

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 8:55:55 PM

---

To the Medical Board of Australia,

I support Option 1.

The only thing that has helped me maintain any quality of life with my current health conditions is Integrative & complementary medicine.

Without it I wouldn't know what to do.

It has been successful in treating various ailments and 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:** Tuesday, 23 April 2019 11:40:39 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine. I seek out GP who offer this integrative approach as I feel it is preventative, whole person approach rather than just treating the illness. In the past my family have had positive outcomes from this approach for fertility issues, skin complaints and depression when conventional treatments had failed. I like to access integrative & complementary medicine via my GP as I feel they have a great understanding of my overall health and how complementary medicines can be used safely in conjunction with conventional medicines.

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.

Since having my gallbladder removed (in line with traditional medical approach) I have developed a lot of digestive problems over the past 10 years. I have recently consulted my doctor about these complaints and other non-digestive complaints which may be related (such as joint pain etc). The doctor ordered multiple blood and other pathology tests, as well as ultrasounds and X-rays. None have delivered any result that is within the scope of treatment from a medical doctor. Consequently, I have consulted a naturopath (at considerable out of pocket expense to myself) who in one visit alone was able to pinpoint certain remedies which provided immediate relief and identified other deficiencies and intolerances overlooked by the medical doctor, plus conducted further blood and other tests to confirm same. Since following the advice of the naturopath I have been able to function normally again. My experience demonstrates that traditional medical approaches are not always sufficient for patient wellbeing.

It is my understanding that in many overseas countries naturopaths and medical doctors (and other complimentary health practitioners) work together for the benefit of their mutual patients. This is a true patient centred approach and one that Australia lags behind in.

I support patient choice and a healthcare system that values a holistic approach to patient healthcare, not just the medical one. One of the 4 pillars of bioethics is patient autonomy. By deliberately removing patient choices, it will diminish what autonomy is available to each patient, thereby diminishing overall patient autonomy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:48 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Get with the times and follow the evidence MBA. Australians should have a choice, don't take that away from them.

I have used chiropractic as a form of healthcare my whole life and I very rarely have the need to visit a GP. That is not to say there is no place in my life for one. I am lucky to have found one that is open to options other than drugs, radiation and surgery.

In 2015 I had a cervical radiculopathy at C5/C6 & C6/C7 stemming from a car accident years earlier. My GP discussed my options and gave me a choice to try cervical traction through a chiropractor. I was given one month and if there was no change, I was to return to get a referral to a specialist. Over 3 years on and I have had no symptoms return. There was no cost to the government in the process... saving money if anything.

Those people that choose integrative & complementary doctors tend to be people who have an interest in their own health, take responsibility for it and don't blame others for their circumstances. They are pro-active and look after their health.

If the MBA imposes restrictions on integrative practitioners they will be taking a step backward. It is obvious that the current system of "sickness care" is not working. The solution is not more drugs, radiation and surgery but better education on everything from food intake to how exercise effects our health.

Australians also need to start taking responsibility for their circumstances. If you eat junk food & don't exercise daily then don't expect to be in the best of health 10 years from now. Make better choices and get better results.

Look to Europe and Scandinavia (& maybe some states in the USA) for results of what integrative medicine can do. Follow the research and stop being 20 years behind every other first world country.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 24 May 2019 12:03:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly believe that it is important that patients have access to Integrative & complementary medicine.

I was very unwell for a number of years as a young adult and if it wasn't for complementary medicine I probably would still be to this day as orthodox doctors had no idea what to do.

I have a lot of friends that have found answers to improving their health by seeing integrative and complementary practitioners when orthodox western medicine wasn't equipped to help.

I choose to use integrative and complementary medicine because I find it works better for my family. By doing preventative treatments we are not getting sick and therefor taking pressure off the medical system.

If people do not have training practitioners to guide them with their health options, people will self diagnose and the risk of making things worse is increased.

I consent to 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 8:58:21 AM

---

To the Medical Board of Australia,

I support Option 1.

The Medical board has no right to decide how we as the public should choose to treat our bodies. Without the use of these medicines my son would not be alive today. These medicines can work very well in conjunction with conventional medicine. All GP's should be required to take a course as part of their degree.

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.

We each are in control over our own bodies and therefore our health destiny. I support patient access to CAM because of this fact. I should be able to stay healthy in the way that I choose and I will simply choose not to continue paying for private health cover if it does not match my individual health needs. My family rarely, if ever requires pharmaceutical medication, partly because of our use of CAM and our free choice to lead a healthy, chemical free lifestyle. Any occasional doctor visits or health checks we may have needed have been made to an integrative GP, who is most aligned with the values of my family. Thank you for considering my submission.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 5:15:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Natural therapies and the less invasive treatment methods have helped me get through a lot of pain in the past years. I would appreciate if our options for health care would remain as they are, as I depend on them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 12:45:10 PM

---

To the Medical Board of Australia,

I support Option 1.

Humans are more than the sum of their parts, this is something that MBA seems to overlook.  
Doctors must be free to provide wholistic (whole person) health care to their patients.  
Patients must be allowed to have a choice.

When patients are well in mind, body, & spirit they are less likely to be a burden on our hospital system...ultimately saving tax payers huge amounts of money & preventing loss of productivity to our economy.

MBA's proposed change to the rules to exclude Doctors offering integrative medicine to their patients is wrong headed, illogical, bad for patient wellbeing and bad for our economy.

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.

Why you support patient access to Integrative & complementary medicine:

Integrative and complementary medicine is an effective approach to holistic healthcare. If vaccines are designed to PREVENT horrific diseases, then health care in a developed country should include holistic measures to PREVENT illness. To take that away, or make it harder to access, is to weaken the healthcare system in Australia, even further than it already is. The public medical system in rural Australia is already limited and difficult for citizens to access. It does not need to be more difficult for hardworking aussies to stay healthy, active and contributing to our society.

How Integrative & complementary medicine has helped you, your family & friends:

Some things can't be diagnosed by the current testing available to doctors, while natural therapy practices use other forms of testing to diagnose issues. Blood tests can't tell me why my feet give me pain on a daily basis, but a urine test sent to America can. A blood test can only test dead blood, but live blood analysis can pick up living bacteria in the blood stream. On top of this, preventative healthcare provides solutions that do not just fix one pain here or there, but can lead increased overall health benefits, and thereby reduce the regularity of pain here or there.

Reasons why you use Integrative & complementary medicine:

Firstly, I hate the drug cycle. You go to the local rural doctor with an issue. The good doctor does what he can with what he's got so you put you on drug A, but Drug A has side effects. So then you end up on Drug B to treat those side effects, and Drug C to treat the side effects of B, and so on. This is not healthcare. This is revenue raising. Sadly it happens all over the country, not just with rural GPs.

The goal of any good doctor should be to help their patients live the healthiest life possible with the least dependence on drugs or other 'crutches', to help them get by.

Integrative and complimentary healthcare should not be optional, it should be something every doctor has the knowledge and willingness to offer their patients. Wouldn't it be safer to get patients to consider healthy preventative measures, before going all out on side-effect producing drugs, or on potentially life threatening surgery?

What it will mean to you if the MBA imposes restrictions on Integrative practitioners:

Restrictions on integrative practitioners and natural therapies, will just make it harder for myself, and others, to stay healthy and actively contributing to society. By actively contributing, I mean paying the taxes that support the healthcare system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 12:10:28 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines for the integrative and complementary medicine.

I have a 11-year old son with severe autism and the traditional medicine could not help him with his self-injury behaviours. 5 year ago we had to endure a visit to the Children's emergency as he had banged his head so hard against the concrete floor that almost cause a concussion.

When he started being treated with integrative and complementary medicine, he got much better with his behaviours and calmed down. Since then my whole family has sought this type of medicine with great success.

If MBA imposes restrictions on Integrative practitioners our families and other families will have to seek consultations with overseas providers.

Please support doctor's right to provide new and innovative practices including complementary medicines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 9 May 2019 12:35:07 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not change the current guidelines for the integrative and complementary medicine.

I have a 11-year old son with severe autism and the traditional medicine could not help him with his self-injury behaviours. 5 year ago we had to endure a visit to the Children's emergency as he had banged his head so hard against the concrete floor that almost cause a concussion.

When he started being treated with integrative and complementary medicine, he got much better with his behaviours and calmed down. Since then my whole family has sought this type of medicine with great success.

If MBA imposes restrictions on Integrative practitioners our families and other families will have to seek consultations with overseas providers.

Please support doctor's 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:** Thursday, 25 April 2019 9:19:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone has a right to all available healthcare 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 1:24:41 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

To consult a doctor who has a broad knowledge base about not only medicine and disease prevention, but also can provide a perspective of some of the treatment options that do not involve pharmaceutical medicine is the way forward in a medical model. I believe a combined and integrated approach that can draw from western, eastern and complementary forms of treatment is the way forward for health care. Where many other countries such as Switzerland and India can adopt it, why is Australia resisting it?

Our family GP has a broad knowledge across not only the conventional medical but will offer alternative suggestions where necessary.

The choice of healthcare should be kept open to individuals in family as all these systems of medicine have something to offer in the healing 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, 30 May 2019 10:13:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to continue having a choice. The choice to use the most appropriate medical care for myself and my family.

There is always a place for mainstream medical support and I would like to make the choice when that is appropriate, often it is. However, the time restrictions placed on GPs means a 10-30 min consultation is often not enough to get the full picture on an individual's medical, lifestyle and health picture. Nor to answer questions and properly educate about a condition.

I want the choice when needed to see an integrative medicine practitioner when the presenting medical complaint is more complicated and needs the time and cognition of a trained practitioner to piece together the puzzle.

I want the choice to seek alternative, effective forms of treatment when the condition is not requiring standard medication. I want the choice to consult a complementary practitioner when I see the importance of placing value on preventing illness and disease, rather than waiting to get sick then seeking medication to deal with something that I could have easily avoided with the correct guidance about diet, nutrition and lifestyle.

I want the choice to lead a proactive preventative life. To be able to educate myself with the assistance of a trained health professionals. Do not take that choice away, especially when there is nothing but a positive benefit to the population.

The current mainstream medical approach is too heavily focused on managing disease and illness. Why not shift some of the focus to prevention and health promotion. That would be the greatest way to protect the population.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 19 May 2019 9:45:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I have Fibromyalgia, Chronic Fatigue, depression, IBS, Hashimotos, Diverticular disease, GORD and Lyme disease. For close on 20 years, doctors and the medical profession have been unable to help me and mainstream medication have had serious side effects. I have been addicted to painkillers and in agony taking statins that doctors have prescribed. Anti depressants, thyroxine and Lansopran have helped but overall the medical profession are unable to help me and many people like me. Complimentary and integrative medicines are the only things that have enabled me to have a quality of life that I have not enjoyed for years. Chiropractic with functional neurology have got my body moving. Australian bush medicine has eased my pain levels. Herbs and Vitamins have fed my body because our diets are so lacking. By taking away our choices you are robbing me of my new life. It is time that the medical profession realise that they DO NOT have ALL the answers and that complimentary and integrative medicine with mainstream medicine can give patients the help that they need and deserve to live a full 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 8:28:10 AM

---

To the Medical Board of Australia,

I support Option 1.

No changes to the current guidelines please. We need choices where our health is 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:** Friday, 28 June 2019 1:12:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I support NO CHANGE to the current guidelines on complementary medicine !  
Leave doctors free to subscribe or advise on supplementary medicine.  
Restrictions will have a huge negative impact on my health!  
Let people choose their own way 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:** Friday, 3 May 2019 1:27:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare saved my life when western medicine couldn't. It gave me back my energy, my quality of life and my smile. I still access it at least weekly to maintain my current health. If the MBA imposes said restrictions on integrative practitioners I will lose the ability to affordably access them and in turn will lose my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 7:19:52 PM

---

To the Medical Board of Australia,

I support Option 1.

For thousands of years people used natural herbal meds, our bodies are made to handle that not the chemicals Drs and pharma want to drug people nowadays.

Because all foods meat and vegetables are injected and sprayed with wrong stuff we need extra vitamins and some need regulation by Drs. How can a Dr do his best in healing and helping his patients if they are restricted how can we then trust them to give their best to patients

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.

The people should have a right to choose what medical either conventional or nonconventional treatment suits their illness/disease ect the best.

Herbal medicines and herbs are cheaper, less harmful towards the body and can rectify/treat many issues, from viruses to disease. Limiting people's choices and dictating what people must take is an injustice and shouldn't be considered as an option. People should be empowered to make their own choices and educate themselves on the most effective 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:** Sunday, 21 April 2019 12:16:01 AM

---

To the Medical Board of Australia,

I support Option 1.

I am in charge of my own body and I should be able to choose how it is looked after. I completely recommend a blend of treatments when approaching health. I feel that natural holistic healthcare is the way of the future because patients are looking for treatments that have less side effects and long term 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, 23 June 2019 9:27:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a nurse and I have seen complementary medicines help my clients and myself without side effects in combination with medical treatments. I personally use naturopaths, Chiropractors, Osteopath's and Chinese medicine when I see fit and other times I see Medical Doctors. I take a range of vitamins and minerals to keep me healthy. Everyone should have the right to choose how they want to be treated. By taking away this right you are also taking away the right for people's own responsibility for their health. If people are getting well Why should it matter how? We already are very short on medical practitioners. You will find that the ones we have will become burnt out and useless

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 4:16:50 PM

---

To the Medical Board of Australia,

I support Option 1.

It was a integrative doctor who diagnosed my joint pain properly as being a vitamin deficiency. 2 other doctors who had barely time for a consult said I had likely arthritis.

I prefer a integrative doctor over a 'normal' gp

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:25:12 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicine has helped my personal condition of severe joint pain to the point where it has almost gone. This was done via dietary changes and vitamin supplements and treatment of auto immune condition without the dangerous methatrxate prescription that was initially given to me. The 5 page warning accompanying the drug was terrifying in the possible side effects that could result from taking the drug. All this without ever been provided an alternative by the specialist. Natural therapies such as chiropractic, massage and naturopathy greatly assisted my recovery to the healthy and comfortable state I am now in. It is something I always suggest to others to consider in their own health issues. Removing or changing the current guidelines is invading our personal choice of treatment as it then restricts the care that is so personalized to different individuals. Everyones' body is different and therefore different options must be freely pursued. Imposing restrictions on integrative practioners is akin to removing the basic rights of patients to personal choice for their health. I strongly object to the 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:** Friday, 3 May 2019 6:30:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Australia has become increasingly multi-cultural, with each culture having its unique and effective way of treating illness and maintaining health. On this premise it is vital that there is an open, integrative and holistic approach available to cover the manifold multi-cultural needs of all Australians, as well as the many off-shore workers that have exponentially increased in Australia in the last few years. There are times when a mainstream medication has been ineffective, and sometimes harmful, and there then need to be a variety of options that can be available. There is nothing as successful as arnica cream for healing bruises, even those

which expand when one is on blood thinners.

There is also nothing as successful as calendula cream for cuts. I have used these for years, myself, and for others and would protest if these were not allowed to be made available or recommended by a doctor. The best doctor is one who uses a wide pallet of medicines and other substances which he has found really help his patients. Do we want to stay stuck in the past, or do we want to be open for innovative practices. If a practise proves harmful, then it needs to be investigated and appropriate action taken to prevent further harm being done. But, when there is one error made, then it is ineffective to put out a blanket statement banning everything. We as the wider public do not wish to be governed by the drug companies in their striving to make larger profits. From a life experience - 77 years - I have learnt that the best results are when one combines different approaches for different illnesses and situations.

I think that there will be a huge outcry from the wider Australian Public if these proposed restrictions are allowed to happen, which will also be detrimental to the drug companies reputations and the MBA.

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.

The Doctor has a responsibility to the patient first, not the pharmaceutical companies or the politicians who profit from pharmaceutical lobbyists.

I consent to publication 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 10:41:23 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had enormous benefits from integrative medicine that conventional medicine could not assist! Freedom of choice please, not control!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 6 June 2019 3:13:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Not only does integrative medicine allow people to live better, Integrative medicine is saving the public health system millions of dollars through preventative care and treatment of chronic illnesses that would place a substantial financial burden on the public health system. We are years behind other countries in terms of integrative health and need to step up and do everything we can to ensure we have the best integrative medical doctors in Australia. Having worked with several integrative doctors, they are beyond experienced in their field and regulations that will impinge on their practice should not be implemented. The only change we need is for more recognition for all accredited complementary medicines so that we can continue to help people to live healthy lives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am writing to voice my support towards integrative doctors and practitioners. I have had a number of health conditions and concerns over the past 2 decades that have resolved at the hands of integrative doctors as well as naturopaths, osteopaths and Chinese practitioners.

Conventional medical practitioners failed to help me time and time again. I have had a health condition that was resolved by conventional doctors (SVT) and I am grateful for the help in this area, however, I have suffered from POTS and autoimmune conditions and despite seeking help from the conventional practitioners, I have never had any resolution until I started seeking the expertise of 2 integrative doctors and the aforementioned natural therapists.

My daughter had FPIES as an infant & we had no help from conventional medicine again. It wasn't until I went back to my integrative doctor, that we were able to heal her gut through unconventional, traditional and natural methods, that I was able to help her recover from this potentially fatal allergy.

Today, my family seek the services of natural therapists from various modalities and I'm not sure where we would be without access to them.

I would strongly consider relocating my family overseas should this ever eventuate.

Thank you for reading my concerns and I do hope the current guidelines remain unchanged.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:13 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have a variety of auto and neuro immune conditions. One of which is coeliac disease. I prefer using integrative medicine as many traditional medicine methods can interact with my sensitive gut and actually make me sicker. I have been on a journey of using integrative medicine the last five years and found more effective treatments than 20 years of traditional medicine.

Please allow us freedom of choice by continuing to allow integrated medicine to be available.

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 against the proposed changes to healthcare. I support access to all integrative and complementary medicines. I have had personal experience with conventional medicine where they only succeeded in masking symptoms for a short period of time with no real benefits to my health. I then turned to complementary medicines with enormous success.

My husband also recently lived through a very hard and long year of digestive issues where it was hard for him to leave the house, aka be away from a toilet for longer than 5 minutes. He went and saw 5 separate conventional doctors who each completed many tests, stool samples, blood samples etc and all 5 told him he simply had IBS. After finally seeing a 6th integrative doctor who recommended natural therapies and other unconventional medicines my husband made a full recovery and no longer has digestive issues.

Restrictions imposed on integrative practitioners will have a great negative impact on my life my husband's life and our daughters life.

I implore you to leave these guidelines as they are and allow the Australian public to determine which healthcare suits their individual circumstances.

My family believe in 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:** Thursday, 30 May 2019 9:28:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary Medicine has helped my family and I when western medicine couldn't. It helped diagnose and treat the causes of our illnesses not just mask them or treat the symptoms!

My life has been changed dramatically for the better being under the care of holistic complementary doctors, an acupuncturist and chiropractor. My whole body is often taken into account, not just the presenting symptom and treatment is therefore more effective and efficient.

I consent to publication 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 11:59:00 AM

---

To the Medical Board of Australia,

I support Option 1.

As a normal person, suffering normal and regular ailments, I (and my family) do rely on my GP to give me the first advice on any health issues. So far my GP has advised me on diet and lifestyle changes, and pointed me to possibilities of further treatments when his/her knowledge did not suffice (and as a GENERAL practitioner, knowledge in specialist fields have not sufficed), like chiropractic, osteopathic, physiotherapeutic, etc etc help. This has been helpful in simple things like help with broken bones, torn ligaments, chronic asthma- all of which have been solved by these treatments where as without, and just with a 'rest' advice would have not, and would have rendered me unable to be part of the workforce. By treatment other than GP you still have an active person earning money, whereas otherwise I would have been sitting at home with pain and disease. A no brainer right? especially since I am the one paying for this service, and all the GP gave me was advice. I am not even mentioning homeopathics and kinesiology here which have been instrumental in avoiding medical costs spiralling out of control in fields like chronic diseases in my family, and mental health issues.

kind regards,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:30:46 AM

---

To the Medical Board of Australia,

I support Option 1.

Seeing an integrative Gp for my 6 yo daughter has been a game changer for my family. My daughter was medicated under a neurologist on endless drugs where they would keep changing the medication to see if it would work. After 3 years, I believed there was more to it and started to investigate further. After seeing an integrative Gp who did some testing, my daughter is diagnosed with a different condition, is taking a mixture of vitamins, herbs and medication and sees a holistic chiropractor. Her health is starting to improve. We can now go in long car trips as a family and visit cold climates, which were experiences we couldn't achieve because of her bodies reaction. An integrative Gp gets to the root cause of a problem instead of masking it with drugs. Sounds like common sense to me. Common sense that has changed the quality of our life for the better. It has been an emotional journey for us but I can't thank our holistic medical team enough for the changes they have helped create.

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:45 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I strenuously insist of having a choice in my and my family's medical care in the way we have the choice to choose a Dr that can provide us with integrative care. I do not believe that any board should have any say in what care I am allowed to choose. We are not living in a communist country where people have no choice.

Sincerely,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 23 June 2019 9:45 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My family and I have been greatly helped health wise by integrative medicine and we feel strongly about our freedom of choice in these matters and we resent the meddling of the MBA into something that is our basic right!

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, 2 May 2019 10:49:21 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been chronically unwell for over 6 years and have only improved through integrative and naturopathic medicine. My health was completely mishandled for the first 4 years by western health care and I was only treated with antidepressants and due to a horrible mix up I was extremely suicidal. I am disgusted with our so called normal health care and have had to travel overseas for intensive treatment. I only wish there was more information out there about integrative medicine so no more people have to suffer. I lost (died) my close friend last year due to this same treatment by our hospitals and 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:** Thursday, 2 May 2019 3:33:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm a strong believer in allowing people choice to be treated any way that suits them.

You should not be pushing pharmaceutical drugs down the throat of each and every patient. Some of us don't believe in taking man made drugs which often cause more side effects than they actually help.

Let us choose instead on how we want to be treated.

Remove discrimination in medical industry a gp is not better than physio or chiro. They all serve a purpose and have a place in our society.

Let the patient choose and not be influenced by subsidy one gets over the other.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 5:36:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Please keep integrative health care an option for the Australian people. While medical care remains the largest choice for Australians, there are members of the community that respond better to an integrative approach. Please don't narrow the scope of health care that can be provided.

I consent to 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 2:52:09 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine helps to treat people holistically, it supported by decades of scientific research , as well as satisfied clients returning back to look after their health. It is irreplaceable in treating chronic conditions as well as acute complains. We must have a choice how to look after our health and able to stay healthy without chemical drugs! Cutting integrative medicine services will limit public access to qualified healp and push people to self treatments and google medicine, which could be really detrimental without real expertise of integrated doctors. I was using allied health practices and integrated medicine for decades and able to save thousands of dollars using this preventative medicine and holistic approach to my health.

I need to be able continue doing so, together with my family and thousands of other people using it every day!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 9:57:13 AM

---

To the Medical Board of Australia,

I support Option 1.

I call on you to maintain current access to integrative and complementary medicine for patients. I have been able to achieve marked improvement to my health with this type of medicine where the only medical approach would have been pain medicine and surgery. Surely this type of medicine is less costly to the public health system and a better outcome for any patient. I don't see any rationale reason why the proposed changes should be put in place. We are a diverse society who benefit from options that align with our values and beliefs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 5:47:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I hereby urge the AMA to support choice in medicine in Australia. This includes Complimentary and alternative medicine. (CAM)

As somebody who suffered daily illness and symptoms over the course of 25 years, I found myself inside the Australian medical system during that time, so feel qualified in some small way to write this submission. For decades I sought help from various GPs and specialists within the "mainstream" system, yet I started to wonder if medicine really had any answers for patients like me, as I was only getting worse, and I was about to give up. Yet I was lucky to then find intergrative medicine doctors and am finally, with their assistance, in remission for all of my symptoms. If the AMA was to take away the option of CAM for Australian patients it means that other Australians would not have the right to recovery that I had.

After seeing me return to complete health through intergrative medicine, I have a number of friends, and all of my family who now seek out Intergrative doctors, naturopaths, chiropractors, and other CAM and have reported improvements in their health that was not able to be achieved through their previous doctors. They still see their previous doctors for things that they can help with, but a combined approach is what is working for their overall health.

While it easy for the AMA to see anybody who uses CAM as some kind of hippy, I'd hate to see your guidelines change to only support CAM when there is equal need for standard medicine, and that together these two modalities can improve lives.

What is most interesting about Intergrative doctors both here and overseas, is that they report to me that since they included CAM into their medical repertoire (on top of what they learned in Medical school) and took extra studies in these modalities they were able to help more patients and provide better care than previously. Once they started to refer patients to another CAM provider they were able to get some of their sickest patients well with the combined therapies of both practitoners - many of these are chronically sick patients unable to work, yet their lives are turned around by these forward thinking practitoners. Another interesting note is that I have never had to wait more than a week for an appointment at a regular GP, but for Intergrative GPs I often have to wait 3-6 months, so we quite possibly need a lot more of them. Surely that alone indicates a demand, rather than a need to ban. Please don't take away our choice to access medicine that works 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 12:56:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I want the right to choose what kind of healthcare options I use for myself and my family. We use mainstream doctors and often they recommend admiral complementary medical practices such as acupuncture or vitamin supplements. My obstetrician recommended acupuncture when my baby was breech which successfully turned him and avoided myself having a caesarean. Australian is a free country and we should have freedom to choose our healthcare options.

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.

Patients should have a choice and also some control over their treatment.

Over the years complimentary medicine has helped my whole family.

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.

I have had much success with my integrative dr, so much more than my GP, who just wanted to give me drugs, a bandaid solution and send me to a psychiatrist. My integrative dr got to the root cause which the G P overlooked! We should not have to pay top dollar for this service it should be Medicare subsidised!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:00 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 choose our own way of getting healing from different types of practitioners and also be able to choose if we don't want to vaccinate our kids without penalty to them or us as parents .its our bodies.We pay taxes as anybody else we dont need scrutinizing.

I consent to 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 9:08:35 AM

---

To the Medical Board of Australia,

I support Option 1.

We as people of this beautiful country should be able to choose which medical practitioners and medicine we want to set use or not. Many years ago we only had Drs and meds that use natural herbal meds and it worked to heal the people and still do today.

I have overactive thyroid and my gp wanted to give me meds that have chemo in and I should have stopped breastfeeding which I didn't want to so I went to a Naturopath and can still breastfeed and am so much better very quickly.

A lot of people can't use the pharma meds and can only use natural meds and also it is more natural with less negative effects. We should absolutely be able to choose which our own Drs and type of meds we can't lose that freedom

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 treatments have helped me so much in healing I believe that both mainstream and complimentary meds can work side by side

I consent to 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 10:31:46 AM

---

To the Medical Board of Australia,

I support Option 1.

Without integrative medicine I would be unable to return to a productive life.

I have a number of conditions which cause severe pain, mobility changes, cognitive dysfunction amongst other symptoms.

Through the use of Chiropractic, Accupuncture, Massage as well as Vitamins and Supplements I have been able to significantly reduce my need for Opioids. Access to Opioids were severely curtailed, this placed people like me in a untenable position. Since these restrictions, I have had to put up with labels like druggie or drug seeker just to get out of bed with pain levels we would not inflict on animals. For over 10 years, the use of conventional medications and treatment did little to benefit my health and well being. In fact a number of prescribed conventional medications worsened both my physical and mental health. I am now on a mix of both conventional and "alternate " medications and treatments and find my health much improved.

Thanks to the foresight of my GPs and medical specialists, I am now on what is being considered as alternative medications and treatments that are benefitting my overall health to the point where I don't need Opioids on a daily basis.

None of this is cheap, in fact most is not subsidized in any way by the government. Without the input of medical practitioners you will drive many individuals beyond their physical and mental boundaries. Many people can not access information or prescription of many "alternative" medications or treatments without Integrative medical practitioners.

Further to this, I believe that many studies that have been done here in Australia as well as elsewhere in the world have shown the benefit to the health of every person who suffers from a wide range of well diagnosed and treated diseases and syndromes as well as those diseases and syndromes that are ill diagnosed/ treated that benefit from integrative medicine. In particular, Drugs such as Low Dose Naltrexone which is legal, as well as quasi legal Medical Cannabis. To get either of these drugs is often a long, expensive and at times gruelling task. I understand that some regulations is required but why should those of us who benefit greatly from these with medically diagnosed conditions be treated so horrendously by non integrative practitioners and society.

