted to continue providing the best care they can (and that they are trained to do) without restriction from government or other bodies in authority. There is no need to tighten the regulations around them or the services they provide.

Thank you for considering supporting no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 8:18:26 AM

---

To the Medical Board of Australia,

I support Option 1.

Instead of eliminating the holistic approach these doctors take which is wonderful for their patients, why don't you try and learn from them and improve basic GP services and there basic approach pharmaceutical.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:00 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want my doctor to be able to recommend any treatments, supplements etc that will allow me to have the best healthcare. This is a right that we should all have

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:47:33 AM

---

To the Medical Board of Australia,

I support Option 1.

Both integrative and allopathic medicine have been crucial for my health support and recovery of very significant health challenges. Namely autoimmune disorders which allopathic medicine has found incredibly hard to effectively treat with a view to resolve and repair.

If I had not received fantastic help and guidance from integrative medical practitioners I would not be as far along as I am.

Please, I appeal to you, I want the choice to seek the best possible treatment I CHOOSE FOR MYSELF and for others to be able to do the same. If that is from multiple modalities then that must be the way in order for health to return.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 8:47:33 AM

---

To the Medical Board of Australia,

I support Option 1.

In the world of skyrocketing health care costs, i am genuinely amazed that you seek to ostracise health care professionals who offer advice and referrals to complementary therapies. The move towards support of the sickness industry continues to grow, at huge cost to the Australian population and its government. It can not be supported and needs to be refocussed on the Wellness industry, which includes professional complementary medicine. It is a much better and purposeful use of money to prevent illness and poor health, than attempt to remedy it with costly intervention.

I, and my family and friends, support integrative health practitioners because they care more about our ongoing health and wellbeing. I urge you to do the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I had tried things for many years to get better, but herbal medicine helped me more than anything could. I have Lyme disease and mental disorders such as depression and anxiety, and I am now no longer seeking western medical help. I am happy and healthy, all thanks to herbal medicine, reiki treatment and Chinese medicine. Cutting this out, would make me back track and take back all of the good work it's done for me. Please do not do this, me and many other people beg.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:24:44 AM

---

To the Medical Board of Australia,

I support Option 1.

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

Medicine is not a one size fits all approach. It is important for Dr to have a range of treatment options that can be available and then it is the patients choice what option to choose. I feel the medical board is overreaching and reducing treatment options that have worked previously. My experience is complimentary medicine has helped me be more healthy than just prescription medicine alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:15 PM

---

To the Medical Board of Australia,

I support Option 1.

It is important to understand there is a time and place for both western medicine, and integrative & complimentary medicine. Dr's should be able to choose which is the most appropriate/best treatment at the time of consultation. Taking this choice away is not acceptable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 5:51:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I have benefited enormously in having access to practitioners who provide an holistic approach to health and wellbeing via their approach using integrative and complementary medicine - treating the body as a whole and not as parts.

I have been supported to recover completely from adrenal fatigue where I was unable to do the most simple of daily tasks and was mostly confined to the couch to returning to leading a full and productive life. What I thought was depression I discovered was a by product of the exhaustion and once the exhaustion was addressed the depression disappeared. I understand and respect that this will not be the case particularly for those who are clinically depressed but I through experience I have come to understand that what we put into our body in the way of pharmaceuticals and food can have a very real negative impact. My recovery was due in no small part to being able to have a consultation time that allowed plenty of time for discussion - to discuss lifestyle choices that were contributing to the illness, food choices and general support. I came to understand the vitamins and minerals my body was low in and was given access to medication that was specifically compounded for me through a compounding pharmacist.

The 'conventional' 10 minute consultation is grossly inadequate in supporting a practitioner to understand in full the patients circumstances and life experiences which can and do have an impact on physical wellbeing.

i am of an age where I have experience of the family doctor who was able to take his time to attend to the individual needs of a patient and was never rushed,

The 'conventional' 10 minute consultation I believe is not just ineffective, it is contributing to society's stress and ills as their doctor should be the one person they can turn to for understanding and support. It is also placing doctors under an inordinate amount of stress of and pressure rendering them less effective in meeting their patients needs.

People are entitled to have the freedom to choose the practitioner best suited to them and not have this dictated to them by a governing body.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

I have always included a holistic approach in keeping healthy and value my doctor being able to be a strong part of that

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:03:00 AM

---

To the Medical Board of Australia,

I support Option 1.

After over two long and tumultuous years of seeing my GP multiple times (whose first line of treatment for my condition was antidepressants, a treatment I hoped to avoid if at all possible), another GP for a second opinion (whose first line treatment was the contraceptive pill, which did not help my condition and also had adverse side effects), and several counsellors, I saw an integrative practitioner who was able to diagnose and treat my condition easily and effectively. For several months now I feel better than I have felt in the past three years -- no antidepressants and no contraceptive pill, just a good dose of supplements and herbs. I oppose any changes that would mean GPs and practitioners cannot use integrative healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:45 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please continue to support integrative healthcare which focussed on prevention as well as treating symptoms. Health prevention should be the future focus to reduce the impact on the health system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:56:27 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that both conventional medicine and integrative therapies can coincide in one world. Each has its benefits, and neither offers a complete solution to all health needs, and doctors should not be restricted to only offering treatments that will make big Pharma money. It should be for the good of the person, not the good of the bottom line. We are people, not numbers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to express my desire to keep the current guidelines to integrative medical care the same, and to maintain the ability of medical professionals to recommend holistic methods as part of a healthcare regime.

Having suffered for many years from chronic fatigue and fibromyalgia, I have benefited greatly from more natural approaches and holistic healthcare.

Healthy lifestyle choices and options are imperative to our healthcare system, and essential to Australia's future. A balanced diet, natural alternatives and active lifestyle are the essential starting place for our nation to begin battling obesity, chronic illness and our overwhelmed medical industry.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:35:41 AM

---

To the Medical Board of Australia,

I support Option 1.

It should be a personal decision made by the individual doctors who want to use integrative and complimentary medicine. Just as it should be a personal decision for patients to choose what medical care they feel is best for them. Natural medicine has been used for hundreds of years with many good results. I have had positive results throughout different times in my life using Homeopathic, Holistic, acupuncture, reflexology, iridology, also massage, physiotherapy, you could say a variety of alternatives which helped prevent my health issues getting worse therefore more easily managed.

There are still diseases in this 21st century that have no cure, many are not understood yet. Meanwhile new diseases are appearing. A lot of time effort and funding go into research to finding cures. Cancer is one of the biggest killers sadly many lose the battle despite treatment. But doctors and patient wouldn't have given up with the treatment plan until they had tried everything that was available. Unfortunately there are diseases and illness that don't get the attention or the research that cancer gets. Leaving thousands of people sick with little help from conventional medicine. Or no alternative than to be on painkillers long term which might cause other problems. Should they be denied alternative treatments that may very well give them relief from some of their symptoms? Getting their body systems to the best they can be during their illness.

Integrative and complimentary ways of treating patients should not be scoffed at because of ignorance, skepticism or bias about those methods.

No stone should be left unturned in looking at different ways of treating health problems. Closed minds prevent learning what could be!

Doctors make an oath "do no harm". In making that oath it's their duty to provide the best treatment possible for each patient. If they decline to help a patient who asks for and consents to complimentary and integrative methods then can they really say to that patient that they are holding up to the oath. I'd conclude they could be guilty of causing that patient harm by not treating them.

Medical/health treatment choices and decisions should be made by the patient and treating doctor. My choices should not be limited or dictated by people who do not know who I am or what I need. When it comes to my health care I'd like to choose what is right for me and have access to that care.

Sincerely  
[REDACTED]

I consent to publication of my submission without my name.

Sincerely,  
[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Seeing an integrative doctor has resolved my children's health problems, to remove their ability to treat patients effectively would be criminal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:16:41 PM

---

To the Medical Board of Australia,

I support Option 1.

Please continue to support complementary health modalities. We can work together to optimize patient outcomes. Our bodies, our choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:09:28 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the regulations on integrative and complimentary medicines. They help so many people, including myself.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 7:20:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support Integrative and complementary medicines and would like to see these grow to become mainstream in our community. Progress and development in medicine happens at an exponentially rapid rate and medical schools invariably lag behind in their training of young doctors. It is the integrative practitioners that stay on top of new information and choose to apply this knowledge ahead of others. I am particularly interested in the mind / body connection and how influential the gut is in maintaining wellness. This stems from personal experience with my health, and that of my partner. I have also learned a great deal about our health system from managing the clinical school of an Australian medical school for 18 years.

The Medical Board is well advised to protect a practitioner's right to apply new knowledge and to encourage them to continually seek out developments. It is vitally important to support research in this country!

Patients have access to a great deal of information about their health and they are in increasingly better positions to make informed choices. To choose an Integrative practitioner or other complementary medicine (e.g. chiropractic) is a basic right that must be upheld.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:04 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine literally saved my life. It has become apparent that this government is a tyrannical dictatorship. It is our right to choose what we put in our bodies. By making it impossible to access knowledgeable practitioners in natural therapies you are creating more opportunities for underground snake oil merchants to take advantage of sick and desperate people, that will, when conventional medicine fails (and it DOES) seek alternatives. The people of Australia see clearly what is happening, you are on a slippery slope. This decision is a big one.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:42:54 AM

---

To the Medical Board of Australia,

I support Option 1.

No body has the right to tell me what I should or should not do.  
Natural cures existed long before modern medicine. My late wife was given three weeks to live when she was diagnosed with stage 4 lung cancer. Thanks to natural medicines she lived for a further 5 years with good quality of life. When her chemo was changed to Tarceva she was covered in painful blisters and died within a week of the change

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:29:43 PM

---

To the Medical Board of Australia,

I support Option 1.

It's time other people took their financial and political interests out of how I manage my health.

As a responsible adult I deserve to have the right to decide on how I best manage my chronic health conditions. I'm far from happy to discover after you've taken away my health cover rebates to cover traditional medicine practices which have worked well to manage my pain and health situation.

Now you're working on taking away my right to use integrative medicine, take your interference out of my health care!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:40:41 PM

---

To the Medical Board of Australia,

I support Option 1.

The main issue in these considerations are that the medical profession should be supporting the individual right of each person to have choice.

To choice there doctor and the alternative treatments there require.

Many doctors know that allopathic medicine has it limitations. And are working in the best interest of the patient by introducing alternative medicine as well.

There is a world wide push to limit alternative

Approach's to health care. Does the medical establishment have a conflict of interest in there relationship with big pharm?

Today we need moral courage to do what is right for a healthy humanity.

Yours sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:15:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Part of living in Australia is our democratic rights to CHOICE. When that choice is taken away by legislation our country and all who fought for our rights to choice, is no longer free or democratic. Not everyone needs or responds to conventional medicine so other ways are needed. The basic right is for good health, no matter how that is achieved. Complementary therapies and herbal medications are and always have been needed to achieve our ultimate wellbeing. Good health is not a competition as to "better/right" or "worse/wrong" ways to achieve this, it is about getting it done, "complimenting" each way. Basically it is about the people having a choice, their bodies, their choice. That is why many lives were lost in many wars, we were fighting for freedom and choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I use both allopathic and complimentary medicines as I discovered early on that medicine cannot fix everything. I do not see alternative practitioners with a 6 week course under their belt. I have found some very well educated and aware people. I have seen Doctors who suggest tai chi and massage, doctors who do acupuncture. There are certainly others out there.

I do not believe the government has any right to interfere in what a doctor and patient decide will help. I do not believe it is any business of the government which type of practitioners myself or my children decide to visit. Seriously, I wonder why this has become an issue. Free choice in a free society is common sense. Please leave the regulations alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:34:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I likely wouldn't be alive without Integrative and Holistic medicine. It has been integral to my life since I was a sick baby. I deeply value complementary care as Freedom of speech and believe it is the future of healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 4:06:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I support doctors recommending, referring and using a holistic approach in their treatment of patients. I would be looking for that type of doctor to use any time I would see a doctor. I am not interested in being dishd out a bunch of pills with awful side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 12:03:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a right to choose and be guided by a practitioner about alternative and complimentary medical options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 7:43:19 AM

---

To the Medical Board of Australia,

I support Option 1.

The reason I like to have a choice between integrative and conventional medicine is because I believe there is a purpose for both.

I have a heart condition so I need chemically based medicine and in order to prevent further heart stress I prefer to take natural based medicines. I find that an integrated doctor has a wider scope of therapies on which to draw and offers more specific testing to assist in monitoring my situation and this benefits me considerably. I fear we are heading to a 'one world' everything but please give me a choice about my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:13:11 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I support patient access to Integrative & complementary medicine for many reasons. This includes the enormous benefit it has had on me and my family, how mine and others' choice to preventative and innovative health care should be available, and the loss to me and society if it is not available.

Integrative & complementary medicine has helped me, my family & friends. My son and I had repeated scripts for antibiotics, but since using naturopathy, acupuncture and Chinese medicine, etc, this has not been necessary.

I and my family use Integrative & complementary medicine as it has helped us get over illness that otherwise would have needed a more evasive solution. Also it is our and other's right to alternative health that provides new solutions to problems.

If the MBA imposes restrictions on Integrative practitioners, I and my family will not be able to access these services, (due to finances and other reasons), that help prevent illness.

Thank you for keeping the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 20 May 2019 10:23:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I greatly benefit from and value Integrative practitioners

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 8:01:47 PM

---

To the Medical Board of Australia,

I support Option 1.

That would be like taking a massive step back into the dark ages. This country needs to realise how much natural therapies help people so so much and actually prevents a massive burden on the medical health system which wouldn't be able to cope with millions more sick people!!!! We should be moving forward and combining both fields of expertise. It's not a competition they both have their place and can be used to compliment each other. Medical doctors can also work alongside natural therapies. People in this country should have a choice to choose who they want to see. Homeopathy, Naturopathy and other natural therapies are all available to people in Europe and USA and medical doctors all work together with these therapies. Why can't this country see the benefits???

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:41:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option 1 and implore you to also support this option. As an Australian in my early 60's I have not needed to call on the services of Medicare much at all but appreciate that when I need to I can choose a doctor who accesses holistic health, which I believe has assisted in my and my families overall good health. Prevention is better than cure and while all doctors ascribe to this approach it is the holistic ones that I have experienced, who deeply encourage this belief. when treatment is required they have a greater field from which to draw on. Please do not limit our nation's freedom of choice medically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 10:57:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complementary medicine. My family and I have used integrative medicine over the years in conjunction with tradition medicine with much success and do not believe that the support of integrative and complementary medicine should be altered at all. To do so would be taking away choice of the individual!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

We should be able to choose to use a doctor that uses holistic and complementary practices. My allergies and complications make it essential for my health to use vitamins and minerals which my doctor assists me in using correctly.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 4:43:55 PM

---

To the Medical Board of Australia,

I support Option 1.

In 1985, when my Mother was told there was no treatment left for her metastatic lung cancer, she turned to alternative therapy. She is still alive and is now 84 years old. In many Asian countries, Traditional Chinese Medicine is also taught alongside Western medicine, to medical students. I feel outraged that any authority would try to take away a persons choice to use all methods to regain their health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am a nurse, my mum is a nurse and my sister in law is a nurse. We have extensive experience in healthcare in a number of fields between us including ICU, midwifery, palliative, community, geriatric and general ward. We know there is place for pharmaceutical intervention, however I witness the majority of these medications prescribed as a treatment. I have seen so much benefit, not only in myself and my own family and children with preventative health, but I see benefit in wholistic healthcare. There are very limited side effects, it's can be more cost effective long term, and it makes sense to put less crap in our bodies. There are benefits to both, however there is very limited recall, or realisation after a number of years that complimentary healthcare is damaging. Can we say the same for pharmaceutical medicine?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 3:51:45 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me and my family and friends over many years where conventional medicine has not helped.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 11:08:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I am 60 years old and have relied on integrative & complementary medicine my whole adult life. I was finding that so called 'conventional' medicine (it's not conventional in many other countries) was not curing my conditions & I had to look elsewhere. I have used Physiotherapy, osteopathy and acupuncture for a back injury resulting from a serious car accident, as well as to help me avoid surgery on my knees & for rehab from a very bad elbow break. I had chronic & debilitating ulcerative colitis in my 40s that my gastroenterologist couldn't fix, so I was incredibly relieved to find that Chinese medicine could cure me. These so-called alternative therapies have kept me out of the Medicare system to a large extent, and the PBS, and have helped to keep me away from invasive surgery and long hospital stays. I thought we had finally got to the point in Australia where holistic medicine was the ideal - treating the whole person with whatever modalities would work best. So I'd be devastated to find we're going backwards again & eliminating important - and often cost-saving - choices. Please don't do that!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:17:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to request that the restrictions being considered to integrative doctors be abandoned. The community it need and deserve access to GPs with skills and knowledge outside of the standard box when dealing with complex health issues. Many situations are treated as "one size fits all", which is simply untrue. My own family sought help from a number of "regular" GPS over the years to assist us with chronic conditions only to be repeatedly dismissed as either depressed or told we would have to live with things as they were. I knew I could get well again with the right support so tried an integrative GP, who was able to connect a number of seemingly minor threads and find a treatment plan that has give me in particular my health back, and allowed me to go back to work AND even have another baby, due soon, which was previously unthinkable. We still value the access we have to our regular GP clinic for day to day matters but would be horrified and outraged if our integrative doctors practice was restricted further.

Again, please reconsider the impact these changes may have on real people in the community!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 6:55:11 PM

---

To the Medical Board of Australia,

I support Option 1.

People need to have the choice. Conventional medicine does not work for everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

The choice should be mine and I should be offered all alternatives to make an informed decision.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 7:37:45 AM

---

To the Medical Board of Australia,

I support Option 1.

What's happening to our wonderful country?.. soon we will have no say in anything.. if one chooses to use alternative medicine that should be their choice .There is a need for both but we shouldn't be forced to take a path which may not have the best outcome. I believe we should be moving forward by combining both fields of expertise.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:07:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone should be able to make choices about their healthcare, and this includes having access to Integrative & complementary medicine. There is room in the industry for all types of practitioners and approaches, and we should be able to choose the modalities and professionals who suit out individual needs, beliefs and physiology.

Integrative and complementary medicine has been invaluable to our family in many ways. We use it to support our wellness, and to deal with problems as they arise. I am grateful to have full choice in this matter, and would like for it to stay that way.

We use integrative and complementary medicine because it suits our belief systems in what our bodies require, and because it works for us. It promotes our health, and removes our reliance and the burden on the mainstream health system, which is already overtaxed.

If the MBA imposes restrictions on Integrative practitioners it will remove my ability to choose what has been found to be best for my health and that of my family, and this removal of choice is unacceptable. We are thoughtful, well-educated adults who are capable of making our own decisions, and want to have all the possible options available to us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 3:30:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complimentary healthcare as it has always been the most effective way for me to manage my health. That means until now, at 67 years of age, I have always successfully relied on natural, homeopathic and anthroposophical medications to maintain good health. I want to have the freedom to choose how I care for my health and these are proven alternatives to drug company remedies which treat symptoms rather than causes. My children and now my grandchildren now use such therapies as a first option and all of us are healthy individuals who place no strain on mainstream health systems which others may choose or need as a path to wellbeing. Restrictions remove my capacity to manage my health and take responsibility for it. My practitioners provide both complimentary and mainstream medicines and I have the utmost confidence in their advice.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 1:29:18 PM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to interpretive and complimentary medicine is essential. Standard medicine has answers but not all of them, just like 100's of years ago their standard medicine had answers but not all of them. They too looked at practitioners who did things or tried things differently as 'wrong' or 'dangerous' but without them we would not have the advances in medicine we have now. Be better than them, don't impose new restrictions on integrative practitioners, allow medicine to continue to develop and find different ways of doing things that might work for some people. Let us continue to have the freedom to choose how we would like to care for our bodies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:14:29 AM

---

To the Medical Board of Australia,

I support Option 1.

I use integrative and complementary medicine because it gives me a broad perspective on what may be out of balance in my total system. Sometimes our bodies need an integrative approach to allow full healing and I want to be able to choose a practitioner that has these skills. It's my choice to stop trying to force change, the mainstream medical system does not always get it right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:36 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like to support the ability of integrative medical practitioners to continue to provide long consultations as well as medicine & alternative therapies. I suffer from Rheumatoid Arthritis and have had much success at overcoming the disease by seeing both my Rheumatologist and an Acupuncturist. In addition, my 88 year old father who suffered a stroke last year has recovered well with the help of an integrated medicine GP who has worked on gradually reducing his medications and gradually increasing his vitamin and other supplements. He is now improving even further and has reduced the reliance on the hospital system and rehab. These doctors in the long term will help lessen the pressure on the other doctors and help people take more responsibility

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 8:05:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I have great faith in traditional medicine and when I or any of my family are ill I always turn to my GP as the first step to easing the ill symptoms and getting well again. However, I also engage complementary health care services that provide support whilst I am undergoing medical treatment. I also use complementary healing services to help maintain my physical & mental wellbeing so as to try avoid ill health. To make it difficult to be able to access these services feels like we are going backwards as a society rather than progressing. We should all have the right to choose the type of health care that we feel supports us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:39:42 PM

---

To the Medical Board of Australia,

I support Option 1.

Please make no changes to access and rebates to Integrative & complementary medicine. These have made such a difference to mine and my family members lives allowing us to put less strain on the health care system as our health and well-being has dramatically improved.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 10:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

This assisted my father post chemo.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:21:16 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have been seeing an integrated practitioner for a couple of years now after a long and very unwell period of time. I was frustrated and depressed by illness and non diagnosis by regular doctors. My integrated practitioner got to the bottom of my health issues by utilising various methods not recognised by regular doctors. I am now well in my way to perhaps not recovery but huge improvement. I can now manage my symptoms with the help of my practitioner. I don't know if I'd be alive today without her and her so called left of centre treatment. I was previously hospitalised regularly without answers as to what my body was doing and why it was reacting to everything. I can now work again and care for my grand children. There was a period of time that I thought that would never be possible. Please don't restrict my practitioners ability to treat people like me who just are in the too hard basket for most regular doctors.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 5:39:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Our family have been using complimentary medicine for years for a variety of health issues and with great success.

We like to be guided by an integrative doctor or other health practitioner, rather than self diagnosing.

I want to be provided with the best health care plan for my individual circumstances and not just offered conventional medicine.

I support integrative doctors right to offer complimentary medicine and the individuals right to choose the best treatment for them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:30:49 PM

---

To the Medical Board of Australia,

I support Option 1.

As I have a daughter with ME/CFS and there is no treatment, I have found the knowledge and support from integrative medical doctors, to be of a much higher standard than any other doctor we have seen over many years.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 9:12:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone has a choice of which type of doctor they would like to see. I have found that for my family seeing several integrative doctors for our sometimes complex needs, including CFS/ME has meant that lots of tests and a very knowledgeable approach, has seen progress, where other doctors have failed miserably. These "alternative" practices have been used world wide and often for hundreds of years. These doctors also study a lot more than a regular doctor and a willing to go that extra mile and really listen to their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:38:52 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we have the right to be advised about integrative medicines by doctors and have found it helpful and refreshing in the past.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me and my family to stay healthy for many years. In fact, many doctors overseas are integrating more complimentary and natural medicines, not less. We feel that we should have the ability to make our own health choices and not have further restrictive guidelines forced upon us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 8:43:20 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used 'alternative' ways to help with my overall health. Just giving a pill isn't the answer. Leave my choices alone!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 6:47:25 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because patients should be entitled to a choice and I believe it reduces costs and alleviates pressure on the health care system.