Please don't take away from us the everyday person the right to choose how our mind and bodies are treated by the medical profession. Please do not take from us the guidance and information of medical professionals whose practice involves both mainstream and "alternative" methods that are of great benefit to our health and wellbeing. We have the God given right to good health and well being, many of us having been diagnosed with disease states that do not come from misuse or abuse of either conventional or alternative 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 7:40:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I do hope we can keep a holistic approach to healthcare and I support the doctor's and patients right to 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:** Sunday, 21 April 2019 8:34:06 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I would like to share how important it is to me that doctors are allowed to practice integrative medicine. What this means is that in addition to their initial medical training they have a wealth of knowledge about a range of areas such as nutrition that allow them to give more comprehensive advice to their patients. I have often had problems resolved by a integrative doctor or complementary health professional that a GP has not been able to solve. Patients need the freedom of choice to see the practitioner that helps them, without being limited by unnecessary regulations.

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.

When I was little, my dad almost died. He was in the hospital for months and no one knew what was wrong. They removed organ after organ and nothing worked. They burned his thyroid and removed his spleen and appendix among other things. Eventually it was discovered that he had an immune system condition that meant he could be stabilised by a gluten free diet. But all the surgeries left him incredibly unstable.

The only thing that kept him going were Chinese herbs and even now, although he is mostly stable, his thyroid will occasionally (lord knows how) revive and start messing with his whole system. Although he is on constant doses of thyroxin, the only thing that properly works are the natural herbs. Removing integrative medicine will put so many people like my dad at risk and in an unfair position. Pharmaceuticals are good for some things but they don't solve everything. We need the opportunity to understand options, both natural and otherwise so that we have the best chance to get the treatment we need for our individual situations. Please consider my dad's story when making the 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:** Friday, 24 May 2019 9:44:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Please allow the phenomenal progress and success of alternative therapies and treatments to continue and thrive as it has been and will continue to do.

I have experienced phenomenal outcomes with alternative therapies where conventional medicine could not help me.

Alternative medicine/therapies IS the way forward. Integrating conventional medicine/treatments with natural/alternative medicine/therapies is such a powerful and effective way forward.

My family and I have avoided many hospital admissions or expensive, less effective treatments or procedures by having and embracing alternative therapies. This has also reduced or eliminated nasty and sometimes complex or ongoing side effects or outcomes of conventional medicines/treatments.

Please listen to the people who have amazing outcomes and progress with this essential service.

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.

Complimentary medicine has helped me and all my family and friends way better then conventional medicine ! It has its place we need both to work together !! This is the way of the future

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:39:38 PM

---

To the Medical Board of Australia,

I support Option 1.

We want the opportunity to seek all forms of health care as we believe we have the right to choose what helped seek for our bodies we do not need any one deciding what opportunities we have access to.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:01:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I hope you will see your actions as another attack on Freedom of Choice for sick people. As you know traditional medical treatment does not solve all illnesses. To restrict access to other therapies is both wrong and immoral.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:02:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I very highly value the use of integrative complementary healthcare and believe the right to choice is vital. As someone who has struggled with mental illness and various other health issues, utilising integrative, complementary medicines enabled me to overcome health issues that conventional medicine alone struggled to do. This has enabled me to gain autonomy and momentum in life, without which I would not be in the good position I am in today.

If the MBA imposes restrictions on integrative practitioners, people like myself and my countless other friends and family who have healed troubling health issues by utilising integrative health care alongside conventional medicine would have a compromised quality of life.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:48 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support the ability for doctors to have a wholistic approach to medicine. A patient should have the right to chose to see a doctor who supports wholistic medicine as it is our health and we should have control of that. I don't want my government dictating the way my health should be controlled. In my own personal experience, both natural medicine and regular medicine have played a big part in my health. And I would like to continue to have the choice of both when I need it.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 11:09:41 PM

---

To the Medical Board of Australia,

I support Option 1.

“Fringe Medicine”, is widely accepted as a way to look at health, wellness and illness from a wholistic point of view. With out “fringe” medicine I would be on multiple opioid pain medications, less productive in the work place, a burden to the tax payer and feeling like a very unproductive member of society. The ability to keep my joints and muscles in check with mum osteopath has prevented a life of severe chronic pain. My osteo, Physio ad gp are helping me work toward a healthier, pain free me.

As a nurse with over 20 years experience, believe me, you still want me working....

Restrict the practice of “fringe” medicine and you restrict people like me.

Emerging treatments are the way of the future. When I started nursing HIV was a “death sentence” now it is a chronic health condition. When I started nursing we were only just beginning to understand gut health.... now it’s a science all unto itself. Do not send medicine back to the dark ages

I consent to publication 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 7:23:06 PM

---

To the Medical Board of Australia,

I support Option 1.

My son developed so many allergies and diseases after the MMR vaccine and antibiotics as a baby which gave him autism and gut problems. We have tried so many pharmaceutical medicines which gave him so many serious side effect that we now can only use non prescription products that do not contain a lot of chemicals and have been used with success for thousands of years.

We need access to these products and natural treatments. They have never caused him harm and he no longer takes any form of pharmaceutical medicines. This not only helps him but the tax payer who no longer has to subsidise his alternative treatments because they are not covered by medicare. It is a win win for the pbs/ health system and tax payers but a lose lose for pharmaceutical companies who want him (through government intervention) to only be treated by prescription drugs which have side effects that make him sicker so they can make him take more drugs to treat the side effects of pharmaceutical drugs.

Our greatest mistake was to go down the path of using pharmaceutical produced toxins such as vaccines and other drugs and believing in pharma/government propaganda about the importance of listening to your doctors who we now know are trained at universities by the drug companies and threatened with deregistration if they deviate from their role as major drug salesmen. They are also not allowed to practice the hypocratic oath of "first do no harm" which plays heavily on the conscious of some doctors who care about their patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 10:54:07 AM

---

To the Medical Board of Australia,

I support Option 1.

Chiropractic, myopractic and naturopathy treatment has been a huge help in not only mine but my families life. Chiropractic treatment has helped both my babies stop suffering from reflux which was causing them a lot of pain and to be unsettled. It has also helped me after having the kids and before having them with bad sciatic pain. It helped my husband as he has slight scoliosis so constantly needs readjusting to lower his pain. Myopractic treatment has helped with pain as well and has taught us ways to make it better at home ourselves without the need to take pain killers. Naturopathy has been a bug help as it has shown us gut health is of utter most importance and can fix a lot of problems without the need of a heap of foreign chemicals been put into the body. Sometimes all you need to fix a problem is a bit of a natural remedy or some vitamins/minerals. We are asking you not to take these things away from us as it will affect us immensely, not only physically but mentally too.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 1:37:07 PM

---

To the Medical Board of Australia,

I support Option 1.

WE ARE INTELLIGENT TO DECIDE WHAT IS GOOD FOR OUR BODY TO HEAL OR REMAIN HEALTHY - AND IF WE DONT WANT TO USE SYNTETIC CHEMICALS AND OFTEN UNNEFICIENT TREATMANTS offered by medical system, it is our right to do so! We don't need Big Pharma medicines to be our ONLY choice! How dare you even to consider doctors and health practitioners to have limit on advising and prescribing natural cures and supplements! How dare you!!!! ?!?!? How dare you?!?!?

Who are you people? Do you have mother, father, child, spouse that you love and if they need help to survive - would you like to be able to choose what resonates with you and that person - to give him/her best chance of survival?

Or you would rather be in totalitarian regime where medical fascists are pumping into your loved ones poisons dictated to them by big pharma?!?!?

AND THOSE ONES ONLY TO BE LEGAL AND APPROVED?

We also have our own loved ones and we love them more than any government! So don't you dare to limit our rights! Don't you dare! !!!! Don't do assault of our intelligence! Don't bring Nazi times to Australia!

On the end of the day you are here to serve people of Australia and those same people can make a revolution and stop this proposed madness - which is behind your attempt to help big pharma to sell more poisons!

I consent to publication 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 1:51:09 PM

---

To the Medical Board of Australia,

I support Option 1.

No restrictions on alternative medicine. It helps people in many ways.  
No medical tyranny. . [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:35:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I support wholistic medicine I work in wholistic medicine I teach it I support it I know it works so dont wreck 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 2:01:23 PM

---

To the Medical Board of Australia,

I support Option 1.

SHOCKING SHOCKING SHOCKING

WHO VOTED THESE PEOPLE IN

STOP RIGHT NOW AND GIVE RESPECT TO ALL NATURAL HEALTH PROVIDERS

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 9:05 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative and Complementary Medicines have supported people forever.  
I and many others, value a holistic approach to healthcare and support doctors' rights to provide new and innovative practices, including complementary medicines. Conventional Medicine alone, is not the answer ♥

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 5:06:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

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

Competition is a healthy concept that keeps both parties accountable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:10:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I'm deeply concerned about the MBA's proposal. Already we have seen right of choice restricted with respect to health fund rebates which is a witch hunt to exterminate complimentary medicine affordability to the general public. The general public is already not happy with this suppression.

This smacks of the Big Pharmaceutical companies eradicating their competition. Are they behind the drivers of this MBA's proposal????? Why don't we want to ensure the best available healthcare is available for all Australian's? the MBA is attempting to restrict this ability. This is stifling "our freedom of choice and transparency of being pro-active in our own health care. Doesn't the Government want us to live long and happy and healthy lives with "Freedom of Choice". If so I support no change to the current guidelines for our integrative Medical Doctors to refer to whatever support systems their patients need. This option allows our OWN DOCTORS not to be suppressed in their "Freedom on 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, 24 May 2019 7:17:29 AM

---

To the Medical Board of Australia,

I support Option 1.

There is already a stigma against GPs practicing a more holistic approach to medicine, and yet this is exactly what we, the public, want and need. Instead of adding to the stigma, encourage integrative medicine. Support those who are for example AIMA trained and lobby for better Medicare coverage of this type of service to make it more affordable and accessible to all. Stop playing into the hands of big pharma, there are other ways.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 12:50:36 AM

---

To the Medical Board of Australia,

I support Option 1.

My daughter, my husband and I could not have got through the last 6 years of her chronic fatigue and chronic nausea after an adverse reaction to a clinical trial vaccine when she was 13, without the support of 3 Integrative Health/ Functional Medicine/ Toxicology & Nutritionally trained Doctors. They knew immediately what her problem was and what we could do to help her using vitamin/mineral/herbal therapy as well as more conventional medical treatments. Most GPs are not trained in nutrition and toxicology and so could not help us. A series of chronic illnesses after her school vaccines at age 5 led to 5 lots of antibiotics in close succession which in turn resulted in a diagnosis of Coeliac Disease. She was well for a long time with a strict GF diet. However we took part in a vaccine clinical trial when she was 13. She was mistakenly vaccinated by a staff member while I left the room to get an answer about excluding children with autoimmune disease. The drug company did not want her to take part in the study due to having Coeliac Disease. However it was too late and she got one dose of a highly reactogenic vaccine.

She had an adverse reaction within 4/5 hrs of receiving it. She has been chronically nauseous for over 6 yrs without a days respite. She has been chronically fatigued for over 4 yrs. She has had to give up school in Yr 12 after doing Yr10 / Yr12 part time from home with my husband. She has had give up all her singing, dancing, theatre activities after 10 yrs. She can no longer visit, ride, compete on her horse after 8 yrs of Pony Club and Interschool Equestrian Competition due to her chronic nausea, chronic fatigue and severe travel sickness. She makes it to medical appointments and for blood tests at the local hospital. All through this we have been well supported by these well trained wonderful medical practitioners. She still has hope of getting better due to their wonderful care. She is not depressed or anxious and is incredibly resilient as result of having hope and a realistic expectation of getting well in the short to medium term. My grave concern is that she would have been given Graded Exercise Therapy, and CBT by conventional medicine, as well as antidepressants, the contraceptive pill, and even more vaccines and antibiotics if we had allowed it. We believe the adverse reaction to the highly reactogenic vaccine has altered her already affected gut bacteria. So we are pleading that ALL Doctors get educated in the bacteria of the gut, Mineral and Vitamin Nutrition and toxicology as well as Orthomolecular Medicine so they are not intimidated by the so called "alternative" Drs. Hippocrates was right!!! "All Disease Begins In The Gut"!!! Without these 3 amazing Doctors my child would be bedridden for sure and on the mental health scrap heap! Please train all medical students in the health and nutrition of the gut and please tell them that some of these highly reactogenic vaccines cause autoimmune disease in young adolescent women, particularly those with a pre-existing autoimmune disease.

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:26:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has allowed me to choose alternative options to treat my stress, anxiety and depression. It has allowed me to discontinue anti-depressants and manage various symptoms associated with PCOS, my autoimmune condition and musculoskeletal problems I sometimes experience.

Please do not place restrictions on Integrative practitioners and allow the public to continue to make their own informed choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:39:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in holistic care have been learning natural medicine for over 10 yrs now am currently completing a bachelor's degree in complementary therapies. It is all i have ever known and the only thing that has helped all of my health issues. If they no longer existed neither would i

I consent to 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 2:22:25 PM

---

To the Medical Board of Australia,

I support Option 1.

It is so very important that we as the people of Australia continue to have access to integrative and complementary health care options. This type of healthcare is imperative to the wholistic health of Australia. We cannot accept the risk of "downsizing" healthcare. Already GP's are restricted with too short a time frame in which to adequately support their patients. Integrative and complementary practitioners give the time that is needed in chronic healthcare in this country. By restricting consult times to the conventional 10 minutes is absolutely not in the best interest of any patient. Complementary medicines are just that, complementary to conventional medicine. They have a sound and worthy efficacy background which allows hope to foster, which allows new techniques to be explored and which allows research to be undertaken.

If restrictions are put into place then you are taking away a person's democratic right to choose their healthcare options. It adds to the stress of being unwell. It adds to the Governments strain of a burdening sickcare system that does not have the best interests of its people at heart.

It is through complementary medicine that my mother in law is receiving outstanding care in dementia care which was simply unattainable in the conventional medical system. To take that away from her and her family would be so cruel, heartless and exasperating. This is so very disappointing to see.

Hopefully the MBA will see reason and listen to the people who need these amazing 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 7:39:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe integrative and complimentary medicine can also be used as preventative care, which will support the health care system and reduce the pressure on doctors. I use integrative and complimentary medicine as my first port of call, seeing a g.p is my last option. I believe prevention is better than cure and if I have the option to see an integrative practitioner I would choose them over a normal doctor. By placing restrictions on integrative doctors you are taking away my freedom of choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 5 June 2019 8:50:15 PM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice for everyone - practitioners 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:** Friday, 28 June 2019 4:29:08 PM

---

To the Medical Board of Australia,

I support Option 1.

Hi, while i am a nurse and support emergency mainstream medicine the maintenance of health so that we are not constantly in crisis is so important too. I use various integrative health modes to keep healthy and to support ny family to be healthy in a holistic manner. the access we are afforded to these modes of health is alrwady considerably less than the health access in places that lead the world like Germany and France and USA. We need to keep this access open and many main stream doctors do support in view of all the research in literature that things like herbal supplements and osteopathy and chinese understanding of whole body keep the medical system beneficial in synergy for whole perosn health. My husband needs alot of pharmaceutical care and yet was suffering many side effects until he began to compliment his regime with herbal support of his liver and prolotherapy for his back. These are in line with excellent health practices available to be recomme ded by doctors around the world and benefit our family measurably daily. We support keeping such access as it currently is in legislation.

I consent to publication 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 11:44:21 AM

---

To the Medical Board of Australia,

I support Option 1.

I fully support a patient's right to access to integrative and complementary medicine. I have used these services to help with a chronic condition and conventional treatments often do not address issues such as mine. I have done studies in forms of complementary medicine and know how much extra benefit they add to treatments. Please support 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:** Friday, 31 May 2019 9:32:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Please maintain my right to access the help of an integrative medical practitioner. Without this I would still be very unwell as standard medicine had no answers for my health issue. I am now almost back to full health thanks to an integrative doctor.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 3:18:53 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used alternate therapies many times in my life and believe they are complimentary to Western medical regimes. I trained as a Medical Lab technologist at [REDACTED] Hospital in [REDACTED] and have worked as a research scientist at the Institute for Medical research in [REDACTED]. So I have a good background in Western medical disciplines. Quite often I find that a GP will treat symptoms and I have to ask for them to look for the cause of my dis - ease. This is not automatically done whereas a naturopath will look for a cause before recommending treatment. Integrative doctors use the best of both worlds and should be allowed to recommend "alternative" treatments. eg I am allergic to gluten but not a coeliac so have to take B12. The usual treatment is injections, but I find the sublingual B12 is better absorbed in my system. Not recommended by my GP but recommended by my naturopath/dietician! Another example: I was constantly feeling ill but conventional medicine could find nothing wrong, so I visited an integrative practitioner and he suggested I have my hair tested for excess mercury. Yup - that's what the cause of my ailments was. After using a natural chelate over about three months I was 100% better! I also had all my amalgum fillings removed. There's many other incidents as I am now 70 years old. At 29 years old I fell off a motorbike and fractured L2 and squashed L3 vertebra. If it wasn't for my chiropractor and pilates exercises I hate to think where I would be now! I have a small business making all natural skincare and developed a sore left arm from mixing. The GP sent me to a 'hand specialist". They gave me a brace and nearly cut off my thumb due to it being too tight. After 6 weeks of this treatment with no results I went to an acupuncturist/exercise physiologist and after two acupuncture sessions my arm was healed! As a scientifically trained person I believe Integrative and alternate medical treatments definitely have their 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:** Saturday, 11 May 2019 9:04:59 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED] The scientific evidence, particularly from double-blind, randomised, placebo controlled clinical trials in support of the efficacy of natural remedies, including herbs, nutrients, diet and lifestyle, are overwhelming. Such documentation has been available since at least the 1980s

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:47 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

People have a right to integrative 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, 30 May 2019 6:35:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Hello,

I sincerely hope you are listening to your people and not the money generated by big pharma companies.

I support patients being able to access integrative and complimentary medicine as people have done for centuries, way before the introduction of pharmaceuticals. I support this because these practitioners are able to support an individual back to health, nurture health and save a person from becoming ill in the future whereas general doctors are only trained to help prescribe medicine when the person is broken and it takes alot more money, ill health and subsequent more ill health from consuming medicines that are very often dangerous in the long term.

Integrative and complimentary medicine has helped me to wean off antidepressants after post natal depression with a success of not having to relapse. It has helped my daughter to detox successfully from a toxic load of mercury in her body which was not enabling her mind to function properly at school leading to focus and concentration inability, anxiety issues and overall ill health.

If the MBA imposes restrictions in Integrative practitioners it will mean the people have been put under tight control with no choices in my opinion for the gain of money from pharmaceutical companies. Such as the removal of natural therapies from health fund rebates I also strongly appose and hope for you to reinstall these.

If my family and myself cannot access health choices that we need, and want, it would mean we would not be able to do it with the help and safety of a professional advising us. This may be dangerous to some as we will not stop using alternative health care. It would be advisable for public safety to not do what you plan, to stop doctors helping us in any way that they can which includes new and innovative practices in their approach to our health. I one does not wish to help their overall holistic health then they themselves can choose to see a GP that does not do this. CHOICE.

It will mean to me if you impose these restrictions that you are not caring at all about the health of your people, we all know that integrative medicine and natural health choices are successful and proven from years of traditional use.

I am very dissapointed in the current government choices in Australia if enabling the MBA to participate in a grab for more money from pharmaceuticals, such as the vaccination debacle. People are getting sick from all the vaccinations imposed on them, since the flu injection was brought to us, the people have not been sicker with the flu before then it was rarely heard of such serious cases of influenza, take a good look please and open your eyes not your pockets.

Kind regards

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,





**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 7:35:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I support freedom of choice and access to alternative medicine that has helped me become well. Integrative and complementary medicine has made a difference in people's on going health, strength, vitality and reduced stress levels so they can focus and be calm and happy with prescription drugs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 10:16:00 AM

---

To the Medical Board of Australia,

I support Option 1.

The idea that a bureaucratic board would decide what treatments GP's can authorise for their patients treatment is anathema to good health outcomes, short sighted and smacks of penny pinching at the wrong source.

Many patients, myself included require a variety of beneficial treatments that are sometimes from the alternate health providers.

This is about patient health not a faceless bunch of petty bureaucrats pushing a agenda that restricts patients beneficial health outcomes. Hands off.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:01 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative health is the balance people need to navigate health. The success of the two working together (natural and conventional) is both safe and open minded, and the results are clear.

Integrative and complimentary medicine does not require advertising to gain a strong client base, it has survived centuries on results alone.

Integrative and complimentary medicine has prevented our family from requiring healthcare services, to about 1/10th of the national average! It works and it's our right to decide.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 2 May 2019 7:55 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Why is it that a medical board can impede on my right to find what's best for my body? Who are you deciding what works and doesn't. You are the same people that caused the opioid crisis and have created a medical world where pharmaceuticals are the way to treat anything. Who are you telling me and my family that chemical shit made by companies that have track records worse than most serial killers are the only way to treat my family's health issues. You are despicable and bought.  
Give the people freedom or know that you and your board are fascists.  
Totalitarian tyrants!

I consent to 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 8:10:52 AM

---

To the Medical Board of Australia,

I support Option 1.

So disappointing you are considering taking Natural therapies out of the hands of trained medical staff. At first you used the excuse the practitioners we not highly trained, what's your excuse this time? I have a right to engage in the health practices I choose. Wake up Australia, you are not only taking away choices you are risking a healthy revenue, wellness is a multi billion dollar 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:** Thursday, 2 May 2019 10:50:34 AM

---

To the Medical Board of Australia,

I support Option 1.

It has come to my attention that new guidelines could suppress clinical autonomy and see Integrative GP's faced with restrictions on current treatments they offer that are not considered "conventional". I strongly voice my objection to these new guidelines and urge that no change to the current guidelines should take place. It is ONLY because of a holistic, integrated approach to healthcare that I have been able to overcome my own health concerns - from depression to anxiety to adrenal fatigue - and because of this holistic approach I am no longer a burden on the current health system. It does not serve Australia to tighten regulations. I urge for 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:** Friday, 24 May 2019 12:03:45 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that everyone should have the right to choose their medical treatment and doctors should have the option to offer alternative forms of validated medicine. There should be no financial disadvantage to choosing one option (traditional or alternative) or a combination of the two. Having access to your preferred treatment shouldn't be dictated by your personal financial situation.

There is much research available that supports the use of alternative medicine in treating a wide range of issues - including Chinese medicine, acupuncture, and use of herbal remedies. Myself and my family have experienced the benefits of alternative medicine. For example, my mother-in-law had a seized shoulder and was in extreme pain with extremely reduced mobility. Her only recommended option was Valium. However, after just a couple of treatments with acupuncture she regained almost all movement and experienced almost no pain at all. This is just one example of many that I know where alternative medicine has benefited someone drastically. Please consider these submissions when making your decision.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 12:49:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I prefer option one, as I expect to be free to have the choice regarding my 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, 29 April 2019 11:40:42 AM

---

To the Medical Board of Australia,

I support Option 1.

I am thankful for the opportunity to be able to share my concerns.

Without my holistic medical doctor I am not sure how my daughter & I would be functioning, we went from surviving to thriving when our dr diagnosed us.

Our conditions are not recognised by conventional doctors. Our condition requires bioavailable supplements as our body cannot use over the counter ones. This I pay for out of my pocket \$220 each per month.

My holistic dr saves the government lots of money, if she does not subscribe these supplements which need to be made up by a compounding pharmacy we would end up having serious conditions which would cost the government a lot more money. I don't have the stats but I suggest getting surveys done to get accurate stats to fight this decision.

It would be great if these scripts can be recognised & be able to be claimed.

I look forward to a positive outcome.

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.

As an allied health professional our university education is heavily influenced by the current literature and clinical decision making is guided by evidence based medicine along with an in-depth patient centered approach to care.

The respective governing bodies of each "fringe" allied health modalities works diligently in order to ensure practitioners abide by the principles and guidelines AHPRA has outlined for us

To take away the public's ability to choose their own treatment plan and therapeutic options is directly juxtaposed to the patient-centred model of care, and will result in worse patient outcomes, lower satisfaction with treatment, more cases of chronic disease and will negatively impact the health system 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:** Tuesday, 25 June 2019 7:58:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I have found over time that alternative therapies including vitamins and herbal remedies have proven more effective than prescription medicine.

Non invasive natural therapies and changes in diet have had a tremendous effect on my health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:01:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Whilst Australia uses the terms “complimentary” and “Alternative” medicine to describe anything that’s not Western medicine, more people in the world use these options and have done for centuries. And there’s only one reason they still exist in these countries and that’s because people like myself, my family and my friends have healed, cured illnesses and become healthier as a result of them. Health is multidimensional and just offering Western medicine reduces our ability to reach as many illnesses as possible, many of which can not be cured by Western medicine without unwanted side affects, if at all. If something isn’t working for one person then they will change or stop going just like we do with GP’s who don’t meet our needs and therefore change to those who do. This decision can only be money driven as holistic healthcare should be the right of all Australian’s.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:31:21 PM

---

To the Medical Board of Australia,

I support Option 1.

All Drs in Australia should be Integrated.  
Both Medical and Naturopathic Drs should be merged as 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, 27 June 2019 5:04:49 PM

---

To the Medical Board of Australia,

I support Option 1.

A holistic approach is the best way to ensure people are receiving the best treatment for their individual needs. Our unique makeup means that we have unique responses to different therapies. We need to have those options open to us to ensure good health for the population, even if it minimises the overall profits of the private health care funds. It's time that somebody put people before profit, and the health care industry needs to live up to it's name and provide a range of services to suit the people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support integrative medicine as it looks at the patient in a more human way. A way that does not focus on masking the symptoms someone has with pills, but rather, looks at addressing the root cause of a persons health issue.

Western medicine does not favour wellness, it favours making money for the pharmacy industry by making people slaves to pills that often end up doing more harm to other parts of the body.

My family and I have had great success with alternative therapies and actually utilise the public health system less (thereby lowering cost of healthcare to government) now than when we were seeing GPs who did not know how to deal with any of our health issues and would simply refer to every complaint that we were seeking help for as "stress".

GPs need to stop being threatened by alternative therapies and instead should work towards integrating alternative therapies within their practice, so that health outcomes for patients not only improve, but also result in lower demand and cost pressures on the public health system and government budget.

If the MBA actually cared about people and their well-being, they wouldn't be pushing for a change to the guidelines. Stop feeling threatened by what you don't know and instead focus on learning about new ways (even though many of these alternative therapies are thousands of years old) of treating 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:** Tuesday, 23 April 2019 8:04:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I became extremely ill after getting dengue fever at the end of 2015. I was diagnosed with post viral chronic fatigue with Polyarthralgia, muscle weakness. I had severe brain fog, short term memory loss ... my hair was falling out. I could barely pick up a kettle or slowly walk a couple of blocks. I had two kids under 4. My regular GP sent me to a rheumatologist who tested me for all sorts of things like rheumatoid arthritis and lupus and thankfully it was negative. She could absolutely see that my inflammation levels were up and that I was showing a low auto immune reading ... but nothing she could help me with specifically. I saw three infectious diseases specialists who said that 80% of people with my condition after dengue fever would get better within 6 months, at 2 years only 2% would still be suffering. But then I was left on my own - not GP, not rheumatologist not infectious diseases had any more support for me than to sit it out. I developed pneumonia and realised I couldn't continue in my employment as i was not able to perform cognitively.

So, I turned to educating myself about eating well ... I researched every diet relating to auto immune diseases and inflammation and arthritis I could find. I removed many things from my diet but started dropping weight too fast and realised I needed more help. I discovered an intergrative GP who spent an hour with me on initial visit, ran appropriate tests and then placed me on a treatment plan which included some supplements, specialized antibiotics and probiotics. Within THREE days of commencing these supplements the burning stuff pain I had been experiencing in every joint for the past 18 months had subsided to the point that within a further 3 weeks I started to reduce the pain killers I'd been taking every day until I didn't need them at all. This GP has monitored me ever since, has cared more deeply about my emotional well being, diet, pre existing health issues than any GP I've ever met. She is always interested in my entire health picture rather than just the band aid solution for one problem. Without intergrative health I would have been left without support from regular gps who too often cannot help and send you off to eye watering expensive specialists who you can wait up to 3 -4 months to see only to be told they can't really help either.

I'm all for regulating supplement use, and to crack down on Shonky alternative healers (most I'm sure are amazing ... they've put in years of higher education study - but ones such as a very dangerous woman charging \$250 a pop for a bioresanance machine who has no medical background should be stamped out).

But the intergrative GPS ... these are the ones who bring credibility to aligning eastern and western medicine and who are encouraging patients to choose a healthier diet and lifestyle. This is the way all GPS should be moving towards.

Please please support this.



I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 19 June 2019 2:25:12 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary and integrative medicine for a number of reasons:

I have often found that these healthcare options help when more traditional solutions have not (for example getting my thyroid function under control which meant I did not require surgery or a radio isotope);

I also use them to complement other treatments at the suggestion of my GP/other healthcare professionals with excellent success (for example to assist with eczema, rather than taking/using steroids)

They can have preventative affects, thereby saving valuable health care resources (for example successfully treated dry eye issue which would otherwise have required ophthalmic referral)

A restriction on integrative practitioners will mean that can no longer use them, since I cannot afford both the private health care subscriptions as well as the cost of using integrative and complementary 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:** Saturday, 4 May 2019 6:46:51 AM

---

To the Medical Board of Australia,

I support Option 1.

For 30 years myself and my family have visited doctors to discover what medical condition we have and to receive advice on how to get well NATURALLY. This may include naturopathy, acupuncture or herbal supplements just to name a few. Treatments or remedies have been given by the doctor. By taking this option away from my family and I, you will be taking away our freedom of choice to visit a qualified GP who is open minded enough to realise that complimentary medications WORK. Do not take away 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, 13 May 2019 9:17:17 AM

---

To the Medical Board of Australia,

I support Option 1.

Please do NOT Ban NATURAL medication, as they are the only ones that work!  
All the synthetic drugs, are killing people!  
Not to forget that some doctors are only prescription writers, gaining  
points for their holidays!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 7 May 2019 8:08:45 AM

---

To the Medical Board of Australia,

I support Option 1.

It took me over 10 yrs to be autoimmune condition to be diagnosed due to standard Drs ignoring my symptoms, as soon as I saw a Dr willing to investigate further, my diagnosis was found. He put me on standard medication and for another 5 years I sufferers terrible. Again I saw an interactive doctor, who approached things differently and for 4yrs now I have been healing and in a much better place than I was in my 20's!

If you take the choice away to use alternative medicines, people like me will suffer endlessly for years and years and that's not fair... there has to be options because standard medicine IS NOT always right!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 1:27:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a Lyme patient, infected while taking students overseas on a school excursion.

6 years of bandaide medicine, blood tests constantly, many many scans and tests to be diagnosed with CFS/ME. Treatment: stronger and stronger pain killers, cancer drugs and anti depressants. Of course I continued to get sicker. I lost my income, my career as an art teacher, all my life savings, my future.

Finally, on deaths door, I flew overseas for help. Diagnosis: severe tick encephalitis, Lyme disease, and multiple co-infections.

On return I finally found an integrative doctor. For the first time I was treated as a whole, with respect, and the time was taken to investigate and tackle the root causes of my illness. Had it not been for these practitioners I would have committed suicide long ago.

I am not well yet. I have a long way to go but with functional integrative medicine approach at least I have a future.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 11:03:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I oppose the change being proposed because not all health conditions respond well to traditional conventional medical approach, which often only treats symptoms presented rather than looking at the whole person and how their body functions as a whole. (I.e.-holistically) Many conditions need alternative support to maintain and improve current health. Complementary/ integrative therapies provide this support, who better to provide than treating Drs or people appropriately trained to supply service. Many years ago Chiropractory was considered alternative, whereas now it is considered mainstream. It is part of holistic health, as are alternative. Holistic care has been proven to minimise requirement for hospitalization, it is also part of successful care of our nursing home residents to give good quality of end stage or long term dependent care, once again decreasing need for hospital admission. Trained in these practises, Drs are in an excellent position to provide holistic care, to remove their right to practise such care also removes the rights of patients attending them, many of whom see these Drs because of their expertise and knowledge in combining traditional and 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:** Monday, 6 May 2019 6:14:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I support to maintain access to natural therapies as a key contributor to health and wellness. I believe from my own experience that natural therapies such as osteopathy, naturopathy, acupuncture and other complimentary medicines have regained me to a quality of life I wouldn't have had without it. To take this option away is absurd. My quality of life and children I now have are testament to the benefits received from natural therapies and complimentary medicines. To be so narrow minded in cutting off referrals to this service is incomprehensible. So many people across our nation rely on these services and practices. This proposal is extremely narrow minded. It's really not ok.

I consent to publication 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 8:56:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly oppose any restrictions placed on integrative medical practitioners.

We have seen integrative doctors for many years and experienced great benefits from the treatments. My son who has a serious chronic condition has been greatly helped by such therapies. In fact it would not be exaggerating to say that they proved life saving for him.

We very much appreciate the fact that integrative doctors take the time to look holistically at their patients and develop individual treatment plans that are often not possible in a standard medical clinic. Some of the treatments used are 1000s of years old. Others are fairly new but tested and usually very low risk like is the case with our son.

We strongly believe that choice of medical treatment is everybody's right and should not be curtailed in any way. We would be devastated to find that access to these treatments could not be possible one day.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:13:47 AM

---

To the Medical Board of Australia,

I support Option 1.

If these choices will be eliminated not only patients will suffer also treatment will cost more as conventional medication is quite often more expensive due to being more toxic 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:** Thursday, 30 May 2019 8:41:57 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complimentary medicine is supporting conventional treatments, as for example the treatment with cannabis for psin relieve and in epilepsy is proven.

It also is cheaper and does less harm to our bodies due to less sideeffects and toxicity.

Complementary treatment as the name idicates is immensely effective combined with conventional treatment and supportive to our immunsystem often damaged by conventional treatmen.

freedom of choice is a right in our democratic society.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 11:17:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I am amazed that I am having to send you this email and that you are questioning the benefit of integrative medicine. Integrative medicine is not alternative its just common sense and any one in risk management (which I am Risk and Compliance Manager) will know is that by going to or understanding the root cause of any problem you can make a more effective decisions and have the ability to mitigate any risks. This is the benefit of integrative & complementary medicine by understanding the root cause we stand a better chance of treating the reason a patient has gone to the doctor in the first place and long term have the ability to keep more patients healthy and out of the health care system which is a win win for everyone involved from the patient to the doctor and the government supporting the health care system.

My family has personally benefited from integrated and complementary medicine and by working with our GP along with a naturopath we were able to make informed decisions and changes that have resolved the issues we initially sort treatment. By having an integrated GP involved we knew all sides of the equation was being assessed. Further if we had relied on conventional treatment we would still be unwell.

By placing restrictions in this space personally it will have an impact as having a integrated approach I know I am making informed decisions and by taking that advice away you will drive me and others to google and not discussing anything with their GP - is that what you really want as that is what I use to do until I found an integrated GP.

As a risk professional my biggest concern over the past 12 months has been the removal of naturopathy from health care rebates, pilates and now this potential restriction which in my opinion will drive more people to mr google and relying on who knows opinion on what they should be doing and taking. From a risk perspective a more informed decision can be made if an integrative GP who is trained, professional and knowledgeable involved.

The MBA should be encouraging more doctors to become experience in this area and putting your professionalism, experience and oversight as opposed to driving the public away and to dr google and using new practices/medicines that have not been appropriately tested or peer reviewed.

You have an opportunity to stand up for the public and their health and get health care driven by understanding the root cause and keeping the public healthy. Encourage and put education programs in place for more doctors to become integrated GPs, drive the cost down and get people away from dr google and self 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:** Sunday, 5 May 2019 11:57:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to integrative & complementary medicine because I have found that by combining both has provided a better outcome for my medical issues. Conventional medications have given me side effects in which I need more medications to control. A balance of complementary & conventional medicine has reduced and in some cases, eliminated the need for more medication. Where conventional medicine has not helped me, complementary medicine has. The use of osteopathy, physiotherapy, naturopathy & clinical pilates have all played a part in preventative care where conventional medicine has not. Conventional medicine prescribed pain killers which did not suit me. Because I used complementary therapies, I am no longer on pain killers and I have prevented surgery on my hip. Diagnosed with hip labral tears, I will require hip arthroscopy & an eventual hip replacement. I had a MRI in late 2011. Now 2019, I have had no surgery at all and I am generally pain free. Other issues that I have seen a conventional doctor about, were not addressed and dismissed, where a naturopath was able to pinpoint and provide relief. I have since found a conventional doctor that provide integrative care. This has been invaluable as he does not dismiss my issues & provides information on complementary & natural supplements that have provided results.

If you impose restrictions on complementary & integrative practitioners, I do not know where to turn. I have relied on them for years using private health insurance to help me afford treatments. Conventional medicine has not and will not provide the preventive care that I need.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 10:05:59 PM

---

To the Medical Board of Australia,

I support Option 1.

my family and I make significant use of integrative and complementary medicine providers. We find that mainstream medicine (GPs etc.) treat symptoms with drugs, not underlying causes. They also tend to have narrow views on health matters and are usually unwilling to discuss alternative views. A specific example is the influence of diet - the majority of mainstream GPs advocate the food pyramid/food plate diet and the saturated fat-cholesterol hypothesis, in spite of significant evidence disproving this theory. We have found complementary practitioners are more informed and are more interested in exploring underlying causes and then treating them. Mainstream medicine has repeatedly failed to provide real solutions for chronic conditions (diabetes is a perfect example). Complementary approaches have led the way in finding alternatives (working with pioneering mainstream practitioners). Restricting patient access to integrative and complementary options will lead to worse outcomes for patients individually and for the population as a whole. The medical board would do better to critically examine what appear to be sacred cows of mainstream medicine - the food pyramid, statins and cholesterol, the increasing vilification of animal-based diets (and the increasing advocacy of vegan diets), ever-increasing vaccination schedules, and high-carb diet and insulin protocols for the treatment of type II diabetes. The board would achieve better health outcomes for Australia by pushing for reduced consumption of sugar and processed foods.

I consent to publication 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 5:34:32 PM

---

To the Medical Board of Australia,

I support Option 1.

As stated previously I want a choice in my health care management this includes all forms of natural therapies. My mother and father both considered doctors as gods and where prescribed one medication after another (poison/chemical) the root cause of the trouble was not dealt with sufficiently. I do not wish this for my self.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:07:11 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.

I don't believe most GPs are able to act holistic due to constraints with time.

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 will always choose a holistic practitioner over a GP and I work in the industry.

I request Option 1 – No Change to Current Guidelines!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:26:55 PM

---

To the Medical Board of Australia,

I support Option 1.

I am so thankful I chose to treat myself naturally after a work injury. The support of a doctor, hard to find. Was beneficial. I believe they can complement each other.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 3:58:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Im annoyed that people, like the government, are trying to control choices that are the responsibility of individuals. With biased lack of knowledge.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 4:07:27 PM

---

To the Medical Board of Australia,

I support Option 1.

It is a basic human right to be allowed to have a choice to access all forms of professional medical intervention, conventional & integrated non conventional. To deny or restrict professional practitioners from being able to provide or practice all forms or types of integrated medical treatments, would also be a breach of their rights and a gross act of discrimination, intimidation and totally lacking democracy.

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.

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 4:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support both trained natural health practitioners and conventional medical doctors. I don't perceive one to be particularly more skilled than the other, although approach to disease is different in each case. I have benefited from the skills of a GP also homeopathically trained. For six weeks I had an eye infection which would not respond to anything my doctor prescribed. I saw the GP/homeopath and within two days of treatment with homeopathic drops the infection cleared up for good.

My daughter had multiple ear infections as a young child and she was always having to take antibiotics. One treatment with a homeopathic remedy and she was free of them.

Most of the GP's I have seen recently have been supportive of the herbal remedies and essential oils I have used for some ailments.

They are wise enough to support a patient's healing philosophy as long as it makes scientific sense. Sometimes they will recommend a dietary addition or herb from the garden.

I can't help but feel that most doctors would feel very hamstrung and redundant if they were banned from dispensing health advice, because that is what they want for their patients, not just to be someone who refers on or writes another pharmacy script. That is not 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 8:06:28 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a person who has a chronic illness. I am always at the mercy of the medical profession. Rheumatoid Arthritis is a debilitating and extremely painful condition. I am on medicines and utilise the integrative and complimentary medicine. A lot of the time stress can be a trigger and find that using the integrative medicine very helpful in management of my condition. Rheumatoid brings with it many other medical factors so my body has to combat more than the joints. These alternatives are a major factor to management of this illness. I would only go backwards and have to use more pain medication and other medications to take the place of the integrative practices. Please consider that the people who are utilising these medicines now will be significantly hurt by this decision if it goes ahead.

I consent to 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 10:59:40 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my concern over proposed changes to MBA guidelines which impose restrictions on the rights of doctors to provide a wholistic service to their clients by incorporating complementary therapies into their diagnostic and treatment regime. My concern is that this forced reduction of services removes the basic human right of people to have choice and autonomy over their body. It does this by reducing the availability of those services to the general population, services which have proven to be invaluable for many ill people in their road to recovery. This censorship of health care services also sets a dangerous precedent for further restrictions and makes it even more difficult for innovative and effective new approaches to be integrated into everyday practice, setting back the advancement of mainstream medicine in general. This sort of censorship also sounds faintly like the beginnings of a dictatorship society, whereby the availability of information and people's choice about their own health comes under tighter and tighter control. I am thankful I live in a country where I am still able to voice my concerns about proposed changes such as this. Let's keep it that 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:** Saturday, 8 June 2019 6:12:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I regularly use integrative and complementary medicine for myself and my family, and I support Option 1 - no changes to the current guidelines.

I use integrative and complementary medicine because it works, it keeps me and my family healthy, it is affordable, it is accessible, and it uses treatments that have been used successfully for hundreds of years while also being innovative and progressive.

Patient choice should not be diminished by tightening regulations on practitioners who use complementary and integrative medicine. 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:** Thursday, 2 May 2019 8:28:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe that both natural and medical medicine go hand in hand. Not everyone can take the drugs because of the side effects. It seems a no brainer when most medics roots are from studying things in nature. It is important that we all have a choice not be dictated to

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 6:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I really implore you to arrive at the conclusion of leaving the current integrative medicine guidelines as they are. My family has had countless benefits from being able to see 1. A dr who has access to their medical training and is able to heal them when they need antibiotics for an ear infection, for example.  
2. A Chiropractor who has been able to keep them moving well and have their nervous system supported by a healthy and aligned structure.  
3. An integrative Gp who could assist us all facets of our health, from nutritional supplements to medical testing to diagnose thyroid issues.  
4. A physio when injury was the cause of pain 5. A kinesiologist when our mental state was being affected by emotional stress.

I would not be the healthy and happy person I am today with my family also being that way without all of these practitioners and can see a severe decline in my quality of life if my choices are cut off.  
My reasons for using integrative medicine approaches is due to the fact that neither side of medicine can resolve every issue that arises, and I personally believe (and have seen time and time again) that together, the health unit is complete.  
As a receptionist in a chiropractic clinic, i have listened to countless first hand stories from mums who have had their whole experience with their baby transformed within one or two sessions, when drs could not discover what the issue was with their symptoms.  
This is having a significant impact on post natal depression in these women, and no doubt their partners, leading to more productivity in society. And I have also heard countless stories from people who have had a visit with the Chiro and after a chat and an assessment, they are sent to their gp for tests and on to get the help they need. In one case, a patient had a cyst on her spine that was discovered through mri after a chiro assessment, and had initially been missed by her gp- resulting in immediate surgery, relief of symptoms and quality of life returned.  
None of these things could happen without the relationship between medical and allied health, and this is something we need to nurture and encourage rather than legislate out of our society.  
Please do not ruin australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is important to the health of all, combining mainstream medicine with complimentary medicine coming from a practitioner who has the training, knowledge & experience to help people in a positive way to become healthier!

I consent to 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 7:21:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I am appalled at the Medical Board wanting to restrict Integrative Doctors. Instead of restricting them, I suggest you allow them to be integrated into the Medicare system, let alone restrict them. GPs need more training; some have no idea.

For instance, my daughter went up to a Medicare bulk billing practice recently, She had low iron, and I can't actually remember what her problem was, but she suspected GP would give her medication, she has MTHFR so knows she must not take anything with Folic Acid in, she mentioned to the doctor that she had MTHFR and he turned around to her and said, that's not a medical thing, that's a naturopath issue. ABSOLUTELY misinformed. MTHFR expressed and untreated is behind the majority of schizophrenia, anxiety, bi polar just to start.

I've always had fairly good health, occasionally needed to go a chiropractor. However after a messy business and marriage break-up in 2002, about 9 years ago, I realised I had a severe pain in my thoracic region. I noticed one spot on a breast, Googled and suspected Shingles. Went to the Local GP. He did not even examine me but said it was Shingles. Gave me the correct anti virals and told me to go home with 2 types of pain killers and use them alternatively. I was laid up for 2 weeks.

From then on, at age 61 I could hardly get out of bed. Had no energy or drive. Had some blood tests and GP said my cholesterol was high and that I must take statins. I said I didn't want to, I would try and reduce readings by diet. I reduce by cholesterol by 1.0 by diet. They bullied me with the statins. I said there must be a reason why my cholesterol is reading so high. I probably know more about diet than the average GP, and I ate quite well. (however, my diet has greatly improved now) I took statins for a few weeks and then I stopped. I believe that statins are one of the worse drugs and virtually dry up all the good cholesterol and virtually dry out the brain. One of the doctors in the group then decided to do thyroid tests. They called me in and said I had low thyroid.

From then on I have been on a merry go round of ill health and hardly been able to get moving, sleeping for 11 hours and then being unable to focus or accomplish anything. Later, I was to have incessant insomnia, constant brain fog and constant fatigue. My weight which was constant my whole adult life at 58/60kg, 5'6" I was now 74.50 kg.

The first lot of doctors said my thyroid was low. I did not really understand this, but I do now. My mother developed what was diagnosed as low thyroid in the UK at 75 and she took Thyroxine. I know she was constantly tired and overweight. She probably had undiagnosed Hashimotos. The doctor gave me thyroxine, and they experimented in different doses, I cannot remember the order, but probably started at 50 mcg, then 75 mcg, then 100mcg, back to 75mcg,

then up again, down again, 1 tablet in the morning, ½ evening etc.  
I still felt absolutely flat, drained, no drive, and depressed, cold,  
lots of hives in my head, loss of part of eyebrow etc.

In the meantime, I got sent to an Endocrinologist at the local hospital. A pleasant lady who was hung up on why didn't I take statins? She said to keep taking Thyroxine. It was only when I saw either doctors' letter to her, or hers to him that was not for my attention, that I saw that I had Hashimotos. I was stunned. No one had told me that this was an auto immune condition. I was told I had low thyroid. Thyroxine would never fix it in 1000 years. Thyroxine would play with my TSH results, but I would not feel better in any way. Whilst with the first lot of doctors, I told them I had heart palpitations, I suggested to them they had given me too much Thyroxine. This particular doctor panicked and sent me down to the Hospital where they kept me in and monitored me for 24 hours. They found nothing wrong. I had 14/15 attempts for staff to take blood and I finally discharged myself and refused the last attempt. I came home covered in bruises.

Then I went to another GP in the area, she was hard to get into but was prepared to take me on, she was known to think out of the square. Treatment was Thyroxine. I went to her for a while, she said my tests were fine, but she could see I was a mess but could not come up with anything.

I looked around and did some enquiries on Integrative Doctors but was put off by the price and the long wait, often 3 months to get in.

I then made some enquiries and I was encouraged when I went to a doctor a few km away. He looked at my thyroid blood results and exclaimed, your readings are so bad, how do you function? (actually it was a different expression, but I am keeping it polite). He suggested I get Iodine drops and tablets from the USA, which I did – that is the worst thing for Hashimotos and it almost always make the condition worse for a long time, that I found out later! He did one urine test at the surgery, whereas I believe this test should have been 3 or 4 tests over 24 hours, he gave me Thyroxine. He also said my testosterone was low, and he prescribed me testosterone cream.

I can't say I felt any better. I was on the Thyroxene merry go round again.

I then persevered and found a doctor who I believed was leaning towards integrative. He was known as a good hormone doctor and I had tried to get into him at a previous practice. He had moved and was operating under Medicare. I visited him, and hoorah I requested that I come off Thyroxine and I wanted Desiccated Thyroid. He agreed and I was on my way to recovery..... or so I thought. He started me off low, and I felt better immediately. Thyroxine makes T4, desiccated is T4 with some T3, I can't remember the percentages, but I think T3 1 percent to T4 9 percent. I was concerned about my weight. I have never been overweight in my life until Hashimotos. He told me to eat steak/fish and salad. 1 glass a wine per day (if I wanted). He then had this bright idea of putting me on Metformin, even though I have no signs of diabetes. I was not happy, I do not like taking unnecessary medication – I want to get to the root cause. This doctor then got very unreliable. I was later to find out I had MTHFR and I should not take Metformin!!!!!!

I did not know where to go, as I knew that I was slightly better on the Desiccated Thyroid extract. The compounding chemist recommended

me a few doctors, most of them integrative, however there was a doctor on their lists that was Medicare. I went to her, asking her for desiccated thyroid extract. She ordered comprehensive blood tests, and when I went back to her for the results. She said, "Oh for Goodness sake, why don't you let your thyroid die, then we can treat you". I was stunned. And desperate. I gave up on her because she wanted to give me Thyroxine and her views were disgusting.

I then booked into see a naturopath clinic who specialised in Thyroid.

They repeated the tests but could not prescribe desiccated thyroid medication at that time, and I had to deal with a Doctor at \$200 a pop to get a prescription or a Doctor in USA and get drugs sent here. That was not sustainable. They acknowledged that I was gluten free and said "great". "Now you must be dairy free as well". I was not impressed. I asked why and they couldn't give me a good answer. Straight out of her practice, I bought a paleo recipe book. Next day I decided to have my cup of tea with coconut milk. Since having Hashimotos I suffered with unexplainable constipation. Going to the toilet every 2-3 days and struggling to pass a motion, despite eating sweet potatoes, pumpkin, lentils, all very high fibre foods. The first day I had coconut milk in my tea, I had 3 beautiful bowel movements and they have continued. This is because I removed milk and cheese from my diet.

Just in case, a GP is reading this, I will explain what the naturopath or any of the other GPs couldn't get to the bottom off. I had a problem with digesting casein (a product in milk and cheese) very tiny amounts in butter and cream. Casein Intolerance is very common in Hashimotos. I can't remember, at this stage but I was aware that I had leaky gut and I got the information from my own research, from USA. Casein intolerance is not lactose intolerance. I have loved milk, cheese, cream, butter, yoghurt all my life and it was quite hard to eliminate.

I was using butter on a daily basis, but have not used it for the last 2 months to truly follow the protocol that has worked for other people.

I had done a lot of research on USA websites and was following a pharmacist who has written 3 books on Hashimotos and has written a protocol. Her name is Izabella Wentz, she is a trained pharmacist. She is completely free of Hashimotos. So much of her books are enlightening.

I read that Hashimotos and Graves patients, must be gluten and dairy free. No Oats, No sugar. She also described casein intolerance and blood tests for sensitivities, plus more. PLEASE NOTE THAT NOT ONE GP SUGGESTED I BE GLUTEN OR DAIRY FREE let alone blood tests for sensitivities.

Through the Compounding Chemist I found another doctor, under Medicare. He was progressive in many ways. He had Greek upbringing and suggested a good diet, this always make me smile, because I know doctors used to have 4 hours training on nutrition and food (and its all so outdated). However, I am of Italian/Irish parents, so I understood where he was coming from with food, that would be from the Italian side.

From my blood results, he suggested I go on T3 only. I had read about this, and I was over the moon that someone was listening to how bad I felt. I questioned him about gluten and dairy. I offered him my book on Hashimoto Protocol, but indicated he didn't think he would

learn much. He put me on 20 mcg Synthetic slow release T3, twice a day. Tried that for a bit, he was reading my results, and I ended up with 2 x 25 mcg T3 per day, and my blood results were looking better.

He said eat small amount of meat, varied diet, don't drink too much, olive oil, garlic, plenty of salad and greens (I have 4 glasses of wine per month) I cant really remember what he finally said about gluten free or dairy but I don't think he said NO. He also said, take a good vitamin pill and take a good probiotic daily, change the brand of vitamin pills/probiotics from time to time. I commented that the naturopath clinic gave me a good brand of multi vitamins, but I did not feel good after taking them. I had bought several bottles direct from the suppliers. He then said, perhaps, you are not methylating. I will give you some Methylated Folate on a script. Then the penny dropped. I had read and had a vague recollection of MTHFR in the Hashimoto Books. I asked, shall I get tested for MTHFR? He said no need if you have the methylation script.

Came home, did the research, I was pretty sure I had a faulty gene from the research. Found the doctor in my area that seems to specialise in it. He has a Medicare practice. I got in to see him. He said, just by talking to me, he thought I had a faulty gene. He did the test, and I paid Clinpath \$60. I came back with positive for one faulty gene. He gave me the necessary supplementation, and I have sourced my own since. Unfortunately, he then decided to meddle in my thyroid and sent me backwards by years. He said, reduce your T3 and take a Thyroxine. I said I didn't want to. I said I was taking several supplements. I was taking selenium 150mg daily without fail. This should have been a red flag to me because his answer was, "I don't know much about selenium". Anyone who knows about thyroid replacement should know that selenium and zinc are required in the body for thyroid medication to work. He then said I was low in testosterone and suggested an implant. He gave me a prescription for the implant and it was implanted at his surgery at considerable cost. What happened then was that I grew long black hairs under my chin, about 2 inches long. I had to go to have electrolysis and have these hairs removed by this method, they have a cycle of growing 7 times. I was a mess thyroid wise, he had completed mucked me up by telling me to reduce T3 and reintroduce T4.

Sorry if this is going on for a bit, but after this debacle, I just knew I had to bite the bullet and find an integrative doctor. Found one. He has a good reputation. Can't quite remember but I probably took recent blood tests showing thyroid levels. I typed 2 pages of my health history, and then he cherry picked what he thought was relevant and asked me questions. On first appt, he told me I was doing the right thing being gluten and dairy free. Hashimotos is an auto immune disease, the thyroid is being attacked by anti-bodies and the thyroid thinks that gluten and dairy are invaders. He checked over my supplements (remember I had read and followed Hashimotos Protocol from the USA) He gave me some additional supplements, and I source my own under his guidance. MORE IMPORTANTLY, he gave me blood tests privately. I was tested for 30 or 40 foods. I came back with high food sensitivities to BANANAS, GREEN BEANS AND ALL THAT FAMILY INCLUDING BAKED BEANS, CANNELINI BEANS, KIDNEY BEANS, CANE SUGAR, PINEAPPLE. What I have forgotten to mention is that my weight was about 70 kg, and a great big protruding stomach as if I was 7 months pregnant.



He suggested certain probiotics and to avoid all the foods that I was sensitive to. I had been eating 2 small bananas per day, thinking they were healthy, full of potassium etc. I was eating green beans at least 3 – 4 times a week, as I had cut down on broccoli, due to misinformation to cut these sort of greens out if you have a thyroid problem. I did eat small amount of cane sugar, but have since removed it completely. I can eat beans, but I have to make sure they are butter beans which are a different family.

Taking the good probiotics, eliminating these problems foods, being gluten and dairy free, adding some supplements to increase glutathione, plus the MTHFR supplement, by next appointment 3 months, I had lost 3 kgs, and my stomach had greatly reduced. With absolutely no dieting. Eating meat and vegetables, maple syrup, honey, lots of coconut oil, quinoa. I did start having a lot of pain in my fingers, so I have cut out white potatoes and everything in that family including tomatoes, peppers and aubergines. Although I do make occasional Bolognese with tinned tomatoes and gluten free pasta, and very occasionally have sheep's milk hard cheese on that. Sheep cheese is less problematic for leaky gut.