I have been accessing integrative and complementary medicine for myself and my son for the past 5 years. My son was diagnosed with Attention Deficit Disorder and Oppositional Defiance Disorder at 8 years of age. He also suffered from vocal tics, verbal stimming, excema, allergies and constipation. His paediatrician recommended an elimination diet which revealed he had food intolerances. He then started seeing an integrative GP to treat the cause of the food intolerances with a view to him being able to eat a wide variety of foods without reacting with symptoms mentioned. Based on testing, an individualised protocol of targeted nutritional therapy was started. Due to him being extremely sensitive, it has been a long road however with the guidance of his integrative GP, he has made great strides. He no longer suffers from ADD type symptoms and is doing well at school, both with his studies and social skills. He is able to tolerate a wide variety of foods. He no longer has tics or stims, his excema has completely cleared, his allergies have improved and his constipation has been resolved. My son is now a typically functioning 14 year old. I have no doubt that if my son was not supported nutritionally with the expertise of his integrative GP, he would require medication to treat depression in addition to other symptoms mentioned.

My son has made huge gains in his health, although if he had been medicated when initially diagnosed with ADD it would have meant the symptoms were treated rather than the cause and it may have been a very different outcome for him.

When considering the costs, instead of accessing medication (for ADD and depression) through PBS, I am self-funding his vitamins at great expense to myself, thereby reducing costs and alleviating pressure on the public health care system both now and in the future.

I use integrative and complementary medicine because I believe in treating the person holistically, in identifying and treating the cause in preference to treating the symptoms with medication that may cause side affects. I do accept that medication is sometimes the best option and an integrative doctor provides me with both options.

If the MBA impose restrictions on integrative practitioners it would severely limit my options in the treatment of my son, his health may deteriorate without the expert recommendations of an integrative practitioner and I may have to rely more heavily on medicare, PBS and the health care system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should have legal access to complementary medicine and children chiropractic

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Due to my sensitivity to most pharmaceutical medicines I rely on complementary medicine to manage my conditions, which I do so successfully. Therefore the proposal of removing complementary medicine access to the general public seems ridiculous to me. Just a quick question .... if you are to deny the prescription of supplements does that mean folic and thiamine will be removed from bread, fluoride from water, will doctors no longer recommend folic to pregnant woman, B12 shots to people with pernicious anemia, Vitamin D to woman with post natal depression ?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

The whim it may concern.

It's clear that the body can heal in a number of ways that don't include pharmaceuticals. It is important that Australians have the choice to gather information about different treatments/side effects and choose the treatment that suits them.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I ask that integrative and complimentary medicine continue to be an option for medical care under medical benefits schemes in Australia.

If a person takes measure to improve their peripheral health or wellbeing, it can be proven that this has significant benefit and effectiveness of conventional medicine.

It is becoming apparent that there are current trends in society that lend themselves to fear as a motivator. This is counter productive as it skews the reality and if left unchecked, is in fact restrictive of good medicine.

There are many professional and competent practitioners in all forms of medicine. If the motivation for the restriction of complementary medical services has been borne out of the potential for error, how different is this from conventional medical practice? It would be like shutting a hospital down because a couple of mistakes had been made.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 9:36:30 AM

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To the Medical Board of Australia,

I support Option 1.

I have two autoimmune diseases that with the help of integrative and complementary medical experts I am better equipped to know what foods to avoid and what supplements I need to minimise my side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like the board to keep integrative and complementary medicine available to all. I feel these doctors like to treat the whole patient, which I agree with. Other doctors just want to push pills. I have been helped over the years with these different choices and want to be able to continue with my choice. Please do not change anything

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:36 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Im so furious I dont even know where to start. How dare the MBA even consider this. Acupuncture and naturopathic medicine are absolutely critical to my wellbeing , and the majority of my friends and family. I dread to think what condition my health would be in without it. Ive been seeing qualified, experienced practitioners my whole life and will continue to do so. Take this away, and we'll simply go underground.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:33:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative doctors have helped our family immensely over the years,  
when others GO's have not been able to help.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:00:26 PM

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To the Medical Board of Australia,

I support Option 1.

To Whom It May Concern

I support integrative healthcare options as a priority. My first choice are alternative medicines and therapies. I have been using alternative integrative therapies for decades with success.

I consider it our right to have choice of either mainstream or integrative medicine and therapies. Denying anyone the choice places the therapy out of the financial means of some people who rely of alternative medicine and therapies.

Integrative medicine has been established for decades and in some instances centuries, based on scientific results and proven to be effective and complementary to mainstream healthcare.

There is a place for both mainstream and integrative medicine and therapies in Australian healthcare.

Please allow integrative medicine and therapies to be available to people through mainstream healthcare sources.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:58:27 PM

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To the Medical Board of Australia,

I support Option 1.

My daughter has a chronic illness and complimentary practice (supplements, yoga, accupuncture) is a huge part of her pain management. Not all illnesses fit nicely in the take this pill and you will feel better box! It has taken three years to find a regime that works. I would imagine that when people can access integrative medicine, it allows them to manage their condition better and therefore not lose as many productive days.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:59:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicines and therapies have helped me in countless ways, and often where western medicine could not - or would not.

Without complementary medical options such as herbalism, acupuncture, I would be suffering severe hayfever-like allergy symptoms 24/7, with no idea of the reasons why. My GP simply said "here's some antihistamines, sometimes you never know what you're reacting to." At the time, it was affecting me 3-4 times a week. It was an acupuncturist and chinese herbalist who told me what was happening, where all my sensitivities started, how they progressed - and most importantly, helped me to reset my body so that I no longer suffered these reactions and was able to eat a full diet and live a normal life. And kept me free from dependence on anti-histamines that only gave minimal relief if they worked at all.

It's been treatments such as massage and chiropractics that have offered me relief and recovery from back issues, instead of just prescribing pain medications that only gave minimal relief.

I can imagine what my life would be like without having access to these so-called "alternative" treatment options, and it's a life of misery and seclusion, avoiding everything in case it triggered a reaction, and dependent on prescription level anti-histamines to just get by.

Instead, I know what triggers my hayfever reactions, I have reliable and successful relief in the form of natural remedies, and I can go out into the world with confidence.

I know that if my back issue flares up I have choices beyond just lying flat and taking pain medication that doesn't help.

Taking those options and choices away from doctors, GP's, and any other therapist, can mean a miserable and negligible quality of life for many, many Australians - including myself, and members of my family and extended family. We use a combination of all the options available to us - western, pharmaceutical, alternative, herbal, physical - with an understanding that sometimes you need all of them to find a plan that works.

Every Australian should have the opportunity to see a medical practitioner who can offer them the range of treatment and other options that they would want to see, and that they need.

I cannot begin to tell you how much integrative treatments offer and provide to those of us in need. Option 2 would be a huge mistake.

Please reconsider your choices and follow option 1 - do not change the current guidelines, and allow medical practitioners to offer patients the treatments and options that they need. Ultimately, the choice of which treatment to follow should come down to the patient.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:01:49 PM

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To the Medical Board of Australia,

I support Option 1.

I wholeheartedly object to the changes proposed to the MBA guidelines. Integrative and complementary medicine works. It has helped thousands of people, including myself, and offers huge potential for patients. So called-conventional western medicine does not hold all the answers, and pharmaceutical drugs are not the only solution. If there are other options like vitamin supplements, dietary changes, or exercises that will help the patient with minimal cost and no side-effects, then medical professionals should have the option to recommend that to patients. Especially if they ask.

Otherwise, imagine this: a patient goes to the doctor, has tests done, and the results show they are iron deficient and low in vitamin D. The patient says "what can we do?", and the doctor says "Here are drugs with multiple negative side effects." Instead of "To start with we can treat the immediate symptoms by getting a good iron supplement, and some vitamin D capsules. In the long term we can look at your diet and lifestyle to include foods and other things that will increase your levels naturally for the future."

I know a hell of a lot of people who'd rather have the choice to take supplements and lifestyle changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:54 AM

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To the Medical Board of Australia,

I support Option 1.

I had thyroid cancer at 19 & as a result, my thyroid was taken out and I was put on thyroxine. Doctors closely monitored & adjusted the medications to what the "normal" T3/T4 levels are & even though my bloods were within guidelines, I put on 40kgs in a matter of 18 months, being on thyroxine. Eventually I found an integrated GP who tested my reverse T3 and the results came back extremely high. He took me off thyroxine and put me on Natural Desiccated Thyroid extract (NDT). What an AMAZING difference it was. I immediately stopped seeing my weight increase and my energy levels increased! I didn't even realise how tired & sluggish I was always feeling until this moment. My whole wellbeing had changed in a matter of 1 week!! If I never discovered the integrated doctor, I would have continued my weight increase and have become a part of the growing statistics on the cost to Medicare for obesity issues.

I have now been on NDT for 8 years & have lost 20kgs of the 40 I had put on. It would be an incredibly disappointing move if the MBA were to change their views on Integrative Healthcare choices. The MBA should be providing more support!!

I am only 1 of many stories. I would urge the MBA to allow the current choices to remain, or better yet, improve them.

I would be at a loss without integrative healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 5:40 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have been going on a long health journey and it wasn't until I had seemed complementary medicine that I started to improve.

A few years ago, I saw an integrative doctor and through recommendation with a naturopath I have changed my eating and focus on life. I am a different person today because of this. Able to cope with life.

It makes my blood boil to think you would take away this right that has done such good for me and I have seen in other family members with their integrative doctor.

I am able to manage and still in the process to return to 100%, I still in better place with opportunity to even work. This I do believe would not happen under the normal gp. I am sleeping better and managing stressful situations better.

There is no cookie cutter of just drugs to fix. The holistic approach far out ways the one fit.

I want a choice and I believe Australians should have that right. We are in a country that should be the land of opportunity.

Give the general practitioner the right to practice as they see fit where they do no harm and might actually improve a patients odds especially mental health.

Please do not disappoint me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 29 June 2019 10:36 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe the turning point in my positive changes in health has been due to integrative and complementary medicine. It has helped me live a better life, being able to sleep better and regain a life. I recently went back to my main stream GP and it was very difficult session. I walked away with very little positive information to guide me to correct what is happening in my body or the test results that I now have to chase up with them. It was stressful and I am having to go back for different things that causes anguish with the charges that are laid. I don't feel any better for it. Yes, I have a plan in place and I look forward to seeing my complementary medicine practitioner to assist with the current diagnose as I have found a quicker response to getting me on track. These proposed restrictions you as MBA are imposing on Integrative practitioners will put the patients backwards like myself in treatment methods. I actually feel better in myself and can see on test results an improvement in many areas. I believe that it would be a greater risk to our health system to go down this path as the underlining problems of a patient will not be uncovered and our health system will continue to break under the pressure. Being preventative and looking at all options is the best method, I have experienced. I am becoming more confident and able to carve a new career for myself. Please consider these valid points when looking at this serious matter.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Dear Sirs

No change to current guidelines and doctors to learn/know more about what alternative medicine has to offer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient medical access to integrative and complimentary medicine, as throughout my treatment for breast cancer at 34 years old integrative and complimentary medicine has helped to relieve the side effects of chemotherapy, radiotherapy and endocrine therapy.

With the most recent research into cancer prevention showing the immense impact nutrition, exercise, stress reduction and sleep management has on the disease. I find it imperative to allow everyone access to current information and lifestyle changes that can prevent and increase survival.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:14:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 65 year old male, long term vegetarian, clean healthy lifestyle, drug free and a great believer that the alternative sciences and medicine have helped me balance my life in all and every way. My partner has also benefited greatly in the integrative and complimentary medical treatments.

I am attracted to this course of action as it promotes a holistic and healthy alternative to taking drugs which clearly and undeniably lead to complications and side effects.

This is clearly Big Pharma manipulating and lobbying government at all levels and this kind of power means that those who wish to seek alternatives will be neutered. Doctors are already leaving the profession in alarming numbers and this kind of civil liberty abuse is part of the problem.

This is a bad idea. Shame on you all

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 11:54:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I have utilised complementary and integrative medicine and therapies such as homeopathy, osteopathy, chiropractic, acupuncture and naturopathy for 30 years now with safety and efficacy. I have also utilised the same for my children. As a consumer I have the right to access such commonplace treatments for which there is ample evidence of effectiveness. I believe that those of us who take responsibility for doing as much as we can to maintain our health by accessing complementary and integrative medicine in addition to conventional medicine reduce the burden on our already strained health system and ultimately save money for the taxpayer. Limiting access to such medicine and therapies will inevitably lead to reduced health outcomes and increased cost to Australia as a whole.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 4:06:50 PM

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To the Medical Board of Australia,

I support Option 1.

I am a parent of a child with Autism. We accessed conventional medicine to help address various ASD symptoms. The only option given to us was atypical antipsychotics. Conventional medicine was unable to treat his chronic constipation, food Allergies, Hyperflexibility, CIRS and MCAS. We have seen an integrative practitioner who has been effective in treating these comorbid conditions. I would do anything to help my child and without this freedom of choice you will terminating the treatment that he is currently having. This treatment is successfully reducing his toxic load. If he cannot have this treatment in Australia then we will be looking towards the US where integrative medicine is not restricted. The health of our child will be compromised if these new guidelines are adopted.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Natural therapy has helped me and my family for many years.  
Conventional medicine had said I had to live with chronic digestive issues including diarrhoea for over a decade.  
Affected my ability to work & function in society. My integrative dr has helped me by using gut biome screening, and diet/supplements so I'm now no longer suffering!

I've heard of so many people who have had chronic issues that would not repair until trying alternative therapies.

If you bring in the proposed changes I will no longer be able to see my dr, as she is helping me rebuild my gut health so I can not have a restricted diet.  
and my best friend has had similar issues & is on the process of healing too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:14:53 AM

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To the Medical Board of Australia,

I support Option 1.

Look, it's late, I have other pressing deadlines and I don't have time to present a properly researched submission, but I will say this... It is scandalously presumptuous of the MBA to consider introducing guidelines that threaten to:

1. limit my healthcare choices on the basis of its own arrogance, ignorance and fear; and
  2. by implication, insinuate that MBA has knowledge beyond that of any other nation on earth, by disallowing complementary therapies accepted in countries such as Switzerland, Germany, Russia and many others.
- It is frankly disingenuous to cast aspersions on therapies which may not have undergone double blind studies or clinical trials, when so many pharmaceutical medications in common use are in the same position.

A desire to protect patients is understandable, however this move reeks of professional jealousy, and an inability to deal with the fact that contemporary orthodox medicine is not helpful and is often harmful in some healthcare situations, despite its brilliant results in other areas.

Why limit people's ability to work on their own health in their own way, when conventional medicine is clearly so limited?

The WHO says that more than one million patients die annually from surgical complications... obviously many of these patients are very sick to start with, but really, that's huge.

Unsafe medication practices and medication errors are a leading cause of avoidable harm in hospitals across the world. This is a far more urgent situation than allowing well-trained doctors to make decisions about the use of complementary medicine.

I could go on... and on... but make no mistake, I and many thousands of other perfectly reasonable and rational citizens of this country are enraged by your presumption. Enraged.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 11:15:24 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

I hit express my gravel concern at restricting access to care options that fall outside allopathic medicines.

Complimentary therapies such as those currently under review, are the only reason I am alive. I do owe my daughter's life to such therapies.

After more than twenty years of suffering with various diagnosed "odd" conditions, including several hospitalisations with doctors either giving up on me or referring me to mental health experts as they believed my clinic presentations (including pathology) had to be psychosomatic.

After an episode lastingly several months where my organs began showing signs of failure (heart & kidneys in particular), one doctor dared to look outside the box. After many expensive tests (that had to be conducted overseas because Australia fails to recognise certain diseases); I had some hope. Conventional treatments were deemed too risky given my compromised organ function, so I was referred to a complimentary medical practitioner. I got worse after my first treatment. But then, I started improving. I could eat. Then I could get out of bed. My brain began working again. Within a month I was almost back to my ultra-marathon form.

When I was pregnant with my daughter, I was gravely ill. Afternoon several complications through the pregnancy, I was hospitalised at 31 weeks and told to prepare to deliver within 48 hours. Doctors advised there wasn't much more they could do and the safest course of action would be to deliver a very premature baby.

I was lucky enough to have a complimentary medical practitioner visit me in hospital. "Miraculously" my condition stabilised. I was even allowed to go home with significant monitoring in place to care for mine and my baby's health.

I was lucky enough to keep my daughter gestating for a further month. She was perfectly healthy.

Patients need to have choice. They don't have to use everything offered but we need to know there are options, when everyone has given up. Complimentary medicine has its place alongside allopathic medicine. Please don't deny the public this and push this to the fringe and demonise it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:03:11 AM

---

To the Medical Board of Australia,

I support Option 1.

Please NO CHANGES to the current guidelines. Integrative medicine is what medicine SHOULD BE; a trained person who LISTENS and tests to find the CAUSE of the problem. Integrative medicine is NOT fringe; it is informed and COMPLEMENTARY to seeing a GP/Specialist. Conventional medicine is fine if your condition is textbook but it is SO difficult to find a conventional medicine doctor looks beyond complex symptoms that don't match the textbook exactly. Integrative Doctors and other practitioners have evolved and their numbers have grown for a REASON-they are what has been MISSING from the conventional medicine approach. To make any changes would be denying CHOICE and would be so RISKY for the many who have found a cause and cure for their condition by seeing an Integrative doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:05:59 PM

---

To the Medical Board of Australia,

I support Option 1.

It is imperative we are able to have access to integrative doctors and complementary therapies. I have many different reactions to man made medicines and can only use natural therapies. Just recently I have experienced musculoskeletal issues and as a result experienced neuralgia, inflamed joints and tenderness. Chronic pain that has only been alleviated by herbal remedies and bioresonance therapy with guidance by a Naturopath and acupuncturist. I do not know what I would do without access to integrative medicine. There will be many problems within communities and cities should this option be taken away from us. Don't take away what effectively works for us! Herbal remedies and alternate therapies have been effective for almost ten thousand years. Years of research, evidenced based practise and success with holistic medicine proves integrative medicine is a necessity. Integrative medicine and western medicine complement each other. Western medicine is fantastic in emergencies and life threatening situations and integrative is about prevention and awareness. Please don't make a silly mistake and remove it. It is very clear conventional medicine is not at a success rate with such high rates of heart disease, obesity and diabetes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:11:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I strenuously object to being denied the freedom to use integrative and complementary medicine as part of my health care. Allopathic medicine does not hold all the answers to our health needs and in some cases can be quite detrimental. This is not a whim on my part, but a carefully considered opinion based on extensive study. The persecution of integrative health care practitioners is absolutely spiteful, at best.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:58 AM

---

To the Medical Board of Australia,

I support Option 1.

These types of treatments have helped myself and many others I know on a daily basis. This decision would be taking away a lot of people's chances to feel well and also to have the ability to use something that works for them.

Please don't take this away from people who deserve to make the choices they have made to help themselves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like to keep the integrated medical doctors practising. My thyroid disease and menstrual problems have been solved from complementary medicine alone. Conventional treatment for years failed to recognise the myriad of symptoms. I am now a productive colleague, better mother and wife and have achieved success in my sport all due to functional medicine. Please dont take our options away when for some of us it is the choice between life or a slow chronic death

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:55:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Let people choose who they see!  
I support democratic choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 6:55:26 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Medical Board of Australia.....all I can say is I am so grateful for therapies such as chiropractors, acupuncturists and other natural therapies . I suffer from intermittent nerve pain and my life has become more normal because of my visits to these professional therapists. Integrative doctors are more wholesome with their knowledge. Prescribing vitamins and minerals is far more healthy than prescribing drugs with unknown affects. Both my parents died from prescribed allopathic drugs. As human beings we should have choices with our health and longevity. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:51:59 AM

---

To the Medical Board of Australia,

I support Option 1.

I am gravely concerned about moves to cut “alternative” therapies. These therapies exist because there is a need for them in the community.

I have an autoimmune disease, ME/CFS and a chronic back injury. Alternative therapies are the only thing that have really helped me.

When I was diagnosed with coeliac disease, it was because my naturopath picked up I had an issue with gluten. I had spent 6 months seeing various doctors who failed to pick up the issue. You’ve already cut services to naturopathy even though it’s the thing I find most useful.

Without chiropractic, I would be in a world of pain with my disc injury. Acupuncture helps reduce my pain. An integrative GP has been crucial in my improvements in CFS.

There is clearly a demand for these services in the community because they work. Because traditional medicine, whilst wonderful, has failed many people with chronic illnesses. You are hurting vulnerable people if you cut these services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:45:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I please implore you to continue to allow patient access to integrative and complementary medicine. As I write that statement I am remembering the numerous times I have treated myself, my husband and my 3 children with integrative medicine successfully. Often saving numerous visits to the GP and therefore saving the Government thousands of dollars over the past ten years in rebates! In my opinion, there is a time and place for both natural therapies and modern medicine. My own philosophy is to use natural therapies to help prevent or lessen the impact and seriousness of health emergencies - again thereby lessening the drain on Government health resources and money.

If natural therapies are no longer allowed and/or supported by the MBA (Government) I do not believe it will stop people using them - it will allow charlatans and other opportunistic people to get away with unregulated and dangerous profiteering from vulnerable sick people and families. It will effectively send the use of natural therapies underground.

Why can we as a society embrace new ways of doing things without all the fear??? Why is different bad? We are sicker as a society than ever yet have access to the "best medicine" mankind has ever known. Something is very amiss. We must maintain our freedom. All this shutting down of individual choice and freedom will be our biggest mistake.

We need more research, more reliable unbiased scientific rigorous honest studies of all types of medicine so we truly can give and receive the very best care and medicine available.

Wouldn't it be wonderful if Australia could be a world leader in the health of its population?!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 2:49:26 PM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine is an essential part of my post double lung transplant care regime.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 7:27:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Our current health system is not about health. It is about disease management. No one is cured, many are harmed or killed. 125,000 people into the USA died every year from prescription medication being taken as prescribed. Our health system only has drugs to prescribe. Every cell in your body is made from what you eat however when they are sick why do you think drug will make them better. We need to use more natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:52:49 AM

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To the Medical Board of Australia,

I support Option 1.

I believe we should have freedom of choice. we should be able to choose how and where and what kind of treatments to get for ourselves. I had a car accident in 1991 and was severely disabled due to whiplash problems. I tried all kind of conventional treatments and medicine for the pain and suffering but to no avail. only when I started getting holistic treatments and complimentary medicine did I get relieve from the pain.

after that I studied to become a natural therapist and have been able to help others to relieve their pain and suffering.

I only go to doctors who are combining natural and complimentary medicine.