I am not sure that GPs believe or know about leaky gut, believe me it's true.

I went to the Integrative doctor recently, and he is very happy with my thyroid blood results. They are the best they have been, I do feel a little more like I used to do, but it's taken 9 years and there is some way to go. I wasted 7 years of life with 5 useless GPs sleeping, resting, being brain fogged, constantly fatigued, depressed, migraines, frustrated, not wanting to mix with people, absolutely no drive. The last GP who put me on T3 was on the right track, but he lost me when he dismissed me on MTHFR testing.

So in all 5 hopeless GPs on Hashimoto's over 6 years, and did not help, and I got worse by the day. 1 GP very good, for another year, but not quite there. Naturopath Clinic, on the right track with supplements and insisting gluten and dairy free, but did not test for MTHFR and could not give me local thyroid meds without costing \$200. (I think that's been rectified now)

5 stars out of 5 for the Integrative Doctor. He understands how the thyroid works, he looks at cortisol and other things, and just does not go by numbers. He knows vitamins and minerals, and the GUT is all so relevant. I have never been a person with depression, but I was at my lowest under the GP's. I just did not want to wake up, I couldn't wake up. In the mornings, for at least 2 hours I felt like I was coming around from a major anaesthetic.

Because I discovered my MTHFR, just before I went to the Integrative doctor for the first time Sep 2017 this has probably helped and we have addressed it.

I implore you to endorse the Integrative doctors and if possible make them cheaper by subsidising them or allowing a Medicare benefit for the patient. I suggest you also re-examine what your GPs are taught on the thyroid. I can't remember the numbers but I believe 30 percent of thyroid patients on thyroxine do not thrive.

Whilst I've got your ear, more has to be done on recognising MTHFR. Once I got my result, my daughter got tested. It has some connection with her migraines. I know someone who went to a GP in my area



recently, and they mentioned they had MTHFR, the doctor said I don't know anything about it, it's a Naturopath thing. Unbelievable.

Why the Government has made it law for FOLIC acid to go into bread and flours is unbelievably bad, with 40 percent of people worldwide having 1 faulty gene, and some people having 2, FOLIC is so bad.

I have a nephew in London who is 52. He came here on holiday last year. He has severe learning difficulties, mental issues, ocd, mild schizophrenia, anxiety, depression, great big protruding stomach, insomnia. I got him tested as I suspected he could have 1 faulty gene, he had 2, one from each parent. The 2nd gene is well known for schizophrenia. I got him tested thru I-screen, what a fabulous service, where you can avoid going to a doctor and for \$60 get the results. It's all in the Genes, and many people on antidepressants dished out by GPs and psychiatrists should be tested for MTHFR and this addressed before they are put on antidepressants. All western countries would benefit testing patients and addressing the folate/nutrients situation before filling patients with drugs to zonk them out/increase serotonin. MTHFR patients need folate and that helps to make serotonin in the gut.

Both my daughter and I, are taking methylated folate and eating more greens. Because I do not eat shop bread I avoid the FOLIC acid, however my daughter does not realise how detrimental bread with FOLIC acid is, it actually stops her absorbing Folate. FOLIC is synthetic, whereas FOLATE is natural, people with MTHFR genes cannot use the FOLIC acid and must have FOLATE.

I don't mean to sound disrespectful, I've worked as a Receptionist for a few doctors and I know many GPs do a reasonable job, however some are severely lacking in up to date modern knowledge, and more has to be done on training on Thyroid, MTHFR, Food and Nutrients and auto immune, Minerals and Supplements. We have to stop the method of giving a pill to suppress the symptoms. Medicos need to look for root causes.

I hope this is of help. Australia is following USA and UK and you are all behind in thyroid disorders and auto immune. Thyroxine is not the answer. Encourage and promote Integrative and support it, there will be fewer chronically sick people like me around. Explore MTHFR and diet, stop this calorie counting and high carbs, and get people to eat real food not all this processed stuff that is giving us cancer.

Thank you for extending the time for me to get this to you. I was determined to do it, but struggled as I can't manage my time. This has taken me 5 hours plus and was quite a struggle.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 4:37:40 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me overcome and manage my medical issues where conventional medicine has failed.

I believe integrative & complementary medicine is becoming the service of choice for many people who are disenchanted with conventional medicine and the use of prescription drugs. By imposing your regulations on the people who wish to provide options such as integrative & complementary medicines you are doing a disservice to society and those that wish to improve their health and wellbeing naturally & holistically.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 6:34 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe that I & every person should have the right to CHOOSE what form of medicine ie: natural or conventional, is best for our personal needs. Only we can decide what's best for us after consultation with our practitioner. A good practitioner WILL & SHOULD be able to present a patient with ALL options enabling them ( the practitioner) to fulfill their Hypocratic Oath to heal the sick..."Let Food be thy medicine & medicine be thy Food"! Hypocrotise strongly acknowledged the healing power & benefit of Natural Medicine on the human body. I & members of my family personally benefit from complimentary medicine we've used for many years & will continue to use because of the success of these treatments on our bodies.

If the MBA impose restrictions on Integrative Practitioners they would be denying my & every person's right to access GOOD Medical practice & the right to choose what's best for us personally.

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, 15 May 2019 9:32:59 AM

---

To the Medical Board of Australia,

I support Option 1.

Our family has been using Integrative Health Practices for over 40 years because they work! We also use standard GP services for some ailments, but if we really need help, we see our Integrative doctors.

It is our right to be able to choose what type of medical help we want, not the government's right to control 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:** Thursday, 27 June 2019 8:04:55 AM

---

To the Medical Board of Australia,

I support Option 1.

There should always be the freedom to make choices for personal health, so there should always be alternative therapies and medicines and specialists available....people are individuals not everyone responds to the same procedures in the same way.....therefore there must be alternative solutions on offer. [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, 30 June 2019 4:57:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered from a variety of symptoms and conditions for many years, which combined with a disability that I have lived with since birth have impacted on my life and ability to function. Since seeing an Integrative doctor I have had diagnoses to many of my conditions and being treated with a combination of pharmaceutical and complementary medicine. I believe that being treated with complementary supplements is having a better impact on my symptoms with less side effects. Treatment through a variety of options allows people a choice in their health care, just as the NDIS allows Choice and Control over their lives. I believe that proposed changes will put a strain on an already overwhelmed medical system as people may no longer be able to get any rebates for these practitioners and may develop more serious conditions which may require more costly medical interventions at a later date.

I urge the MBA to continue to fund these practitioners and services rather than going back to the "dark ages"

I consent to 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 9:40:50 PM

---

To the Medical Board of Australia,

I support Option 1.

I have used physio, chiropractic, acupuncture and naturopath for chronic pain. They should continue to be an alternative affordable option to people looking for relief/treatment.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 4:53:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I would not be well or even alive if I had relied on conventional mainstream medicine to help me. While I see a GP regularly, alternative health practitioners have been a cornerstone of my self care over 30 years - and helped me stay healthier than my of my peers who are now dependent on drugs such as anti depressants and statins. Integrative supplementary therapies are absolutely vital to a preventative health care system. Where mainstream medicine can only fix things that are broken, alternative medicine can detect problems earlier and treat them in less invasive ways. Allowing a variety of approaches to health care within the health system increases patient independence and self- responsibility. It is better for innovation and development in health care generally, and for the economy and businesses. To restrict what health practices doctors can advise about or use to supplement their care would be madness and downright facist, prevent doctors from exercising their best judgement in these matters. It would also increase health problems as patients turn further away from mainstream medicine to find simpatico therapists. The health system would improve by doing the OPPOSITE - by giving more flexibility to doctors to incorporate valuable therapies and opening more points of crossover. This would be in Australians best interests - not further constructing an already disintegrated and siloed health system that is inflexible and focused on invasive cure and drug dependency. The therapies I have GREATLY benefited from include chiropractic, acupuncture, naturopathy and massage. Only a smart naturopath had the time and holistic perspective that allowed me to be diagnosed with Pernicious Anaemia before getting severe neurological symptoms, with hundreds of GPs not picking this up over 30 years of seeking.

I consent to publication 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 6:28:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine as I believe this forms an important part of a patients overall 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:** Sunday, 19 May 2019 1:00:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I have, in the last 3 months, for example, used- for the ongoing healing of my individual ailments- the services of 1) a local Osteopath, 2) a local Traditional Chinese Medical practitioner (a wise Australian), 3) a local massage practitioner, and 4) used my own self and 'passed-down' knowledge concerning my own body, to heal and address bodily symptoms.

My interest in my own health does not extend- unfortunately- to acknowledging that 'medical practise as is mostly applied' in this country is of much use.

I seek and use a medical model of the human being that encourages self knowledge and celebrates individual experience and sees 'symptoms' as guidelines to healing.

I take acute interest in my own health, both physically mentally and spiritually and can most obviously see that the cost to the nation of NOT encouraging- through government policies and legislation- this self knowledge of our citizens, will blow out this and any successive health budgets anyone can concoct. THAT is a no-brainer, as I see it. AND as the rest of the world sees it too- if you'd care to look.

This covers exercise, stretching of mind and body, active participation in community, family and neighbours, and as an grandparent and tax payer I conclude that dear you, dear MBA, are behoven to sit up and take note as servants to us, the people.

Supporting those medical practitioners that have seen the benefit and value to their patients of including traditional and contemporary medical practices, medicines and procedures in their healing work, furthers the development, understanding and application of an holistic more complete reality that is truly health.

The associated role of natural simply processed uncontaminated foods and a clean environment, supportive manufacturing and governance structures that values and supports individual AND societal well-being, is central to our future as a Planet and species.....but is not seen as at all being involved in the issue, so it seems.

Human made synthetic chemical medicines are most wonderful in their place, but, if they mask symptoms that point to the systemically unaddressed (by 'the quick 10 minute consultation' excuse for the medical practise we see now)- we are definitely not honouring ourselves or each other as modern valued humans.

Acknowledging the complexity of individual expression that characterises illness as well as accepting the mystery that is 'well-being', requires your active participation 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:** Friday, 28 June 2019 10:24:51 PM

---

To the Medical Board of Australia,

I support Option 1.

Having worked in the Healthcare Industry as a Healthcare professional for over 50 years I have seen many new, unexpected and amazing developments within the field of medicine and healthcare for those who are ill. Who in earlier days for instance would have thought that body organs could be transplanted, or that myocardial infarction patients, those with leukaemia or lymphomas could recover!

I feel that the majority of medical practitioners are so very busy helping patients within their practices that they have little time for following new proven developments in healthcare that are emerging around the world, brought about by those scientists and medical doctors and technicians who see current inadequacies and search and find new ways. Conventional Western medicine practitioners have gradually made use of some new techniques but there are many other practitioners who have learnt alternative very effective ways of diagnosing and treating those who are ill.

I value a holistic approach to healthcare and support doctors' rights to provide new and innovative practices including complementary medicine.

Surely we as individuals have the right and freedom to choose treatments from the practitioners of our choice.

I strongly believe that alternative / complementary therapies should be available to those who wish to take this path.

Two cases to illustrate the huge value of this -

After two years of attempting to successfully treat my serious back pain, my Orthopaedic surgeon stated there was nothing else he could offer and that I'd have to learn to live with the pain. I was introduced by my caring Uncle to his Chiropractor - in two weeks, after several treatments, I was better than I'd been for two years and have had no issues since!!!

My sister has been under standard chemo treatment for recurrent Lymphoma over the last 5 years - until last year when she sought integrative medical assistance because of very significant side effects from chemotherapy which led her to refuse further treatments. With support from a naturopath and an Integrative MD she was investigated more fully and an individualised treatment plan put in place that was not "conventional" and she commenced on alternative treatment using oral Salvestrol and Low Dose Naltrexone (LDN) - the latter which she was unable to access from her GP or Oncologist. She has now been in remission for the last 9 months and is feeling healthier and more energetic than she has for the past 5 years. As LDN is not available from other medical practitioners, it may not be approved for prescription if the MBA imposes restrictions on Integrative practitioners.

I very strongly urge a rethink of this decision.

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, 15 June 2019 1:19:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a 55 year old woman who has had Crohns Disease since I was 19. I am allergic to many of the pharmaceutical drugs that treat Inflammatory Bowel Disease. I have had multiple surgeries to remove diseased bowel and repair complications caused by medication. I also suffer from osteo arthritis and have a ruptured disc in my neck. I have ankylosing spondylitis also. I have severe reactions to a lot of medications for these health issues. Most of my relief is gained from alternate health therapies and cannabis. I am on a disability pension and sourcing relief from symptoms and a means to cope with my illness keeps me financially unstable and living below the poverty line. It is bad enough now for me to find reasons to keep fighting when it's all so very hard. I rely on cannabis I rely on a naturopath pharmaceuticals will kill me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 7 June 2019 7:34:35 PM

---

To the Medical Board of Australia,

I support Option 1.

When it comes to my health, I always want the option to receive advise on both traditional and integrative and complementary medicine, so that all decisions are fully informed 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:** Monday, 27 May 2019 7:57:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I am not in support of the proposed change to guidelines.  
All Australians and Australian Drs should have the freedom to  
alternative medicines and 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 7:33:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I have now witness the improvement of 2 family members by having consults with 2 different Integrative doctors. These doctors typically provide longer consultations to understand root causes of illness instead of treating the symptoms only. If these consultation times were reduced this would diminish the diagnostic capabilities and the careful creation of an individualised treatment plan. It is very evident that the ever increasing chronic illnesses are not successfully being treated with "conventional" medicine today. The priority of a quick GP consultation is a diagnosis and then a prescription to suppress symptoms only. Meanwhile the CAUSE of the symptoms is allowed to continue out of control. This is not a treatment, this is a mere suppression of symptoms.

Patients should be able to have the freedom to choose the consultation type and treatment plan for their own health - they are their best own health advocate.

If doctors are confined by strictly governed guidelines how is medicine ever going to develop to TREAT chronic illnesses of today and tomorrow? Is this the suffocation of progress and innovation?

I consent to 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 7:34:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Minerals are important to our health due to some of our soils (particularly in WA) being deficient in some minerals, e.g. selenium, magnesium and zinc.

Our fruit and vegetable are often picked green and ripen artificially thereby important nutrients may be missing and supplementation is vital for our good health.

Nobody has died from taking a vitamin supplement, unlike some drugs! Safe screening of breast cancer detection via Thermography is much safer than x-rays/mammograms therefore this treatment should be available to people.

We don't live in an ideal world today due to small farms being bought up by large corporations and their farming practices are not as good as small farm management. To control weeds many chemicals are required and artificial fertilizers applied. This compromises the quality of our food and sometimes, supplementation is necessary for good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 7:02:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I would like to offer my support for integrative healthcare options via the GP.

As a young woman who had been hospitalised following a period of physical and mental burnout (what they would have called a nervous breakdown in the old days), I sought the services of a integrative GP who took a holistic approach to my recovery. I added mindfulness practise, specific high quality & evidence based vitamin and mineral supplements and was referred to a psychologist.

All of these elements where essential to my recovery, which allowed me to return to work and become a functional member of society again, rather than someone reliant on Centrelink.

Addressing my situation with pharmaceutical drugs alone, would not have achieved the same successful holistic outcome.

Please consider that removing the rights of medical practitioners to provide a holistic approach will directly impact positive patient outcomes. And in a 1st world country that prides itself on a world class universal healthcare system, that is unthinkable.

Sincerely,

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

The decision to restrict doctors from spending sufficient time to find the underlying cause of a medical problem- or a psychological one is hardly what one would consider designed in the best interests of the patients - or do they no longer count? There are many useful and effective "alternative" natural therapies - many of us do not like and will not agree to adding dangerous chemicals to our bodies since the side effects of said drugs are often quite dangerous. We, the patients, have the right to decide what we do to our bodies. I am aware that doctors are no longer required to take the Hippocratic Oath - and it shows - but any doctor worthy of the title will spend the quality time required by a patient giving advice and assistance in preference to your desired "10 minutes in/out here's a script" for some never always proved useful drug. I am verging on 86 years old, have lived in 3 countries and in some quite isolated and remote areas - "bush medicine" and old wives treatments have proved very successful many times when hundreds of kilometres from "acknowledged" medical help - from childbirths and associated illnesses as they grew to injured stock workers.

I consent to 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 7:54:26 AM

---

To the Medical Board of Australia,

I support Option 1.

How dare you sit behind a desk and tell me that Nature doesn't have its place in medicine! The people have had enough, of never getting well! We are starting to trust in our bodies, beliefs and nature! Legislation won't stop it, the Government is losing more and more control. This will continue the more restrictions put on people!! People will find a way, The truth is out there!

I consent to 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 6:43:09 AM

---

To the Medical Board of Australia,

I support Option 1.

My doctor uses integrative and complementary medicine in her practice  
I'm very happy with this form of medicine, and think it should be  
widely used. I also attend a chiropractor and have great results. It  
would be a travesty to restrict the use of 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:** Monday, 24 June 2019 8:33:35 PM

---

To the Medical Board of Australia,

I support Option 1.

Don't take away our right to access our own health options

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 10 June 2019 8:44:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the use of an integrated approach complementary to the medical system.

Fourteen years ago I chose to have a home birth with my first child. Throughout my pregnancy I had the services of a registered home birth midwife and regularly visited my then GP. I had informed my local hospital of my due date should there be a need for emergency transfer during labor. I was also seeing my long term acupuncturist. For me each modality was important and worked together to give me the care I needed at that 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, 27 June 2019 8:49:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I was very concerned when I heard that integrative doctors might be having their wings clipped. The reason I keep going to mine is that I have had a chronic illness for over 30 years which is only now starting to get recognised. I was very encouraged to read in one of Dr Kerry Phelps books that ME/cfs is starting to be seen rightly as biological rather than psychological. Unfortunately the majority of medical practitioner have not yet caught up with her, and are unsure of how to treat us. I value my doctor as he offers treatments than are in line with current research findings. Acupuncture helps because it stimulates the immune system (ours has been compromised by the virus (or whatever) that caused permanent damage to our immune system). I consider the 3% who recover from ME/cfs as outliers. There are often problems with thyroid, hypoglycaemia, cognitive issues, pain in joints and post exertional malaise, where the doctor needs to think outside the box for treatments when normal drugs don't help because of unhelpful side effects. I can't take some drugs for the above problems (all of which I have as ME/cfs affects every bodily system) as they give me diarrhoea which worsens my fatigue. I'm so thankful my GP researches how to help us with other means than straight drugs. I value the fact that he is a fully qualified GP who looks at the bigger picture because he cares for his patients and can help us deal with this ghastly illness which many GP's see as minimal and wipe us. I'm a professional who would dearly love to be using my Master of Education instead of doing tutoring because I don't have the stamina for full work. My doctor has helped me immensely to be able to do some work at least. Please allow him to continue doing so. My health will suffer if he's not allowed to help me in the ways he's doing now. I walk a very fine line and he is helping me keep on track.

I consent to publication 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 1:20:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to express my dismay that freedom of choice that should be a sovereign right for every person on this planet is once again being attacked. Freedom to choose how we individually manage our own health.

As a family that fully believes that holistic health care is the only way to true health, I find the proposed changes by the MBA to target integrative or complementary medicine to be draconian and barbaric. I say barbaric as essentially forcing the public to rely on a conventional medical system that for the most part focuses on symptom management without ever addressing the root cause. This only increases pain and suffering and will only benefit the medical system with ever increasing revenue.

I do not say this lightly as I have witnessed countless friends, colleges and family members go through the conventional medical system and either exchange one health issue for another due to long term drug side effects, or failed procedures.

Taking the holistic approach to one's own health is not for everybody as it often requires self inquiry and lifestyle changes to address root issues many times which are emotional in nature, or caused from a past event. I could write several pages of personal success stories using modalities such as Kinesiology, Bowen Therapy, Naturopathy and the like. Once such success was a few years ago totally recovering from debilitating facet joint pain in my lower back that conventional medicine had no answer for other than gut destroying anti inflammatories. Through my Naturopath and Bowen therapy I am now 100% pain free and have my strength and normal movement back, although it did take some time, which is understandable since the condition itself was years in the making also. My condition was so bad, that I would have ended up unable to work and be on a disability pension.

I can also share about an older family member having stem cell treatment to repair a 'worn out' knee. This entailed using his own stem cells in a simple low risk procedure. He chose to pay for this expensive treatment which is not covered by any health insurance. He chose this option due to the extremely low success rate of conventional knee surgery and now has full movement and is pain free.

I fully support innovation in health care which requires a holistic approach and supporting doctors' rights to provide new and complementary approaches. Until conventional medicine embraces a completely holistic framework its benefit to humanity is severely crippled and held back from being the gift that it could become, in my view.

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 2:53:04 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is important that Doctors continue to be able to use complementary medicine to help achieve the best client outcomes.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 4:50:14 PM

---

To the Medical Board of Australia,

I support Option 1.

WHEN I ARRIVED HERE 22 YEARS AGO I WAS THRILLED AND UPLIFTED TO FIND SUCH A FORWARD THINKING COUNTRY, REGARDING NATURAL THERAPIES AND NATURAL THERAPISTS. IT IS THE ONLY WAY FORWARD.

I HAVE FOUND CONVENTIONAL MEDICINE ABSOLUTELY ESSENTIAL AT TIMES, IN BOTH MINE AND MY FAMILY'S LIVES, AND HAVE ALSO FOUND GREAT HELP AND HEALING WITH ALTERNATIVE THERAPIES AND THERAPISTS, TO AID WITH HEALING IN RECOVERY FROM ILLNESS AND ALSO TO KEEP ME WELL. PEOPLE WITH CHRONIC CONDITIONS NEED THESE THERAPIES AND MEDICINES. AREN'T MOST PHARMACEUTICAL MEDICINES MADE FROM PLANT BASED EXTRACTS?

WE HAVE SOME OF THE GREATEST MEDICAL DOCTORS IN THE WORLD HERE, AND TO INTEGRATE THEIR KNOWLEDGE WITH THAT OF WELL TRAINED NATURAL THERAPISTS, (SOME OF THEM TRAINED AS NATUROPATHIC AND HOMEOPATHIC DOCTORS IN MORE FORWARD THINKING COUNTRIES) WOULD MANIFEST THE GREATEST HEALTH SYSTEM IN THE WORLD.

WE ARE GOING BACKWARDS AS A SOCIETY INSTEAD OF FORWARDS. WHO ARE THESE PEOPLE FROM THE DARK AGES, CAUSING SO MANY PEOPLE ANGST, AND DEPRIVING THE PUBLIC OF THEIR RIGHT TO CHOOSE INTEGRATIVE MEDICINE?

THIS ACTION IS MORALLY UNCONSCIONABLE AND I WOULD LIKE TO KNOW WHO, AND WHAT ORGANISATION IS BEHIND THIS LATEST WAR ON NATURAL THERAPISTS, ALTERNATIVE MEDICINE AND INTEGRATIVE MEDICAL PRACTITIONERS.

WE LIVE IN A SO CALLED DEMOCRACY WHERE THE PEOPLE HAVE CHOICES AND SHOULD NOT BE TOLD WHAT THEY CAN AND CANNOT DO ABOUT THEIR OWN CHOICES REGARDING 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:** Tuesday, 25 June 2019 9:06:37 PM

---

To the Medical Board of Australia,

I support Option 1.

It is extremely important every individual maintains their right in making their healthcare choices. Whether this is complimentary, conventional or a more integrated approach to healthcare which is what I support. Why is this the case? Well there have been too many cases and circumstances amongst my friends and family where conventional medicine has not been able to make a sustained long term difference to their health. In some cases, there have been situations where if the patient did not choose to adopt a more integrative and complimentary health care approach, they would most certainly not be here today. Now you can very well argue the same the other way too (not to say I have seen gains in very complex health issues) where I have noticed improvements in longevity are in the area of cardiovascular health, through the introduction of better medical screening and successful cardiovascular operations.

Either way we live in a democratic country where freedom of choice is honoured and valued at an extraordinary level.

Look at what is happening in Hong Kong at the moment, where Freedom of Choice is under threat and may very well be taken away from the very people who escaped main land China for this very reason.

This is every Australians right, to have the choice of medical treatment and an integrated approach is absolutely the best method to adopt.

Why treat the symptoms and flow on effects of those people who are diagnosed with Diabetes every year. We should take a more integrated approach and educate our children and the doctors should be educating their patients to help prevent this disease rather than just treat it when they get it. This is the wrong approach and integrative medicine is far more in control and adapt at providing real time, accessible, preventive approaches through the information our naturopaths and nutritionalists provide us than any local GP I have met in my lifetime (46 years).

I have adopted an integrative medical approach with my three girls and never once have my girls (16,14 and 9) ever been on antibiotics or have ever had tonsillitis, ear infections or any serious health complications. My friends can't believe it after they give their children the 100th dose of antibiotics in the child's last 16 years of existence. Do you know the health complications this causes now and in the future of these children. It costs the tax payer (ME) an enormous amount picking up the pieces of other peoples health complaints because they dont know how to fix it themselves and most dress don't know either, so the quick fix are the antibiotics or the drugs. This is not the answer and NEVER will be and until this government places emphasis on complimentary medicine like they do in many other countries around the world eg Germany, then we as a nation are going backwards and our health bill will continue to rise at an exponential rate.

The government can not remove the rights of the individual and pose a risk to any patients healthcare choices.

I as a consumer and mother have seen countless times the benefit to my friends and family by combining both disciplines.

This must remain the status quo otherwise you will have the biggest fight on your hands and protests the size of HK's on your hands.

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:** Tuesday, 16 April 2019 10:49 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have spent the past 7 years trying to feel somewhat normal after discovering I had hashimotos - I have tried thyroxine for at least years - it made me feel awful, i put on a lot of weight I was unable t look after my children or work - thankfully working with my integrative Dr I found NDT - I can now live a normal life and look after my family - Please dont 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:** Tuesday, 25 June 2019 1:41:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I would like to express my concerns about the possible changes to the guidelines for integrative medical practices. I have had great success using integrative strategies (specifically herbal and nutritional supplements), where conventional treatment options (prescribed by doctors) have failed. I value a holistic approach to healthcare and would like to continue to have a choice in my 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 8:24:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I have had poor health and chronic illness most of my life. I was diagnosed with what was then called CFS as a teen some 20+ years ago by a wonderful gp I still see. It was recommended to me then that I try natural therapies as mainstream medicine had nothing to offer me. It still doesn't. Those were simpler times.

Those of us who have been patients with chronic illnesses have seen a side of medicine that does not recommend itself as a healing art. I'm not talking about emergencies or surgery. In this regard, mainstream medicine is peerless. But drug options for long term management of chronic conditions are rarely a real answer: try olanzapine for a year and see what happens to you. And then deal with the pain of withdrawal for another month. It's not fun.

I consent to publication 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 3:43:46 PM

---

To the Medical Board of Australia,

I support Option 1.

To whom it may concern,

Intergrative medicine has helped me and my family over the years alongside traditional health care. We deserve the right to choose and have both if we so wish. Our body, our choice. The reason why I choose more natural ways is because there are very little risks involved and it's what Mother Nature has provided us. Let us be. Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 8:45 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Not everyone wants to use 'conventional' medicines. I personally prefer to use natural where possible and supplement with conventional where needed. I appreciate the support of my GP in my choices so I can feel extra confident in my choices. Please don't restrict our doctors anymore!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 19 May 2019 9:55:52 AM

---

To the Medical Board of Australia,

I support Option 1.

My daughter who had severe asthma, would not have had such a full and adventurous childhood if we had not COMBINED all strands 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:** Saturday, 4 May 2019 11:25:30 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing this to express my concern at the Govt wanting to take away my choice of choosing Natural Therapies

I have been working in the health industry for many years and have seen amazing results also having used them myself and for my family

I think every Australian has the right to choose their treatment to suit their own needs

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

My body my choice,do not take it away. I have the right to the use services that actually 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:** Friday, 21 June 2019 11:53:10 AM

---

To the Medical Board of Australia,

I support Option 1.

Our country needs to remain a free country with regard to choosing a health care practitioner that suits his or her needs. This is my vote.

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.

We use traditional and alternative medicine together because the alternatives help to decrease side effects. Our lives would be awful otherwise. I think you should leave it as it is because it is better for doctors to help with this too as they have more knowledge and experience and can monitor as well

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 15 June 2019 1:50 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My husband is on immunosuppressant and chemo drugs to try to lessen his ulcerative colitis. He also gets high liver function tests plus he has other illnesses. He would not be able to function if we did not add natural medicines to this as it is the only way he can take the other ones. All with agreement from his team of doctors. There is plenty of room for both types of therapies and medicines to be used together with some people who need both to be able to take the medication subscribed. Apart from the fact that it should be our choice as adults as to what we take allowing complementary medicines is not detracting from anything else it is adding to quality of life.

My husband would actually not survive without both

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:33 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I choose to be proactive in my wellness instead of relying on the medical industries protocol of being reactive to illness. Taking away the patients choice to be supported in their wellness you will lay a huge burden on the Aust Govt to support their illness which should not be the priority. Priority should be keeping and allowing people to be supported by Doctors to keep them 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:** Friday, 3 May 2019 11:52:07 AM

---

To the Medical Board of Australia,

I support Option 1.

People should have the freedom to choose their medical 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, 9 May 2019 8:35:43 AM

---

To the Medical Board of Australia,

I support Option 1.

I became very unwell when i was in my mid 20's and conventional medicine only had one choice for me and that was antibiotics and i just kept becoming more unwell. I had to turn to alternative medicine to help me become well again and im the best ive been in years.

Alternative medicine looks at wellness, conventional medicine clears the infection but does alot of damage at the same time with all the drugs you have to take.

I spent most of my time trying to build my immune system back up after all the antibiotics. For optimal wellness we really need to be working together. They both have a great importance on our health and wellness prevents more illness which conventional medicine is not doing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 7:26:31 PM

---

To the Medical Board of Australia,

I support Option 1.

Health and medical care should be a personal choice to all Australian's. No single person, company or government should be able to dictate what care or intervention me or my family choose to access.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 12:57 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

When I have been sick, the medicine you are trying to restrict made a good difference in 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:** Wednesday, 26 June 2019 11:56:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Thank you for the opportunity to comment on our need for a choice in health care options.

My experience with Crohn's Disease would have been much different if not for the care of a Integrative GP and also Specialist who were able to offer me suitable and effective options to stabilise my condition when pharmaceutical medications were doing more harm than good. Under their care I have managed to remain unhospitalised and more importantly able to manage my chronic long term health issues effectively without being an ongoing burden on the healthcare and pharma system. Without their support and guidance and education I know my outcomes could have been much different and would have involved surgery and repeated hospital visits.

Thank you for considering this matter and allowing patients proper and full options when dealing with their health care...many advances have been made in understanding the human body and medical training has been unable to adjust their curriculum to adequately include the vastness of this. By allowing professionals who wish to pursue further education in 'complimentary' type treatments to treat and advise then I feel you are offering patients true health CARE and allowing people the right to choose from ALL valid 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:** Monday, 22 April 2019 7:33:48 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative and complementary medicines have completely changed my health and my life.

I support freedom of choice for all people and this is what Australia is about.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 4:51 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

On occasions the solution to a complication may be a simple change of diet or an added supplement, these options can be far more beneficial than being ignored and becoming a great issue and more pressure on a health system. Alternatives can be better for our body and if one is available and should be able to be discussed as an option for the patient to choose their treatment plan.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 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 been saved by integrative and complimentary medicine...no need for drugs, but supplements and proper nutrition have been my life saver.

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 support the right to choice first and foremost. I have personally experienced health improvements from complementary medicine, where I had not been able to with mainstream medicine. This is not a statement against mainstream medicine. There are many instances in which mainstream medicine would be my first choice to resolve a health issue.

But that is the point. There is benefit to both. It's about time the MBA recognise this. What is it about integrative medicine that poses such a threat to the MBA? Integrative medicine can and should work alongside mainstream medicine. It is not in the best interest of the people, to make unavailable, the health benefits of integrative medicine. So NO, I do not approve of Imposing restrictions on integrative and complementary medicine. I do not support changes to the current guidelines to make alternative therapies, such as those that have given me such benefit, become unavailable.

I consent to 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 9:41:42 AM

---

To the Medical Board of Australia,

I support Option 1.

HAVING MADE USE OF ALTERNATIVE TREATMENTS AND HEALTH MANAGEMENT FOR MANY YEARS, I SUPPORT THE CONTINUATION OF HAVING ALTERNATE METHODS BEING AVAILABLE WITH MEDICAL 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, 27 June 2019 7:38:59 AM

---

To the Medical Board of Australia,

I support Option 1.

My doctor has helped me with her style of integrative medical treatment, I'm a lymes like illness sufferer and cant afford expensive tablet treatment so natural remedies only for me, and combined with a small help from tablets I can lead a relatively pain free existence.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 5:52:12 PM

---

To the Medical Board of Australia,

I support Option 1.

Because i have multiple chemical sensitivities alot of mainstream medical options just don't work for me. I need a medical practitioner who can offer safe alternatives , and non conventional options, otherwise there is absolutely no point in me going to a conventional 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:** Tuesday, 23 April 2019 12:20:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe that where possible, the most natural (ie diet and lifestyle based) approach to health issues is not only most beneficial, but more cost effective in the long term. Surely patients can make the best informed decision on which course of treatment to pursue when presented with the alternatives (traditional or “alternative” medicine), by a person who is also a qualified medical 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:** Sunday, 9 June 2019 11:38:17 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medical options are a basic human right, not a privilege and certainly not something the government or big pharma should be deciding for us!!

Bans on use of vitamins, minerals, herbal supplements, natural therapies and diagnostic testing, with broader impacts on the complementary medicine and natural therapies sector is nothing short of a criminal act!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 10:21:10 AM

---

To the Medical Board of Australia,

I support Option 1.

This is a disgraceful violation of our freedom to make a choice on our own health .probably pressure from big Pharma Companies . As a cancer patient which is an epidemic in western society. Surely any natural remedy to make your pain,nausea anxiety etc better would be a positive and 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:** Tuesday, 25 June 2019 3:27:46 PM

---

To the Medical Board of Australia,

I support Option 1.

1. What it will mean to you if the MBA imposes restrictions on Integrative practitioners

I will become a larger financial burden to the public health system - sooner or later.

2. Reasons why I use Integrative & complementary medicine

I am well qualified and experienced in biochemistry and medical sciences. I can see how the approaches and good products/nutrient supplementation can actually work. I have used it myself with enormous, safe benefit. The problem largely is the applying the Western Medical Model does not detect the gentle and long term effects of the right complementary/Integrative approach at the optimum time - that is before a full disease state requiring dangerous invasive or high concentration isolated chemicals with dramatic side effects. The old chestnut about "expensive urine" overlooks that RDAs are for an average human human being, in full health and no variations from that average. It is known that the average human being doesn't exist and that people do have unique requirements for dosage beyond RDA. It also overlooks the fact that farmed soil is depleted of many nutrients due to overuse and the use of super-phosphate as a primary fertilizer. The society we live in is largely one of polluted air and water. Clean air and water are primary sources of staying alive. The human body biochemical processes are stressed by the processes need to protect it from the toxins in air and water, and in some cases the pesticides ingrained on fresh food products and chemically treated mass produced meats. For example, the water soluble vitamins are used up more quickly than if a human body existed in truly clean air, truly clean water and overly treated mass produced meat sources.

Another old chestnut is that sufficient vitamins and minerals are simply available from "a good diet". Who has a "good diet?" Fast food diets are very common and are known to be lacking in required nutrients and excessively bolstered with fat and other satiate contents such as salt and sugar). People existing on such diets do become an early extra cost to the public health system. Even a multivitamin tablet once a day would help these people who are so nutritionally disadvantaged.

The same can be said for the over imbibing of ethanol products, energy drinks, soft drinks, cigarettes, caffeine, etc. - known to strip the human body of many vital nutrients.

3. How Integrative & complementary medicine has helped me , my family & friends

WE have all benefited by taking an informed, considered approach to complementary / integrative approaches. It does not mean looking for a miracle cure - rather a holistic approach whereby a single symptom is not just the element to be treated. Instead, looking for all that can be done to give the human body the best chance possible to sort out the dis-ease condition in a gentle way too.

Of course a time comes where aggressive approaches may be needed and they are options that human beings may choose to take in the knowledge of no alternatives and clearly understanding all of the possible side-effects - long-term and short-term.

4. Why I support patient access to Integrative & complementary medicine

It is based on a model of prevention rather than doing something to a symptom. In the West, the human body is seen as a machine - a reductionist model of parts that need to be fixed or replaced. WE wait until something "breaks". The Eastern model is about learning to take of ourselves to stay healthy so we don't get sick.

5. What it will mean to me if the MBA imposes restrictions on Integrative practitioners.

You will open the way to lesser trained (if at all) to advise human beings on issues of there health and well-being. You will also demonstrate that the MBA has blinkers on and that Western Medicine Model is actually falling behind the "evidence-based model" they say they adhere to. It seems it is more about control rather than holistic well-being. I think there is a need to adopt a new definition of dis-ease that includes broader psychology/psychiatry, physiological, anatomical, pathological, epidemiology and even spiritual knowledge - moving towards prevention and holistic healing effects as the primary focus.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:23 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complementary medicine is, as the name suggests, easing the pressure on public health systems and mainly focused on prevention of illnesses.

Integration of modern and complementary will be ideal to satisfy customers.

Restrictions will place Australia behind countries in Europe and America with developing patient care by integrating modalities.

Australian people deserve a freedom of choice and available information about their health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:41 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My husband was given 5 years to live 25 years ago. If we had solely followed modern medicine I have no doubt he would have died. We have worked with integrative doctors and many natural modalities to give him a good quality of life. If we have a choice it is always natural first. This 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, 28 June 2019 12:14:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support decision making for the individual by the individual. Alternative therapies will always be a choice for many Australians and they need to make these decisions in the safest manner possible. By allowing credited practitioners to offer advice and the benefit of their extensive knowledge, the individual can make informed decisions on 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:** Wednesday, 26 June 2019 5:04:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I want to be able to make choices about my own healthcare which include natutal and alternative therapies. While traditional Western medicine os good it does not always have all the answers. My body my choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:48:24 AM

---

To the Medical Board of Australia,

I support Option 1.

Please leave patient access to integrative and complementary medicine alone! It is vital for me and my family that we have access to all types of medicine in order to lead the healthiest lives.

I consent to publication 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 11:52:26 AM

---

To the Medical Board of Australia,

I support Option 1.

Most CAM & CAM practitioners are evidence based and well educated.  
We, the public, have a right to choice in our medical story.  
I implore you to reconsider.

I consent to 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 4:38:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to keep the option of using integrative practitioners. I am 82 and over the years have suffered various health problems. My experience has been that so called alternative therapies in some instances are of more benefit than traditional medicine. Many vitamin and mineral supplements have been thoroughly researched and shown to be of benefit, as have diagnostic tests used by integrative practitioners. Integrative doctors have the benefit of using both traditional and ancillary techniques. More than the standard 1p minute consult is needed to take adequate history to provide diagnosis and action plan towards better health. Ultimately there will be a cost saving to governments through prevention of development of some chronic conditions and reduction of need for some surgeries.

I consent to 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 8:10:56 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the voluntary use of any person who wishes to improve their health by accessing information and assistance of other disciplines from what is now termed western medicine .

This is because 1. Western medicine has assumed its superiority in healing through a concerted effort by stakeholders to achieve a monopoly, for profit

It is roughly 100 years old whilst healing knowledge from other long-standing cultures had stood the test over centuries.

2 I have seen and been convinced by ten years of witnessing health improvements working alongside other practitioners in a natural therapies clinic.

And my self and my family have benefited also .

3. You need to ask yourself how may people seek reparation after accidents or mistakes or damage to their health after being treated within the western medical system as compared to what you term alternative therapies ?

4. Don't you believe that people have the right to decide how they treat their own bodies and minds.?

Their body their choice.

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 3:30:22 PM

---

To the Medical Board of Australia,

I support Option 1.

I am absolutely outraged at the MBA's proposal to inhibit doctors rights to support patients with integrative and/or complimentary medicine alternatives. It is just another disgusting abuse of power to control the population. The only reason the MBA would propose a restriction like this is because pharmaceutical companies and vested interests want complete control of the current allopathic medical model so it is not threatened in any way by the growing demand for integrative and complimentary medicine. Pharmaceutical companies and vested interests obviously feel threatened by this and are only concerned about losing huge billion dollar profits. So by 'shutting down doctors' keeps them quiet, controlled and protects the dominating allopathic medical system. Integrative and complimentary medicine is the reason why I'm still here. Having suffered various illnesses, it is the only thing that has worked for me and continues to work. Many of my friends and family use this system too with better results than the allopathic system. This entire proposal is a huge archaic, backward step in these modern times. We should be a progressive society, not a regressive one. Behind this decision is the need for total control and greed. Why would anyone not want to do everything they can to stay in good health? Unfortunately in our society we have a medical system based on illness not wellness, which is distressing and infuriating. So the current model just dumbs down the population, keeps them reliant on pills and doctors whose degrees are designed by pharmaceutical industries. Think about it. It's in the best interests of these high stakes players to keep people unwell. If people were well, profits would fall. This is a human rights issue. How dare you deny the population and doctors this right! Integrative and complimentary medicine is less anxiety provoking, less clinical, you feel like you are cared about, rather than an object to assess. The whole person is considered not just their body parts. The practitioners are much more in touch and personable than many doctors. By taking away these rights, you deny the population the right to choose their own preferred medical care, limit patients and doctors severely causing anxiety and encouraging stress. Put people before profit and focus on wellness, not illness. The degree of anger I feel around this subject is explosive. Do the right thing by the people, for the people and tell the truth.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I support option 1 everyone should have right to choose

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 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 believe every Australian has the right to explore and legally source any manner of healthcare that they so choose. Limiting these options is unfair and outrageous. I DO NOT support change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:44:29 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is getting more important everyday to have integrative Doctors that take the time to find root causes of illness and not just treat symptoms.

A lot of people are sick because they eat the wrong foods and don't have enough nutrients which are the building blocks your cells need to be healthy and repair themselves.

There is a massive need for training in nutrition and supplements.

You can get these off any supermarket shelf or on the internet.  
Wouldn't it be better if they were properly prescribed?

Diabetes, Alzheimer's, Heart Disease & Obesity are crippling people's lives and the health care system!

Doctors are very important but so are all the natural therapists, chiropractors etc.

I would not be able to function without the chiropractor and it is nothing my doctor can help me with. If people did not have access to treatments like this the extra burden on the health care system would be huge!

The world is changing and people are starting to realise that their genes are not their destiny anymore and they can change their outcomes with diet and healthy habits. This is now solid proven science.

We need doctors for many things but for chronic illness the natural side of things works better because it is dealing with the root cause of the problem instead of masking the symptom with a 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:** Thursday, 2 May 2019 5:11:01 PM

---

To the Medical Board of Australia,

I support Option 1.

My families experience with complimentary medicine has been very positive, my husband had polymyalgia and as the regular medication did not agree with him we went down the naturopathic medicine way which saw the illness cleared within a 6 month period compared to the 12months - 18months with "regular" treatment. Personally I have carpal tunnel in both wrists which I have controlled with acupuncture for the last 8 + years, no operation needed, and with the history of failed operations on 3 of my direct family members I am extremely happy not to undergo mainstream surgery that has no guarantees to fix the problem.

So I am totally against any changes to restrict access to these services, personally I think that every doctor should have a background in integrative medicine.

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.

My son (8yo) has a brain tumour. Integrative and complementary medicine has supported him and assisted his recovery. Treatment for cancer has ravaged his body and nothing was done about it. If we didn't have access to alternate resources I'd hate to think what he'd be like, or if he would have made it this far.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 3:04:31 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a right to do my own research and make a decision about my health care. I wish to maintain this right absolutely.

I consent to 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 4:14:53 PM

---

To the Medical Board of Australia,

I support Option 1.

My autistic child would have been a burden to the Australian tax system had I not found an integrative GP. We were able to help heal my autistic child to the point where he learnt to speak and toilet midway through primary school, has been able to leave the special education system and can now be in a mainstream highschool classroom unsupported. So instead of being a burden to the taxpayer for the rest of their natural lives in a sheltered workshop, these children can now talk and read and write. It is a travesty that the Government could even consider taking this choice away from us. It's arrogant and ignorant to say that integrative medicine is not science based. Integrative medicine is completely based on the latest peer reviewed scientific literature. These biomedical doctors do considerable amounts of training in their own time at their own expense. And then the government have the gall to try and penalize them for trying to do the best for their patients. It's outrageous. We need the flexibility that comes with being able to have compounded vitamins and hormones etc tailored directly to people's bloodwork, which in-and-of-itself is proof that the person needs it. It would be great if the Government went in the other direction and all GP's had to undergo integrative training. The tax burden from long term chronic health conditions would be dramatically reduced.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 4 May 2019 8:38:17 AM

---

To the Medical Board of Australia,

I support Option 1.

People have the right to choose how they are treated. Intergrative treatments can have a hugely positive impact on people's health and well being and need to be accessible 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:** Wednesday, 26 June 2019 4:11:53 PM

---

To the Medical Board of Australia,

I support Option 1.

While still maintaining my gratitude for the times the medical establishment has served and been required for my family and the millions of others saved by it, I have personally received many more general health benefits from integrative and complementary health services, which have tended to reach to the root of my wellness, rather than the symptom of my ailments. I am grateful for the times that my GPs have referred me to these more holistic options as a foundation for my now healthy lifestyle as the most underlying factor has been stress and relational issues. As a now healthy person, I believe in the services that provide support for me maintaining that. I believe that the evolution of society and health as you can see in trends toward self-accountability will continue and collectively, we will not take lightly to our autonomy in our most basic needs being limited. Those doctors who are able to see this and work with patients such as myself who desire this approach, will be the lifeline of the medical establishment moving forward and should not be forced at hand in this but instead given freedom to assist patients individually as required and desired for that particular patient's lifestyle and views of wellbeing. 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, 24 June 2019 11:14:43 PM

---

To the Medical Board of Australia,

I support Option 1.

I am young, 25, and I've been through the medical rounds, I've taken more medicine than one my age should take. When one didn't work, I got another. When those side effects were too much, I got another medication to fix it. Yet, nothing actually helped me! Because the medications were treating the symptoms but not the cause. It's not til I found someone who put me through some non-invasive testing that worked out the cause! With a few supplements, I never have felt better! I needed my health back, if I stayed with the medication path, I probably would never have got it!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 4:31:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Years ago i was struggling with an infection that antibiotics could not clear for a period of 18 months. Therapeutic grade essential oils were recommended and was the only thing that finally fixed the issue. I have been lucky enough to have the use of plant based medicines and products to improve my overall health & wellness and have it enhance my use of modern medicine. I believe i am far better off having access to a holistic aproach 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:** Friday, 10 May 2019 10:01:49 AM

---

To the Medical Board of Australia,

I support Option 1.

I am writing this letter to express my desire to continue to take medicine that treats my condition that is made in a compounding pharmacy under the supervision of a qualified medical doctor. I believe this to my fundamental right in a democracy which is not dictated by any body with a sole interest in profit only. When my health is at stake for the sole reason of profit then obviously something is wrong. Please ensure that patients such as me can access suitable medicine that is currently not produced by pharmaceutical companies but by compounding pharmacies. I should point out that there is documented and peer reviewed data demonstrating the effectiveness of this medicine and again evidence that patients like me don't fare well with synthetic medicine currently prescribed by standard GPs.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 12:45:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I value my freedom of choice to choose what type of doctor or practitioner I wish to see this is just another example of the nanny state and pharmaceutical companies that pump millions of dollars into drugs to keep us on their treadmill

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.

Natural therapies are exactly that, natural! They don't use cancer causing chemicals, they use apothecaries and remedies and tinctures used for thousands of years. Chemicals have only been used for this century and we have so many more complications and health issues than ever before

I consent to 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 4:09:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Many people rely upon holistic/integrative/functional doctors to regain and retain quality of life eg people with autoimmune disorders. Regular GP's don't search for root causes of illness, they just band aid symptoms with drugs. People should have choice in their style of medical care because one size does not fit all. Standard western medicine fails many people which is why alternatives do exist. Don't take this away! Any further restrictions on integrative doctors will severely limit their ability to effectively do their job and will shut them down. This is unacceptable.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](mailto:medboardconsultation)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 28 May 2019 12:49:08 PM

---

To the Medical Board of Australia,

I support Option 1.

<https://www.google.com.au/amp/s/www.globalresearch.ca/drug-induced-iatrogenic-disorders-the-third-leading-cause-of-death-in-the-us-and-britain/5626283/amp?espv=1>

medical model is the better or only way, is naive, outdated, and fraught with double standards regarding "evidence". Many pharmaceutical products make their way into the market on the basis of highly questionable industry research.

The pharmaceutical industry lobbyists and associated vested interest groups, should NOT be able to dictate consumer choice, or interfere with the doctor patient relationship, which is protected under a variety of international agreements, such as The Geneva Convention and The Nuremberg Code, and should NOT be eroded by commercial or ideologically-driven pressures. I am very concerned about the imposition of any proposed restrictions on medical doctors, at a time when Integrative doctors are effectively meeting a need that goes unmet by so-called "conventional" treatments. There is a growing body of evidence supporting the use of for example vitamin therapy and plant-based medicine. Even the World Health Organisation recognises the popularity and value of simple, affordable interventions such as Homeopathy, globally, and advocates micronutrient support as an effective strategy to reduce severe morbidity and mortality in developing countries. Why should Australian doctors be prevented from doing likewise, in a discretionary manner, if it benefits patients who are diagnosed as suffering from similar deficiencies, just because these interventions are not patentable and profitable to the pharmaceutical industry and those who benefit financially from it, either directly or indirectly?

<https://www.google.com.au/amp/s/www.globalresearch.ca/drug-induced-iatrogenic-disorders-the-third-leading-cause-of-death-in-the-us-and-britain/5626283/amp?espv=1>

<https://www.who.int/nutrition/topics/vad/en/>

I consent to publication 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 10:51:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I use both medical & complimentary therapies. It shortened my surgery time when I subluxed L2/3 & L4/5! Cranio sacral osteopathy also supported strengthening my c4, c5, c6 area & neck muscles post spinal injuries! I BELieve in collaboration not restrictions. It is my personal choice - i 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:** Monday, 22 April 2019 12:34:28 AM

---

To the Medical Board of Australia,

I support Option 1.

My use of the complementary therapies currently being threatened is largely responsible for the fact that I've never spent a night in hospital.

The benefits of these therapies have been embraced and validated throughout the world. The only risk they pose is to buy pharma profits.

Enough is enough. This is a notice of demand that this nonsense is to go no further.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 12:44:52 PM

---

To the Medical Board of Australia,

I support Option 1.

Do not over-ride patient choice; this is a patient doctor confidential matter. Government dictates are unwelcome!  
respectfully 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:** Sunday, 30 June 2019 11:21:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I am a proponent of medical choice and preventative medicine (re: healthy environments & activities, adequate healthy food and supplements; support our immune system). To me surgical medicine can provide miraculous outcomes and should be fully supported. However, drug based medications forced onto compromised immune systems is not always necessary; should not be forced onto patients, an area that needs to stay the purview of respectful doctor and patient relation..

I consent to 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 5:46:23 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctor's should ALWAYS have CHOICE! They should not be restricted by pharmaceutical companies!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:28 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I want the ability to manage my health in ways that work for me.

Over the years I have regularly consulted alternative and complementary therapies when all I have been offered by doctors has been pain relief or medication.

From my consultations I am now pain free due to managing my condition and not just treating the symptoms.

My experience with shiatsu and japanese acupuncture in particular has been very helpful and I feel these treatments have been of more benefit than the anti-inflammatory medication offered by my gp.

My preference is to find a holistic doctor who will look to solving the problem with the best means around rather than just treating symptoms and rushing to medication.

I can see no valid reason for the government to disregard therapies, particularly ancient Asian therapies, just because they aren't taught in European based medical schools. I have no problem with practitioners needing to be registered with a relevant professional organisation. My acupuncturist is well trained and very skilled but he cannot qualify for health fund rebates because he did not qualify in Australia.

I believe in complementary and alternative therapies and have good experiences with a select number of practitioners. I want to continue to use these therapies to maintain my health with a minimal use of pharmaceuticals rather than the overmedicated experiences I've had from most doctors.

Conventional medicine is not always the answer, and in my experience has often not been the best solution.

I've tried the gp with a 10min appointment for myself, my sons and my grandchildren. I prefer to now use doctors that look beyond drugs and who look at the big picture.

Please don't make maintaining our health even more difficult than it needs to be.

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 am very concerned about proposed changes.

Chiropractic, myotherapy and remedial massage are all very beneficial to managing my chronic pain condition and helping me manage without prescription painkillers.

The current concerns about overprescribing of opiod drugs and the problems associated with that should be enough to convince the MBA that patients should be able to choose alternative therapies and that doctors should be able to recommend them if they believe it would be helpful 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:** Thursday, 16 May 2019 4:17:28 PM

---

To the Medical Board of Australia,

I support Option 1.

On many occasions my doctor has advised the use of complementary medicine or services such as naturopathy, natural supplements etc to either speed up my recovery or to avoid unpleasant or dangerous side effects of 'mainstream' medicines. Please do not put our health at risk by removing those options!

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.

Dear Medical Board of Australia,

I vote for option 1 - no change to patient access of complimentary and integrative medicine

I have a son with TSC genetic disorder and complimentary medicine has helped him in his journey to deal with this awful condition that requires him to have medical procedures annually.

Please respect people's freedom of choice and let people decide to use both western and integrative approaches

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.

I have always appreciated the integrative and complementary advice options I have been given from medical professionals, and would like for that to continue. It shows that the medical professional is well informed about wellness options and are concerned for my well-being.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 26 May 2019 7:44:52 AM

---

To the Medical Board of Australia,

I support Option 1.

My new intergrated doctor has done a few tests and solved my sleeping problems which I have had all my life. I now take a natural melatonin Trouche every night. I am getting good sleep for the first time in my life. He also tested my Trace Minerals and found significant deficiencies. I now take a few vitamins each day and have lots more energy and vitality.

My old GP (and close friend) only ever prescribed sleeping pills. Please don't change the existing rules/arrangements that will dramatically effect our lives.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have had amazing results using traditional Chinese medication and acupuncture in healing ovarian cysts and hormonal issues where the western Medicine's failed me. I believe in choice but I also believe in a balance of the two medicines where they can work together

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 healthcare' because my personal experience has been that prescription/chemical medication has sometimes not been effective and also because the side-effects of long-term prescription/chemical medication creates other medical problems.

Also, I would most probably not have a 34 year old son today if I had only had access to non-integrative healthcare - after 5 weeks in 3 different public hospitals, he (barely 5 years old) was basically sent home to live or die but in the meantime take aspirin daily and have monthly blood tests. Complementary medical advice proved to be valuable. Also I have other family and friends who testify to the benefits of both lines of healthcare. I appreciate the value of both lines of healthcare as obviously do those medical practitioners who provide both.

At 67 I do not want to be 'prescription drug' dependent, and I find that integrative healthcare also includes practical advice beyond 'popping pills.

Are there those who 'over-medicate' - Yes in both areas of healthcare!

My suggestion is that patients should take responsibility for their consultation cost to the govt, and therefore should be required to SIGN a form AFTER their consultation appointment - ensuring that all the details are correct. Many years ago, I was unexpectedly placed in an embarrassing situation of signing for what I didn't receive, i.e. signing for a 'long' consultation when I had only received a 'short' consultation because the doctor quickly said, "You will not be out of pocket as much." Nowadays, we don't even sign a form! This needs overhauling.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 6:29:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Complimentary and integrative practioners need to be recognised as part if the medical field and be eligible for conventional practioners to provide referrals to and have those integrative disciplines accessible in Medicare. Preventive health needs more focus than restorative health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support doctors providing an integrative approach to health as I believe people have a basic human right to choice. If you impose restrictions I will lose any and appt with I have in THE MBA and and doctor "accredited" to practice that flows suit with the 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:** Thursday, 27 June 2019 10:09:14 PM

---

To the Medical Board of Australia,

I support Option 1.

My health care my choice. I have often found

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.

Intergrade and complimentary meds 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:** Sunday, 5 May 2019 10:45:56 PM

---

To the Medical Board of Australia,

I support Option 1.