I do not want force any body to go and believe in or use natural medicine but I believe we should be able to choose what kind of treatments to get when needed, and get refunds from private health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I believe it to be essential to offer the choice for patients to receive integrative healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 10:27:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the current guidelines not to change. I believe I have the right to access complementary medicine because of its effectiveness. If the MBA imposes these restrictions then this will be detrimental to my and my family's health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 4:23:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I am extremely saddened to learn that the MBA is considering more control over and the loss of people's right to access supportive alternative health options and guidance from professionals. This does not in any way seem to be in the best interests of the individual's opportunity to heal via numerous modalities. It is not the right of a Board to remove the legal ability for a health professional to support his/her client in the way s/he has been trained. I do not support this. I support one's right to choose the health care and health carer of their own discretion!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 9 June 2019 11:11:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine brings together all of the evidence base, best practice to maximise the health outcomes. We as the Australian community demand that we be given the right to choose our own doctor and the best services that will meet our needs. Orthomolecular science and function medicine has been long established as evidence base, best practice. For further information please read the following;  
Psychiatrist - Dr Daniel Amen: Change your brain Change your life.  
Dr Natasha Campbell-McBride - Gut & Psychology Syndrome.  
Dr William Walsh - Nutrient Power. Heal your Biochemistry and Heal your Brain

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

To the Medical Board of Australia,

I support Option 1.

I support maintaining the current guidelines, as it supports a more holistic approach to medicine. Natural and complementary therapies have been an important part of my own health and wellbeing. Vitamin C to improve immunity, Vitamin D supplements to reduce my deficiency and the advice to reduce inflammatory foods (such as soy, wheat and dairy) resulted in me never having tonsillitis again (which I had chronically through my teenage years and 20s). Both Osteopathy and acupuncture (TCM) have been a fundamental part of my rehabilitation from injury, supporting my immune function through illness and I have a right to continue to access these treatments and associated advice ongoing. TCM was also fundamental in my mother maintaining her quality of life during chemotherapy. Only have an acupuncture session would mum have a few days of eating well, socialising and experiencing a more upbeat mood. As a provisional psychologist, I appreciate the importance of evidence based therapies. Which all the above have research support for. Ultimately we are all unique people, with unique symptoms, presentations, experiences and preferences. We should have the right to continue taking care of our health the way we choose, especially when it is not causing harm to others or ourselves. To impose restrictions would be to limit the choices available to be as a citizen of australia, resulting in either not acting on health issues or taking a less desired approach. To treat my previous ailments with conventional methods (such as prescription medication) would have been more expensive, less effective and result in potentially harmful side effects.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:24:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine has keep me healthy - sickness and disease free for 10 years prior to which time I had various unhealthy conditions. Integrative medicine from my experience relies on tests including blood tests to diagnose rather than symptoms. It also picks up possible problems earlier meaning they can be thwarted. The Integrative Doctor takes a wholistic approach rather than treating parts of the human body as independently functioning. I will be absolutely devastated if I cannot continue to seek care from an Integrative Doctor and I will not switch to a conventional doctor which means I will go untreated. I refuse to take anything other than natural treatments!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:31:24 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter had very severe anxiety when she was 13yrs old. The anxiety included frightening panic attacks, fainting, nausea, stomach cramps, chest pain and more. I was told to medicate her with antidepressants. I was very reluctant to do so as I have not heard any good things about them. We saw a psychologist to no avail and our doctor ran tests to find out what was causing all of her physical symptoms. When he found nothing wrong physically he recommended antidepressants as my only course of action. I was very concerned about giving my daughter this kind of medication due to her age. I sought out help from a biomedical doctor who recommended we change her diet and put her on a short course of an amino acid supplement Gaba as well as B6, zinc and magnesium. We removed gluten and dairy and processed foods and began the supplements and after months of frightening panic attacks, and all the rest of her symptoms we finally saw improvements. She began sleeping again and all of her symptoms were gone in a few weeks. Since then I have seen her for my chronic fatigue, hair loss and other issues to which he has provided solutions through the use of simple supplements and dietary changes. After years of being told by regular GPs and even Endocrinologists that I'm just getting older. If these restrictions are passed the gap between allopathic and naturopathic medicine will widen. People will still seek out naturopathic medicine because allopathic does not have all the answers.

There is still so much research to be done in complementary medicine. Targeting it with these restrictive laws is backwards and will infringe on our rights to seek it out and doctors who have much success in treating their patients with it. Doctors who have taken the hypocritical oath to heal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I love natural therapies and complementary medicine as they have helped me and believe we should have freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to see integrative doctors continue to be able to prescribe vitamins and supplements for individualized patient care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:12:01 AM

---

To the Medical Board of Australia,

I support Option 1.

Restricted appointments providing the “conventional” 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans.

A holistic approach needs to be considered .

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:25:10 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine works hand in hand , there has been so many many instances that I have personally and professionally seen the success it has to health issues .

Take a look at more progressive european countries where they combine it well together and giving the choice to people so health is safe practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I owe my current state of good health to an integrative dr who has been treating my hashimotos and accompanying symptoms with holistic and conventional medicines for the past 6 months after extensive blood testing which flagged problems.

I have had hashimotos for over 15 years and have progressively got worse symptoms on just conventional t4 hormone replacement and regular tsh testing only.

Please don't take my choice away of being able to be treated by an integrative doctor now I am finally getting my health back and feeling better than I have in years.

Should it not be a basic human right to have the choice to be treated by someone that you believe is of benefit to your health?

I for one will be at risk of going backwards in my health which would be devastating for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:46 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As somebody that has suffered from autoimmune issues along with many others health issues, I believe I should have the right to consider a variety of ways to support my wellbeing from the option to choose main stream medical help as well as alternative and more holistic approaches. Throughout my life I have not found that being limited to one approach has been in my best interest and I should have the choice to attend a clinic that is prepared to take a holistic view. This has proven to be best for me and my health and management.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:24:19 PM

---

To the Medical Board of Australia,

I support Option 1.

It was bad enough to remove the right of choice to use alternative treatments from our health funds, now you just want to line big pharma's pockets even more by restricting Drs on the treatments that they recommend for their patients. If Drs (trained professionals) recommend an alternative treatment, it therefore should be between the patient and the Dr to discuss the best choice, not the MBA, who is not in the consulting room. Having had Naturopathy removed from the health fund rebates, has greatly impacted my family. Do not make it even harder for parents to choose the best health care outcomes for their families.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:13:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe I have the right to FULL information and options available in regard to my health. This includes all natural therapies which I believe are often less invasive and more relevant.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 27 April 2019 10:44:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I rely on compound medications for hashimoto's and rheumatoid arthritis. These have helped immeasurably where standard medications failed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 9:58:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it's important to have a  
Holistic approach to health care there is More Evidence now than ever  
supporting an overall approach of both is beneficial and balanced

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 10:38:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used holistic and complementary therapies for most of my life. I am actually healthier, fitter and more active than most people in my age group so I believe I should have to option to continue using this type of treatment.

However I also do visit my doctor on occasion for tests and advice. I would not do this if my doctor was restricted to only prescribing conventional, chemical medicines without even being able to discuss possible alternative therapies.

It should be the individual doctor's right to be able to at least suggest that these natural therapies are an option for those who choose them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:56:08 AM

---

To the Medical Board of Australia,

I support Option 1.

My registrar doctor suggested I take fish oil supplements and eat eg Oats each day to bring down my elevated cholesterol before I try big Pharma medication and hey guess what it worked! down from 7.5 to currently 5.2 and getting better every day! Another general practitioner tested me for a wheat allergy via a blood test and hey guess what? confirmed and now a lot healthier... the long term effects of eating wheat could have been very medically expensive without this test. This country is not suppose to be a Dictatorship! stop restricting people from having choices! YOU do not know what is best for me. Considering the number 1 advice for Diabetics (which I am not, nor overweight) supplied by doctors is DIET....mmmm one presumes that doctors will no longer be able to advocate for a healthy diet and exercise? Your ILL INFORMED complementary medical options are being pushed purse strings.... we are humans not big pharma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 8:44:07 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern, it is extremely important to me and my family that we able the ability and right to be able to seek medical advice and treatment from medical practitioners that includes complimentary treatment, I know first hand that this works so incredibly well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:33:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative and complimentary medicine. It has helped my husband and I with our problems. He has CIDP and I have back problems from a car accident.

We use osteopathy and acupuncture for pain relief as we do not want operations or chemical medication. We prefer to use natural remedies every time as clinical medicines can be very addictive.

If you go down this path you are restricting our choices on informed decisions that we make. We prefer to be charge of making our own decisions on what happens to our bodies and what complimentary medicines we wish to use. Please do not go down this path for the sake of humanity. Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:01:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly believe integrated and complimentary medicine is of huge value to our health. It can help build great long term health solutions for individuals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to get nutritional advise from my Doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 12 June 2019 10:02:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Please respect the right of all Australians to choose their own path to heal and protect and support natural therapists. I do not accept that our government should entertain the pharmaceutical industry any further and am appalled that the government would even consider removing a demographic that offers wellness over deals with pharmaceuticals that breed sickness. A clever government would seek to provide for a healthy nation. Lets get clever shall we?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:54:23 PM

---

To the Medical Board of Australia,

I support Option 1.

Clearly a 10 minute Doctor appointment offers not nearly enough background information or understanding of the whole person and their illness/situation. It invites band aid fixes that CURE nothing and as scientific evidence regularly proves, offers more negative side effects than actual remedies. Eastern medicine offers an WHOLISTIC background and all things need to be considered in issuing diagnoses and healing options/medications. Do NOT take away our choice and options of PROPER HEALING.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:19 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Give the patient a choice. Do not take this choice away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

It is my right to advocate for my own health & healthcare & therefore  
I should have all the options available to me to make the best choice!  
I support Option 1 no changes to be made to current guidelines!  
Holistic & complimentary healthcare helped me discover that I have the  
MTHFR genes mutations &, Pyroluria! It has helped rectify hormone  
issues to help me have a baby!

Please leave this alone

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 2:23:25 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the use of complementary medicines.

I have PPMS and complementary medicines assist me in keeping on top of my multitude of symptoms.

My general practitioner helps me in guidance on what may be counterproductive with my conventional treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Medicine should only be practiced by those with a holistic view.

Without correct nutrition ie vitamins and minerals and natural remedies our population will only become sicker costing the government so much more.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 9:32:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine supports the human body to heal at the root of the problem. It is also preventive treatment rather than just dealing with symptoms.

I have experienced the healing benefits of Yoga, Acupuncture, Acupressure, Massage, Herbs and more. I have always felt these methods are working with my body to restore balance.

On the occasion I have visited Dr's they really can't tell you anything about your ailment and just way to eager to prescribe medication that has side effects and compromises your health in other ways.

There is both a place for Eastern and Western Medicine and we have the right to choose who which system is more complementary to our ailment or condition.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 8:23:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I support no change to the current guidelines. I have multiple issues including no thyroid or gallbladder. I see my GP regularly but I also value having a holistic approach to my healthcare. Regards [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 10:07:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I value an holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I am a firm believer in Integrative and Complementary medicines, and everyone has the right to choose whether they seek out these services or not.

Tightening regulations means restricting clinical autonomy.

Integrative doctors who typically provide longer consultations to understand root causes of illness may be restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. This is not because their recommendations are unsafe, but just because they are not "conventional".

Patient choice must always be the number one consideration.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 2:48:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Please stop restricting the way we choose to heal our bodies. You've already taken away the benefits from our health insurances and now I have to pay full price for natural therapy. Plus I've chosen health insurance plans that are the cheapest as a result, so now the health insurance companies are losing out too.

Now you want to restrict integrative practitioners. We are supposed to live in a world of choice. Don't take it away from us. I've had more success in healing ailments from natural therapies than going to a conventional doctor. I've been suffering from chronic headaches and the doctors can't help me in finding the cause. The neurologist wants to inject my head with steroids, which I believe is not safe for my brain but he simply wants to put a bandaid on the symptom. He is quite happy to inject me every 6 months but has no interest in finding the root cause so that it stops happening. I'm now seeing a naturopath/doctor who is conducting tests to get to the cause. Already I have had improvement.

How wonderful it is to have a practitioner that has doctor skills as well as nutritional/natural skills. The best of both worlds, combined to find better, quicker healing.

Isn't that what the government wants - less people going through the medical system for chronic conditions? Allow us to heal quicker and better and we will stay out of the medical system and the government will save money in the long run.

Let the people keep the choice. It doesn't hurt anyone. Don't forget, people die in hospitals too due to doctor negligence and infectious diseases. So no one system is foolproof. Allow all the medical fields to integrate together with the common goal of healing.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 9:26:34 PM

---

To the Medical Board of Australia,

I support Option 1.

We all should have the right to choose the type of health care we receive. I choose integrative natural medicine to heal my ailments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:04 AM

---

To the Medical Board of Australia,

I support Option 1.

It is an individual's right to choose holistic, complimentary and alternative treatments and supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:05:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Do not take away our rights to wholistic health care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:45 AM

---

To the Medical Board of Australia,

I support Option 1.

Almost every doctor I have seen regarding PCOS and ongoing general anxiety issues has suggested some form of alternative or natural therapy IN CONJUNCTION with regular western medicine. Placing restrictions on what information my professional doctor, with at least 12 years of experience and education in their field, should be 'allowed' to give me is infantilising and disgusting.

No doctor has ever recommended complementary therapies as a complete alternative to western medicine HOWEVER in my own decades of experience at certain times these have worked better. What is most important is that I have access to a wide range of professionals whose opinions I can seek, un-molested by nanny-state politics and some never-ending obsession with western knowledge as 'the only way'. Get real! Many alternative therapies are widely supported in scientific literature and it is embarrassing to pretend this isn't the case. These proposed changes are concerning and yet another affront the professional autonomy that seems to be a trend these days.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 12:03:11 PM

---

To the Medical Board of Australia,

I support Option 1.

From a family who has benefited so much more from alternative medicine than we have from any GP or specialist hawking pharmaceutical medications please read the Facebook posts at this Facebook web address:

<https://www.facebook.com/yourhealthychoice.com.au/posts/394582641144588>

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 10:00:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I 100% support patient access to integrative and complementary medicine and do not support a change to the current guidelines. It is ridiculous that patient rights could be taken away and many of these complementary medicines have helped my family. Wholistic medicine is amazing and has helped us directly with rheumatoid arthritis, psoriasis, skin conditions, IBS, intolerances, Ross River virus as well as other chronic illnesses.

You should not put greed before the health of Australians.  
Don't change the guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:57:24 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine and its practioners have supported my family for decades, provided critical complementary, and integrative support during life threatening conditions leading to reduced symptoms and better quality of life. Integrative and complementary medicine practioners have supported and facilitated a superior quality of life via their skills and knowledge. Patients today are actively engaged in their healthcare, they are well informed, doing extensive research on both the practioners and their approaches/ medications and supplements, they have a right to choice and a right to exercise their free will with regards to their health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:31:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I would like to voice my concerns regarding proposed restrictions for Integrative practitioners. There is a place for a 15min GP visit but there is also a place for a thorough health assessment, investigations and treatment of chronic conditions integrative practitioners are trained for. Drug treatments are necessary at times but a lot of us prefer evidence based natural therapies that are gentler and promote health and wellness not just symptom and disease management. Integrative medicine is the future of the medicine. We should embrace the progress not squash it.

I believe as a citizen of this country I should have the right to choose my own health care and hence protest proposed restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 10:36:29 AM

---

To the Medical Board of Australia,

I support Option 1.

Personally I can't understand why GPs wont be integrative. The causes of ill health are complex so to integrate complementary medicines and natural health alternatives into conventional/drug therapies makes sense. I was so relieved recently when my GP gave me a list of home remedies and dietary changes (none of which had any negative side-effects) prior to prescribing medications. I think our laws need to allow this more rather than restrict these practices further

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support option 1, that there be no changes to the current guidelines for GPs to incorporate integrative medicine. GPs that do so undergo additional training and are not only practicing evidence based therapies but are offering a superior level of patient care. By changing this you are not only taking away patient choice, but you are compromising their care. Incorporating vitamin and nutritional supplements, provided that relevant training has been undertaken, is extremely low risk and only serves to increase patient care. I have had wonderful health benefits from integrative GPs using preventative medicine in the form of nutritional supplements and would hate to think others may be denied this. If you are truly interested in patient support and care you will not restrict these wonderful practitioners.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:28:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Why I support access to Integrative & complementary medicine is that first and foremost, I believe in freedom of choice.

I also believe in personalised medicine that is holistic – ie., that takes into account the whole person – and their history.

There is no ‘one size fits all’ when it comes to treating health. The majority of ‘one size fits all’ methods are about treating and suppressing symptoms – and there is a place for that.

The concepts of preventative medicine and getting to ‘root cause’ are not commonly found in areas outside of integrative and complementary therapies.

Given the high cost of funding scientific studies, we know there is a strong bias towards pharmaceutical research for addressing symptoms.

There are also many excellent treatment protocols that are part of individual, personalised medicine – and that will never be tested and ‘validated’ simply because no money can be made from the findings.

There are many integrative doctors and complementary health practitioners who choose to invest in their ongoing professional development both here and overseas – and it benefits us as patients to have access to that expertise. It can take decades until that same information filters into the ‘conventional’ system – and frequently, it never does, because of resistance to change and the reasons connected with funding outlined above.

With the increasing economic burden of our current healthcare system, surely we should support those who choose to take responsibility for caring for their health?

There is no one person who can know everything. Every person we choose to consult with has a vital role to play in our health care – and we should be able to choose the right person who has the specialist expertise to deal with the condition we are dealing with.

Why I personally choose to use Integrative & complementary medicine is that I am highly sensitive to synthetic chemicals, cannot tolerate most medications – including antibiotics - and have some complex conditions that after several decades of seeking solutions, ONLY integrative doctors have been able to identify and treat.

The residual pain I suffer from injuries from two car accidents has only ever been successfully addressed by integrative therapies.

Without access to integrative and complementary health practitioners I doubt I would still be alive now. The treatment options being offered to me by doctors I saw at the time (everything from invasive surgeries through to “staying on pain killers for the rest of your life”) would have killed me. In the short time I used pain killers, they did substantial damage.

I have worked hard to not land up on a pension and to be able to continue working and supporting myself.

To do that requires regular diagnostic testing, using vitamins, minerals, herbs and various natural therapies. My ability to access these things continues to be eroded. It seems we have to fight to access anything natural – while many things that are processed, synthetic and often unhealthy continue to be subsidised.

After being on the top health cover for my entire life, taking away my Health Fund Benefits for natural therapies has been a massive blow to me financially.

If you also remove access to our most knowledgeable health care practitioners, we will have a sick care system – not a health care system.

As a counsellor, I often see clients who also see integrative doctors for the same reasons as I do – and they also benefit enormously.

Four years ago, my mother contracted C.diff in hospital after her last surgery. Without specialist advice and ongoing support from integrative therapists, she would be dead. All the conventional system could offer were more antibiotics – and when she went to Emergency in hospital last week with an infection, they still couldn't offer her anything other than antibiotics.

I am not criticising traditional GPs and specialists – they definitely have their place – and we are grateful for their assistance when necessary. But no-one has ALL the answers.

What we are arguing for is the freedom to choose the right practitioner for whatever we are dealing with at the time – and to have complementary practitioners in our TEAM. There is no ONE doctor anywhere who can know it all.

And there is no doctor anywhere who can get to root cause of a problem in a ten-minute consultation. It takes far longer than that just to explain my history!!!

I consent to publication of my submission without my name.

Sincerely,

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

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:21:20 AM

---

To the Medical Board of Australia,

I support Option 1.

My life was saved because my specialist listened to a doctor with integrative medicine as I had C.diff and they had nothing else that would work and they gave me a special oil which saved my life, this specialist works at [REDACTED] hospital and had an open mind to a new possibility, do not shut the doors to this as before doctors such things were cured and we have to keep searching why and what and this goes back to the dark ages. It is a terrible terrible decision.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 8:22:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with breast cancer 5 years ago. My GP checked my hormone levels and oestrogen metabolites as well as copper and zinc levels. I have been taking DIM-CDG and zinc to reduce my risk of recurrence of my oestrogen receptor positive cancer returning. I am a health professional and have reviewed the research that my GP is basing my care on. I am grateful to have a highly committed doctor caring for me, one who is open to using all means at her disposal to care for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:43:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Everyone has the right to choice in their own health care. EG a patient with cancer can decline chemotherapy. Every health care practitioner has a right to offer a variety of choice of treatments based on considerations such as: their qualifications, the client/patient's diagnosis & overall situation, appropriate treatments available. Restricting the practice of alternative/functional medical practice decreases practitioner and client/patient choice options. This could impact detrimentally on the outcome for the patient. Consider the work of Lissa Rankin MD who meticulously researched her theories & integrative medical modalities before applying them to her own health crisis symptoms. She has gone on to develop her practice of integrative medicine, to become a community educator & author on the subject. Then there is Neil Nathan MD with at least 40 years of practice who chose to incorporate alternative medicine through his experience as a doctor seeking best treatments & healing & cures for his patients. Dr Steven Grundy, a highly skilled, innovative, cardiologist in the USA, now promotes the use of supplements & nutrition in his work after his own health crisis that he overcame through proactive research & implementation of integrative medicine. These three Doctors were trained in conventional medicine. They did not undertake the transition to incorporating integrative modalities into their practices without due diligent process. Personally I have taken a preventative approach to my health care. Until 5 years ago my health was excellent. Suddenly, unexpectedly I was plunged into a health crisis. Having never experienced anything like that I was unprepared for not having a quick & full recovery. Proactive, I researched & worked with my wonderful GP, a caring natural therapist & a knowledgeable, helpful nutritionist, seeking to regain my former good health. A compliment patient I submitted to tests & attend referral consultations. In short, I did all I could to overcome the debilitating symptoms & minimise their effect on all areas of my life. However, improvement was minimal.

I had 6 months accumulated sick leave to draw on which was a blessing as I needed time off & costs associated with the illness mounted. It didn't reach the stage of having to draw on my Income Protection Insurance. My sick leave absences at work did impact on my immediate colleagues & that was an added concern for me. Also my dear colleagues were worried for me.

Months into the illness, through research, I found an Integrative Medical Practitioner based locally. After talking with my GP & natural therapist about him, I made an appointment. Both practitioners encouraged me to see him. My natural therapist had proposed a diagnosis different to the initial one given months before hand.

My first consult wiht my new Doctor was 50 minutes. I finally had an answer to the under lying cause of the illness & his diagnosis was proved in reliable test results. The confirmed diagnosis matched what the natural therapist had come to suspect I was suffering from.

(None of my appointments with my specialist GP are ever crammed into 5-10 minutes - an unfair, pressured time frame for both practitioner & patient. )

I began to improve with his integrative approach to treatment. I remain in recovery but gratefully so much better in every way! Not only to my relief but that of family & friends who were shocked & concerned for me.

I believe that without the integrative approach & supplementation this specialist GP prescribed, I wouldn't have survived. He is currently studying the application of integrative therapies in cancer treatment. He also volunteers to raise funds for causes such as cancer research.

Currently, for an example, two friends are coming to terms with a diagnosis of osteoporosis. They are looking into other treatment options besides the conventional medical ones so they can make informed decisions about their management of the condition. These two friends have seen how I benefited from the integrative approach. Though experience I can be of more effective help to them.

It concerns me that restrictions on integrative/functional medicine as practiced by qualified, dedicated, knowledgeable health care providers will negatively impact health care for the many who choose this option in their self care.

Health care providers have a right to choose the therapies they believe will be best for their patients whether under the banner of conventional or integrative. Each person is unique regardless of diagnosis & a 'one option fits all' treatment approach is limiting to both practitioner & client/patient.

The practitioners who include a holistic approach to their work do so at considerable financial cost in gaining the necessary qualifications to do so. Plus all the time invested in training before being qualified to apply those methods. Consequently, I suggest that practitioners choosing to offer integrative medicine do so responsibly & in the belief they offer their patients/clients the best care options/modalities available.

Thank you,

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.



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

To the Medical Board of Australia,

I support Option 1.

I support the integration of healthcare choices. Doctors should be able to offer this to patients

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:45:18 PM

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To the Medical Board of Australia,

I support Option 1.

After having being diagnosed with hashimotos last year and offered the standard go treatment I decided to investigate further. After lots of researching I found an educated integrated health practitioner who ordered extensive tests and dietary changes. Within 6 months of her care I no longer need any prescription medications, including those for reflux which I had suffered for many years. I am fit and well. This people should be applauded and the courses made mandatory for all gps , think of the money the government would save and less stress on the health services.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:15:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Every individual should be enabled the freedom to use integrative and complementary medicine if they do choose to assist in treating all medical conditions

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 4:19:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine is a necessary and viable treatment option. All doctors should be guided by the same guidelines. I manage my family's wellness with a variety of complementary medicine from chiropractic to naturopathy. I do this to maintain their health and reduce trips to the GP. It all has its place and we have a right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 11:19:25 AM

---

To the Medical Board of Australia,

I support Option 1.

As a consumer, it is my right to have access to alternative treatment therapies if I wish. This being done with the supervision and guidance of a medical practitioner is a much safer alternative than having a "black market" of unqualified, uneducated quacks. There is a place for alternative therapies in our modern world and it would be irresponsible of the MBA to bring in these new guidelines preventing it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

I think all GP's should study some sort of holistic health care for their patients. I am sure this would be most helpful and less intrusive for the patient.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 3:10 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Using your position to shield pharmaceutical profits over patient health is despicable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 5 May 2019 7:48:28 PM

---

To the Medical Board of Australia,

I support Option 1.

My daughter became extremely ill at 13 after bitten by tick. We went to doctors for 3 years until an integrative doctor asked the right questions, did the right tests and found out what was wrong with her.

Unfortunately treating her with traditional medicine did not work and she needed a combination of traditional and complimentary medicine. If Australia decides to take away this natural medicin and integrative doctors then we won't be able to afford it and people will get sicker and die.

It should be everyone's right to choose their form of treatment and not be left out of pocket.

It should be the MBAs duty of care to look after all patients not just one type and I would like to know what their reasoning for this is ?

It sounds very unfair. Come on Australia don't get left behind the rest of the world !!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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

To the Medical Board of Australia,

I support Option 1.

Stop the witchhunt

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:33:48 AM

---

To the Medical Board of Australia,

I support Option 1.

This about a patients CHOICE.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:18:22 AM

---

To the Medical Board of Australia,

I support Option 1.

Treating an illness is not just about treating symptoms. It is equally as important to discover and treat the cause in many cases. The body works as a whole - the health of the body affects the health of the mind and visa versa. Many physical problems lead to other secondary problems. For medical treatment to be effective a broad approach should be taken -diet, exercise, sleep patterns, etc. Likewise treatment may take a broad spectrum of options to find the best outcome. I have had excellent results from acupuncture for joint and back pain, which I was originally introduced to by my GP.!

Physiotherapy was also a great help, but since taking up regular yoga my lifelong need for physio has gone. When suffering depression, I needed the caring, holistic approach of my doctor to help me overcome it- something that doesn't happen in 10 minutes. Once the medication got me out of the downward spiral, I learnt that many other things helped me stay well. What I am saying is that there are many paths to wellness and doctors should be on the forefront of offering these options. I think that any approach that tries to further segment western medicine away from other complimentary treatment options can only be detrimental to the overall wellbeing of the community, as well as restricting doctors from treatment options and leaving the door open for less scrupulous practitioners to fill the gap.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:04 PM

---

To the Medical Board of Australia,

I support Option 1.

We deserve the right to choose. Holistic is more successful.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 4:21:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative & complementary medicine as it helped me

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Doctors need to have the flexibility to tailor treatment to their clients needs. Herbal, vitamins along with pharmaceutical are all required.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 7:59:25 AM

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To the Medical Board of Australia,

I support Option 1.

We are tax payers entitled to make decisions about how we spend it.  
Although I take insulin I also practice alternative treatments for my  
health and the right to choose and be financially supported you are  
not entitled to move.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:46 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe there should be choice and availability to have the use of complementary therapies I have used them in the past and have a huge respect for my consultant who shares so much knowledge. Please do not take this away.

Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:18 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 integrative and complementary therapies as a means of whole body healing. My doctor of 30 years has always used these for preventive and healing with many things, including when my daughter had scarlet fever, whooping cough, as well as bad roseacea and eczema on her face. I have used it in tropical skin irritations and infections, to improve my immune system when I had Ross River Fever, when I had sciatica and when I had spine fractures.

Using these therapies should be a choice made between the patient and the doctor and we should not be forced to take medications made by pharmaceutical companies, pushed upon us by our medical association.

These medications rarely treat the cause, only the symptoms whereas the therapies look for a cause and find a balance.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:30:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Naturopaths working with GP's using integrative and complementary medicine is a positive health outcome for all concerned.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 9:27:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I am still working at 80 years of age supported by integrative medicine. Each health challenge I have dealt with recently has been greatly aided conventional and complementary natural medicine , the 2 working together for great benefit

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:55:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I appreciate and respect any person that has studied and trained to become a doctor. These days however doctors don't exhibit the same passion that they did back in the 70s. They no longer are interested in the cause just the symptom, they don't have time to get to the bottom of your issues. A naturopath and an Integrated doctor - care and are only interested in getting to the cause. And therefore stopping the symptoms from re-occurring. Now won't that save the government money if people get better instead of sick.

OR is the government making too much money out of sick people?

What do you want for your family - the world is one big family, treat us that way please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 7 June 2019 7:41:22 AM

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To the Medical Board of Australia,

I support Option 1.

I think it is extremely important for all Australians who choose to, to be able to use integrated medicine in their well being and treatment of any medical problems they may have. It is long overdue in Australia (and we are way behind many countries on this issue) that integrated/complementary medicine and conventional medicine need to get together for the absolute and overall well being of the patient. This happens in many Asian countries and particularly, I know in Japan that doctors are permitted to treat their patients with whatever they need (integrated/complementary/conventional techniques) to bring them to optimum health through not just physical but also mental, emotional and spiritual well being. Integrated/complementary medicine gets to the root of the problem and just doesn't treat the cause. It is imperative that all Australians should be able to source whatever type of treatment they choose to be the best they can be with their health. Integrated medicine is a necessity in bringing this about. I have seen many people treated with integrated medicine with excellent results. Because they take charge of many of their health issues in sourcing what is best for them and this includes integrated medicine, they help hugely in not burdening the Australian health system financially. It's a sad indictment that a lot more Australians don't do this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:40:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I've been diagnosed with MS and use vitamins chiropractic and herbalist treatments to help manage my symptoms and I believe this has been key to my successful rate of NEDA which my neurologist says is the aim. I have had no relapses for 3 years.

Integrative medicine is key to helping manage and stop more illness and to stop this means it is bad news for patients, the medical system and the whole community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:52:21 PM

---

To the Medical Board of Australia,

I support Option 1.

As a practicing naturopath I work with people on a daily basis helping them to feel well and get better for health concerns however when I find my clients need extra assistance I refer them the holistic GPs to further aid their health care.

A holistic GP is a specialist Dr who understands how both the biochemical, drugs, nutrients work together.  
as sometimes nutrition alone isn't enough and other times drugs alone don't work in these situations when you combine natural therapies and drugs together great health results can take place.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 10:07:18 AM

---

To the Medical Board of Australia,

I support Option 1.

I have cancer and I would like my gp to be able to prescribe herbal remedies including cannibus oil, but not from the pharmaceutical people !!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:59 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please allow the right to consumers to have a choice on their type of healthcare treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:33:13 PM

---

To the Medical Board of Australia,

I support Option 1.

Side effects and adverse effects are very minimal if any, as opposed to medical intervention.

Complementary medicine addresses the root cause and supports the whole system and is my choice for healthcare for my whole family, including my young children.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:59 PM

---

To the Medical Board of Australia,

I support Option 1.

As a patient that has Hashimotos Autoimmune Disease I am concerned about the changes that maybe taking place. I use a compound pharmacy for my thyroid medication as thyroxine does not work for me as I have conversion issues and it creates RT3 which you do not want. Like me thousands of other people with thyroid disease and chronic illness rely on complementary medicine to survive. We don't want to become a burden on the health care system and on medicare. But that's what will happen. Since I've started using complementary medicine I have gotten my life back. I no longer suffer from chronic fatigue and pain. I could barely work before I used a compounding pharmacy. It was a daily struggle. Please don't make the changes. Our lives depend on it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 6:26:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine should remain our choice for us to make and not be taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I support no change as I know how much vitamins have played in keeping me healthy and welcome any help I can get in this area.

My partner recently had to go on vitamin B12 and Vitamin D supplements recommended by the doctor and these have certainly helped him on the way to better health.

Please do not restrict access to these valuable health assets.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:26:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Please DO NOT change a system which helps so many, including myself, to live a healthier & more wholesome life! This change is ludicrous & needs to be stopped now! I sincerely hope we are heard loud & clear!!!!!!!!!!!!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

We should be allowed to choose any type of doctor we wish to consult with. Each individual is able to research what has been subscribed and/or discuss thoroughly with their practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:54:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been seeing a variation of health practitioners over the years and have had most benefit from integrated doctors, Chinese medicine and naturopathy more than conventional medicine as the knowledge has been more broad in relation to gut health and importance of natural healing.

I have spent large quantities on naturopathy and think how cruel it is that we have no health fun benefits from the medicine that we choose to use and which helps us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 5:04:07 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a daughter who has suffered with a range of complex symptoms since birth, including extensive food and chemical sensitivities, fatigue and irritability. For more than six years, it greatly affected her ability to engage in everyday activities, including eating a balanced diet, attending school, socialising with friends, and even tolerating a swim at the beach or a bath.

In an attempt to bring her some relief, we saw multiple paediatricians, immunologists and dermatologists, who treated symptoms with various medications, and yet it was the treatment following ongoing consultation with an integrative doctor that saw significant improvement in our daughter's mood, skin, energy levels and diet to the point where she is now able to navigate the regular activities of life.

As a family, we greatly appreciate the ability to choose our own approach to healthcare, including the path of treatment, and have valued the way our integrative doctor has taken the time to look beyond treating the symptoms, to addressing the root cause behind the issues.

As a result we support no change to the current guidelines targeting medical doctors who integrate 'complementary medicines and emerging treatments' into their practice, and urge you to consider the significant impact on the lives of many individuals and families, should you make any changes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:43:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Health professionals, particularly doctors have a primary duty of care to their patients. The orientation is/should be fully towards the patient's health and well-being.

Many doctors have incorporated healing methods and modalities that address the patient as a complex, living human being, rather than an inanimate, mechanism.

Integrative medicine and integrative modalities have a long and respected history, are included in the health policies of advanced western countries, supported by health insurance schemes and importantly have minimal or no adverse side- effects, unlike the majority of allopathic medicines.

The statistical evidence of a significant percentages of patients in advanced and emerging economies who use integrative medicines and therapies is a strong argument in their favour and should not be the cause for alarm, but for genuine enquiry and research into their efficacy by such as the MBA.

When the MBA appears not to fully support and facilitate the doctors it represents when the way that each doctor's experience and research leads their healing modality to include integrative modalities, then the MBA's primary mission is not being met.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 22 May 2019 12:55:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I am 78 years old. My parents reared me with a healthy respect for homegrown vegetables and a healthy lifestyle avoiding medical intervention unless absolutely necessary. I have maintained that lifestyle all these years taking my first antibiotics a month ago when I had a pacemaker inserted.

I am deeply grateful for having been able to follow such a life, utilising many different modalities to maintain such good health, including the use of a cancer drug for the control of dry macular degeneration. In other words, I have now been able to combine all available options appropriately to excellent effect.

I believe I know my own body best. Should a medical practitioner have alternative views I consider them with respect but, following discussion, may choose my own direction taking responsibility for my choices. For me to remain responsible in this manner is essential to my emotional and mental well being whilst maintaining huge respect for the medical profession and also those who offer integrative and complementary medicine.

This is a perfect situation and a life where the only person who can make a mistake is me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Nobody has the right to tell me how I would like to treat myself and which approach of medical help I choose. How dare big Pharma be pushed onto us!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is often said, if you have your health, you have everything.

Integrative medicine allows a patient options and the confidence to face their mental, emotional, physical and spiritual health holistically without the linear limitations that western medicine poses.

My mother has endured years of suffering due to a breast cancer diagnosis. She is alive today after receiving outstanding treatment by worldclass surgeons and oncologists and sophisticated modern medicine practices. However, integrative medicine has played a huge role in keeping her immune system intact during the invasive chemotherapy and radiation treatment. Without access to TCM, herbal supplementation and spiritual guidance, her journey would have been far less tolerable and at some points along the way, too much to cope with.

It is my strong belief that it's impossible to gain optimal health with western medicine alone!  
So, by changing access to an individual's right to receive holistic integrative medicine will have a damaging and negative effect on Australians.

Governments should be giving incentives for people wanting to look after their health instead of punishing them trying to live their best life.

Perhaps it is time they really looked closely at the less than pure intentions of the multi-million dollar drug companies who stand to gain when people get sick.

Lets ease the strain on our hospitals and health care system and actually evolve as a race!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 10:05:52 AM

---

To the Medical Board of Australia,

I support Option 1.

While for example I don't support unproven alternatives such as homeopathy. I have had excellent results from a holistic gp. I would rather seek advice on managing my health issues from a qualified gp than a naturopath. That way I can benefit from traditional proven western medical treatment, supported by complementary medicines. It's also safer as your gp will know what things can be safely taken together. Seeking independent advice could well end in someone's death when they don't tell their gp or pharmacist what else they are taking.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe medical doctors who integrate 'complementary medicines and emerging treatments' into their practice are giving options to patients who may not be responding or, are unable to use the conventional options, eg allergies to medications, bad side affects. People who suffer from nervous system disorders are getting great relief from 'complementary medicines and emerging treatments' and should be able to do this under the guidance and supervision of their Doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:20:16 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the right of Doctors to use integrate traditional medicine  
as well as complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:14 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I choose integrative and complimentary medicine as I have experienced positive results to support emotional wellbeing, recovery from a period of deep grief, as well as physical improvement of asthma symptoms. My experience if these practitioners has seen their deep caring and support of my healing journey to a much greater depth than most Doctors who just prescribe drugs with poor skills in understanding healing dynamics.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 5:05:18 PM

---

To the Medical Board of Australia,

I support Option 1.

My experiences with Western Medicine have left me less than satisfied. The approach is too narrow. The consequences and side effects I have experienced over the years have left me in worse health than the presenting condition. I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

I value a holistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines. I have a chronic illness with no proven cause and no cure.  
I rely on many non traditional methods to help manage this condition.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 9:03:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine has been extremely beneficial to myself and my family. We enjoy the fact we do not get any side-effects from the natural medicines, which is not the case for the natural medicines. If this freedom of choice is removed this will severely impact the health of our family and many of our friends and acquaintances. While we are accessing complimentary and alternative medicine we are playing our part to take the budgetary burden of the government for the national healthcare bill.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:56:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because it offers alternatives to mainstream medicine that can complement &/or even provide more effective treatment than mainstream medicine can.

As a person with multiple sclerosis (MS), I've found that integrative & complementary medicine has been effective in ameliorating & then keeping my symptoms stable over a period of 29 years since diagnosis. In fact, much treatment that was considered alternative when I was diagnosed is now part of mainstream treatment for MS. If I hadn't taken that option when I was 40, my health would not be what it is today. In fact, I know that I would be in a wheelchair now, rather than leading an active busy life & attending a gym three times a week at age 69.

If the MBA imposes restrictions on Integrative practitioners it will limit patient choice & put at risk healthy outcomes for many patients. I urge you not to change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:02:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I beleive that we should have a choice regarding holistic medicine and it is so reassuring knowing that i have a doctor that will give me both options rather then just going to shop and buying something that is completly useless. [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:01:11 PM

---

To the Medical Board of Australia,

I support Option 1.

I support no change, because I know that my family benefit from a balance between conventional and complementary providers. To find it harder to access services such as naturopathy, chiropractic and remedial care, would be extremely detrimental to the physical health of my entire family.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:41:58 AM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

Complimentary Medicine saved my life when Conventional couldn't. May I ask you why you are so determined to undermine people's Health?

Having being born with Medical problems and spending my life researching and trying to find out how to maintain my Health, I turned to many Complimentary Health practices and it is them that has helped me maintain a quality of life.

I am in no way against Conventional Medicine, I've used that too but without Naturopathy, Bodywork and Acupuncture I wouldn't be in the good health I am now.

This is about people and Doctor's having choice and being able to have access to Best Practice. Isn't the Medical Oath about "First do no harm." Well unfortunately some pharmaceuticals have done me harm, whereas a Bodyworker put me back together.

The current system has worked for so many people. Please let people have access to Treatments that can help them.

Kind Regards

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

Allowing integrative health and medicine as patients choice will not only save the government and country billions in healthcare costs, it will provide a holistic approach to health without the growing risks and side affects of harsh drugs. We need to have a choice of how we choose to raise our family and provide other options and alternatives when western medicine has no answers.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:32:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Everybody's body is different, needing sometimes very different treatments other than a one size fits all approach. Without those options we'll all suffer, not only healthwise but financially too.

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:17:20 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you to express my support for integrative and complementary medicine. I value a wholistic approach to healthcare and support doctors' right to provide new and innovative practices, including complementary medicines.

As well as restricting clinical autonomy, Integrative doctors who typically provide longer consultations to understand root causes of illness may be restricted to providing the "conventional" 10 minute consultation, thereby diminishing diagnostic capabilities and individualised treatment plans. This is not because their recommendations are unsafe, but just because they are not "conventional". Any move to restrict doctors from providing Integrative & complementary medicine will have a negative impact on patients receiving the best and most appropriate healthcare from their chosen practitioner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:17 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If you take my choice away for healthcare I would have to end up relying on the internet for supplement advice. I like to be responsible for my own health. Let's not go back to the dark ages when women would go to backyards to have an abortion and risk their lives.... let's keep it safe where integrated medicine is regulated and safe.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

In response to the proposed changes excluding integrative care by practitioners I would like to share my story (in short).

I am suffering an iatrogenic illness, one that could have been avoided if integrative treatments were offered as first line of defence.

My doctor put me on a medication that destroyed my CNS and receptors and I now cannot function or leave my house. I've lost quality of life for the past three years.

My integrative GP (who I met after the damage was done) tried everything she could to amend the damage, however it was learned that nothing could currently help, a matter resolved in its own over an unknown period of time.

If I had natural options such as herbs available in my initial consultation, this mess could have been avoided.

An integrative GP also offers more time to their patient, looking at the full picture and best outcomes. My conventional GP saw me for 10 minutes, wrote a prescription and turned my life upside down with iatrogenic damage.

Please don't make a backwards decision to remove integrative care, it truly offers superior patient care to conventional.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Intergrative doctors changed my life with improved bro when then normal gp and the naturopath where stumped.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 6:57:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Isn't it safer to have a medically trained practitioner to prescribe supplements and alternate medicines than patients self diagnosing and medicating.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:47:22 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine have kept me alive. That sounds dramatic, but it is true. I had extremely negative reactions to anti-depressant medication which meant that western medicine could not help me. Thankfully I found an AMAZING integrative health practitioner who has helped me heal naturally, to bring my body back in to balance and to identify deficiencies in me that my regular GP had missed. My regular GP is still a fantastic support, but I am so grateful that I have been able to access both people to help me get back on my feet.

I also suffer from vestibular migraine which my regular GP had not heard of, but my integrative health doctor had. They were then able to work together to support me and find the best option for me.

Thank you for your time.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:37:44 PM

---

To the Medical Board of Australia,

I support Option 1.

As an Australian citizen and a healthcare consumer, I value a holistic approach to healthcare and support doctors & other qualified healthcare professionals in their field of expertise' in their right to provide new and innovative practices, including complementary medicines. Patient choice is crucial to their physical, mental, emotional and spiritual well-being. The ability to make decisions in choosing what type of service will support/help us to get well, prevent illness, and maintain optimal health, is something innately personal and it enables people to take much more personal responsibility for the self direction of their own unique circumstances surrounding their individual healthcare needs. It's also crucial that patients are unrestricted in their right to research and make their own decisions with informed consent. These choices & decisions must never be narrowed or restricted through arbitrary means. To do so is a complete violation of the human right to self-determination, freedom of thought, conscience, or even religion. The right to self-direction in individual healthcare can help insure that self respect & dignity are not hindered. This is also crucial to supporting & encouraging patients to help themselves as much as possible and balance rights & responsibilities.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative doctors and alternative medicine has saved my sons life and it is valuable. Everybody needs the option for it and advice around it

I consent to publication of my submission without my name.

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.

Patients should be advised or informed about all the things that could be helpful for what ever Problem they may have not just the ones made my pharmaceuticals. The medical system should be about more than just money making. The systems first and most important aspect should be about helping to improve people's lives. Also promoting natual medicines and remedies should be encouraged not restricted.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:55:27 PM

---

To the Medical Board of Australia,

I support Option 1.

In 1998 I was diagnosed by the Head of [REDACTED] Hospital Microbiology with a number of Rickettsial diseases and Lyme like illness. Over more than 20 years I have struggled with chronic illness and fatigue. In [REDACTED] NSW where I live we do not have an integrative GP so I travel an hours drive to see one in [REDACTED]. Prior to that I was driven for 18years to see one in [REDACTED]. These are the only GPs who understand mitochondrial and complex chronic illnesses and now these GPs also understand genomics and many other areas vital to the wellbeing of complex chronic illnesses. Recently I suggested to a friend that her friend see my integrative GP. I heard back that after two sessions she was diagnosed with small intestinal bacterial overgrowth is already recovering really well on the recommended treatment. Apparently this person is GPs have not been able to help her recently I suggested to a friend that her friend see my integrative GP. I heard back that after two sessions she was diagnosed with small intestinal bacterial overgrowth is already recovering really well on the recommended treatment. Apparently this person is GPs had not been able to help her

One of the functional GPSs I saw suggested that I look at my genome. From that I discovered I have the genes VDR taq and a COMT gene in a heterozygous combination that means I respond badly to the B12 that most local GPs often give as injections to their clients. Also I have the MTHFR gene which means I really need B12 but I cannot cope with the methylcobalamin common type. This is just one tiny area in which an integrative functional medicine GP has outstanding expertise and knowledge. My local pharmacy told me that my current integrative GP constantly teaches them new things and that I am so fortunate to be able to have an appointment with her. Because she is trained overseas I now get no Medicare rebate whatsoever For seeing her. I am lying in bed now voicing this email. I choose to go without things that others consider essential and normal so that I can see this GP and other so-called alternate practitioners who have helped me so much over the last 20 years.