Doctors took an oath to care for patients, that their patients health would come first above all else.

Unfortunately not all pills or medications can help treat all conditions, which is where alternative options are needed.

Where are the rights of the patients to choose what methods of treatment to take?

Restricting doctors who are trying to provide an alternative approach to therapeutic health care means taking the tools out of the tradies hands and forcing them to complete a job without the right equipment.

The right to prescribe/refer alternative treatments is the right of the doctor and is also for the right of the patient. The patient has the right to be included in their health care treatment, the right to refuse treatment and the right to see alternative measures.

Removing these options removes the rights of caring doctors and unwell patients.

Vitamins and mineral supplements play a big role in improving the health of patients, both internally and outwardly. Using melatonin supplements aids in getting a better nights sleep, vitamin D is a commonly prescribed vitamin in hospitals due its natural bone strengthening properties, these are heavily relied upon supplements.

If it was yourself or one of your closest family members or friends that was suffering from a deficiency, lack of ability to sleep, or weakness, is an unnatural chemical that has 10x the amount of side effects more preferable to a natural occurring vitamin with minimal side effects?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:58:56 PM

---

To the Medical Board of Australia,

I support Option 1.

without the support I would not have recovered from virus, flus ,  
chronic fatigue Epstein barr ,oxidative stress,numerous nutrient  
deficiencies ,support for nerve related problems ..the holistic  
approach is needed...Germany seems to be way ahead of Aust..  
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, 30 April 2019 11:17:13 AM

---

To the Medical Board of Australia,

I support Option 1.

Good morning, I wish to put forward my support that complimentary medicine is remains available to all Australians. Australians should continue to have freedom of choice in regards to their health. Numerous benefits are contained within the complimentary medicine discipline and without them public health would decline. General medicine has a very important place in our society. However complimentary medicine Is just as important. Do not become a dictatorship rather allow people the choice and freedom to choose what goes in and on their bodies. I Support holistic health both in western and natural 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, 21 April 2019 12:15:51 AM

---

To the Medical Board of Australia,

I support Option 1.

Holistic needs to be available in safe a knowledgeable persons. It also is about state of mind, mental health care, sometimes the “normal” system doesn’t feel right, we need you to help and care not restrict and punish us for 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:** Friday, 21 June 2019 6:30:20 PM

---

To the Medical Board of Australia,

I support Option 1.

Please let us choose how we want 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:** Thursday, 30 May 2019 11:42:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support patient access to integrative and complementary medicine, and have first-hand experience with relatives/friends experiencing complete recovery from a traditional medical diagnosis of 'death', simply by their choices to access alternative medicine. The key word here is "choice" and everyone has a right to choose the best possible option for their specific circumstances. To devalue or restrict 'choice' is to deny a basic human right, which you have no right to do.

Most doctors have very limited knowledge of nutrition and alternative therapies, and this can be very detrimental to the best option(s) for patient care and recovery. I don't blame the doctors - they are only following archaic and traditional options implemented by drug companies, who won't make any money if patients choose alternative/natural therapies and remedies. It is time that the Medical Board value a holistic approach to healthcare and support doctors in providing new and innovative practices, including complementary medicines as options for patients and their specific needs. Perhaps it's time to 'update the system', bring medicine into the next dimension, and look at healing from a perspective of mind/body/soul.

I consent to publication 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 10:30:03 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to complementary medicines and treatments. I have had positive results with complementary medicines where conventional treatment was not effective. My health is my responsibility and I expect to be able to make my own 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:** Friday, 31 May 2019 4:49:33 PM

---

To the Medical Board of Australia,

I support Option 1.

I am highly concerned at the MBA considering this restriction on integrative practitioners. I would like to know what hard evidence there is for this. My own experience has been that conventional medicine has failed to help on more than one occasion and complementary medicine and natural therapies have alleviated and in one instance, cured my condition. I absolutely value a holistic approach to healthcare and do not want to have any further restrictions applied to the doctors or therapies that would prevent access to this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I passionately believe that Integrative medicine is the best approach to medical care. It focuses on cause rather than treating symptoms alone. I personally have experienced great success with an Integrative doctor after spending over 2 years seeing numerous conventional doctors and specialists with no resolution to my health issues. Tests ordered by my Integrative Doctor revealed the cause of my symptoms, tests that weren't even considered by other medical services, and the combined approach of compounded medication and supplements put my health and life back on track. My Integrative Doctor was a Godsend!

Supplements have been much more effective than any medications I've been on and I don't want to return to poor health again without the guidance of my practitioner.

Isn't it a patients right to choose the medical assistance they want?

What is happening with freedom of choice in Australia?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Saturday, 20 April 2019 11:02 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

A couple of years ago I was fortunate enough to have found a medical doctor who used the integrative approach to treatment when I had health issues that orthodox doctors just put down to stress. Their answer was to take an antidepressant, although I didn't have depression at all. I wanted to get to the root cause of the problem and was able to with a different approach taken by a functional doctor

(M.D) I started visiting. The first visit was about three quarters of an hour long and there was no rush whatsoever to get me out of the office for the next patient. The doctor also makes himself available before starting time for important followups. He discovered that I had adrenal fatigue or adrenal burnout. These adrenal conditions are real; however, many times orthodox doctors do not recognize them as such.

The treatment used by the functional doctor brought my body back into proper function, after repairing the structure of the gland, and supporting its function with suitable supplements. This caused the symptoms to fade away. Functional or integrative doctors have a greater range of tests and treatments than orthodox doctors do. Their approach to treatment offers more variety which can aid a wider 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, 2 May 2019 10:27:49 AM

---

To the Medical Board of Australia,

I support Option 1.

Complementary medicines always work better for me. My body is extremely sensitive to medications and often i cant take them. I need complementary medicine to be available to me and if doctors are unable to recommend them, i will have to rely more on myself and seek out natural solutions online.

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.

People should have access to non drug related treatment if they so wish. I've done the pill thing for years and I've now found some can manage most conditions through a good healthy eating plan and quality supplements. This not only benefits me and my family but society as well as I am not draining the health system by tying up resources that someone else needs 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:** Saturday, 15 June 2019 12:15:15 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been using complimentary medicine for years. I have been able to keep myself & my family well. I had been sick for years with various illness but not anymore. People should be aware of alternatives and the board should also be ensuring our practitioners are doing the best that they absolutely can to keep people well and that includes alternatives. Anybody who tries stop people from looking after themselves and helping with their own healthcare and being able to talk to their doctor about it has no right being in the healthcare 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:** Wednesday, 26 June 2019 3:36:59 PM

---

To the Medical Board of Australia,

I support Option 1.

My GP support in looking at my health as a whole and not just as an isolated issue (eg thyroid as a standalone issue) is vital. Their understanding and wholistic treatment is an integral part of my health and wellbeing and I would like the government to consider keeping this support for not just personal health, but helping to create healthier community and therefore taking pressure off the hospital and medical system (which occurs when Dr's only treat symptomatically which can lead on to crisis health care down the track)

Please continue to support GP's in their care of the whole person and not just the symptoms they present with

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 5:26:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I do believe that restricting access to complementary medicines will make doctors so much less effective and have negative outcomes for our community. I would not personally consult a doctor who does not consider a range of options including natural medicines. This proposal to narrow what doctors can offer would make doctors no longer of any value to me and to many. It is an extreme and narrow minded proposal.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 10:13 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have a number of chronic physical and mental conditions that require close monitoring, reviews and changes to my treatment regime.

Over the years, the doctors and practitioners that have helped me the most are the ones that offer a holistic or integrated approach - combining both conventional and non conventional treatment options such as reflexology, acupuncture, kinesiology, chinese medicine, herbalism and massage.

In fact my Psychiatrist, my Psychologist, my GP, my Art Therapist and my Outpatient Counsellors all support and promote an integrative approach - having seen it work so well for their patients, including me.

Because of their knowledge, guidance and medical freedom to do what's BEST FOR ME, they've kept me out of the public health system so I'm not a constant burden on others and spending unnecessary taxpayer dollars.

It's one thing to not support insurers to pay a benefit towards these services, however to impose a restriction on Doctors who use it as a tool for their patients wellbeing and in their best interest would be a direct reflection on trying to make money via billable hours rather than providing best-practice medical care - the latter of which has always been the very cornerstone of the Medical Board of Australia.

Please do not become another organisation who only looks after your shareholders and not the wider community you serve. Allow patients to make the choice as to the type of Doctor or Provider they see, integrative or not. Surely that should be our choice, and not yours.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 3:42 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I am so disappointed to hear that you are looking to make changes that will single out integrative practitioners and limit patient choice.

Research shows that around 30% of Australian doctors utilise some aspect of complementary medicine within their practice and it can easily be argued that this is current conventional medicine.

Clearly this move will deter practitioners and limit patient choice.

We as a family use complementary medicine for wellness! To maintain a healthy lifestyle and as a preventative measure so that we will not become a burden on the public medical system.

Just two weeks ago I lost the right to use my health insurance to pay for my yoga classes. I think it's fairly well known that yoga reduces stress and that stress is a major factor in many of today's chronic disease epidemics.

Now I am reading that soon my naturopath will not be able to prescribe me magnesium if I have cramps or vitamin C if I have a cold!?

I just cannot understand the shortsightedness of the MBA and I very much hope that you listen to what the general public are telling you about how we want to have choice and control in how we manage our health.

Why don't you focus your attentions on one of the largest causes of deaths in Australia... medical error. I believe the last count was in

1995 where it was announced that 18,000 deaths were stated from medical error in our hospitals - peer reviewed and published in the Medical Journal of Australia.

That doesn't even include injuries. Just deaths.

Please turn your attentions to where it will do the most good instead of continuing what seems to be a biased agenda going after natural and complementary therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:46:06 PM

---

To the Medical Board of Australia,

I support Option 1.

It is as simple as to give me my choice. And I choose integrative medicine and that should be an option for me. To not be drowned out by an old school medical system. To be heard and to be given time and options for my wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 9:23 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

As a sufferer of 2 auto immune diseases I wish for the right to choose who I see in regards to them because if it wasn't for my Functional GP I wouldn't have the correct diagnosis that I do today. He listened to my concerns and guided me in a healthier approach to my type 1 Diabetes.

I have excellent management because of his suggestions with vitamins and correcting my gut health.

The health industry should learn to work together with functional and integrative GPs as a patient's health should be the priority not lining the pockets of the big pharmaceuticals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 19 June 2019 11:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

After years of misdiagnosis it was a Functional GP who finally gave me the correct diagnosis and put me on the path to controlling and helping me live my life. 5 Years of misdiagnosis and lack of care from "normal" GP's could have killed me. I prefer Integrative and complementary doctors any day. If you impose restrictions you will mine and many others deaths on your hands, as I refuse to go to Doctors that just want to push pharmaceuticals down my throat for the sake of earning a dollar instead of learning who I am and how to help me help 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:** Wednesday, 26 June 2019 7:57:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Patients are entitled to the right of choice in their treatment.  
Integrative and Complementary medicine offer the complete range of  
treatment which will support the patient on the level they need.

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.

I had been seeing general practice doctors since I was 15 with constant complaints on how I was feeling and the toll my cycle was taking on my body.

under advise and spending well over \$18,000 for gastric sleeve and endometriosis treatment to find out after wards procedures where not necessary or I had been miss diagnosed I seen a integrative GP at 29.

With in 2 months he had diagnosed me with hypothyroidism, hashimotos and anemia. With in 3 months of treatment with this doctor (iron infusions, diet changes, modern medications) I have felt the best I have ever, and after 2 years of trying to fall pregnant with my husband with no luck previous I fell pregnant.

I consent to 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 6:56:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative treatments have kept off prescription medication with horrible side affects which would limit a healthier lifestyle.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 11:27:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Please do not take our right away to choose complimentary and integrative 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:** Sunday, 30 June 2019 8:01:27 PM

---

To the Medical Board of Australia,

I support Option 1.

I personally have had wonderful results using a combination of integrative and complimentary medicines. My doctor is open to and discusses wholistic treatments with me and I demand the right to choose the treatments I feel are the best for my own body and well being. No one has the right to tell me what I should do with my own body!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 10:12 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Dear MBA,

I wholeheartedly support keeping integrative medicine - my father has a brain tumour that cannot be treated with chemo or radiation due to its location in the brain stem. Integrative options have been his only options and have helped ease his suffering along with the pain relief medication he needs.

I would suggest that it is foolhardy to get rid of these options and overall for many they are preventative if used in early stages of less severe illnesses.

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.

Look at the stats what the gov is recommending now is making a very high risk population, we need to support alternate views

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:58 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 should be part of the health system. We should have choice

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 1:49:15 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been attending a clinic in Adelaide since July 2018 and they practice Integrative Healthcare and my health has never been better... I have lost weight, improved my energy levels, lowered my blood pressure etc... and all due to the holistic approach from the GP I have been seeing... and therefore NOT putting additional pressure on our current public health system... they have always been very consultative and explained every plan. DO NOT CHANGE anything, just because the pharmaceutical companies are not getting to dictate everything!~!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:34:19 AM

---

To the Medical Board of Australia,

I support Option 1.

Doctors need to be able to recommenf a variety of treatments to help  
cure/alleviate

Any issues especially chronic isdues that havebeen resistant to  
standard treatments

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** submissions@yhyc.com.au  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 11:56:21 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used Integrative Health Therapies for many years with much better results than conventional medicine alone. Many of my tested genetic problems (I use this as a guide for my integrative treatments) can be and are being addressed by using integrated medicine. I also believe we should be able to make our own choices when it comes to the types of medical treatments we use.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 7:34:51 PM

---

To the Medical Board of Australia,

I support Option 1.

As an Australian it is our right to be able to choose the type of healthcare required. If an ailment can be treated through other means we should have the option to do so. 'Our bodies' 'Our choice'. By taking away our legal rights to choice in health care is the same as allowing other people to 'touch' our bodies 'our families' bodies without their consent. That for one is illegal.  
Do not take away our rights to choose!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 4:57:03 PM

---

To the Medical Board of Australia,

I support Option 1.

I have IBS and a Dr just gave me prescribed drug (this was about 15 years ago). I went to naturopath and got some good advice that combined diet and supplements. If I now do NOT consume the foods/drinks that the naturopath identified were irritants to me, than I'm normal. The BIGGEST change was that by increasing natural fibre on the naturopth's advice. I no longer clear the room when I fart and I do a lot per day. I am now being treated for gout and again the Dr just sent me get a prescription filled and the chemist said, you'll propbably need to go onto colgout for therest of your life! Wrong, as the naturopath changed my diet and all is well again. I still have the anti-inflammatory drugs waiting if I get a bout. But the diet has stopped the gout cold! Dr should be able to select a natural choice unless the option will only be a bandaid and extend the time for the recovery by using them. In this case get the drug into the eprson, then change their diet etc.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 2:06:46 PM

---

To the Medical Board of Australia,

I support Option 1.

My response to this action is one of disgust. I cannot understand in this day and age that we are reverting to misinformation and exclusion rather than ALL Health modalities working together. European communities have for decades, combined and pioneered new health practices, as well as historic methodology's - including herbal, homeopathic chiropractic, massage, and acupuncture. WHY are these practices regarded as FRINGE..when there is documented research supporting the end result.. happy and healed patients

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 4:33:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support option1. I have had personal experience of supporting my daughter who has Biopolar 1 which homeopathy and micronutrients in times of extreme mania much more successfully than with Valium.

Please do NOT tighten the regulations.

Regards

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have had ME and got well by alternative medicine homeopathy.. I have worked as a science teacher for the last 20 years since getting well by homeopathy...

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:45 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 changing this law would be stupid , i have used intergrated doctors and prescribed compounding vitamins for years and have had great results and health benefits

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.

Integrative and complementary medicine and treatment/diagnostic options should be part of the holistic care offered by medical practitioners.

Doctors should be supported and allowed to choose what is best for the patient and intimately best for the healthcare system.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:21:53 AM

---

To the Medical Board of Australia,

I support Option 1.

Having seen friends battling with Chronic fatigue syndrome and majority of the time pharmaceutical and "conventional medicine" not being able to help them they have turned to an integrative approach, which I have seen first hand them getting their health and life back.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:57:19 PM

---

To the Medical Board of Australia,

I support Option 1.

I have had to doctor shop for years to find a knowledgeable G.P. that thinks and acts outside the text book box of fixing all ailments with pharmaceutical drugs.

Pharmaceutical drugs are only a generic band aid quick fix and dollars going into the pockets of the suppliers.

I prefer an holistic approach to keep my body healthy!

Wake up Australia...you are already so far behind in the medical world!

Stop the control and give us our choice of 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:** Sunday, 19 May 2019 3:03:16 PM

---

To the Medical Board of Australia,

I support Option 1.

Standard GPs were unable to assist me for years with chronic health issues. They couldn't find any answers and just wanted to pump me full of drugs that would've created more symptoms and not found the cause.

It was an integrative Dr that did standard tests and private tests to finally see, holistically, what was wrong with me. She was then able to provide me with non pharmaceutical solutions that, although worked slower, they changed my life for the better without nasty side effects. I have too many chemical sensitivities and allergies, so natural therapies are less risky for me.

I currently have dhea and thyroid extract compounded specifically for me that I have been using for 3 yrs with great success. Why would you take that away from me? Why would you stop me from taking something that works for me and force me back into chronic illness? I can guarantee if you did this my quality of life would significantly reduce.

I have already suffered 12 years with a Pelvic Mesh Implant that ruined my 30's and almost cost me my life, now you want to take away any chance of good health in my 40's while I'm dealing with perimenopause as well. Give me a break! Please! We should all have the right to choose how we treat our 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:** Saturday, 15 June 2019 10:17:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Hello my name is [REDACTED] I am 40 years old and was raised in a family where integrative medicine was always used. I have used vitamins, supplements and herbal remedies my entire life and always with amazing results.

I would like to express the importance of having easy access to these remedies. It is NOT ok to consider taking away a choice to integrate natural and modern medicine.

Thank you for reading.

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, 2 May 2019 9:52:45 AM

---

To the Medical Board of Australia,

I support Option 1.

What is a world without choice? Imagine governments, corporations and industries placing profit before health of humanity, what do you think that future will look like? If MBA want studies on integrative medicine, fund them if you are so concerned. Otherwise stop telling society that the practice is risky when conventional medicine has greater risks managing illness, than some amazing GP's looking to cure, not manage people's ailments. The obvious question is who would benefit from this agenda? People are'nt blind. What are you going to do about securing the health of 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:** Sunday, 16 June 2019 8:46:27 AM

---

To the Medical Board of Australia,

I support Option 1.

I was recently very disappointed that my naturopathic treatment and other alternative therapies would not be covered by my expensive private health insurance, now I'm hearing this news and am equally frustrated.

I live in the NT where quality health care (from experienced practitioners) is extremely difficult to find from mainstream medicine. Add this to the fact that Australian GPs are trained to medicate, they're not trained to diagnose and treat. The pharmaceutical industry relies heavily on this band-aid approach and patients are left with ongoing and recurring problems and questions still unanswered.

One example of my own experience was when I came back from India with parasites. I told my GP, (who was [REDACTED]) who firstly treated me for giardia without proper diagnostic tests, which made me more ill. I kept returning as I was becoming more ill with more new symptoms and his response was "eat more yoghurt". After spending hundreds of dollars over 2 years and becoming so ill that I reverted to double shots of espresso to get me up in the morning and keep me going through the day, I went to a naturopath, who together with a dietician, discovered all of the rare parasites I had, how to treat them gently, and also that I had now triggered coeliac disease. I had 3 genes and wasn't aware but because I'd had such an assault on the system for so long I now have it for life. I contemplated suing that GP.

I now see naturopaths and integrative doctors for all ailments because they know how to diagnose and treat everything I've had a problem with so far, without immediately getting out a prescription for an antibiotic, or telling me to rub a cream on or any other band-aid style approach. I have little respect for GPs. When I have taken my daughter or myself to them, it's quite common for them to be consulting the internet or waffling on something that I already know about the ailment. They actually are only useful for referrals or standard healthcare like pregnancy testing and the like. And I am not alone in this manner of thinking.

You need to allow integrative medical practitioners to continue to offer their full range of services to the community for the reasons I've explained above, and because people in the community need choice and options. An holistic approach to medicine is the most effective way to achieving better health AND maintenance of it, which therefore leads to less economic stress on hospitals and health care centres.

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 1:43:01 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative healthcare is vital for facilitating long term patient-focused health outcomes with minimal side effects. Often chronic health issues cannot be solved with the administering of pharmaceutical medications. In some cases, these can come with significant side effects that can have disturbing impacts to a patient's quality of life. In some circumstances, changes to a patient's diet or supplementation with key nutrients are all it takes to manage some quite significant signs and symptoms.

Taking a purely conventional approach appears to be limiting the tool belt of a properly trained practitioner, which at face value makes no logical sense. There are multiple scientific papers demonstrating the efficacy of non-conventional medical approaches. Therefore it would appear that the manner in which this paper has pulled the disciplines that have been assessed would be a purely political one, designed to remove patient choice.

Please take a moment to consider patient welfare.

I consent to publication 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 6:10:51 PM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative and complementary medicine as I believe in treating the whole body, not just with drugs. I prefer to use natural therapies where possible, without adding chemicals to my body most of the time (as I no longer have a thyroid I do need to use drugs).

I support my GPs' right to provide and suggest complementary medicines or new practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:33:56 AM

---

To the Medical Board of Australia,

I support Option 1.

support patient access to Integrative & complementary medicine

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 10:40:19 AM

---

To the Medical Board of Australia,

I support Option 1.

If the goal of medical practitioners is to genuinely improve their patients' health and they are using complementary medicine as well as Western medicine to gain relief for their patients, it would seem counter-productive to limit this access, resulting in more ill health, decreased quality of life and greater financial burden on the public purse.

Many people with complex auto-immune conditions rely on the combination of western and complementary medicine in order to function and it will be a very sad day if the option to work in harmony with medical praise removed. People will still do it but less transparency means greater risks.

Please continue to support integrative and complementary medicine for your patients.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:33:54 AM

---

To the Medical Board of Australia,

I support Option 1.

Wholistic Integrative and alternative complementary medicine has changed my life for the better - if I didn't have the choice to choose complementary medicine I would still be suffering. Western medicine diagnosed but was unable to help further as still not enough is known - alternative or complementary medicine has helped immensely. We should look to integrate ancient medical knowledge used for centuries with modern medical knowledge to provide patients with all the options and patients should have the freedom to choose. Please support and keep integrative and complementary medicine it gives people choice and hope.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 7:39 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

It is important that all people have a choice in regards to choosing integrative practitioners that look at the big picture of healing their patients and not taking the prescribing pharmaceutical drugs as the only approach to healing. For most of my adult life I had huge gut issues that no GP seemed to diagnose not heal within their guidelines and then I discovered an intergrative practitioner who not only through her thorough approach to investigating also prescribed much needed supplements of vitamins and minerals that my body badly needed in order for healing. Within weeks, my gut was on the mend and this turned my sick body around. As a result, I have always used integrative GPs for my children who are now adults and they take the same approach with their children. Integrative Practitioners treat the whole body in healing, use pharmaceutical drugs when needed but also look at supplements and therapies that can assist in healing. Do not impose restrictions on these highly educated, whole person approach to medicine...something that is hugely lacking in the Western Worlds approach to medicine. We should all have choices in whom we wish to use for healing.

I consent to 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 7:28:06 AM

---

To the Medical Board of Australia,

I support Option 1.

To Whom it may concern,

I am a senior mental health practitioner. I have worked in the community, private practice and as lecturer and unit chair of various Masters programs. I have also acted as a consultant for mental health units for complex cases particularly those relating to psychological trauma. Naturally, I am best placed to comment on issues relating to mental health. Over the years I have been witness to a level of ignorance in certain factions of the medical fraternity. I must iterate this draconian stance is only the purview of a few often not very lateral thinking practitioners. It has been my experience this ignorance has caused untold psychological and physical harm. Far too many medical practitioners have tragically been brainwashed by the nefarious shenanigans of the pharmaceutical companies. These companies have consistently been shown to groom busy medical practitioners while fraudulently distorting clinical trials. By doing so they have been directly instrumental in facilitating a startling increase in the inappropriate use of mind-altering drugs. They are directly culpable in what has been labeled the opioid epidemic in the U.S.

I am both ashamed and alarmed that medical professionals have become involved in the ridiculous premise that alternative medicine is not useful. It calls into question their mantra evidence shows...

Evidence shows medicine's bag of tricks for Axis 1 psychological disorders at best relieves symptoms in the interim and at worst is addictive. When used in the long-term it causes neuronal atrophy. Additionally, it engenders and reinforces external locus of control and learned helplessness. it disenables patients from working toward increasing their own health and just as important well-being. In other words, causing apathy and a sense of hopelessness.

For example, It was not long ago 'esteemed' medical practitioners considered mindfulness practice (which was an alternative practice) mumbo jumbo. On one occasion I was training an individual in this evidence-based non-medical intervention and his medical practitioner implored him not to continue and offered him a prescription to increase his dose of benzodiazepines. In this case, mindfulness was engendering neurogenesis while the member of the medical fraternity was prescribing substances which ultimately (in the long term) cause neuronal atrophy. I have seen far too many patients who have become disillusioned with rigid GP's who have sought out more lateral thinking medical practitioners. Some of these patients have eventually slowly weaned off alarming large doses of prescription drugs as they engage in an integrative approach to health. These individuals invariably feel more in control when they visit naturopaths join tai chi groups and engage in yoga classes. Allowing (particularly those from low socio-economic cohorts) to have a say in their treatment has a secondary gain it increases autonomy and self-esteem

I will conclude reiterating my 3 major premises. Firstly, Medicine is an essential component of our health system. However, it is simply a component and to assume it is anything more is a product of brainwashing ignorance and bias. Grown-ups, the emotionally mature, and those who truly value science and evidence-based practice learn to

work together acknowledge the benefits of alternative ways of thinking and practice. They do not engage in cult-like arrogance and blindness. Medical practitioners need to view alternative medicine as preventative. And they need to understand this is valuable and life-affirming and their job is to encourage preventative medicine and to deal with acute presentations.

Secondly, like so many catchphrases the idea of evidence-based is thrown around far too loosely particularly by medical practitioners. Science and evidence by its nature changes and alter as we seek and learn and research. We have seen what occurs when communities blindly believe the pseudo-research conducted by pharmaceutical companies who are neither independent nor objective.

Thirdly I've got an idea... instead of being manipulated by this small cabal of medical practitioners and self-interested parties like insurance parties why not support research into alternative medicine. Why not encourage oversight organisations akin to AHPRA to ensure the alternative practitioner is registered and keeps astride of recent research. Why not view health in a holistic manner instead of a being reactively interventionalist?

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

---

**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.

Stop changing my rights to choose and access 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, 26 June 2019 8:40:19 AM

---

To the Medical Board of Australia,

I support Option 1.

We all deserve the right to choose ( make educated decisions) how we want to protect and or heal our own bodies and that of our families.

To choose the practitioner that can educate, support and offer options.

We have a right to be able to treat underlying causes and not just mask the symptoms. To choose natural alternatives that support and heal from the inside out the way nature designed it. We are not dying from a pharmaceutical deficiency! And people are living longer but zero quality of life.

Holistic choices have kept my family in great health for well over a decade - it will always be our first choice .

Modern day medicine may be extremely helpful in many areas but definitely not always the solution to diseases and long term 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:** Tuesday, 25 June 2019 2:38:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to support patient's rights to choose healthcare that suits them. Many people have had successful health outcomes from the use of integrative and complementary supplements and diagnostics to manage complex health conditions. These people have not been helped by mainstream medicine and every Australian deserves to make choices with health care that enables them to achieve an optimal lifestyle that benefits our communities and 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:** Tuesday, 25 June 2019 2:43:49 PM

---

To the Medical Board of Australia,

I support Option 1.