At the suggestion of a friend I went to see her local non integrative GP in the hope that she could be a helpful local GP for me. I realised not only did she know nothing that could be of benefit to me with my complex chronic illness but she was suggesting things that were actually unhelpful as she knew nothing of genetics or mitochondrial problems related to ATP and fatigue. I left this GP even though she is a wonderful and kind caring human being and gave up on having a local normal one. Then I heard that she was doing some learning about fatigue illnesses. On my return to her she told me that she now understood she only knew about 5% of what she needed to know to help me. I was so grateful she said that because now at least she knows that she does not know! And she can work as part of my team and she now takes the lead from my integrative GP and I summarise webinars and books that I read and I give them to her. She is a wonderful GP but her conventional training and lack of time and overload of

patients means that she certainly can't take on any further studies like integrative GP's have done. It is ludicrous to think that good medicine can be provided in a 10 to 12 minute session.

The future of medicine is changing. The lack of nutrition in our soils the impact of chemicals and farming practices is leading to more and more people having chronic illnesses. Genomics is just one area that will become a major future player in treating patients. Functional medicine practitioners are onto this they are our future they continue innovative and advanced studies that are practical and changing people's lives. Supplements like magnesium have been life changing for me. The [REDACTED] chronic fatigue research team summarised their 18 years of study and recommended a number of things including B vitamins and amino acids. Having the correct B vitamins for me courtesy of the help from that functional GP and starting amino acids markedly changed my health status.

I wholeheartedly support integrative medicine and believe every GP should be trained with this extra knowledge and capacity to search for underlying causes rather than Band-Aid solutions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:27:50 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines on doctors who provide integrative treatments. I value a medical approach that looks for the root cause/s of my health issues and uses integrative methodologies that will support my body to heal itself rather, than just use medicines only. I have found that by approaching my health this way, I now have fewer sicknesses, and my overall health and vitality has improved, thus decreasing my expenditure on doctors bills and medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 6:56:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Our family believe in both integrative medicine and conventional medicine. They are complimentary, blood tests and antibiotics when required supplement the daily integrative medicine regime that has seen our children reduce their autistic behaviours and improve gut health so drastically that my daughter is now growing and thriving. My son is mainstream school with no reliance on government support/aid at school.

Even the NDIS recognizes autism is not a static state and gut health is being proven to positively influence the outcomes for children with autism. Please retain the option 1 to enable all children to find the treatment that suits them. These treatments do no harm and if we try one as a family and see no difference we have the guidance of our practitioner to find the right one.

If restrictions are imposed our family will break down under the return of 2.5 hour violent meltdowns (from a non violent 6 year old who doesn't even want to hurt flies under integrative medicine)

Our daughter will stop growing again like she did for 18 months. The medical system will buckle under the lifelong care required to support our children who can be healed (and are being heald) using integrative medecine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 9:55:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I want and need my Doctor to be able to include integrated practises in the treatment plan for my health. It helps to bring me to optimum health and well being. That my doctor is able to do this is safer for us all as otherwise people will depend only on their own research which is risky in the extreme.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 7:19:14 PM

---

To the Medical Board of Australia,

I support Option 1.

My body my choice. We live in a land of free.. we are capable of making our own decisions when it comes to our Health. Stop taking our rights away! Stop playing God. Stop deciding for us. Leave natural therapies alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 7:51:03 AM

---

To the Medical Board of Australia,

I support Option 1.

Please don't change the current guidelines. I have used integrative and complimentary medicine for many years with great success for my whole family. I feel the choices I've made are safe and effective and have avoided misdiagnosis which has happened many years ago when I did used a conventional doctor. In a world where our choices and freedoms to choose and think for ourselves, please do the right thing and allow us to continue our right to choose our health care.

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me my family & friends so please keep it available

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 12:29:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had many issues over the years and I have been able to chose what works for me. It is my body & my choice.

I have used both mainstream and have used many other approaches.

This includes, herbal, Chinese, acupuncture, chiropractor, Bowen Treatment all with many years training in there field. All these treatments assisted mainstream in helping with my issues or healed where mainstream didn't.

I know many people, like me have turned to different approach when mainstream just wasn't enough.

But in the end, it is OUR BODY and therefore MUST be OUR CHOICE !

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine needs to be available for all Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 2:37:34 PM

---

To the Medical Board of Australia,

I support Option 1.

Many people I know, including myself and family members, depend on integrative medicine specialists to survive.

Please keep access to them easy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Please help save Australia as a country who allows her people freedom of choice by not denying our access to complementary and natural medicine. I believe this is a basic human right, especially when it involves the health and happiness of us and our children.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 5:22:03 PM

---

To the Medical Board of Australia,

I support Option 1.

When you categorize people by male or female, child or adult or where they might come from, many factors can contribute to the reasons of their health and wellbeing.

When a person seeks to help themselves to prevent through Accupuncture, Massage, chiropractic, herbs and vitamins, even yoga and meditation, just to name a few, it is because they want to be and stay healthy and prevent illness for the day of tomorrow.

When I seek modalities of health that will assist me to stay healthy the last place I would consider looking is a medical clinic.

We need more support and services that help people in the general population understand their health and ways to prevent illness through these "alternative medicine".

If the government actually cared and wanted to act on the wellbeing of people, they would invest more in these areas of health and wellness. But instead, we see increasing advertising and push for pharmaceutical "solutions" often with adverse effects, short lived and with long term dependability which often in most cases what people really need is a little time out, rest, or a slight change in routine and diet to feel better.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 4:48:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I use Integrative & complementary medicine because it's often more effective than traditional western medicine.

Doctors should have more training in Integrative & complementary medicine, so they understand and embrace these approaches.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 7:11:42 AM

---

To the Medical Board of Australia,

I support Option 1.

It is far better for complementary medication to be supervised by trained doctors than in trained or poorly trained.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:38:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I support option one because western medicine on its own is inadequate, does not take a holistic healing approach and is proven to not provide cures for chronic conditions. At best provides relief of symptoms only. Integration of all styles of treatment allows for individual treatment plans that will work with an individuals genome to obtain success.

I am an individual who has moved away from western medicine as it has been unable to assist me except for temporary symptom relief.

What has worked is combining nutrition, alternative treatments with western medicine.

I choose the right to still be able to select a medical practitioner who prefers to take a holistic approach to healing and wellness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 6:33:58 PM

---

To the Medical Board of Australia,

I support Option 1.

I value having a choice of medical providers & want to know that they have a choice of recommended treatment options. I have suffered from chronic pain of many areas of my body for a long time despite seeking treatment from physiotherapists (1 who didn't want to 'spread himself too thin' so agreed to only treat the most painful joint, Specialists, injections, multiple MRI's & X-rays. If I don't have a choice to seek all treatment options available, I will eventually have to cease work & look at options for benefits available from the government. This would obviously severely affect my quality of life & that of the people who care for me. To restrict treatment & consultation options from patients is a step backwards in medical & health research.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 12:06:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I firmly believe in complementary & integrative healthcare as this is a holistic approach to medicine, viewing our body as a total system working in harmony rather than mechanical individual parts. My family have used natural therapies - such as acupuncture, TCM and chiropractic treatments in combination with conventional medicine for the past 20 years and we have all benefited from it. Also we live in a democratic society and a fundamental pillar of that is the individual's freedom and right of choice in matters of our healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:41:58 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & Complimentary Medicine has allowed me to find out why I have ongoing health issues and chronic fatigue after thyroid cancer and treat them accordingly... Normal

Gp does not have time or specialise in my my area of concern.. if the MBA impose restrictions you will find more people will self treat and more Facebook groups will appear to try and help each other, so by restricting you will course more harm .. the majority of people cannot afford an integrative Doctor and other govt departments have already changed them with telling us where Our lab results should be and not how the patient feels . Again more self help groups will appear if the MBA impose restrictions. It's not about power it's about choice . MBA stop being so antequated !!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 4:22:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I DO NOT support restrictions on complementary and integrative medicine practitioners. It is not reasonable nor justifiable to restrict alternative treatments based on their conventionality. This is a separate issue to their success, outcomes and innovation. It is a dangerous road to restrict "medicine" to one way of thinking and prescribing. The effect will be almost no choice in a person's treatment and wellness, and will slow or halt altogether any innovative ideas, studies and treatments, and in many cases prohibiting clients from accessing a more gentle approach which addresses their person as a whole. Diagnostic testing and capacity will be severely diminished to what is acceptable from Medicare and will reduce possible diagnoses and treatments drastically.

From a personal perspective I have benefited immensely from chiropractic, naturopathic and integrative doctor assessments and treatments. "Conventional medicine" and their narrow approach and extremely time limited appointments meant my health did not improve at all and I was left in despair. It was not until i was pointed in the direction of an alternative that I received assessment and treatment that significantly improved my health and well being. I cannot stress the positive difference this made to my life. It was simply an 'alternative' way of looking at the root cause of my symptoms. It was not dangerous, nor ineffective. It is astounding to me that this kind of blanket restriction is being considered.

People have the right to choose the health care which suits them best and restricting this option will result in many people not accessing mainstream care at all.

The current legislation keeps patients safe enough and health and medical practitioners accountable; it is not necessary to impose added restrictions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 2:37:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I support informed decision making.

The right to choose and make decisions for myself is a basic human right.

This includes the right to choose and make decisions about my health - my body, my right.

I value a holistic approach to my healthcare and the healthcare of my family.

Integrative and complementary healthcare provides an approach that works with me to receive healthcare that treats the whole person and not just the symptoms, utilising the least invasive treatment to achieve and maintain good health.

For many years I struggled with sub-par health. A conventional medicine approach did not assist with any improvement, in fact did not recognise there was an issue as the standard blood tests showed 'normal ranges'. Eventually after incorporating a holistic approach using integrative and complementary medicine I achieved a substantial improvement in my health and consequent overall well-being, which continues to this day. This was not and still is not achievable using a conventional medicine approach.

Access to integrative and complementary medicine is as important as access to conventional medicine. They complement each other. Everyone has the right to choose and make an informed decision about healthcare without fear or discrimination.

There are already sufficient regulations in place. It is an outrage that both the clinical autonomy of these clinicians providing integrative and complementary medicine and the freedom of patients to choose, are at risk of being eroded by the narrow minded view that conventional medicine is always the best option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:59 AM

---

To the Medical Board of Australia,

I support Option 1.

For 15 years or more I have suffered depression and anxiety, received no or little improvements from a myriad of antidepressants and pharmaceutical 'answers' given me for my condition. Only this past 2 years have I finally had the underlying physiological issue begun to be assessed and addressed. There is no reason to change the access to be found to the actual answers for improving anxiety and depression, to remove it you create a human being dependant if social security, just to get by and it is no kind of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 9 June 2019 11:30:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicine has helped me where normal medical care couldn't.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:38:32 AM

---

To the Medical Board of Australia,

I support Option 1.

I would like to voice my opinion about the talk about stopping integrated medicines. My family have been using natural medicines (when possible) for many years. In fact, my mother and grandmother also passed down a lot of natural remedies that we still use and swear by today, which have kept us from blocking up the medical system by not having to visit a doctor. I myself have seen the result of side effects of many prescription medications. I would like the opportunity to choose natural therapies as an alternative if possible. If GP's could inter grate natural medicines into their treatments this could help reduce so many issues, especially addictions to prescription medicines. I want to be able to offer these alternatives to my family and hope for a healthier future for them. Please reconsider any thought of denying the Australian public their right to choose.  
Sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 4:09:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm a doctor in pharmaceutical science and I learnt from personal experience that health starts with wellbeing, nutrition and reducing people's stress. All GPs should be trained like integrative GPs to my point of view.

I personally chose to turn towards alternative therapies and a new career seeing the success and relief it brings to people. Not every industry/practitioner has funds to invest into double blinds placebo trials but as long as people get results and are safe that is all that matters to me now. Drugs should be used when everything else has failed. Leave the people the right to choose from themselves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Drs should be encouraged to offer complementary medicine rather than prescribing pills that treat the symptoms rather than delving deeper, finding the underlying cause and then treating according. IM disillusioned with the medical fraternity who really are these days the dispensers of pills. Sad indictment on our medical system. No commonsense any more 😊

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:05:46 PM

---

To the Medical Board of Australia,

I support Option 1.

We need to have a choice with our healthcare here in Australia. Our hospital and whole medical system are so burdened so why would we want this occurring even more by taking away complimentary medicine choices. My children and myself choose to be proactive with our health opting to use different natural approaches if needed and this works beautifully as we are not interested in using medication or intervention unless absolutely necessary.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 9:15:24 AM

---

To the Medical Board of Australia,

I support Option 1.

As an integrative veterinarian working mostly with cancer taking tertiary referrals i have seen a statistically significant increase in measurable patient outcomes. I am using as much evidence base is possible. It takes 1billion and 11 years for a new molecular entity to come into existence. Nutrition and herbal medicines have emerging evidence, i do believe with informed patient consent that clinicians need to consult the evidence and the knowledge base and consider other modalities where unsatisfactory outcomes have occurred. Research in the 90s revealed ginseng and astragalus improve cancer outcomes. The decision to block and further regulate medicine is based on a US model but does not follow Western Europe, nor India/China. I encourage you to see the place for integrative medicine. The World Health Organisation has a traditional medicine strategy, It is relevant and could save public health millions. Thankyou

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:04:29 AM

---

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern.

I believe we should be looking at a more holistic approach to wellbeing. Closer to some of the European holistic models. We are going backwards as a 'healthy nation'. The government really needs to look more closely to so called 'alternative procedures' as economically these will be more beneficial from both financial aspect and for the wellbeing of the general populus.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:23:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I have chosen to use integrative medical practitioners for many years now and my experience is that this is the best of both worlds. In some situations in which conventional medicine has not worked, or has had undesirable side-effects, advice from a medical practitioner regarding using a complementary or alternative approach has resolved a medical problem. The medical practitioner's oversight ensures patient safety by considering an alternative approach in the context of their broader medical training.

There have been no real-world safety issues associated with the use of an integrative medical approach and the MBA consultation paper provides no actual evidence of adverse safety risk to justify the need to tighten their guidelines.

Integrative GPs are highly trained, specialist doctors educated beyond their medical tertiary qualifications. They integrate a range of safe and effective evidence-based interventions for the benefit of patients who do not always benefit from conventional treatments alone, or who benefit most from a combination of both.

Complementary medicine interventions have an exemplary safety record and pose a negligible risk to patients, especially compared with many conventional treatments, which is why many GPs choose to integrate them in their treatment plans (to minimise patient safety risk).

The current guidelines (Option 1) have operated successfully without any tangible evidence provided that they need changing.

The lack of clarity on how to determine what is 'conventional' vs. 'unconventional' increases the likelihood of the guidelines being misused by people with professional differences of opinion, opening the door for doctors who use integrative methods to be unfairly and unreasonably targeted by vexatious complaints and/or face sanctions that restrict their scope of practice, which in turn restricts patient right of choice to access these methods.

With around 70% of the Australian community using complementary medicine services and products and around 30% of Australian GPs utilising some aspect of complementary medicine within their medical practice, it could even be argued that this is current 'conventional medicine'.

In developing the new guidelines, the MBA did not consult the key stakeholders – the integrative/ complementary medicine communities and patients – begging the question, 'who benefits?'

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 10:16:40 AM

---

To the Medical Board of Australia,

I support Option 1.

I choose to use some alternative healthcare approaches and have had excellent results. I also consult conventional doctors and recognise the importance of getting information on available options (conventional and alternative) when I have a medical problem. On occasion an integrative doctor (local GP) has given me helpful advice regarding a successful alternative to taking an antibiotic and I appreciate this. I value a holistic approach to healthcare and strongly support doctors' right to provide new and innovative practices, including complementary medicines. An important contributor to best patient care is conventional doctors' willingness to discuss the pros and cons of a conventional treatment, (which will often have undesirable side effects) and recognise patients' right to have both information and opportunity to choose their best path. Blocking doctors' ability to provide this service and driving more and more people away from conventional medicine is not in the best interests of either doctors or patients. Well trained integrative medical practitioners offer the best service, and this is what I look for in my GP.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Leave patient access to integrative medicine alone. Our 24yo daughter has suffered from serious depression and severe anxiety since she was about 9yo. Traditional approaches are not giving the necessary results so we are having to try an integrative approach. Some small steps towards improvement are evident.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 23 June 2019 6:08:17 PM

---

To the Medical Board of Australia,

I support Option 1.

My integrative medical practitioner is the ONLY doctor who has successfully treated me for a range of conditions. He has the inestimable advantage of being able to tap into both allopathic medicine and a range of effective integrative therapies. Doctors (local GPs) working in conventional medicine have, in my experience, been totally inadequate in dealing with my health needs. I suspect that the MBA is simply afraid of what they don't know and are not qualified to judge because of sheer ignorance about the tremendous range of medical research being done on a range of complementary therapies - the results of which are increasingly available and with which they should acquaint themselves. My gastroenterologist recently congratulated me on successfully treating myself with berberine, which eradicated the overgrowth of *klebsiella pneumoniae* in my gut - something that no orthodox treatment was able to do. Even he recognised and applauded this particular complementary therapy. It's about time you did the same with respect to the effective treatments available in integrative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 16 June 2019 2:35:17 PM

---

To the Medical Board of Australia,

I support Option 1.

Our journey to good health has been long. We relied on our doctors for our health however had to visit weekly. When results were not forthcoming and a great deal of consultation and medication was exhausted due to various adverse reactions, our doctor advised changing diet and using natural medicines to build immunity, resistance and gut health.

Our family healed over a very short period of time and work and school productive time increased exponentially for our entire family. Without this intervention we were all chronically ill and spent thousands on medications and consultation and various scans. (Asthma, exzema, chronic fatigue, muscle and nerve issues, glandula fever episodes and issues, anxiety and depression, arthritis, bowel and gut issues, UTIs.)

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 2:54:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support the current position. As long ago as the early eighties I have worked with my then GP to add complementary medicine to my health management when conventional medicine could offer no safe assistance. I have continued to this day to work with both my GP and Specialist in my healthcare management with their oversight and encouragement in respect of complementary medicine. I value not only my right to choice but also my practitioner's ability to advise about alternatives such as Chinese medicine, herbs vitamins etc. in an informed way to assist. I attribute my health and wellbeing to this supportive duality.

There appears to be no compelling evidence submitted to change the current guidelines; to move away from WHO's guidelines in regard to consumers' choice in this regard.

There are no real-world safety issues about conventional and complementary and integrative medicine issues, and this is a reflection of that cooperative relationship between doctor and patient. It is also a cost effective and safe approach to healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:22:47 PM

---

To the Medical Board of Australia,

I support Option 1.

as i am in chronic pain and have early stage leukaemia....bowel cancer....breast cancer and bladder cancer complimentary medicines and practices are quite often the difference between total desperation and peace of mind and body

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 9:42:14 PM

---

To the Medical Board of Australia,

I support Option 1.

I support free choice & MDs having the ability to prescribe  
complementary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 7:55:21 AM

---

To the Medical Board of Australia,

I support Option 1.

My family has used natural medicine for many years.

We are very angry that there is a move by this government to force people away from having a choice.

The gvt is a group of people who work for the Majority it would be wise for them to remember this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 9:02:19 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because I have an extremely sensitive system that over responds to everyday pharmaceutical drugs.

I am a senior Australian who has been taught to respect healing and varying modalities of practitioners available to us in the freedom of our choice in seeking support for full wellness whether it is conventional or alternative. I object to OUR CHOICE of wellness services and providers being denied to us because it does not fit into one sector of the overall medical and wellness health care system. There is varying ranges of evidence for Naturopath services for example outside of medical sciences degrees. Naturopaths study intensively for 4 years.

We have the right to choice. I personally have only been offered pharmaceutical drugs for several issues through Western Medicine. It's brilliant when necessary. Through my freedom choice in seeking alternative care I am healthier than I have been in 10 or more years and not taking any drugs at all. Therefore not a financial burden on the hospital system. I had a diagnosis of sarcoidosis typically treated with steroids. I have never taken steroids which my specialist supported, sought acupuncture and naturopathy which have strengthened my immune system to full wellness. My specialist has never seen an individual with this diagnosis so well and healthy with clear lungs. This is simply one example.

Another is how homeopathy completely resolved my teenage sons hive like allergy outbreaks from mosquito bites.

I am currently being supported with menopausal and anxiety related sleep issues with natural medicines and thus has turned my life around. I have taken serapax with adverse side effects. The Natural medicine has no side effects and I am sleeping more deeply naturally than I did on serapax and feeling less anxious and well rested.

I have also used a natural iron supplement when my system was depleted with great results for low energy. Western medicine had no answers for me.

Please retain our right to choose qualified alternative care alongside western medicine. Integrative care is paramount to a well population reducing costs to taxpayers overall, and reducing the strain in our overburdened hospital system. The availability and openness to integrative care through a GP is paramount for the health and wellbeing of our society overall.

Thank you for hearing your public.

Kind regards

Yours sincerely

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that every Australian has and should continue to have the right to choose. I strongly oppose any changes to the guidelines or new restrictions. I use complementary medicine for myself and my family. I was never disappointed. In fact I can't imagine having restricted in any way access to integrative practitioners. They are safe and effective.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 18 June 2019 11:41:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear Sir or Madam, I have 2 doctors. One can see me for 10 minutes is always rushed, hardly knows anything about me and simply prescribes pharmaceutical drugs that often I only take once or twice and then stop because their side effects make me feel worse. My other doctor I really look forward to seeing. I have half an hour with them and I really feel fully heard and understood. They have time for me and can more correctly diagnose and then give me a combination of herbal products that are slower acting but which I can enjoy taking in a sustained way. that definitely have longer lasting beneficial effects on my body, mind and soul with out any unpleasant side effects. I have been taking natural products all my life and am well above the average health for my age. Please allow me the freedom of choice to choose the type of GP I prefer and the type of medicine I prefer to take. I am a vegetarian who eats organic food and the more gently natural therapies work much better on my system than pharmaceuticals. Thank you for maintaining my right to choose for myself. I am highly educated and do not need the MBA to make decisions for me me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 2:37:38 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been a supporter and user of integrative and complementary medicine for the last 25 years and attribute my good health to it. I know of a many people who it's helped where orthodox medicine couldn't. It would be ludicrous to impose restrictions on these practitioners as some have been around longer than allopathic medicine. The fact that so many are using it should illustrate its effectiveness. An individual should have the right to choose which treatment they incorporate in their lives. Dictatorship on ones health is not on and we should have a choice on thereapies, after all it's our bodies!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 21 May 2019 9:00:42 PM

---

To the Medical Board of Australia,

I support Option 1.