I personally have been fortunate in that when struck down with an auto-immune disease in 2010, I was able, with my Doctor's consent, to consult a Scientist, a bio chemist of impeccable reputation and learning, who was able to help me choose two herbal supplements which came out of ancient Chinese (Ming) formulations. The Doctor was only able to prescribe Prednisolone for which I was very grateful because short-term, it enabled me to walk. However I was also extremely grateful for the herbal formulations which I believe helped me to control the auto-immune disease, and also, with my GP's supervision, enabled me to get off the Prednisolone which was severely damaging my eyes and my hips, both of which subsequently required surgery. At 78 years of age, I am still fit and well, and believe that many GPs would love to be able to help their patients more by either studying alternative medicine themselves, or being encouraged to freely recommend suitable alternative 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:** Sunday, 30 June 2019 9:40:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I use alternative medicine and don't want to be given drugs by doctors

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 2:20:14 PM

---

To the Medical Board of Australia,

I support Option 1.

The year is 2019 for goodness sake! I cannot believe the MBA . Have you become a self serving body? AHPRA is proving to be a disaster as it is a forum for unfounded complaints . It is destroying people and providing support for bullies. If the public didn't love these practitioners they wouldn't use them and they would go broke . I fully support no change to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 3:33:10 PM

---

To the Medical Board of Australia,

I support Option 1.

It necessary and don't change it

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I value doctors who use integrative approach to my health, even the basic vitamin D has been proven essential for health so why not other vitamins and integrative methods are so important. I am pain free due to vitamin and minerals not prescribe pain killers now. We have so much to learn and research to prove these methods work, why not put more energy into research than stopping methods that have helped so many people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 7:11:48 PM

---

To the Medical Board of Australia,

I support Option 1.

This is a no brainer. Integrative GP's are wonderful! I am a Mum to 3 sons and we see an Integrative GP to take a deeper dive into our health picture that my regular GP just isn't able to help with. My father is also a GP so I have grown up well aware of the limits to conventional medical care that does not address the whole picture, and the whole child. Things like gut health, autoimmune conditions and picking up on the nuance of child speech and behavioral red flags are the domain of Integrative GP's and my children have been massively helped through seeing one for these 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:** Friday, 21 June 2019 12:56:48 PM

---

To the Medical Board of Australia,

I support Option 1.

I love my integrative GP. She is so knowledgeable. She is up to date with all the relevant studies on PubMed for issues we discuss. She has helped heal and seal my gut and combat digestive issues in myself and my children. She understands that overuse of antibiotics causes a host of problems and has great advice to save antibiotics for when they are really needed. I can get an hour long appointment or a 30 min phone consult which means thorough and holistic care for the whole family. She really knows us, when a standard GP gives you about 10 minutes and gives very poor dietary advice adhering to the food pyramid. This does not work for everyone especially those of us who are lactose intolerant for example. Standard medical schools do not teach much about nutrition. My father is a GP and I know firsthand the limits to his training. I was plied with antibiotics and many steroid treatments during my childhood and it has been my integrative GP who has been able to help me get well. Without her I'd still be suffering from recurring sinus infections, intestinal permeability, brain fog, hives, and have be on daily pharmaceutical medication. I'm on no medication thanks to my integrative GP and all of these symptoms have gone away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 6:40:45 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative practitioners are the only ones who have assisted me with complicated medical conditions, and have resulted in complete remission of symptoms. They understand how the body responds to nutrition, they understand deficiencies, and they understand how to bring the body back into balance, so that it is disease free, rather than always opting for antibiotics and other medications with dangerous side effects that leave the body in turmoil.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 3:38:38 PM

---

To the Medical Board of Australia,

I support Option 1.

There are amazing natural alternatives that the normal GP is not aware of that can solve a myriad of issues, but all the GP does is prescribe drugs that mostly have harsh side affects. The integrative practitioners understand the drugs available, but they also understand nutrition and how to treat the body in a more natural way to achieve amazing results with no side affects. They are essential to those who want a more natural treatment and also for those that have exhausted the mainstream avenues.

I consent to 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 5:03:31 PM

---

To the Medical Board of Australia,

I support Option 1.

My wife and I have used integrative and complementary medicine for many years and have benefited greatly from these modalities as they work together to ensure that we have remained healthy into our seventies. We seldom visit a GP and have actively managed our health. We have also managed to limit use of antibiotics because of these modalities. Using this approach also helps to restrict hospital admissions and associated costs. We emphatically reject these proposed restrictions on patients 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 12:34:38 AM

---

To the Medical Board of Australia,

I support Option 1.

Natural medicine has been fundamental to Human survival for eons.

How dare you take away our right and our connecting to mother Gaia. We live with in the program of nature. Natural medicine is who we are.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 8 June 2019 8:17:34 AM

---

To the Medical Board of Australia,

I support Option 1.

Over the last 5 years I have paid for Medicare through the tax system yet I use alternative practitioners for 99% of any health issues. I find them more beneficial than traditional medicine which I feel is more happy to give an often toxic drug to mask symptoms rather than stop the problem at its source.

I don't think I should have to fund often lazy people who don't do anything to help their own health.

Alternative practitioners Take the time to get to the root of the problem and should be promoted.

The best for all would be an integrated approach using the best of both systems. As in everything, working as a team for the better good seems common sense, rather than this ongoing war which is brought up by people more interested in their own self interest

I consent to 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 12:32:13 AM

---

To the Medical Board of Australia,

I support Option 1.

There is more than 1 way to treat a condition or illness and taking away a doctor's ability to treat a patient with a range of options compromises patient care. How a patient is treated is between a consenting person and their doctor and not up to the government to dictate. Stop taking away our rights and freedoms!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

My integrative doctor helped me through cancer and without him I would not be here. I rely heavily on him for my ongoing care and after treatment from him, my health has dramatically improved. My partner has been very ill, and with the help of integrative medicine he is also alive because of this. To take away our right to seek treatments of our choice is putting our lives at risk.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 11:46 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Dear Sir/madam

I think it is important to have options and choices when it comes to your own healthcare. Complimentary medicine can work hand in hand with traditional medicine. Vitamins, naturopathic, etc can help immensely and take pressure off the hospital system. I would be disgusted in the government if we are denied a choice of medical treatment and only given a 'drug' option.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 13 June 2019 2:51:35 PM

---

To the Medical Board of Australia,

I support Option 1.

We reserve the right to choose medical practitioners that treat the whole person and not just the symptoms!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 23 April 2019 2:19:24 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been a patient of an Integrative Medical Practitioner for the last year. Her in-depth testing, prescribing of relevant and effective supplements, plus suggestions on improving my diet, have all combined to give me the best health I have had in years. Her commitment to finding out what was causing various health issues I was experiencing, gave me great confidence to continue my journey to better health, with her knowledgeable assistance. I regard highly the opportunity to choose my health providers, complimentary and integrative, and would be very concerned if this choice was restricted or removed. She is a highly qualified Doctor who uses her knowledge of conventional and complimentary medicines effectively and well.

Please do not restrict or eliminate my choice as to who best can help me maintain good 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 9:57:55 PM

---

To the Medical Board of Australia,

I support Option 1.

Restricting the right to choose health care options based on outdated principles, playing into the hands of big pharma and sending Australians onto a path of sickness rather than preventative health strategies and wellness support would be catastrophic, and increasingly costly to society.

Support the patient's right to choose health measures that are extremely low risk, life and health enhancing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 6:00:27 AM

---

To the Medical Board of Australia,

I support Option 1.

I am sad that my rights can be taken away from me as to how my healthcare is managed. I have used natural ways of healing for about 20 years now and know that it has helped me hugely. Taking supplements is what helps to keep me above the wellness line for most of the time, take that away and it will create a lot more sick people than we have right now. Please protect our right to manage our health the way we wish. 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, 30 May 2019 6:21:39 PM

---

To the Medical Board of Australia,

I support Option 1.

As long ago as 35 years my GP of that time, offered me advice about vitamins.

I had very little understanding at the time of the importance of good nutrition, or the importance of supplementing my diet as necessary.

I have been advised at various times, as a result of health checks which included blood tests to take vitamins or minerals. This has always helped me.

I have strong objections to GPs being disallowed the right to offer what they consider to be good advice around alternatives to conventional medicine.

There is a much better level of awareness in the general population than there has been in the past that antibiotics should not be prescribed without good reason. People need to be given sound information by their doctor and discuss options that suit them.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I do not want to see anything changed regarding current integrative health care. I would prefer to be able to be given natural therapies along side of antibiotics etc if necessary and would in some cases just like a natural therapy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:31:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I have suffered chronic health problems and practical medicine has not been ideal for me. I have had success with natural medicine without the dangerous side effects that come with normal prescribed medicine. There are a lot of medicines out there that have caused people more illness from the side effects and created addiction of most painkillers subscribed. I believe that people should be able to make a choice on how they want to be treated and what works well for them. The body has an ability to heal itself and using toxic chemicals that are in most pills prescribed does not always suit a person who has a bad reaction. I personally use both herbs and Integrative medicine and find that approach as being the best treatment for me. Integrative medicine is the new medicine and is recognised by professional doctors and should be available to all who wish to use it. These Doctors have treated their patients and had success with utilising vitamins and as they are also trained in their vocation the government has no right to intervene and people have a right to be treated as they wish. I fully support that Integrative medicine should stay.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 11:22:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I have chronic kidney disease and practice Integrated medicine through my GP. I am using vitamins prescribed to support my health conditions that work and do not affect my kidneys in a bad way unlike some drug medications. We all have the right to take what works for us and all drugs have side effects. Some of us cannot take drugs because of the horrific side effects and natural medicine is the only way forward for us. If the government interferes with this some of us will either die or suffer even more if it's made defunct. The government has no right to tell us what is right for us that should be our practicing doctor and patients decision. I would like to see Integrated medicine being supported under Medicare as it's a way forward for most people who are prescribed drugs that do 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, 22 April 2019 7:13:45 PM

---

To the Medical Board of Australia,

I support Option 1.

I HAVE HAD EXCELLENT RESULTS USING ALTERNATIVE METHODS WITH  
TRADITIONAL MEDICINES. CITIZENS SHOULD HAVE THE RIGHT TO CHOOSE THEIR  
OWN METHOD 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:** Wednesday, 1 May 2019 11:35:33 AM

---

To the Medical Board of Australia,

I support Option 1.

As a senior citizen I have used many supplements to help me through the many health issues over my life. I have noticed an increase in diseases that I thought we wouldn't see again. Unfortunately many of my friends and myself have acquired these in our senior years. The General Practices (GP) only give medications, some have nasty side effects. Or there are no medications that will cure these modalities, only natural supplements that work well with our unique DNA. The GPs say, "Go home and rest, there's not much else we can do". So I go home to my prefabricated house in an over 50's village, where all my neighbours are living 3 feet away. Under a busy airport flight path, backed up next to a freeway, put on noise cancelling headphones (when the swelling on my head allows me this discomfort on my all ready aching head) place a heatpack and ice pack and take vitamin supplements and hope to feel better soon. The many medications I have been prescribed give more horrible symptoms that have to be felt, on top of my diagnosis. The only way through these debilitating illnesses is to have a healthy immune system. The only way is through good food, environment and supplements and good balanced health care support. I have proved this to myself over many years. People have a right to choose their own decisions, when it comes to their health. GPs and healthcare professionals have a right to encourage the true health of the individual in their care. These supplements should be appreciated and the real research and development to assist in the well-being of all humans and animals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am writing to express my concern about the proposed changes. I support patient access to integrative and complementary medicine. I believe that integrative medicine has greatly helped support myself and my family through various illnesses. Without it, we would be on unnecessary medication causing more side effects and more illnesses.

I support a holistic approach to healthcare and support doctors rights to provide new and innovative practices including complementary medicine. More and more research is becoming available on natural therapies and I would like to see this becoming the norm rather than the enemy.

I consent to 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 9:26:20 PM

---

To the Medical Board of Australia,

I support Option 1.

I firmly believe that we should have access to integrative medicine if we so choose. I have had great success personally and have friends and family who have benefited from this type of medical treatment.

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.

Please continue to allow medical practitioners to recommend integrative medicine to their patients in Australia. For thousands of years, many people from around the world have benefited from "alternative " therapies and we continue to experience amazing, life-changing benefits with a combination of medical and natural remedies today. Please don't stop this.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 8:57 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe it is a basic human right, in a country where we have free speech, and free choice on many issues, to also have a choice on our approach to health. The government should not enforce a one choice option for health by regulatng the industry to the point that any other choice other than western medicine, is available.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 4:41:34 PM

---

To the Medical Board of Australia,

I support Option 1.

My family of 5 has always benefited from a holistic approach to health. Pills can't and don't solve all problems. Without osteo my son would have shoulder pain. Without naturopathy my daughter would have gut health issues. Without supplements i would have no energy and not cope as a parent. I currently need help with diagnostic testing for one of my children. This is just my family. I know many many others who benefit greatly from complimentary medicines and health practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 6:53:42 AM

---

To the Medical Board of Australia,

I support Option 1.

Do not change the guidelines, so called alternative therapies should be integrated more into general medicines not less. "Alternate" therapies consistently reduce the strain on our convention medicines. Far better to be treated with vitamins or chiro etc than prescribed chemicals or surgery. These treatments have been used for a lot longer than "contventional" medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:47 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 writing in regards to the proposed changes to the legislation surrounding integrative and complimentary medicine. My family and I use integrative and complimentary medicine and it has helped us maintain overall health. We have had little to no need for hospital or go visits and so have not bogged down the medical system. We know many others who have found solutions to their ailments in integrative and complimentary medicine. People have the right to choose. Please don't take away that right by imposing these changes to this legislation.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

Healthcare is my personal responsibility, I choose natural medicines over drug therapies only choosing drugs when natural medicine are no longer viable options. People who choose natural or alternative medicine over drug based therapies are costing taxpayers far less than those who rely on drug focussed therapy.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 12:34:38 PM

---

To the Medical Board of Australia,

I support Option 1.

Patients already avoid telling GP's that they support their own health and well-being by taking vitamins and herbal supplements. Patients are now more well informed about health choices and take this seriously. Pharmaceutical medicine is dangerous and can have long term negative effects which GP's are not always happy to disclose. Patients should be able to have access to unbiased integrated health care which includes natural and preventive medicine of their own choosing.

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.

My husband was very sick about ten years ago. Sick enough to be medically evacuated from a neighbouring country. We saw many doctors here in Australia, and not one mainstream doctor could find anything wrong with him. Hundreds of tests, and many many tears as he was constantly told there was no reason for his ill health. Through a friend, he got in to see an integrative doctor who ran different tests and was able to point at something real, something anomalous and the root cause of most of my husband's health problems. If it hadn't been for this one integrative doctor, my husband would've had a very different outcome. Unfortunately, because it took so long to find the real problem, the condition had turned chronic, and we are still dealing with the repercussions on his body, even after all these years.

Please don't take away the only pathway that helped us.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:27:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I am 56 years old and have rarely been ill, have stayed away from conventional medicine unless it's absolutely necessary (maybe once in five years) and absolutely support the whole patient care provided by integrative and complementary medicine. To take that choice away from me is criminal and dangerous.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 8:59:05 PM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine has not provided solutions to my health issues.  
An integrative approach most certainly has. I do not wish to lose my  
access to such a helpful 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:** Monday, 22 April 2019 12:37:04 AM

---

To the Medical Board of Australia,

I support Option 1.

I have found that integrated and complimentary medicine has maintained and improved my health when conventional medicine has not been able to. I strongly believe in freedom of choice, wholistic practice and control over my own health status.

The medical model of health care focuses on illness where integrated and complimentary medicine focus is on wellness and encouraging you to maintain and/or improve your own health status.

Well-being is inclusive and requires all aspects of health - mental, emotional, physical, social and spiritual to be in balance. All health professionals should be working together for the health and well-being of the individual, community and nation.

To me, the issue is a Power & economic struggle as the MBA loses customers to integrated 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, 10 June 2019 7:16:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Australians want options in their choice of medical care. This includes integrative and complementary medicine.

As a qualified naturopath and nutritionist, I sometimes refer my patients to follow up with more in depth advice or testing with an integrative doctor who has special interests in nutrient deficiencies and herbal medicine. I have also previously used the services of an Integrative GP for my own health which was paid out of my own pocket, saving public health care costs. Integrative medicine practitioners do not add burden to our public health system and often support patients long term health with compassion and longer consultations to gather a detailed client history. We focus not only on complex cases but due to our more specialised training, also utilise simple but very effective advice or treatments to support natural healing.

In my experience I have found regular GP's to have very limited or outdated knowledge in regards to optimum nutrient levels, healthy diet and limited skills to offer long term wellness without prescribing long term pharmaceutical medications. Many of my patients do not receive answers other than being offered a drug, from a regular GP. This is why I am happy to refer to a local Integrative GP if patients would like to explore this option. I find these patients always receive a higher standard of care and are understood more from a Integrative GP or qualified Complementary Practitioner than a regular GP who has not spent further years specialising in Integrative healing.

Limiting the services or treatments qualified complementary practitioners and Integrative GP's practice will lead to poorer outcomes for patients, higher costs to our public health system and worse mental health outcomes in the public. These health care practitioners are appropriately trained to treat those who prefer more integrative or non invasive healing so we must utilise their expertise and support their investment to the health industry of Australia.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 30 May 2019 8:46:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative therapy. Please look to a future of less pills and bandaids and getting to the bottom of the problem. A GP can refer but not fix the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 27 June 2019 11:42:55 AM

---

To the Medical Board of Australia,

I support Option 1.

Thank you for taking time to read my submission. Natural therapies have been truly valuable in that I had several allergic reactions to conventional medications as a child and found natural therapies were far more suited to me. Enough so that I studied and obtained a degree in Natural Medicine. Pharmaceuticals generally don't have a 100% success rate with everyone. So the percentage of people who do get side-effects from conventional medications due to genetics or heritage, (egMTHFR gene mutation and nutrigenomic interactions.) do well with an alternative healthcare option. Chemists are selling vitamins/natural products and can advise drug interactions with any supplement. Intergrative doctors can communicate readily with Natural therapists and vice versa to manage best treatment for the patient. If I didn't have access to natural therapies or doctors who took the time to understand epigenetic factors, I would have been a much greater burden to the medical system. Australia has one of the most stringent guidelines for Natural therapies through the TGA, and people all over the world are seeking out natural supplements released here due to exceptional quality and safety. Health practitioners are small business owners and contribute greatly to the general health of their local communities.  
Thanks 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:** Thursday, 2 May 2019 8:16:38 AM

---

To the Medical Board of Australia,

I support Option 1.

I use Chinese herbal medicine and acupuncture when needed with success

I consent to 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 8:33:52 AM

---

To the Medical Board of Australia,

I support Option 1.

I have several conditions that I have managed over 40 years with integrative and complementary medicine.

I have tried many approaches to maintain my health, and have discovered that an integrative approach works best for me.

I have taken medical drugs only on occasions, but my health has suffered, rather than improved.

I have spent years on and off without income as I have been so disabled by my conditions. I have never claimed government assistance during this time.

I know what works for my body and conditions better than anyone, which is a holistic approach to health.

This includes prevention of my conditions worsening, maintenance to ensure I stay on an even keel, and a good practitioner who understands both medical and complementary options.

I want to continue to be able to manage my health in the best way that I can, so I implore you to not change the guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I 100% support doctors who offer complimentary medicine. To take this away is taking away freedom of the people to choose the methodology of health. As a 5 time cancer survivor I know modern medicine falls short is supporting health in fact many drugs have such viscious side affects you end up taking ten things each to counteract the other. Herbal medicine is a science as old as time - I have been fortunate my doctors have supported my choice to use alternate medicine during my life. Without doctors who look outside of the box we are creating a burden on already flagging health systems and simply making big pharma wealthier and more powerful. Stop playing God - put the power back into the hands of the people

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 10 May 2019 11:32:12 PM

---

To the Medical Board of Australia,

I support Option 1.

We as a people have a right to decide how & where we seek our health 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:** Friday, 26 April 2019 8:45:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Integrative/Functional medicine as it turned my health around after years of conventional treatment which did not address the root cause of my problems. After going to an Integrative doctor I am in remission, healthier than I have ever been as a result of specialized testing, supplementation and nutritional advice and implementing crucial diet changes. It terrifies me that the powers to be want to restrict or stop such a powerful and effective service. And more so - why would they want to. I think everyone should have choices, if you want to be treated by a conventional doctor and be prescribed medication then that's your choice but if you want to for example treat the cause not just the symptoms then you need an integrated doctor trained and qualified in nutritional health and trained in the specialized tests required for a detailed diagnosis. I have referred family and friends who have had great results after being disillusioned after relying on a conventional GP. Too much to go into here and I am not suggesting that the conventional GP is negligent - but untrained in many aspects of nutritional health and the specialised tests required to conclude the best diagnosis. For overall health, prevention, best treatment and learning to take control of your health - an Integrated doctor is the only way to go.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 7:59:26 AM

---

To the Medical Board of Australia,

I support Option 1.

I successfully use complementary therapy, and medications, for my many health 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:** Thursday, 13 June 2019 10:39:24 PM

---

To the Medical Board of Australia,

I support Option 1.

The medical world is failing and mostly totally unaccountable, people are no longer warned of the side effects, it is more dangerous writing a script than encouraging less damaging therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 6:35:34 PM

---

To the Medical Board of Australia,

I support Option 1.

doctors should be allowed to treat as they see fit

I consent to 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 10:58:05 AM

---

To the Medical Board of Australia,

I support Option 1.

Please consider people who don't react well to unnatural chemicals, or people who want the right to choose and try different types of natural therapies. It's our bodies & our right to put whatever we want into them. We should have that choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I believed is obvious to anyone that good health is about more than prescribing pharmaceutical medications. Dietary and lifestyle factors play a huge part in our Wellbeing and this includes prescription of vitamins which may be lacking in our diets due to modern farming practices.

I have personally experienced a major improvement in my own health as a result of the advice of an integrative medical practitioner, and I am also aware of many friends and family who have also experienced similar positive outcomes. "General practice" infers just that - that there are many aspects to health other than a deficit of pharmaceuticals which contribute to our health. If a patient wants to be well, they may need to introduce lifestyle changes which are not able to be provided within the standard mainstream 10 minute "write a script" consultation. Last I checked, Australia is still a democracy and, as such, people should have the right to choose the type of health care that works for them. By narrowing the framework of general practice, I believe many people will be seriously disadvantaged and I would go so far as to say that removal of integrative medicine is a dangerous and unethical move which could be seen as being tantamount to medical malpractice.

I consent to publication 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 9:44:59 PM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative & complimentary medicine. Traditional medicine does not have all the answers & we need to continually grow & be open to other ways of healing, otherwise you're just not helping or offering patients hope.

I consent to publication 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 7:30:20 AM

---

To the Medical Board of Australia,

I support Option 1.

Freedom of choice, natural medicine in an integral part of my family life

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 11:26 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have several medical conditions which currently can not be cured by mainstream medical model. As a result, against my wishes, I was forced to seek alternative medicine. This has been expensive and not a wholistic solution because what I needed all along was an integrative practitioner who has not just a medical degree but further training in medicines that fall outside the PBS scheme which can treat my condition, so that any recommendations made to me were made by someone with a wider view and education in medicine who can consider the impact of those complimentary /alternative medicines in the context of any other pharmaceutical medicines and other health conditions/contraindications etc.

I'm now under the care of 2 integrative medical practitioners and finally after decades of wasting money and going in circles I'm making progress.

I'm absolutely horrified that you might consider curbing the powers and capacity of integrative medical practitioners. It's an abhorrent step backwards; archaic and not at all in touch with the direction of medicine that we need to allow to unfold.

I believe, the future of medicine is in integrative practice. I personally sit very much in the middle and know not one modality is fully the answer and we need MORE integrative doctors who are trained in both modalities (allopathic and naturopathic/alternative).

It's arrogant to assume or assert that the allopathic model has all the research and answers to all conditions. It's just not true. For eg. the area of gut health is ever so new and emerging. What we know is that we don't know enough but knowing more might radically change the health and wellbeing of our entire population. Patients with gut health problems have no choice but to seek alternative medicine until the allopathic model has anything further to offer. But it can be dangerous in some contexts to just rely solely on alternative medicine so having an integrative medical practitioner overseeing my care is keeping me safe not putting me at risk.

I personally, need someone trained as a medical practitioner and in other areas of alternative medicine and instead urge you to make positive steps forward to encourage and facilitate the continuous emergence of integrative medicine.

I'd be happy to talk to you in more detail about my health journey and why it was not a choice to seek alternative medicine and how having an integrative practitioner had been the beginning of solutions after decades of no progress.

I consent to 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 7:47:21 PM

---

To the Medical Board of Australia,

I support Option 1.

"I am disgusted/outraged/ incensed/or just very angry at the attempt to shut down an integral part of our health system". "This looks seriously like the AMA trying to shut down its competition ie a grab for power driven by commercial gain." and "Cannot believe an association like our medical practitioners is endorsing the annihilation of a superbly diverse health system."

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 was diagnosed with Poly cystic ovaries in 2013, and the medical sustem advised there was nothing that could be done. After that, i found a complementary practitioner who recommended dietary changes and some supplements, and I was able to heal my condition.

My husband had a similar experience with chronic ulcers.

If you say you wish to promote preventative healthcare but then remove options which support a preventative approach, this seems to be a big contradiction. As long as practitioners are qualified, they are a useful adjunct to mainstream medicine, or like my case, where mainstream medicine was unable to offer any 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 4:53:26 PM

---

To the Medical Board of Australia,

I support Option 1.

I have long used complimentary medicine along side traditional medicine. It is my right as an individual to choose how take care of my health.

It has been reassuring to now see traditional medicine reaching out to include preventive therapies in their practises. A much more cost effect approach to medicine than waiting to treat the symptom. If I make the informed choice to opt for Vitamin or herbal treatments this should be my right.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 2:56:05 PM

---

To the Medical Board of Australia,

I support Option 1.

I have shown my support for Option 1 to protect the rights of individuals to choose their own Medical preferences & particularly as a user of alternative medicines due to my chemical intolerance to many drugs it would make my life an absolute misery! I'm sure there are also many others who also want to make their own choices!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I find it impossible to feel that there is anything more happening here than the medical board of Australia supporting big pharmaceuticals and their own patch. Integrative medicine is helping thousands of people in this country who have had their back to the wall regarding their health and you have no right to take that away from us. It is, after all, our taxes supporting 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:** Tuesday, 23 April 2019 12:39:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I have seen evidence where patients/clients benefit from being assessed in a holistic format. I have witnessed people improve their health outcomes from integrative medicine. We are all a finely tuned living organism, that our environment, emotional wellbeing impact on our health. I truly believe integrative medicine looks beyond just physical symptoms.

I recommend that integrative practitioners terms of practice 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:** Friday, 14 June 2019 4:00:53 PM

---

To the Medical Board of Australia,

I support Option 1.

Following a debilitating accident in 1997, I have relied upon Chinese acupuncture and herbal medicines to maintain continued mobility. I need my GP and treating Specialists to be able to make recommendations across a raft of complementary therapies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 7:34:55 AM

---

To the Medical Board of Australia,

I support Option 1.

If I spent the time to give you my story and my daughter's story on how integrative and natural therapies have saved our lives, literally, when a GP was not able to assist, then would it really make a difference to a decision you seem determined to make.

This form of control over our health choices is nothing less than Stalinism. It is also an attempt to control health funds and the ability to choose health options and affordability.

It disturbs me most deeply that both sides of the political divide and the Greens have supported this change and can see the divisive lines being drawn in the sand particularly at this current election.

Yes, I am more than angry, outraged, etc, that we can be dictated to this way in what is supposed to be a democracy. And under no circumstances do I support any of these restrictions to a "medical union" serving its own agenda.

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

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

---

To the Medical Board of Australia,

I support Option 1.

Health is so much more than treating symptoms. Integrative healthcare allows a doctor to treat the whole person, not just addressing symptoms.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 1:23:17 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe it is so important to keep the current guidelines as they are. Not all medicinal practices work for every person, so it is a very beneficial and perhaps even wise plan to not restrict doctors on helping patients if there are natural remedies for treatments. Sometimes, natural remedies have been proven to be more than enough to help patients and seeing as that is the case, it would be very unjust to patients who do currently and would potentially benefit from such treatments.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 8:55:43 AM

---

To the Medical Board of Australia,

I support Option 1.

I support freedom of choice for allied/integrative medicine because it has helped me over the past decade avoid a surgical solution. Whilst I am currently recovering from surgery (cervical spine), it has been important to me to have access to other options for my care over the years, delaying surgery.