I would not have survived if it were not for alternative therapies. I was running down the road of traditional medical options to heal me and nothing was working, in fact I was getting worse. The holistic approach of my doctor and naturopath guided me back to good health. We should be given choice. It is not right that governments tell us what we should and should not do to improve our health and quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 8:39:45 PM

---

To the Medical Board of Australia,

I support Option 1.

after years of consistently being failed by western medicine (not actually attempting to uncover and diagnose concerns) and just being prescribed one antibiotic after another, I found an integrative health doctor who actually ran the appropriate tests, uncovered what was going on and successfully treated me for what was actually a very common parasite (easily diagnosed with a stool sample).

Western medicine (general medicine) is not providing solutions and treatment that actually brings you back to health but rather band-aid fixes and 'management' to mask or 'treat' symptoms. It does not find the root of the problem and start from there. We NEED integrative medicine and doctors who remain current with latest research and disease treatment (not just symptom management).

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Conventional doctors prescribe Antibiotics and medicines which only treat the symptom, often causing more side effects. We need to investigate the bigger picture with the help of Holistic practitioners to find the cause of that symptom which will then help us to achieve optimal health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:10:06 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to be able to continue visting intregative practioners and other practioners of MY choice .

This enables me to have holistic approach to my health and access any new and innovative complementry medicines that may benefit me and my family .

sincerely

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:08:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the current situation retained.

I am interested in and pursue preventative health care rather than sickness care.

I have done a lot of research and want the flexibility to work with multiple modalities as adjuncts to conventional treatment should I ever experience a major health challenge.

Please respect our rights to choose our own best path to wellness.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 12:45:04 AM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine does not have all of the answers and individuals should have the right to choose the treatment type. Conventional doctors should also be able to offer access to holistic medical practices as relevant. Side effects of pharmaceuticals are known to necessitate drugs to treat side effects resulting in further drugs to treat drug side effects creating a downward spiral and compounding problem. Conventional medicine does not hold lol of the answers.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:50:17 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors waiting rooms are always full, we have the right to have options how we want and need to be treated. It's not like doctors need more money.

To drug it or cut it should not be the only option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 6:57:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I seek to make my own choice in this free country of ours with all health options. I have been using alternative health practitioners for 30 years now with great benefit to my general well being. Please don't take away our freedom to choose how an individual looks after their own health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:24:36 AM

---

To the Medical Board of Australia,

I support Option 1.

Please keep some autonomy in the medical industry, patients don't always need prescription drugs and rely on their doctors to help them make informed choices. Don't take away their rights. Doctors who integrate conventional and non conventional medicine should be celebrated and encouraged.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:25:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not remove complimentary medicine from my health care. I believe an holistic practice of medicine works best for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 5:31:20 AM

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To the Medical Board of Australia,

I support Option 1.

I was diagnosed with a chronic autoimmune illness many years ago, told it was lifelong and placed on heavy medication. An integrative GP used diet and supplements to calm my immune system and within 2 years I was classified as being in remission and it has not returned. That was 19 years ago. Not only am I well but had I stayed on the medication I would now be experiencing other health issues due to its effects. Integrative medicine has saved me and it has saved tax dollars.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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

To the Medical Board of Australia,

I support Option 1.

It has long been recognised that 'medicine' in the broad sense is based on what we know right now, and that many things that in the last we have thought of as bad we now use for good, and many things we thought of as good we now know are bad. I believe unless an integrative or complementary medicine has been proven to be ineffective or dangerous, drs should not be banned from prescribing it and thus patients prevented from having a say in their care. I sincerely hope that the MBA has the wisdom and the humility to ensure the safety of patients without compromising the services and choices available to them. Regardless of the view of the MBA on whether or not the services/medicine works, unless it has been scientifically proven or high risk identified they should not intervene with individuals health. We promote a wholistic health approach in Australia, based on more than just physical health, and often these forms of medicine aim to address this type of health care approach much better than a purely biomedical science approach (which I do not deny is of the utmost importance). Please do not strip our access to healthcare, or force our drs to adhere to a rule or silence which will benefit no one. Please care for us, and our doctors, and recognise the width and depth and complexity of healthcare, and praise our drs for the way they seek to go beyond basic sciences to find what will actually help in the clinical setting. Just because a treatment or approach is unconventional does not mean it's bad - As long as the dr is not providing me with dangerous advice, it should be MY choice for MY health, not yours.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 8:35:30 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors should have the choice of assisting the health of their patients with complimentary therapies where they see fit. Using yoga as an example, you can find many scholarly articles on the physical and mental benefits of yoga. Look at the book: The Harvard Medical School GUIDE TO YOGA. Marlynn Wei, MD, JD James E. Groves, MD. (2017). Yoga has cured my husband's sleep apnoea (as his breathing has changed through yoga and meditation), his chronic back pain is more tolerable as a daily yoga practice has strengthened his back muscles and core, and increased his flexibility. He doesn't need pain medication now for a bad back. His mental health has also improved through yoga. Please, if you look for the medical evidence supporting the health benefits of yoga, you will find it! Also some of our family members see a regular chiropractor for gentle neck/spine manipulations when necessary and feel so much better after our visit. Complimentary therapies are a wonderful tool and I am a supporter of science and modern medicine too- they can both co-exist together for best possible outcomes for patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 4:21:11 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not see any value or need for the proposed changes that would see doctors rights to provide new and innovative practices taken away. My family have all benefitted from the opportunity to access treatment over the years from our preferred practitioners and would hate to see that taken away. We have found great benefits from Our chiropractors who have helped in recovery after bone fractures and particularly for my husband who has worn discs in his neck. We have received the best of care and we need for it to be continued.

Sincerely [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 8:03:10 AM

---

To the Medical Board of Australia,

I support Option 1.

Each person has a right to free choice !!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 8:28:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been through the process of getting to the cause of my autoimmune disease, and other health issues that seriously impact my life. I am on the road to recovery with the help of integrated medical and alternative health care strategies. I am writing to ask that this new law not be passed as I believe and have come to understand personally that an integrated approach is a healthy lifesaving approach for many people. I suspect the big money and pressure from drug companies is behind this new law. Shame

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 6:08:12 PM

---

To the Medical Board of Australia,

I support Option 1.

So many of the conventional treatments are misguiding patients into a false sense of health. Eg, Insulin for diabetes type 2 has been in fact been described by doctors who keep up with science, as malpractice, ie, diabetes type 2 is a dietary disease and patients are being misled. For those who want cures as opposed to the al-lopathic system of treating symptoms with drugs with side affects, have a right to go to what you call complementary medicine. I would strongly suggest you instead raise the bar so good doctors can step up into integrative approaches. People are waking up. It's too late to stop this movement. As it is we pay medicare (socialist medical system) and the health care system is doomed to collapse under the weight of diabetes in the next decade. The population is getting sicker from conventional interventions, the children are over vaccinated and measles keeps mutating and spreading most likely from the shedding of the virus from the freshly vaccinated. The approach is upside down. The immuno compromised are at risk from these shedding live virus individuals (direct information from the hospitals). How long will it be before the rest of the population catch on? In the meantime step aside and allow progress. The game is up, it isn't 1950 anymore. I choose natural cures to support the body's healing, detoxing and rebuilding the immune system. Health care is not sick care for profit. Go forwards or you will lose eventually and any trust will be lost, whereas if you move with the times and give people choice, you are more likely to experience success for longer with your profits. My personal experience with my self and so many has taught me healing comes from the inside, our bodies heal themselves with the support of meditation, self reflection and emotional work, mindfulness, correct diet and clean water, supplements, sunshine, massage and yoga has really changed my life. Also I got amazing results with homeopathic medicine with my dogs after wasting so much money on vets and external treatments such as creams and washes for bacterial dermatitis and skin allergies that only treated symptoms. We treated the inside with homeopathic and herbs and got amazing results every time, the issues stopped and you can't use the placebo excuse. We rebuilt their systems, all fur grew back, the puppies born stopped getting the dermatitis as I cured the mother each litter improved. The science is known about the micro biome and disease begins in the gut. You can't stop this, it is already out to the public. If you stop choice, people who are unaware will become suspicious and start looking at why. You would be very surprised how many know, I believe it is known as the silent majority.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 11:17:44 AM

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To the Medical Board of Australia,

I support Option 1.

How is a doctor looking at “alternatives” for my health, especially when conventional isn’t working, affecting my right to choice? That’s right, it isn’t!

I believe that money is the root of all evil and restricting medical practitioners to only use “conventional medical practice” is against my rights as a human being.

It’s about medicine! Shouldn’t more medicine be made from actual plants rather than from synthetic versions of those plants? Wouldn’t it be best that doctors can refer patients to those they best understand these methods of healing?

Money and greed is all I can see here!

Healthy people don’t create much business for the government and pharmaceutical companies do they!

The guidelines need to stay as they are or maybe even widen to allow for more treatment options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:23:58 AM

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To the Medical Board of Australia,

I support Option 1.

Integrative medicine has been at the forefront of all our health related matters and so many others as it works. I simply can't imagine my life without it as it has helped us to stay healthy in so many ways. My life changed dramatically when I used integrated health solutions as apposed to pharmaceuticals which didn't work for me what so ever. I was going down hill and fast until I discovered natural wholistic therapies. I was extremely sick, was told I wouldn't bare children however here I am 5 years later with 2 little boys thanks to these natural options that worked well for me and the way I'm genetically wired. We don't discount science but find they compliment each other so well. To remove it would be a huge mistake. It will backfire in ways unimaginable. Natural therapies have been used for thousands of years and proven to work on so many levels. I have Known pharmacists, A few doctors and lawyer friends who will also vouch it worked for them and there families. Our body, our choice 100%. All humans should have the right of freedom when it comes to the health system they choose to pursue. Pharmaceuticals have grave side affects and not 100% safe at all! Just on the news last night they were saying that anti depressent drugs are cause people to commit suicide!! I mean!! Come on now!! Time to wake up and see what's really going on here. The amount of reactions I've had to pharma medicines is insane. I will not stand by and allow this nor will countless other people who have evil greedy corporations try to decide based on which service will line there pockets more than another.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 10:53:55 AM

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To the Medical Board of Australia,

I support Option 1.

There should always be the choice of a balance between evidence based medicine and evidence based natural therapies and practitioners trained in both are the cornerstone to the recovery of many chronic illnesses.

Taking this option away puts people at risk and leaves many without the chance to recover. There is a time and a place for both.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 7:26:48 PM

---

To the Medical Board of Australia,

I support Option 1.

As a sufferer of chronic fatigue syndrome for over 18 years, finding a GP that not only understands what the disease but how to treat it with supplements was the best thing I came across 14 years ago. I initially struggled through trying different anti inflammatory tablets which never helped much at all. Followed by having to make the horrible choice to decrease my working hours to below part time because I could only work 20 hrs a wk over 5 days. I had no quality of life I literally went to work and came home and slept. I had to get assistance from my family with housework and washing things that someone in the 20s shouldn't have to do.

Being told about a GP that has done further study in the treatment of chronic fatigue using supplements I was willing to try anything to get some quality of life back. I was handed a lifeline, it was a blessing to find a Dr that finally acknowledged there was a real medical condition and she could help me to get better. It's not a cheap option but I was willing to do what it takes to get a quality of life back where I could slowly increase back to full time work while also managing the chronic fatigue.

Although I have never been cured of the chronic fatigue I have a regime of supplements to increase when I have a relapse back into higher periods of chronic fatigue. If you were to change and make restrictions on Drs using integrative medicine as part of their treatment of patients this will disadvantage people like myself who have to use these services so that I can function and stay as well as possible. General medicine does not always understand or have the answers to medical conditions like fibromyalgia or chronic fatigue syndrome. The cost of the services I access through an integrative medicine GP is high to start with, making legislative changes just makes it harder to access and would seriously make me reconsider getting the help I need so that I can hold down part time work, be a mother to my young daughter.

If the people who are choosing to make these decisions to impose more legislation changes that make it impossible for people like myself that need to use these services, had to live a day, week, month or however long, suffering from lack of medical advice and treatment options I'm sure they would be doing anything possible to lobby to get changes happening.

Please do not make changes that are going to make people like myself suffer because these services will become more out of reach, significantly more expensive on my family and would probably result in a lesser quality of life as well. I do not access government concessions nor do I access public hospital facilities and services. I pay the high price as it is already for having chronic health conditions, I make choices for my health so that I can be as well as possible to be able to hold down work, our family home as well as looking after an active young child. Please take a hard look at what you are doing. Not every disease has a quick fix with a tablet in just a short consult with a Dr. Chronic health conditions are chronic because they are long term and usually complicated. I would happily swap my health to one where I do not have a complicated medical

complaint, but that is not an option. Please don't take away access to integrative and complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 9:35:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I am really concerned about the proposal to further regulate doctors who practice what the MBA deems to be "unconventional" medicine. I have lost faith in the "conventional" medical model after suffering an adverse reaction to a pharmaceutical drug when I was 15 which has led to a cascade of issues that I am still dealing with 23 years later. I have lost count at the number of conventional medical practitioners I have seen from neurologists to vascular surgeons to rheumatologists - none of which provided any answers and only wanted me on lifelong pain relieving medications. I was pressured into surgery when I was 16 which resulted in the worsening of my symptoms not to mention the reactions I had to the varying medications I was prescribed. Since then, almost every medication I have had, I have had some kind of a reaction to and as a result, conventional medical doctors can no longer assist me. I found an amazing integrative doctor and naturopath who have recommended complementary therapies and while I am not completely healed, I am in a better space mentally, physically and emotionally.

By further regulating the doctors who have taken time to research alternative solutions to pharmaceutical medicines, you will be restricting clinical autonomy which is a dangerous slippery slope. We do not want robotic doctors who think and prescribe in the same manner. We want doctors to use their ability to research and prescribe solutions that are in the best interests of their patients. Please retain option 1 and support right of choice for both doctors and patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:04:57 AM

---

To the Medical Board of Australia,

I support Option 1.

Our family has used integrative medicine for our whole life. The need for antibiotics and other medical interventions should be as a last result as they can have negative health benefits too.

Holistic health is best for everyone!

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I use both western medicine and natural methods for the best outcome for my whole body health. Please do not change this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:59:18 AM

---

To the Medical Board of Australia,

I support Option 1.

Please reconsider your changes to restrict complimentary and integrative practitioners. I personally don't know where I would be today without them. I have suffered severe chronic fatigue along with depression and anxiety for the past 8 years and the support from my integrative practitioners has been vital in my recovery which is still a work in progress.

I would still like to have the right to choose who can support my health. I pay a higher rate for my consultations and will happily continue to do so as I highly value this service. In return I get longer consultations and incredible support which has been critical in times of incredible darkness in my life. I don't know what I would do or where I would be without the support of complimentary medicine. It's my belief that having this option available for people to choose helps to ease the burden on standard GPs who are already suffering incredible rates of burn out and who can only afford to offer 10-15 minutes per patient. Without access to highly trained practitioners in complimentary services the rate of self diagnosis and treatment will rise with potentially harmful results, which would then place further burdens on an already strained health care system.

Please reconsider your decision and allow people to have a choice in how they manage their health. Most often our integrative practitioners play a crucial role in disease prevention which surely is a service we can all be grateful for, regardless of which medical treatment is your preference.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:54:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my son immensely. I believe this type of option should be available to everyone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 6:54:18 PM

---

To the Medical Board of Australia,

I support Option 1.

I object to the medical board of Australia attempting to restrict patient choice to 'conventional' medicine. Complementary medicines are my right if I chose to go down that path. Conventional medicine is not always the right and only option. Please do not implement these suggested guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:07:05 PM

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To the Medical Board of Australia,

I support Option 1.

I am greatly concerned about the Medical Board Australia's proposed plans to regulate medical practitioners providing complimentary or alternative therapies/medicine.

My personal view is that all people have the right to choose their own level of health care.

Therefore having practitioners offering integrated health care is imperative to those patients who either want alternative solutions, or like to work in conjunction with allopathic medicine.

I know that myself, a number of people in my (local) community and greater Australia value having access to a range of health care possibilities. Many of which differ from current medical models, and appreciate the assurance of a fully trained Medical Doctor.

I suggest it would be a short-sighted move by the MBA to impose restrictions on integrated practitioners at this time.

The move towards health alternatives is accelerating due to patients' needs and relative dis-satisfaction with current models.

I have valued my visits to an integrative practitioner. My personal choice is only to use allopathic medicine when absolutely necessary. So I want to be able to access alternatives, but from a medical doctor.

If you do impose restrictions, I see that many people (including myself), who want or need access to alternatives, would suffer in the long-term, and urge you to consider keeping the guidelines as they currently exist.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:16:29 AM

---

To the Medical Board of Australia,

I support Option 1.

The Australian Government and Medical Association must allow people to have a holistic approach to their healthcare.

All sorts of wonderful natural therapies have been successfully used to assist people on their path to wellness.

The big pharmaceutical companies just feel threatened by their potential loss of income if people turn away from their nasty drugs with their nasty side effects and choose a more natural, effective way to heal themselves.

Education is the key!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:45:11 AM

---

To the Medical Board of Australia,

I support Option 1.

Holistic health care saved my life. After years of being mis-treated with antidepressants, which saw me almost die as I actually have serotonin toxicity syndrome, I finally was put into the care of a naturopath who worked alongside my gp. The improvement to my health was amazing. And several years on, I continue to manage my health with supplements, herbal support, and acupuncture. I fully believe I would be dead if I'd continued down the other path of mainstream medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:03:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you to express my disappointment at the proposed changes to integrative medical practice . In short I became very ill a few years back with a severe form of eczema. Doctors and specialists weren't interested in getting to the root of the problem and were only interested in band-aid solutions which they were happy for me to take indefinitely. I knew that these weren't good for me in the long-run. It was actually an integrative health professional who correctly diagnosed the reason for my inflammation and set me on a very thorough path to recovery; ( a mixture of allopathic and integrative approaches, including vitamins and supplements, lifestyle and diet). From this experience and very desperate and dire health problems at times I realised that most chronic health problems cannot be solved simply allopathically, with true health only possible through a holistic approach.

These doctors are overworked and in great demand as it is. Why would any supportive association create more obstacles and hoops for capable doctors to jump through if optimal public health is truly their ultimate goal? It doesn't make sense and I ask the AMA to reconsider their absurd proposal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 12:56:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative medicine as I have seen first hand how it is able to help patients who have seen a multitude of conventional medical practitioners who have nothing else to offer them. A lot of the basic of integrative medicine incorporates good lifestyle choices including a healthy diet, exercise, sleep hygiene, mindfulness/meditation and in some instances evidence based supplements. Restrictions to patient access would cause more harm as patients may decide to supplement themselves without seeking medical opinion or seek advice from someone who is not trained.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 8:08 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 remove my right to access my intergrative GP and chiropractor. They have been instrumental in managing conditions not recognized by traditional western medicine for two of family members. This has reduced our reliance on antibiotics, sick leave, work cover, prevented minor ailments becoming chronic conditions and has significantly improved the mental health of our child. It took me three years of visiting countless GPS before my pain was correctly diagnosed by a well trained intergrative GP as simple gut inflammation and treated with supplements. I cannot implore on you enough the positive effect this has on my health. I have not forgotten how frustrated I was with being unable to get an answer to my pain through traditional GPs.

I find it oppressive to be penalised for tax purposes if I don't have health insurance yet unable to access my chosen providers for what you may consider to be "complementary" and "intergrative". We consider them to be essential and innovative.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:41:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I firmly believe in integrated medicine for many reasons, some I will list.  
It is my choice, I choose the manner in which I treat any health issue.  
Combining both practices offers a substantially better health outcome.  
A medical practitioner who has knowledge of both is a far better person to consult as he/she is able to offer a much better solution to the health problem, after all modern drugs are derived from plant sources, so why the fuss.

Pharmaceutical companies should not have influence over doctors who wish to do the right thing by their patients.

I personally have 2 examples where drugs the doctor prescribed really damaged my health. They are statins for cholesterol which nearly crippled me and blood thinning medication which made a mess of my foot. I now take alternative supplements which work wonderfully WITHOUT any dangerous side effects.

Why prevent a doctor from prescribing a non dangerous and in most cases a far better natural supplement to deal with a particular health issue, it doesn't make any sense. Doctors took an oath to do everything in their power to heal, they didn't take an oath to line the pockets of pharmaceutical companies with drugs that may harm or kill people.

Let common sense prevail, combine both, listen to the will of the people and therefore allow the patient to reach an ultimate health solution, why not??

Thank you for allowing me to voice my opinion.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

My family have visited doctors who encourage and support our health with the use of herbs and complementary medicine. This has enabled us to avoid antibiotic use and certain medications for more than 20 years. I get a thorough check up every year and can feel comfortable talking to my doctor about what herbs or therapies I have been using. If the MBA imposes restrictions on doctors abilities to spend more time with their patients and stops them from using natural therapies, I would pull away from the medical system because I believe in natural therapies and their role in health and preventative medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:58:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe we should have a choice of all complimentary and alternative healing techniques. A proactive attitude and responsibility for our own health and well-being gives us more chance and choice of what feels right for each individual. The body is a very amazing vessel.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 1:14:19 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrated and Complementary  
Medicine has been apart of my life for Many Years.  
I would not be the person i am today if i did not have the  
avaialability of Integrated Health  
Most Greatful for their professional help.  
As ihave Thyroid issues, Hashimotos, Gut issues, Diverticulitis.  
My Dr at Intergrative has been fantastic as i need T3 compounded, and  
cream compounded, i have known the  
Pharmacist for over 20 years  
Always Very Helpful.  
If MBA impose restrictions on  
INtergrative Practioners,  
It would mean i may not be able to have the care that my body really  
requires to stay fi and Healthy.  
I feel not only me has a choice of Natural Therapies  
But others have a personal choice as well.  
MBA please do not take my choice away and others like me  
Best Wishes for Intergrative Health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

A whole person, whole situation approach to achieving healing and health needs to be encouraged! Integrated medicine and practise, especially chiropractors have set me free from a world of unimaginable and debilitating pain, into a world where I can again contribute to to society by working full time and loom and feel well most of the time.

If i had not had the option to use, both conventional medicine and more ancient wisdom, medicine .. i would not be as whole and healed as i am now. And the government would be supporting me, instead of my significant ( happily given) taxes helping to keep this country functioning.

In my field of practise, it takes an average of 14 years!! To integrate sicientific discoveries... i would like to applaud medical professionals who are looking broadly into how to make peoples lives better.

Modern does not necessarily mean better.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I urge you to please reconsider tightening of practitioners providing integrative treatments.

I have personally suffered a number of health issues throughout my life, and was fobbed off or prescribed pills when I sought medical treatment. Pills that would not cure the condition, but were designed to 'numb' me through it. That's not a healthy nor sustainable way to deal with minor, yet long term conditions.

It was only when I sought alternative therapies such as chiropractic/osteopathic care, and integrated medicine, with compounded supplements, did I not only begin to notice an improvement in my health, but some of my ailments actually went away completely!

It is wrong to completely dismiss these traditional therapies, and we as human beings deserve the right to choose the best therapies for US.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:54:05 AM

---

To the Medical Board of Australia,

I support Option 1.

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

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:00:21 PM

---

To the Medical Board of Australia,

I support Option 1.

There is no proof of any issues in the system. Its like if you have a dodgy Doctor then you won't ban all of them. Common Sense

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:48:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I have always combined integrative and complimentary medicine and orthodox doctors who have been quite happy with what I did combining both as needed I feel I have saved the government a lot of money staying healthy with preventative measures My children take their children and see immediate results without drugs! I am nearly 70 and have not been seriously ill for a long time Due to accupunture and Chinese medicine Please reconsider your decisions !

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 8:30:01 AM

---

To the Medical Board of Australia,

I support Option 1.

Why you support patient access to Integrative & complementary medicine  
- Why wouldn't you? Its absolutely sickening to take away peoples choices to manage their own health. What are you threatened by is the bigger question?!

How Integrative & complementary medicine has helped you, your family & friends? - My personal experience saw me recover from debilitating side effects caused by the oral contraceptive pill yasmin, which was given to a 14 year old to treat her skin and when attempting to go off the pill was refused by two doctors to state it had no impact, regardless of my family history.

Reasons why you use Integrative & complementary medicine  
What it will mean to you if the MBA imposes restrictions on Integrative practitioners? - I use this because why opt for something so synthetic and foreign to the body that works on only one pathway, having later cascading effects to other systems. or opt for something that is sustainable, that is within natural limits for what the body would usually be having before the change of the western diet and medical structure. I've had more family members die under the hands of conventional professionals misdiagnosing and mistreating with pharmaceuticals, and natural health, zero. Taking away peoples freedom to care for their own health makes you the most sanctioned dictatorship and you will lose the trust of the greater community.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 6:50:05 AM

---

To the Medical Board of Australia,

I support Option 1.

There have been many times natural therapies have improved my physical health and in most cases as a knock on effect they have helped me overcome mental health issues. Why are you making it hard for the everyday person to access these services? Western medicine has failed me many times where natural remedies worked.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:05:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to note that I do not support the imposed restrictions on integrative practioners! I have chronic fatigue syndrome, and throughout my years of treatment I have learnt that healthcare is best when it comes from a holistic approach. Western medicine often only acts as a bandaid, and it is only when combined with more integrative approaches that the root cause of illness can be healed!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 8:44:20 AM

---

To the Medical Board of Australia,

I support Option 1.

I have developed intolerances to many antibiotics and chemicals and now have permanent long term problems from them. Using them is not really a choice, I NEED alternatives

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:50:09 AM

---

To the Medical Board of Australia,

I support Option 1.

Patients have the right to choose natural therapies and complimentary medicine. Some of these, especially chinese and aboriginal medicines have been used for thousands of years successfully. I wonder why it is that the MBA feels threatened by alternate medicine use. It is important to study its use and should be incorporated in all medical study to understand the significant value it has in helping patients maintain a holistic healthy life. Without complementary medicine we would probably be relying on the use of drugs. Alternative medicine has been beneficial to avoid drug use.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 12:33:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I am most concerned about the MBA proposed changes/restrictions to medical practitioners. I have discovered. And rely on integrated medicine for my ongoing health.

A number of years ago the GP I saw believed I had early onset dementia, arthritis and peripheral neuropathy and low Vit B 12. Fortunately soon after this appointment I was able to find an integrative Dr. Who ran other tests that showed a very different diagnosis and began treating me holistically . Today , I am thrilled to say I am well, do not suffer from any of the initial illnesses . I have seen friends and family being successfully treated for varied complaints. This has included mental health/personality disorder within my own family that are well controlled by supplements and has made a huge difference to family life and wellness. No one had been able to effectively help until the particular use of the supplements. The supplements do far less damage to our bodies than many prescription (often synthetic) drugs.

Alternate treatments are usually being paid in full by the client so not draining the government coffers. Wellness is so important to our work, lifestyle and social structure. Integrative medicine enables this.

If MBA imposed restrictions this removes my right of choice; my right to use methods of treatment that I am comfortable with and am happy for my body to be subjected to.

Please do not impose changes, restrictions. This is just controlling our freedom of choice.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:07:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I have recently become aware of the MBA proposals to restrict practices of medical practitioners who practice alternative and complementary medicine. This I believe is a very retrograde step and will undeniably lead to a deterioration in the provision of healthcare in Australia. It is difficult to understand the motivation for this except of course pressure from the giant pharmaceutical companies. On a personal level I have long sought alternative remedies to pharmaceutical medication. As a consequence I am generally very healthy, and consequently of little burden to the healthcare system. Back in 1997 I sought help from a medical practitioner at the [REDACTED] Women's Medical Centre. I had tried for many years to conceive a child and had been told by a traditionally practising doctor that I would most likely never be able to have children. I was 37 years old at the time and decided to look at alternatives. Having seen friends go through the trauma and heartbreak of IVF, I sought help from a medical doctor who also practiced acupuncture and the use of Chinese herbs at the [REDACTED] Women's Medical Centre in [REDACTED]. Within 6 months I was pregnant and delivered a healthy child in 1998. I had two more children completely naturally in the years to follow delivered through the mid-wife system. I did not require acupuncture or herbs for these subsequent pregnancies. This whole complementary medicine approach undeniably helped me get through a difficult and problematic part of my health, for which I am very grateful. To deny this type of help to people is very repressive and not something I would expect in a modern democratic society. Please re-consider this proposal and decide not to proceed. It is a proposal very much against the best interests of Australians.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 6:51:55 AM

---

To the Medical Board of Australia,

I support Option 1.

I want to know ALL the options available to me where my health and the health of my children are concerned. ALL choices including alternative.

Long before the pharmaceutical companies there were alternative medicine and long after there will be alternative medicine.

MY CHOICE. MY BODY.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 10:51:57 PM

---

To the Medical Board of Australia,

I support Option 1.

MBA, you do not choose for my body what healthcare I want.  
Leave Integrative Healthcare alone.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 8:58:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Without doctors supporting integrative healthcare I would not be as well as I am. I have had Crohn's disease for 34 years. At first the specialist only wanted to give me medication and surgery now 30 years later he supports lifestyle, vitamins, probiotics and trying to stay well without medication. We live with a western lifestyle of processed foods, technology, pollution and increasing health problems. Medication is not the answer, doctors must be taught holistic treatments for our society to get well. Be smart do not restrict integrative & complimentary medicine for doctors and patients. Support society not the pharmaceutical industry!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 11:38:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I am appalled this could seriously be up for change! Surely, even if only from the blatant cost to the Government, wouldn't longer consultation times with GPs be more beneficial to get to the root cause of the problem and help the patient to be more supported? Patients that have a support network, holistic options, etc are way more likely NOT to be a burden on the already limited GP and specialist services. Holistic services are so expensive already and mostly unaffordable to a lot of the population, please don't take the little that patient's have left. It will only result in an overburden of other facilities such as mental health care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 10:22:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I want no change to the current guidelines. I suffer from a chronic medical condition where many conventional medicines have failed me. It is imperative to my care that I have access to acupuncture, Physio, alternative supplements and massage therapy and naturopathic care. Without access to these my well-being and health will be at risk. Also the government crack down on traditional pain relief has doctors directing patients to alternative therapies in desperation for relief. You take away pain medications and then you want to take away access to alternate services.....what the hell else are patients supposed to do?? 'Just learn to live with it' is simply not good enough!!! This is being said to hundreds of chronic patients across Australia from the mouths of doctors!! NOT GOOD ENOUGH!! Where is your duty of care??

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:06:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Pills do not treat anything, they only mask symptoms. I am appalled that you think you have the right to take our choice away and enforce pharmaceuticals on everybody. Big pharma is evil and probably financially supporting you too hence why you want to get rid of integrative medicine. Rockefeller all over again, disguising corruption. We live in a society where we have the right to identify as whoever we want to be but are not allowed to treat the root cause of illness and must pop pills instead

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:55:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not treat us with no respect. You have no right to deny us to discriminate and choose alternatives after due consideration especially when supported by a trained professional.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:14:51 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I have reacted badly to so many different conventional medicines and prefer to have a choice in my treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:01:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm currently seeing an Integrative Doctor after being sick for 16 years and being constantly let down by Medical Doctors. For my health and financial situation I need to continue to see an Integrative Doctor getting the current medicare rebate.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe strongly in the importance of integrative medicine and my doctor has helped me enormously in managing my chronic gut ailment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:39:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Patients must have a choice in the care they receive. Hence, integrative medicine must be left as is. Both traditional and complimentary medicine has something to offer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:43 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I think it's disgusting that natural therapies are not supported by the government. Natural therapies fix the root of health issues, rather than cover them up with medications with conventional medicine. It's obvious that the government and pharmaceutical companies make no money out of healthy people, and that is why natural therapies are being attacked. If you want a happy, healthy, functioning society you need to encourage the use of natural therapies to ensure people are getting the right vitamins, nutrition, and holistic support for health issues.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:28:09 AM

---

To the Medical Board of Australia,

I support Option 1.

As someone who has had conventional medicine fail on its own merit,  
and a child damaged by mainstream treatments my freedom of choice  
should not be taken from me and my family n in the name of profit!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am extremely concerned about the proposed changes to the current guidelines regarding limiting access to integrative medical practitioners. My son has a chronic neuro-immune condition. Conventional medical treatments prescribed by our son's neurologist are amazing when he is acutely unwell. However, conventional medicine has nothing to offer us to ensure he stays well between illness exacerbation. The longer he stays well between exacerbations the less reliant we are on the hospital system.

Prior to engaging the services of an integrative pediatrician, our son was chronically ill, with very few periods of wellness. He was on constant antibiotic and steroid treatment. He was also heavily reliant on monthly IVIg treatments at [REDACTED] Children's Hospital. He missed significant periods of school and was unable to engage in extra-curricular activities due to his illness. My husband and I both had to reduce our work hours to care for him. The caregiver burden and stress were significant to say the least, not to mention the lost income and productivity experienced. There were also significant ramifications for our daughter who did not get the parental attention she needed, because her brother was so unwell. They were very dark days for our entire family.

Our son's integrative pediatrician has been a godsend. She has worked with us to look holistically at our sons health and well being. She has found and corrected nutritional deficiencies that every single other conventional doctor (and there have been MANY) simply did not look for. She has given us in depth advice about nutrition, lifestyle and environmental changes that we can make to foster wellness. All of this has enabled our son to stay well for longer periods. This has significantly improved his quality of life (and that of the whole family). He is able to attend school more regularly. For example this year in first term he has missed less than one week of the school term compared with last year when he missed 70% of the school term due to illness. He is now able to attend extracurricular activities including piano, soccer, swimming and computer coding for kids - activities that he was previously not able to engage in due to severe fatigue and illness. Since seeing an integrative pediatrician our son tells us that he feels 'like a regular kid most days'. This is what medicine should be aiming for!!

We absolutely still need the support and conventional interventions provided by our neurologist - he has saved our son's life. But without our integrative pediatrician our son (and our whole family) would not have any quality of life at all. Managing chronic and complex conditions absolutely needs a team approach, combining the expertise of both conventional and integrative doctors. Neither 'side' has all the answers.

Removing the medicare rebate from integrative doctors will mean that we are no longer able to access the services that have given our son his quality of life back. We will again become more reliant on the already over-burdened hospital services. Additionally without being able to work due to the significant burden of care, we would become more reliant on centrelink services for financial support. I believe it is an injustice and short sighted to move forward with this proposal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

This is not a communist state or a dictatorship. Freedom to choose how we would like to be treated and what methods are appropriate for the individual must be protected.

In a system that is failing already on so many levels, why on earth do you think it's a good idea to break it further?

How is anything supposed to change if choice is illegal?

And you wonder why conspiracy theories about big pharma calling the shots are rife?? Grow some brains people.

You aren't "protecting the vulnerable" you're protecting your bottom line.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 9:41:42 AM

---

To the Medical Board of Australia,

I support Option 1.

You should not have the right to take away from me my belief system, which for me, is to treat myself with natural and alternative treatments. I don't want to be filled with medications when I can choose to maintain my body with natural alternatives that work well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 4:11:50 PM

---

To the Medical Board of Australia,

I support Option 1.

As an Australian permanent resident I feel that it's important that I have freedom of choice in the type of medical care that I use to address my chronic health issue.

I have been suffering from: Hashimoto's Disease, Chronic Fatigue Syndrome, Lyme Disease, Arthritis, Adrenal Dysfunction, erratic blood pressure readings, hormonal imbalances, gut dysbiosis, nutrient deficiencies (NOT due to a poor diet)

Short appointments with conventional medical doctors who are only treating symptoms and not root causes have not been able to successfully treat my conditions and bring me to a satisfactory level of health.

Pharmaceuticals and the use of conventional methods did not work (and in many instances delivered unwanted side effects).

It was only when I saw an integrative medical doctor and other practitioners who included lifestyle changes, diet, vitamin and mineral supplements to address my problems that my condition began to improve. I am not 100% better now, but there is a clear upward trend in my health when compared to before I started seeing the integrative doctors/practitioners and I was starting to go downhill fast.

Before I moved to Australia I had given up on going to doctors because they were never able to help me with any of my health issues. It was only when I started seeing an integrative oriented doctor in Australia that I finally began to get to the bottom of my health struggles and received a diagnosis for health issues that had been ongoing for many years, but were written off as other things.

If I cannot see an integrative doctor/practitioner or the doctor is restricted in what he/she is able to prescribe for me, I feel that my health will deteriorate and have a continuing impact on my family (my partner in particular) and my wellbeing. I don't want to become a burden on my family or society.

For the most part, I have always felt that I have had better care here in Australia and better choice. Please don't take that away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 8 May 2019 1:51:31 AM

---

To the Medical Board of Australia,

I support Option 1.

Each and every person deserves the opportunity to manage their health through having options for healthcare.

I trained in the UK in Complementary Medicine, with programs aligned with the Institute for Complimentary Medicine - itself with links to the British Medical Association. I was trained, and still follow the philosophy today, that conventional medicine is vital for accurate diagnosis. Then it is time to look at all options available for managing any diagnosed health condition.

Integrative Medical Practitioners need to have as many tools in their toolbox to maximise each patient's opportunity to live the healthiest life for as long as possible. This means making it easier for all people to access medical professionals who have the expertise to work responsibly with conventional medicine and drugs and surgery, as well as other options that may be relevant to the individual.

There are many thousands of people around the world who have become more unwell due to the drugs or surgical practices offered through conventional medicine. This is a huge financial and patient load burden on all medical systems. It can rob families of their loved ones earlier than otherwise would have happened had there have been other options to explore, or integrate, with conventional medicine.

People also need to be able to take responsibility for their own health - which can only happen if the information is available to allow informed choices.

Continuing to restrict our choices is, to me, extremely short sighted and in some eyes is a form of discrimination.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:55 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Medicine has significantly improved pain levels of my condition. The use of complementary medicine such as PEA works well with pain. Pharmaceutical Medications don't work at all to relieve the pain. Changes to the current guidelines would significantly change my life. I believe I would be bed bound without PEA.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:40:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used complementary therapies for years to maintain wellness and therefore reducing my burden on the health system. I sincerely value doctors who use a combination of conventional and complementary therapies and believe they should have the freedom to do so. I would also be more likely to take up private health insurance again if I could claim "alternative therapies". I am however baffled at the inclusion of Chinese massage when so many of the therapists are untrained.

In my field, aromatherapy, we have to study to diploma level, maintain professional development and be registered with our national association. Given the amount of quackery that's occurring in our industry with the outlandish claims of MLM companies, it's crucial that some distinction is drawn between committed, qualified professionals and salespeople. The public deserve that. One of my younger clients who has no medical issues was very disappointed that he could no longer claim a rebate through his very expensive health insurance.

Let's help people focus on ways to maintain their health not just get over ailments and sickness.

Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 2:14:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Without integrative doctors, I would not have successfully weaned myself off my anti-depressants. I have also successfully reversed the early signs of diabetes and hormonal imbalances with the help of my integrative GP. I would never have got there with a regular GP who just wanted to prescribe more and more invasive drugs without looking at the root cause of my conditions.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 6:06:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine because health strategists must be about an individual's freedom of choice.

Having access to these avenues has often been a first stop if one of our family gets sick - & has often been sufficient in rectifying the problem. Only if symptoms persist would we then choose to see our GP. We prefer to take the least chemical invasive approach to our health. Chemicals or even surgery are a last resort not to be used as first step cures.

It would be outrageous if the MBA places medical restrictions on access to these health support avenues. Home remedies and vitamin supplements, qualified acupuncture and osteopathy, TCM and other alternative services, all provide natural relief and often fix the issue without drugs, and without hefty interference into body chemistry.

Most integrative practitioners focus on wellness and healing, rather than sickness and dis-ease. These pathways must go hand-in-hand for a healthy society. People must be able to research, consult and decide for themselves which avenues to pursue.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:31:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Treating the whole person not just the “disease” is the key to better health. Please do not change the guidelines for the health of our nation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine and have had a Holistic GP for my family's healthcare practitioner for over 10 years. I wholeheartedly trust her holistic approach - treating the body as a whole and not just the symptom at the forefront. I would be extremely upset if this was taken away and you will only cause more cowboy / unerground behaviour by restricting this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 12:43:09 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it should be the right of the patient to choose what type of doctor they are able to see and what type of therapies are offered.

My regular / run of the mill GP cannot answer questions give advice about wholistic / lifestyle / dietary changes I can make to improve my health whereas advice from integrative medical practitioner who has more interest in these areas seems to yield better advice. Being able to choose natural therapies in the context of evidence base should be a right ... being able to avoid adverse effects of pharmaceutical drugs should be a right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

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

To the Medical Board of Australia,

I support Option 1.

As someone who's body does not respond or react well to western medicine or chemicals and foreign molecules in general I extremely advise that you offer to keep natural medicine available for all users.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:14:28 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, that are not linked to the big pharmaceutical companies pocket.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 7:16:22 AM

---

To the Medical Board of Australia,

I support Option 1.

I firmly believe the public has a right to choose what sort of treatment they wish to have. There are enough government regulations  
thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 11:25:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Please don't limit doctors to the use of modern pharmaceutical medicines. There is a lot of traditional medicine that is being researched and is now evidence based. If there is something natural I can do I prefer that to medicines, I prefer the doctor to be informed about my choices of treatment than limited due to strict closed minded regulations.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 2 June 2019 8:21:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not make changes to doctors being able to offer integrative and complementary medicines. If they are informed about such things and think that is the best holistic care for patients for their health, and to prevent further sickness and you treat them. If the MBA removes that right done doctors will feel they are not offering the best service to their patients, and it may further exacerbate the reliance on treating symptoms with big pharmaceutical companies chemicals, rather than treating the source of the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has been around for a long time and is absolutely necessary. People should have the right to choose who they see. Complementary medicine has helped me and my family and many friends through illnesses that western medicine was unable to.

They dig deeper and care more. Often western medicine is just a band, they don't often get to the root cause. Thanks bract I think all doctors should learn alternative and western medicine before becoming a GP. People have a right to choose.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 9:04:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Myself and my family all use integrative therapies to remain healthy. I don't believe a doctor is the only person we should seek to offer us health advice. I myself would be very sick if I had not had access to alternative therapies. I object to having my choice determined by authorities that do not understand my body, it's disease or my intolerance to toxins and medications.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 10:05:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a cancer patient and have been working with Dr [REDACTED]. Her longer consultations times allow for a more in-depth analysis and discussion supporting me in my individual nutritional, emotional and mental health well being needs. Without her help I would not be able to cope with this extremely difficult challenge in my life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:24 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

If I want to use doctors that recommend natural therapies then it is my decision. I consciously make decisions and I am accountable for those decisions. Leave as is and let people decide themselves. Not by those with vested interests in big pharma.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Many conditions can benefit from simply taking minerals or vitamins. It would be ludicrous if doctors can't prescribe these. Integrative doctors also have done extra study on how good nutrition can heal the body. By restricting doctors from using natural medicine is taking away our freedom of choice. What right does the AMA have to tell us what we can or can't do if we want to use natural medicine. Are we to be taken over by BIG BROTHER.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

If these restrictions are imposed upon Australian GP's I will have lost faith With the MBA.

I do not feel comfortable or willing to go to a GP whose only option to treat illness is by prescribing prescription medication.

The Australian government have just implemented advertising on this issue alone stating over prescribing drugs is killing more Australians than our roads.

So it seems counter productive to bring this Ban in!

I don't understand where the MBA are going with this! I think the question we need to ask is " who is on this board?" And where are their vested interests pointing towards?" Do they have shares in pharmaceutical companies or particular drugs?!

Just a few of the many questions people should be asking!

Drs save lives in emergency situations they are not trained in health or dietary requirements for people. They go by a diagram " the food pyramid" which is outdated by a mile.

MBA you need to step up and move with the times. The board has old school mentality that won't work in an ever changing and evolving world where people are more educated around health than our current Medical school is teaching.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:39:10 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative and complementary medicine because it has made a huge impact for the better on my life. My results from these practices has lead me to pursue a career in complementary medicine myself as I have seen first hand the positive effects it has on my life and my families life.

It has helped me uncover and treat the underlying cause of my 10 year battle with acne, depression and anxiety and has helped me with a myriad of health conditions.

If the restrictions on integrative practitioners takes effect it will mean I can no longer afford to see integrative practitioners and will also effect my career going forward.

Please do not change the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 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.

Integrative and complementary medicine had helped not only myself but my husband, children and other family live a healthier life. Without this option we would still be sick and without the knowledge we have today. We 100% support integrative and alternate medicine. We do not want to lose these options and we absolutely do NOT support the restrictions that have been suggested.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 15 April 2019 8:36:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative therapy is a vital adjunct to traditional medicine. All my family members have benefited from integrative GPS, chiropractors, naturopaths etc. Australians deserve choices when it comes to healthcare.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Natural vitamins, supplements, herbs, advice, natural therapies have been invaluable in curing my medical conditions over time.

It is my human right to seek out integrative medicine and not forced to use drugs, chemicals by a regulatory board and or government.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:35 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am in FULL SUPPORT of continuing patient access to integrative and complementary medicine. I am a frequent user of osteopathic, chiropractic, naturopathic and homeopathic treatments and remedies, all with remarkably positive and effective results for a myriad of chronic conditions I suffer from. A large number of my family and friends also rely on complementary medicines and treatments for other conditions, illnesses and concerns, both acute and chronic.

So much 'conventional' medical care causes misdiagnosis, polypharmacy and other issues to arise that weren't even there to begin with. I feel that preventing access to integrative and complementary medicines and treatments is simply a way for the government to continue making profits through the pharmaceutical industry, which relies on consumers

(victims) taking one thing that causes a cascade of unwanted and undesirable side effects that then necessitates the use of further pharmaceutical agents to curb those as well.

I am a prime example of this. I take two medications for bipolar disorder, and am now having to take a third to lower my dangerously high BP as a "side effect" of the other two I have to take to control my condition. And previously to this regime, I had to take such drastic measures as having an invasive operation to reduce the extreme weight gain caused by yet another medication that, at the ripe old age of 32 years old, caused high BP, high cholesterol, diabetes, chronic migraines, and a whole heap of other side effects.

I feel I have no choice but to be at the mercy of our 'conventional' healthcare system, and it's absolutely abhorrent.

It's disgraceful that the government are not thinking holistically and completely disregarding the efficacy, value and importance of alternative therapies and treatments.

In addition to the benefits of complementary medicine themselves are also the many qualified practitioners whose careers will be in jeopardy, training and research wasted and their subsequently increased fees preventing many consumers accessing their services.

I do hope that you will consider my email, along with the large cohort of others within the broader community, who rely on access to these services, treatments and medications, who will be significantly disadvantaged if the current guidelines are changed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:41:52 PM

---

To the Medical Board of Australia,

I support Option 1.

On behalf of my family and community I urge you not to change the current guidelines as this would severely restrict Australian's right and freedom to access health care of their choice.

In recent years, wholistic health care, which is often preventative health care and a wonderful complement to allopathic medicine, has been under attack from private health insurance policies, educational reforms and the TGA. Now the MBA wishes to join this suppression of what is traditionally referred to as the people's medicine.

It is the people's medicine because it is generally low or lower cost and empowers individuals to take care of themselves, their families and communities through education and skills development. For example, proper nutrition, the importance of sleep, rest and relaxation, the detriment of stress, etc.

It is very hard for me not to think that the regulatory and governmental bodies of Australia are pushing this agenda of shutting down access to "alternative" therapies, in the names of profit, pharmaceuticals and power. I do not see what Australians have to gain from this suppression other than to lose rights and freedoms we formerly took for granted.

Who does benefit from these proposed changes? Conventional doctors, hospitals and pharmaceutical companies.

If the general public was aware of this proposal, I assume there would be cries of outrage. For the most part they will remain ignorant and conveniently so. This doesn't make it right or true. I understand you are representing the medical industry of Australia in the best interests of your affluent and powerful members, but what right do you have to take away my right and the rights of my family and friends and fellow citizens to health care choice???

I am reminded that when the American Medical Association was founded in the 1800s it was stipulated that no women, people of colour or Native Americans were permitted to study or practice medicine. I wonder how many women, people of colour and Aboriginal heritage are sitting on your board? I ask this because those who have experienced disadvantage do not wish to disadvantage others intentionally. The changes you have proposed disenfranchise and disadvantage all Australians.

With the interests of the Australian people in mind, with health as your goal, you could be a powerful ally for health care reform in this country by partnering with wholistic and traditional practitioners, by offering new educational pathways for doctors who are interested in holistic treatments and philosophies. We need both sides to collaborate and come together to creatively address the task of caring for an increasingly sick and ageing population in Australia.

Australia could be world leaders in merging these bodies of knowledge (following in Germany's footsteps) rather than suppressing and obliterating anything “unmedical”.

I urge you to reconsider your position, to do the right thing by leaving the guidelines unchanged. Hands off Australia's access to the health care of our choice.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 9:50:05 AM

---

To the Medical Board of Australia,

I support Option 1.

as a member of the public I would like to be able to go to a GP that is educated in natural therapies so that I can choose medication or something natural that has no side effects. IT IS MY CHOICE!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:16:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine. Conventional medicine alone is not always (or even usually) the best treatment for medical conditions. I always seek out doctors who have an interest in treating the whole patient, and not just a set of symptoms.

I have found treating conditions with a combination of conventional and complementary medicines works the best for me, and if I cannot get that with a gp then life becomes difficult, and patient outcomes less effective.

There is plenty of evidence for safe and effective complementary medicine and treatments, that work well side by side with conventional medicine.

Rather than narrowing patient treatments, I believe the MBA should be broadening their approach.

If access to complementary and integrative medicines are no longer allowed to be discussed by gp's, then I would be less likely to go to a 'normal' doctor, not more.

I believe doctors should be operating in the best interests of patients, not drug companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:30 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I would like the standards to remain the same so that we can have the choice over what treatments we may require even if that means holistic treatments

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 8:22:36 PM

---

To the Medical Board of Australia,

I support Option 1.

I rarely visit a medical practitioner, however I appreciate their care and attention when I need it. When I do go to a doctor I prefer to attend one who is well versed in all areas of medicine not just allopathic medicine. I make every effort to maintain my health through healthy diet, exercise and vitamin supplements and naturopath prescribed herbal medicines as required. I do not believe my choices are "fringe", rather sensible and economic, for both me and the federal government. I think it is most important that the MBA have an open mind towards integrated and complementary medicines to cater for all needs and to ensure patient choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do not remove my freedom of choice in healthcare practitioners  
who use integrative medicine for my personal care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 9:14:54 AM

---

To the Medical Board of Australia,

I support Option 1.

Please leave alternative medicine alone and allow people the ability to choose how they want to be treated without forcing their consultations to be shorter or by reducing funding.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 9:18:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I do not want to see changes made as I find complementary medicine works well for minor illnesses and lessens the impact on our main medical system. It's already difficult to see doctors and being able to choose complementary options help my family and many others when needed.

Please do not take about our rights away to seek the medical care we prefer.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 1:04:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I implore you, do NOT change the current guidelines to integrative healthcare. I have taken my daughter to an integrative GP and through their recommendations and further testing have now severely reduced the symptoms of her autoimmune disease leading to less medical/chemical intervention. I myself have been to an acupuncturist who has healed issues which other GPs are at a loss to explain. Just because something is not conventional or mainstream does not mean it doesn't work or is not effective. Please do not restrict these alternative therapies. My health is MY choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:28:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I support my Dr being able to recommend from both conventional and Holistic remedies as he/she sees relevant. I have a condition that should have medication however I am not able to due to other complications. My Dr has been very supportive and helps me manage my condition using herbal medicine.

It would be terrible if I didn't have my Dr being able to manage my plan in conjunction with my herbalist.

Thank you

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:45:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I think the medical board is taking this too far by banning doctors using & recommending alternative therapies. We call it complementary medicine as most doctors know they don't have a solution for everything. Why can't we work together. The majority of the population include natural remedies in thier healing process. When my son was 2 he was diagnosed with asthma & they wanted to put him on drugs, I took him to my chiropractor/ acupuncturist who gave him homeopathic drops. His cough stopped within a few hours, he slept all night & hasn't had asthma again. Doctors can't play God, sometimes you just have to look outside the norm. If doctors are changing& wanting to possessive martial therapies then they should be allowed too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:30:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Having multiple health issues means I am taking multiple medications. In an effort to restrict taking more prescription drugs, and having to live with their side effects, I often seek alternative therapies. I appreciate being able to discuss this with my Drs and have their feedback.

For example, my GP can tell me if a herbal medicine will likely interact with medications I'm currently using or cause issues with other health problems.

Physiotherapy and massage have done great things for me but I find acupuncture is effective also.

Why should I not have a choice.

It's 2019 and the idea of restricting these things seems to be taking a backwards step.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 8:42:55 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom this may concern,

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

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

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

I request Option 1 – No Change to Current Guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I've been seeing Integrative Doctors for some time and they have helped me where conventional doctors have not.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 8 June 2019 9:11:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been seeing a holistic doctor for several years and greatly value the extra time I get to spend with him during consultations to thoroughly investigate what is going on and why with my long term health issues. Holistic doctors are interested in getting to the root cause of a health issue, not just offering a superficial treatment of symptoms - they promote WELLNESS, not simply sickness management. This alternative view of healthcare is absolutely vital as so many suffer from chronic conditions and lifestyle diseases. I wish every doctor had holistic training! Please, let us keep our choice to consult with our holistic doctors and let them keep the freedom to offer alternative solutions to healthcare issues using their extensive medical training in BOTH conventional and alternative/natural medicine. The consequence might otherwise be that many more people will self diagnose and treat using the Internet, far more dangerous, I would think.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 10:03:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Allow freedom of choice for patients. Everyone has a right to excellent healthcare. This doesn't have to mean pharmaceutical companies are the only ones who can provide products. Allow natural products which have been beneficial for years

We go to an integrative practitioner as they take time to listen and apply their knowledge.

Why restrict a practice which is so beneficial?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 12:15:43 AM

---

To the Medical Board of Australia,

I support Option 1.

You push anti microbial Stewardship and then threaten those GPs who have the insight and skills to support patients to heal them selves. “overuse of eucalyptus and tissue salts is now a leading threat to civilisation”- said no scientist ever. Wake up!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 3 June 2019 9:15:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to humbly request that we, as informed, educated patients, get to keep the say that we currently have in health care. We are already forced to pay for Health Funds that doesn't pay for natural options, for many of us pharmaceuticals spell disaster as our bodies don't react well to it. Please give us the option of seeing a professional and being able to use natural therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 10:22:24 PM

---

To the Medical Board of Australia,

I support Option 1.

Good evening

My reason to support to this is simple. Freedom. Basic medical and other rights are being targeted almost daily now. Heaven forbid we have a different opinion to someone else, much less the right to exercise that opinion when it comes to your own health.

When conventional "Western" medicine left me no other option other than surgery with a 6-8 week recovery, 50% chance of success and 80% chance of a relapse, "complimentary" health and medicine practitioners gave me my life back with some minor dietary adjustments. This was after years on prescription drugs with nasty side effects and almost no improvement.

I don't believe that pharmaceutical companies have the best interest of people at heart, in fact, I'm convinced they're heartless, cold, cash grabbing companies ONLY out to make money. Sick people=more money.

I do believe pharmaceuticals have a place, but it is widely overused, also by GP's.

Complimentary and integrative medicine have helped me through many situations where I was able to avoid artificial chemicals with horrible side effects.

Having this choice taken away from me, unable to discuss this with a GP to guide me scientifically, will mean that I'll have to obtain my own qualifications or maybe even die trying. (That's over the top, I know, but completely plausible).

We have already lost many benefits on our private health fund whilst paying the same or more fortnightly, due to the relentless hunt on natural therapies. Next, people will stop paying for it and use that money for natural therapies and become another burden on the public health system.

Funny that all natural therapists I've ever seen is keen to work together with GP's for the good of the patient while most GP's feel threatened by natural therapists (all with scientific degrees themselves). "First do no harm" seems meaningless nowadays in the field of medicine.

It's time for the Australian Government to stop telling people what to do with their own health, stop the ridiculous scare campaigns (we see through it!) and stick to fixing problems that actually exist.

Thank you for considering an opinion different from mainstream thinking.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:11:18 AM

---

To the Medical Board of Australia,

I support Option 1.

Hello MBA. I am emailing to show that I am AGAINST this stance you are taking about Integrative Doctors. If it weren't for integrative doctors, we would not have know about our sons medical needs. He sent us for numerous blood tests to work out what was happening AFTER my GP said she had no further options. They are absolute champions and they value and are committed to their job immensely. Taking away their ability to provide services in which they have been trained for, is like asking a general practitioner to do their job with a blindfold on. I will stand for our rights when it comes to offering alternative medicines especially WHEN the main pathway for health does not work. Just remember, not everyone is built the same, we all have different needs and requirements, the "blanket" way does not suit everyone, hence there needs to be further options available. Integrative doctors play an important role and you will find I am not the only one who thinks this. Please reconsider the options.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

The only success I have had in improving my health has been through natural and holistic methods. I deserve the right to receive this guidance from a doctor over medication

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 12:43:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I suffer from AF. My cardiologist has nominated vitamins and minerals to support my heart health. I continue in excellent health via this regime. I consider that my heart health would not be as robust if the cardiologist was prevented from nominating these complementary supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 2:53:54 PM

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To the Medical Board of Australia,

I support Option 1.

My heart health (fibrillation) is being supported by inclusion of Magnesium and Vitamins as recommended by my cardiologist. I remain exceptionally well under this regime. I was less well during a period when, temporarily fortunately, Ortho-K was unavailable. Also, after pneumonia followed by bronchitis, my health and immune system improved markedly by use of so-called alternative products.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

I support the right of Medical Practitioners to provide integrative and complementary medicine, that is evidenced based or emerging evidence based.

I support my right to seek out and access medical practitioners to provide me with informed care that may draw from integrative and complimentary medicine.

I and my family have, over the years, been extremely well cared for by medical practitioners who utilise integrative and complimentary medicine. Therefore, I request that the present guidelines remain the same.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:23 PM

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To the Medical Board of Australia,

I support Option 1.

After 25 years and 5 different kinds of specialists (let alone many different Drs/specialists in each field), it was not until I saw an integrative health clinic that I started moving forward to better health. Looking at each health issue without holistic considerations has caused me hundreds of thousands of dollars, let alone what it must have cost the tax payers broadly. Now I am being treated at the grounds roots level, and have seen more progress in 6 months than I have in 6 years. It is empowering, responsible care, and any changes/restrictions to integrative medicine would discourage other doctors/practitioners from approaching health in an integrative and holistic manner.

It saved my life, you could destroy it by changing things.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:14:32 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
Integrated medicine made all the difference to me in improving my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 25 May 2019 3:46:57 AM

---

To the Medical Board of Australia,

I support Option 1.

I have benefitted from the support of my doctor in testing out diabetes technologies that are not TGA approved as yet. I have been fully aware that the risks are all mine. without the support and expertise of my doctor and diabetes educator, I would have still taken the risks, because of the possible benefits to my health and wallet, but without anyone to help me if things went wrong. The cost of NOT trying these new technologies (based on other patients' excellent data) was too high.

Things didn't work out for me with the various technologies that I have recently tried, including DIY artificial pancreas systems. Nothing drastic happened. I wasn't hospitalised. But I just realised it wasn't working so well for me.

And I have chosen to return to my TGA approved and still under warranty insulin pump.

One of the wonderful things about keeping everything transparent, and allowing doctors to support patients who wish to use unapproved methods if they choose to, is that the big companies are now aware that they cannot take us patients for granted and hold us to ransom any more.

They have sped up their release dates for new technologies and have made the prices more accessible. It's been wonderful for business!

The cost is still a big problem for me for continuous glucose monitoring sensors, so I still have to reuse them, which is not allowed by the TGA. However, my life has been saved (overnight hypoglycaemia prevented) many times by reused CGM sensors!

Please don't change the current guidelines!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine saved my son's life. Having access to a personalised integrative and complimentary medical plan changed my son's life. He used to have constant convulsions, under his new health care plan this stopped completely, despite mainstream medical experts at the hospital saying nothing would stop them. He had constant diarrhoea and food malabsorption, which we were told would always be a problem for him. After discovering Integrative health practitioners multiple health problems he had were fixed. Prior to this we spent countless hours and thousands of dollars seeking help for our son's health and none of the mainstream health practitioners solved any of his health issues. They wrote reports and had multiple consults without any long-term help. If our access to integrative health practices and complimentary healthcare is taken away, I don't know what we will do. It will have serious implications for others like us as well. Everyone should have the right to access all types of healthcare in order to find what suits your individual needs the best. It saved my mother's life after she contracted cerebral Malaria and all her medical consults couldn't help her anymore. Mum was still in her 40's at the time, an Australian Expat living in Papua New Guinea. Please consider the impact of restrictions in this area. My whole family was very mainstream in our medical support until serious illness affected us and no one could help regardless of the amount of money spent or experts consulted. I don't know what we would have done without integrative health practices or what we would continue to do.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 3:54:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to submit my objection to any proposed changes to the current guidelines in relation to integrative and complementary medicine. Any restriction will impact on a patient's access and ability to choose an holistic approach to managing their health. Complementary medicine offer services that will supplement conventional management. This is especially evident as patients sourcing complementary medicine, generally, take more responsibility for their general health than those accepting conventional medicine alone. These patients are driven to get optimal outcomes rather than accept only conventional medicine. The result is a more effective management of their health resulting in less reliance on the National health system both clinically and economically.

I suffered from Ross River Virus in February 2014, with symptoms of lethargy and severe tiredness which impacted severely on my ability to practice my profession as a dentist.

Conventional medicine offered no answers, just wait it out.

Later that year, in September 2014 I suffered an out of hospital cardiac arrest, and was fortunate to be revived by my wife and daughter until an ambulance arrived. The conventional medicine I received was first class, as I was in a coma for 5 days and received an implanted cardiac defibrillator prior to discharge. My management resulted in complete recovery apart from ongoing lethargy and tiredness. Despite further tests and referrals to conventional specialists I did not have any success.

An holistic approach looking at my overall health by my Naturopath in conjunction with my General Medical Practitioner resulted in a management program involving supplements, as it was discovered that I had a severe Vitamin D deficiency. My Naturopath took time necessary to adequately consult and diagnose my overall health status, without the restriction.

I now feel normal again without the lethargy and tiredness. Had I only relied upon conventional approach alone, I would not have been diagnosed with a vitamin deficiency and still be suffering symptoms. I now take a range of supplements, along with diet, and lifestyle to manage my cardiac condition, as I have side effects from some conventional medications.

I accept responsibility for my health and not rely simply on prescriptions from my GP. I also need the ability to have a choice of who I see to manage my health.

Without complementary medicine my quality of life would be greatly diminished, as well as my families.

Restriction if placed by the MBA would severely impact on my ability to choose health practitioners that I feel (with research and experience) are interested in improving my general health and offering

a preventive approach to managing my health.  
Patients need to have options and ability to choose health  
practitioners, both conventional and complementary that they believe  
have their health interests as a primary concern.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature.



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:28:31 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been a user of complimentary and integrative medicine for over 20 years for both myself and my family. I have chosen to use these modalities at times where I have felt the need to address imbalances in my body's physical, mental and emotional system. The holistic approach to my health I believe helps me manage the deterioration of my health. The integrative approach of looking at the 'whole experience' of the human being is one that many cultures have used for hundreds of years. A practitioner that looks at the specific and individual needs of the patient requires the freedom to draw from other modalities from outside of the 'box'. This takes time! Specifically I have used Acupuncture for over 20 years as a modality to address various health issues that have had great results. Why wouldn't you allow people to have freedom and choose from the wonderful array of therapies available to us? Feels like we are heading back to the dark ages with this type of approach to health?!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:23 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I thought we lived in a free country! This is feeling more and more like a police state every day.  
We should have the right to choose whatever health care helps us the most.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 7:48:04 PM

---

To the Medical Board of Australia,

I support Option 1.

Choice should be with the consumer. Doctors seem to only treat persons following illness if more did more to promote wellness we would be a more healthy society and this includes assisting preexisting conditions especially with natural therapies and not drugs. We are an overgoverned society and more informed choice should be encouraged and every effort made to leave drugs out of it. In particular Chinese medicine and other Eastern medicines have been around for thousands of years and I personally believe acupuncture and Chinese herbs have assisted me more than Western drugs for many conditions. Too much Big Pharma manipulation of the health industry in this country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:58 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because we, as humans, have the right to make our own health choices.

Integrative and complementary medicine has helped me & my family to cure illness & ailments that chemical treatments (ie: antibiotics) have not been able to cure. In fact, I've been prescribed so many over the years, that I can't take them at all anymore.

The main reasons I use Integrative & complementary medicine now is that I have developed allergies to chemical based antibiotics, have been told there is no cure for the pain I used to suffer from osteoarthritis, no help available for severe scoliosis, short of having rods placed in my back .. but all of which I have been able to rectify myself!

If the MBA imposes restrictions on Integrative practitioners you will be taking away our freedom of choice & you do not have the right to do it!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:53:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe everyone should have the right to access whichever form/source of medicine they believe is right for their family.

I am a stronger believer in preventative medicine, rather than just treating the causes and feel with the way society is going we now need this more than ever.

I use a Chiropractor, Naturopath, Acupuncturist, Massage Therapists and GP and believe this helps me stay as healthy as possible.

I think its important that all GP's know what options are out their for their patients, as it truly isn't a one size fits all.

I also believe in freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 12:30:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Patient access to Integrative & complementary medicine is an essential part of taking responsibility for your own health and wellness. The choice which I see as a basic human right must not be taken from us. Integrative & complementary medicine has helped me 'complement' traditional health care. It has optimized and supported the traditional care.

If the MBA imposes restrictions on Integrative practitioners it will make it financially difficult for me to access what I have found to be a great help to my health and well-being.

I use Integrative & complementary medicine, to potentiate the effectiveness of the traditional medicines and care I receive. This choice is threatened, and this should not be happening. Integrative and complementary medicine helps to keep me well and as a functional part of the workforce. Most importantly, it is saving many \$'s of the healthcare budget.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 11:34:53 PM

---

To the Medical Board of Australia,

I support Option 1.

being a healthy 64 year young person i rely on complementary medicine  
for guidance to stay healthy

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 9:52:48 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe we all have a right to choose how we would like our healthcare managed, I'm a firm believer that I should be able to see my GP and believe that they are doing all they can to give me the best possible treatment and that means it should include integrative medicine. The government should not be dictating what my personal requirements are on my health needs and whether that includes being prescribed natural therapies in my consultation. The cost to healthcare would be far less if everyone took the approach of using natural therapies and looking at what they eat and how much they exercise and not rely solely on pharmaceutical medications which in most cases cause additional issues to people's health. Stop being bullies and allow our GPs to use all measures they need to ensure positive outcomes to their patients' health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:04:40 AM

---

To the Medical Board of Australia,

I support Option 1.

Hello, thank you for taking the time to read this.

In my youth I was very unwell for many years, including many viral infections that would last for months, multiple recurring episodes of Glandular Fever, years of Chronic Fatigue as well as Dengue Fever (contracted whilst travelling in Borneo). GP's offered me no treatments or options for treatment for any of these other than antibiotics, pain relief medication and rest.

After many years of illness, I finally (out of desperation) went to a Chinese Acupuncturist and Herbalist who treated me over many months resulting in my ongoing wellness to this day.

Integrative and complementary medicines have been a part of my wellbeing tools ever since, to help me keep healthy and in balance. I rarely get ill and if I do I recover quickly. I am ever grateful for having access to other care options for myself, family and friends as necessary. I will never forget the times spent in bed for months on end with what felt like no hope and no answers.

Please do not restrict Integrative Doctors, or other therapies such as chiropractic, osteopathy, Chinese medicine and acupuncture. These can effectively work along side our GP's and may be the key to other people who are suffering as I was. I am passionate that a focus upon maintaining health and wellbeing first is a better than treating illness, and Complementary Therapies support this.

With thanks

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 4 June 2019 8:17:35 PM

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To the Medical Board of Australia,

I support Option 1.

I support integrative and complementary medicine. After being misdiagnosed for 10 years in conventional medical practices, I was lucky enough to come across an integrative medical practitioner. She diagnosed my issue with one session and her treatment gave my back my life.

Practitioners need all available resources to assist their treatment of patients. We rely too heavily on conventional medicine in the west with a foolish overarching belief that pharmaceuticals are the best option. This is not always the case and it certainly was NOT in my situation.

Please leave the guidelines as they are.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]