I consent to 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 7:38:51 AM

---

To the Medical Board of Australia,

I support Option 1.

I have found a GP who is committed to preventing disease and illnesses. The biggest factor in Prevention is in my opinion time. It takes time to listen, to collate and to consider the patient who presents in the totality of symptoms. The drift to speed medicine with its short appointment approach is simplistic in logic.

What other field of endeavour and service operates with such tight time frames in an economic manner for all participants?

Certainly we would hope the decision makers in this issue aren't making ten minute assessments of this and any other issues crossing their desk or lap top screens.

There are a myriad of pathways to help health services become financially efficient and stable. This suggestion isn't proven or highly researched and inherently then of high risk to patients and 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:** Sunday, 21 April 2019 12:16:17 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & complementary medicine because it provides patients the choice of having options apart from pharmaceutical medicines.

Integrative & complementary medicine has helped you, your family & friends by helping with our various different ailments. For me, my Hypothyroidism has been helped.

I use Integrative & complementary medicine because Hypothyroidism is a complex disease that cannot be treated by pharmaceuticals alone. I need supplements and alternatives to what main stream medicine can give.

If the MBA imposes restrictions on Integrative practitioners then a lot of people who are currently availing themselves to it will not be able to have the best care for their health. They will unnecessarily suffer with symptoms that could easily be alleviated by the addition of alternate 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 1:09:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Holistic healthcare is proven to be of benefit to many, many people. Costs for healthcare are already out of reach and the continued reduction in benefits coupled with the ever increasing crippling cost of care across the board is in desperate need of reform. Healthcare should not be a luxury

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 9:27 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please do not take away my choice of medical treatment. I have found that when attending my normal conventional G P they have not been able to address some medical issues that my family have endured over time, it has been my holistic GP that is educated and informed about various appropriate treatment, sometimes with natural remedies and sometimes with conventional medicine. At the end of the day it is my choice how I want to be treated not someone else's. I want to be given that choice. There are far greater side effects to conventional medicine compared to wholistic treatment and if I could choose treatment it would be the one with less side effects and less invasive. If someone believes one or the other is better, it should still be my choice on how to treat any illness that may arise. Restricting people's choices is depriving them of basic human rights.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 7:44 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Complementary medicines have kept me mobile and active for over 50 years. They are essential to good health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:07:12 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative Gp's and intergrative practices (whether western medical or complimentary) should be allowed to continue to suggest alternative and complimentary supplements and medicines. The idea that appropriately trained professionals are constrained from practicing in this way is anti preventative health and anti consumer choice. The big pharma influence and trickle down into consumer health choice control is a disgrace. As is the governments war on alternative and complimentary health. Shame on you. I choose Option 1.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 20 June 2019 6:59:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Without, accupuncture, recommended mineral supplements and yoga, I would have been in line for 2 knee replacements. The Osteo at the hospital told me I would need both knees done in a couple of years....that was 10 years ago. Surely that is better than taking up hospital beds, time, cost etc. And those modalities work well for some people.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 7:40:28 PM

---

To the Medical Board of Australia,

I support Option 1.

When my father was diagnosed with cancer, his doctor did not just stick to "traditional" treatments. He understood that natural therapies was a big part of our culture and worked with my dad to find ones that complimented the traditional stuff. This had a huge impact on my dad's mental health. He was so depressed when he found out what he'd have to go through for treatment that he was seriously considering not going ahead. When he started missing appointments his doctor followed up and took the time to understand my dad's concerns and what mattered to him. If his doctor has not done this and given him the choice to work together, I don't think my dad would be here today.

I consent to 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 10:08:47 AM

---

To the Medical Board of Australia,

I support Option 1.

I support Option 1.

I want my doctor to give me a wide range of health care options, this includes integrative medicine.

I do not support any changes that would restrict my choice to have integrative medicine as part of my health care.

I am very upset that the MBA is even thinking of restricting these options further than what already been done.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 9:43 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 a long term, chronic condition that mainstream medicine couldn't help.

I choose complimentary & integrative medicine because it gives me some quality of life that I didn't have before.

I'm concerned that without this choice my quality of life & ability to work will be severely compromised 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:** Friday, 28 June 2019 12:19:45 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complementary medicine has helped me over the past 25 yrs with CFS/ME. Mainstream medicine does nothing for the myriad of symptoms that I have endured. It is the only type of help I can get to make my life a little bit easier.

I consent to 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 3:22:39 PM

---

To the Medical Board of Australia,

I support Option 1.

Conventional medicine does not have all the answers.  
Doctors treat symptoms rather than the cause itself.  
Big Pharma has way too much influence as to what medical students are taught.

Many pharmaceutical medications cause more harm than good.  
For example, the anti-epileptic drug Lyrica is being handed out like candy.  
Lyrica destroys the liver & kidneys over time.  
A far safer & more effective replacement would be cannabis but thanks to opposition from pharmaceutical companies, patients like myself are denied the only medication that relieves my nerve pain & has kept me alive through it's anti-inflammatory effects.

I've lived with the very painful & terminal Buerger's disease for over 19 years. Had I accepted my specialists advice & long list of prescribed pharmaceuticals, I would have died within 3 years after diagnosis just like 12 other Buerger's patients that I've known.

Despite defying my doctors diagnosis by taking responsibility for my own health, they're totally disinterested in asking why & it doesn't stop them from trying to force me onto a dangerous medication regime.

The bottom line is it's my body, my life, my choice.  
How dare it even be suggested that my choice be denied.  
For shame to even consider such a 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:** Tuesday, 23 April 2019 6:35:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I support my option to choose an Integrative GP who is open to the use of supportive complementary therapies.

I am a registered Nurse who accesses acupuncture, naturopathy, TCM and Kinesiology to support and maintain my health and the health of my family.

I want a GP who supports my choices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 14 May 2019 5:45:06 PM

---

To the Medical Board of Australia,

I support Option 1.

I want all Doctors to be well versed in knowledge of scientifically validated nutritional and integrative therapies to the betterment of patient care.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

Patients should have a choice in seeking holistic health care and doctors should be able to recommend integrative and complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 6:45:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Every person in our country is different....even down to our fingerprints. There is no denying that. This difference flows through our every day lives and choices....including how we choose to 'treat' our family if they are ill.

I have the upmost respect for our medical doctor (GP). I am thankful that we are a very healthy family, but at a time when a family member had a horrific physical injury, PTSD and the physical and mental challenges that followed, our Integrative Holistic GP was our lifeline. We went to a couple of local doctors to seek advice and were basically told that the problem was depression and 'take this pill' (which in my mind is an example of 'conventional medicine'). My family member wanted to know what caused the mental anguish and was asking for answers of how to actually get back to the healthy mental state they were previously in. Two 'conventional' doctors were unable to provide answers, and after only a 5-10 minute consultation, we were offered a choice of anti-depressants and other drugs to combat the side effects.

Not feeling comfortable with these options, we looked for another professional opinion. Please note, we did not write off doctors, or the medical profession - we just needed an option that resonated with our beliefs and values.

After a five week wait (as the Integrative Holistic doctors are incredibly in demand in our area), we were able to ask for yet another professional medical opinion. The integrative doctor we saw became our lifeline. As part of their protocol, she listened and asked questions about all aspects of life and provided the opportunity to have thorough testing done to ascertain a complete health picture. This testing included blood tests, stool tests, physical examination, iridology and importantly, taking the time needed in the consultations to listen to the client and also educate us on the cause and treatment options available. The treatment included a mix of pharmaceutical medication, vitamin and herbal supplements, homeopathy - along with a list of lifestyle changes to improve ones state of health.

It was a long road to recovery, however our Integrative Holistic GP walked us through each step.

Financially, it costs a lot to walk this path, but I would pay it again in a heartbeat.

My injured, mentally struggling, suicidal family member is today living and thriving as a fit, healthy individual who is able to contribute to our family and our wider community.

We owe this health success to our Integrative Holistic GP, who took the time she needed to find the cause of the problem and had the varied resources and treatment options available.

If the Medical Board of Australia makes the decision to remove, or limit the services of Integrative Holistic Doctors, a large percentage of the population will avoid going to 'conventional' doctors because they know that the only option for any treatment will be a pharmaceutical drug. I already know of many Australians who have dropped their health insurance cover as they can no longer access the complimentary therapies that were once available. Please note, they are still using those therapies (because it works for them) and choose to pay full price because they see value in it for them - but see the health insurance as pointless as it holds no value for them.

You cannot force a whole country to eat a certain food - for that would be dangerous to some (eg. a coeliac cannot eat wheat) and you cannot force a whole country to drive the same type of car (eg a farmer could not access his property with a small hatchback, nor can you force a whole country to practice the same religion (eg a muslim and a buddhist hold different beliefs but can still co-exist in a community).

In the same way, you cannot force doctors to practice only a 'conventional' style of treating and educating their patients.

It seems to me, in my personal observation, that the 'powers that be' in our medical system here in Australia blindly follow decisions made by America. America is one, albeit large, country in the world. There are medical breakthroughs and successful treatments for all kinds of physical and mental conditions being treated vastly different all over the world. What benefit is it to our country as a whole if every one who has an illness is treated with 'conventional' medicine and therefore probably on a regime of pharmaceutical drugs for most of their life - unless the Medical Board of Australia is being funded by the pharmaceutical industry. I would hope this is not the case, as the Medical Board of Australia should represent the best available options for the people of Australia, not make decisions based on where their money comes from.

The Australian Medical Board should be at the forefront of medical health and embracing all options - for the good of the Australian people - and therefore should not make changes to the current guidelines that will leave 'conventional' medicine as our only option.

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:** Sunday, 30 June 2019 8:47:14 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear sir/madam,

Please maintain my right to access complementary and natural medicines. I don't understand why they are being targeted for so much scrutiny when I have never had an adverse reaction in my 49 years. I have accessed multiple forms of complementary treatments and have had great success in managing pain, infection and other illnesses. I love the fact that I, as a fully grown, well educated and sensible adult, can choose how I spend MY health dollars or insurance payments on the modalities that work best for me and my family! Please do not take my rights away and control my access to natural therapies.

Regards,

[REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



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

---

To the Medical Board of Australia,

I support Option 1.

I believe, through personal health experience, that no change needs to occur to the guidelines for medical practitioners in regards to integrative medicine, as both conventional and complementary practises of medicine have benefited my health through my 40 years of life. I have lived a fairly health lifestyle (good diet, non-smoker, rarely drink etc.) but I currently have chronic health issues, that if I was only able to access traditional medicine, would mean that I would be on strong medication to manage the symptoms in the long-term (that don't always work), which then also comes with other associated health risks, as noted by my GP. However, since introducing complementary health supplements, and discovering related current food triggers for symptoms, I am not plagued weekly by intense 2-3 day migraines, intense and chronic reflux daily, my skin has calmed down from experiencing itchy hives regularly and red bumps on my face (I am not classified as allergic to anything) and I rarely get IBS which also used to be a regular part of my life (I am not celiac though). There are also a number of other symptoms which have subsided or lessened in intensity. I feel like I have my life back, as my digestive health is being supported to return to a higher level of functioning, which is a slow process, but much better than the traditional medicine alone approach. If the medical board wants to create a safer way for the community to access medical intervention and support, this would be to assist more practitioners to be trained as holistic and integrative, otherwise people will return to only using practitioners like naturopaths etc. for chronic conditions, who are not as highly qualified. I speak to many women my age who are struggling with longer term health issues and they are frustrated with the lack of time investment by traditional medical practitioners to find the root causes of issues; we don't just wish to cover our health issues, but actually be assisted to resolve them where 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:** Monday, 24 June 2019 9:30:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Alternative health professions bring more to the table to improve people's health than doctors and pills and pharmacy prescriptions can, as a lot of these products cause damaging problems to other organs of the body. The other alternative medicines have been around longer than modern medicine, and they give better one-on-one care for the one seeking treatment.

PHARMACY COMPANIES MUST NOT DOMINATE OUR HEALTH SYSTEM. REMEMBER THEIR HERE TO MAKE MONEY AND STAMP OUT COMPETITION.

Pharmacy companies do have some good products which people need in short and long term. I am not fully against these companies just the way they do business.

We need both systems for a healthy country.

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.

People deserve to have choices when presented with treatments. A doctor needs to be able to offer treatments that have options other than pills and surgery.

I consent to 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 9:54:34 PM

---

To the Medical Board of Australia,

I support Option 1.

I have always used integrative medicines. It is so important to get a  
wholistic diagnoses where someone takes the time to find out whole  
history, not a quick 10 min fix.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 4:22 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Please stop taking away choice, women can't even choose to see Midwives for pregnancy. All options are so expensive as it is. Natural therapies have been a god send stop trying to pretend you're not benefiting from big pharma when stuff like this proves you are they are loosing out, people are getting better and healthier without them. So damn frustrating and disappointing

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 1:11:13 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe in my right and the right of other Australian citizens to choose the right form of Health care for them and their families based on their beliefs and education. I choose to see an integrative and complementary medicine practitioner to support my health as they are well versed in the mainstream Medical standard of care and will only use it when it is appropriate. The integrative medical practitioner who I have chosen to see over the years has helped me immensely using natural and nutritional medicine as well as referring to complementary medicine practitioners who can help me. I choose this form of health care as it is complementary and does not abuse my body with unnecessary medications or procedures which can be helped by other means. If the MBA imposed restrictions on integrative practitioners this restricts our basic human rights to make choices for ourselves as well as restricts these well educated doctors from helping those that mainstream medicine cannot in a holistic 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:** Monday, 22 April 2019 12:31:13 AM

---

To the Medical Board of Australia,

I support Option 1.

We should have the right to choose whatever health care option. If you want to take a holistic approach & not take medication then we should be able to.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 1:19:35 PM

---

To the Medical Board of Australia,

I support Option 1.

I support our right to alternate practices, through natural therapies.  
I have been able to help pain in myself and family, please don't take  
away our choice. I want my gp to guide me in this 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, 6 June 2019 3:42:37 PM

---

To the Medical Board of Australia,

I support Option 1.

Dear beaurecrats, please allow integrative medicine to keep functioning as it is currently. This style of practice has allowed myself and family to maintain our health in a wholistic manner.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 21 June 2019 11:13:54 PM

---

To the Medical Board of Australia,

I support Option 1.

Every resident has the rights to access and accept integrative healthcare, including all related health services, facilities, medicines, treatments, etc.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:19:11 AM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
I was a depressive in my younger years. I was unwilling to use drugs. Discovered Vitamin B complex and St Johns Wort. That occurred 40 years ago and I'm still free of depression. Prescribed medication was slowly reducing my wife's mental abilities. Finally encouraged by a Doctor to go off the material. She has gone onto natural therapies and she is so much better.

I think the patient has rights as well as the patient to use their brain. There is an arrogance in the scientific community that is controlled by power and money. This requires controlling when it wants to control

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 7:03:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the choice of both medical practitioners and patients to have the choice to pursue integrative and complementary medicine both in the cases where assisting conventional medicine and also where conventional medicine has little or no answers for particular conditions/diseases.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 28 April 2019 8:18:31 PM

---

To the Medical Board of Australia,

I support Option 1.

After many years being dismissed by mainstream medicine and being told I just had "IBS and anxiety" I eventually found my way to an integrative doctor who found out I had multiple parasites that were making me very sick and virtually unable to function. She changed my entire diet and basically changed my life. She also helped with depression I had battled for my entire adult life, including supporting me through two very bleak times. If she wasn't able to prescribe me alternative medicines like SAME, and vitamins and minerals that my body lacks I don't know where I'd be today. My partner is a GP and he now sees my doctor too and it has changed his outlook on integrative medicine because of how much she helped 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, 22 April 2019 7:34:06 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine got me my memory, energy and mood back on track with proper diagnosis of hormone imbalances! I was within the so called limits BUT was LOW and not thriving! These tests were carried out at the CORRECT time of the month for optimal results depicting the real story of my hormones! Now with bio-identical NATURAL creams my hormones are perfect! GENERAL PRACTICE doctors are not wise on hormones or nutrition or treating the cause!!!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 1:16:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I support the availability of patient access to complementary medicine. It should be up to the patient to choose which form of treatment they wish to follow, or in many cases use in conjunction with conventional medicine.

There are many instances of a conventional form of treatment, which in hindsight would have been better treated holistically.

The right to be informed of options and choose accordingly, is a basic Australian right. We do not need to be protected from personal choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 10:02:50 AM

---

To the Medical Board of Australia,

I support Option 1.

I am concerned that my freedom to choose how I manage my health is under threat. Patients who choose to take responsibility for their health wish to see practitioners who will foster this and who will be open to looking at holistic medicine as well as conventional treatment.

I became a naturopath at the age of 25 and have looked after myself with naturopathic and integrative medicine since this time, resulting in good health at the age of 69 and no current prescribed medications. Why is my choice of an integrative medical practitioner threatened. When I read through the evidence I find there is far more evidence of harm occurring to patients seeing conservative practitioners and also in hospital admissions. If I can keep myself healthier using integrative medicine, why should this be banned to me?

I refer my clients to integrative practitioners as well as to mainstream practitioners according to need and choice. It concerns me that my clients are also to be restricted in access to well educated integrative medical assistance.

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:** Tuesday, 25 June 2019 4:27:39 PM

---

To the Medical Board of Australia,

I support Option 1.

As a natural health practitioner I am immensely grateful to enjoy excellent health in my 70th year. I take my health regime very seriously which includes vitamins, minerals and other forms of energy medicine. It is totally inappropriate and I believe unethical for someone who is untrained in this field of natural therapies to dictate what I can do or not do to maintain my good health. Free choice is essential. Please ensure no change to current guidelines. I suspect moving forward we will see more breakthroughs with "energy" medicine that don't harm in the same way drugs do.

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 12:29:36 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medical doctors are highly trained, intelligent practitioners  
Complementary and alternative therapies have an exemplary safety record  
70% of Australians use complementary treatments so this would be  
infringing on our right to determine our own health care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:19:10 PM

---

To the Medical Board of Australia,

I support Option 1.

I Love Australia and I love having a choice. I love my integrative medicine practitioner as when many (4) conventional doctors failed me, I was left with nowhere else to turn. I needed someone to listen, to understand and take the time. I need a treatment plan outside of medication, antibiotics or surgery. I have been given the opportunity to live a happy and fulfilling life 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:** Wednesday, 26 June 2019 8:28:41 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative & complimentary medicine has been a life changer for me. I have numerous auto immune diseases & could not continue on every day without the support & input of my integrative GP, helping me get down to the root cause. We need them, prevention is better than cure & I believe with their care we will have healthier, less medicated, more pro active & empowered humans in the future.  
Please, no restrictions, more support for integrative Doctors.  
Thank you.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:38 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrative medicine has helped my daughter completely recover from anxiety, depression and panic attacks. She is now close to being back to her normal self.

Before we found our integrative doctor she was spiraling downwards with the usual medication....it made her much worse. Our integrative doctor gave us our daughter back. Please don't take that away from those of us who value it so highly.

Without the care we had from our doctor I believe long term her illness would have cost so much more in doctor visits.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 6 May 2019 1:38:56 PM

---

To the Medical Board of Australia,

I support Option 1.

I was diagnosed with bowel cancer 2 years ago and have found both conventional and complementary therapies vital to my subsequent good health. I am therefore very much against there being any changes to the way complementary therapies are currently integrated into our health system and reserve the right to access complementary therapies according to the current guidelines.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 8:34:24 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly believe that I should be able to choose the process to heal myself and my wellbeing.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I am appalled at the consideration to restrict integrative healthcare in Australia.

Medical professionals should be able to choose, along with their patients, the best options for treatment on an individual basis.

Forcing the use of pharmaceuticals only is dangerous and obviously backed by an industry which has shown, throughout history, a callous disregard for patient safety.

I implore you to do the right thing 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:** Thursday, 9 May 2019 4:57:29 AM

---

To the Medical Board of Australia,

I support Option 1.

It is important that I and my family have access to integrative and complementary medicine.

I like to have a combined approach to my health care for myself and my children.

Integrative medicine has helped me on numerous occasions where I have tried to avoid a medicated approach from the GP.

If you impose restrictions on integrative practitioners you are taking people's right to good health care away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 25 June 2019 9:50:23 PM

---

To the Medical Board of Australia,

I support Option 1.

I suffered from Chronic Fatigue for ten years and was looked after by Dr [REDACTED] [REDACTED]. Without his kind and enlightened professional service I doubt that I would have survived. He practiced Ortho-Molecular Medicine and treated me through diet and supplements. He was the only friendly face that I found apart from one other, in the medical profession and I remain truly grateful to him and deeply in his debt, knowing the constant attacks that he was subjected to for practising medicine that was outside the narrow and increasingly narrower logic that mainstream medicine wishes to live by and which they are brutally trying to force on a defenceless 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:** Thursday, 2 May 2019 8:41:44 AM

---

To the Medical Board of Australia,

I support Option 1.

Whilst being treated via Conventional Medicine I had a major breakdown at 25 that cost me my family and almost my career. See I was subject to childhood abuse and trauma at an early age, which fundamentally changed how my body and mind worked. I struggled through until I was 33 when I found a selection of healthcare providers who in their wisdom integrated their healthcare services to be able to tailor a solution that has not only worked, but seen me flourish. Without there help and guidance, I can honestly say my life would not be as full as it is today. I can now look into the future with confidence and optimism. Please don't take away other people's choices to also be healed as I have.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 11 May 2019 10:14:41 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support option 1: no change to current guidelines.

Personally, I was sick and misdiagnosed for 13 years before finding an integrative practitioner who would take the time to investigate my illness. I will never get those 13 years back, and I have damage to my body because of the untreated condition, but I can now live the rest of my life with some expectation of reasonable health, thanks to the integrative system.

With chronic illnesses which require long treatment periods, natural therapies are very important due to reduced side effects. Many of these compounds have large amounts of science to support their medical use. A simple PubMed search for something like andrographis returns 40-50 studies including clinical trials. I continually see news items which talk about the terrifying prospect of microbial antibiotic resistance, and using alternatives where appropriate is one way to avoid hurtling into this eventuality.

Chronic illness is often extremely complex, and these are the patients who generally see integrative therapists. People describe "battling" these conditions as a "journey" for a reason. Longer appointments with a selection of treatment options, in my opinion, are absolutely necessary to get to the bottom of these illnesses - I have also seen it countless times in my peers. Off-label usage is something else I have benefitted from. In my experience, "off-label" does not mean that a rogue GP is experimenting on you, it simply means that the medical community has found a niche use for a compound that may not be in the marketing interests of a large pharmaceutical company.

Further, I object to these changes on an economic basis. In a capitalist society people should be able to offer alternative services. Many of these complimentary services are preventative and relieve the burden on the regular health system.

It is disappointing for people with chronic illness to see that all of the above - so highly evident - needs to be elucidated time and again. Stories like mine are everywhere, if people take the time to listen, something only an integrative therapist was prepared to do for me.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 3 May 2019 11:30:49 PM

---

To the Medical Board of Australia,

I support Option 1.

Many chronic disorders are not well served by pharmaceuticals alone. People, myself included then seek alternatives, or would prefer a "natural" or holistic way. St Johns Wort is a good example treatment for mild anxiety/depression. If my doctor is able to advise and discuss we do not run the risk of complications in conjunction with other medications, nor will I be tempted to self medicate. I want my doctor to be a partner in my health care, to be able to respect and respond to my needs beyond the pill bottle.

While the best source of nutrients is diet, many are often lacking, recommending vitamins and minerals if deemed appropriate with the cautionary advice to those subject to overdose eg. Vit A, Selenium is again better than random purchase from the pharmacy or supermarket shelf. In my experience the doctors that take the time to learn about holistic therapies, read about emerging innovations, are caring and considering the whole person, not just one specific symptom. I support retaining the status quo.

I consent to publication of my submission.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:41 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I understand that the MBA is seeking public feedback on new, proposed guidelines that target and aim to restrict integrative medical doctors, and potentially allied health practitioners, who utilise complementary medicines and emerging treatments in their practice.

My main concern is that these proposed guidelines limit the health choices of the patient by positioning pharmaceuticals as treatment options over and above natural therapies.

The narrowing of treatment options and trend towards 'one-size-fits-all' does NOT support freedom of choice, it does NOT support medical innovation, it does NOT support evidence-based use of natural therapies and it does NOT support the development of individualised care plans. In short, this proposal does NOT aim to improve our health - only to restrict it for purposes that appear primarily profit and industry driven.

I strongly advocate for a holistic, evolving and patient-oriented approach to medical choice and ask the MBA to make NO CHANGE TO THE CURRENT GUIDELINES, so that complementary medicines and treatments can continue to be available and supported.

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 currently under the care of an integrative GP and having great results with her treatment of my condition. She listens to my concerns, offers alternatives for my treatment and regularly monitors and reassesses my needs. I do not want my right to seek this type of treatment taken away.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 11:07 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I understand that the MBA is seeking public feedback on new, proposed guidelines that target and aim to restrict integrative medical doctors, and potentially allied health practitioners, who utilise complementary medicines and emerging treatments in their practice.

My main concern is that these proposed guidelines limit the health choices of the patient by positioning pharmaceuticals as treatment options over and above natural therapies.

The narrowing of treatment options and trend towards 'one-size-fits-all' does NOT support freedom of choice, it does NOT support medical innovation, it does NOT support evidence-based use of natural therapies and it does NOT support the development of individualised care plans. In short, this proposal does NOT aim to improve our health - only to restrict it for purposes that appear primarily profit and industry driven.

I strongly advocate for a holistic, evolving and patient-oriented approach to medical choice and ask the MBA to make NO CHANGE TO THE CURRENT GUIDELINES, so that complementary medicines and treatments can continue to be available and supported.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 17 June 2019 10:22:14 AM

---

To the Medical Board of Australia,

I support Option 1.

I support the original medicines not big pharma medicines. If you decide to ban these medicines it will be a great injustice to the people of this country. No more injustice from the government please.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Wednesday, 17 April 2019 10:59 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I do not support any changes to the current guidelines. As a family we are advocates for integrative health and believe in the value of good nutrition, appropriate supplementation and prescription medicine when needed. It is about balance. In my experience those practitioners that follow integrative practices are well informed and keep themselves current with the latest information. My GP however is not as informed and only quotes 'current guidelines'. I know she is restricted to that but I also know guidelines are only updated every few years so are always behind in a rapidly changing environment. Those of us who do our own research, keep ourselves informed, want the option of ALL the information so we can make an informed choice.

I also believe this is a big push from pharmaceutical companies worried about loss of revenue ie it is now a well established fact that high levels of inflammation can be more of a risk to patients than their high cholesterol. A change in diet can reverse inflammation. Cholesterol companies do not like that data...less sales. I was told by my GP once she caught up with the data that up to 25% of patients on cholesterol lowering agents are not getting any benefit. Only benefit is to the company selling the statin and maybe a quick, easy 10 minute consult for the GP. Remember to talk to patients about lifestyle changes takes time and knowledge which some GPs have not taken the time or interest to update themselves on. The push will also come from GP's who just want that push through of 10 minute consults. The more they do that the more money for them and the clinic, not always resulting in good patient care. I could keep going... and by the way I have worked in big pharma for over 20 years so I do understand their mindset. Sure some have fancy websites that talk about being all for patient wellbeing etc and most of us in the industry do it because somehow we can make a difference. However bottom line it is still business and they have shareholders to keep happy. Most companies spend millions on research so that is also important. So a final word from me.....keep things as they are so we still have choices. Don't send Australia back to the dark ages and make us a laughing stock to the rest of the world. Integrative health expansion is the way of the future.....there is room for everyone. Thank you for the opportunity to express 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, 2 May 2019 7:51:31 AM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine is not distinct from conservative medicine. If a intervention is deemed safe and has an evidence base, this is medicine. My patients are individuals and need personalised medicine, this means using one thing for someone and another for someone else. Medicine has always been open to exploration and interpretation of the evidence to accomodate for the nuances, cultural differences, differences in beliefs and other factors within the community. Placing unnecessary limitations on practitioners will limit our ability to be open, compassionate and holistic 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, 30 May 2019 6:56:37 PM

---

To the Medical Board of Australia,

I support Option 1.

I choose to use complimentary medicine because it does not do damage to my whole being (as opposed to the heavy chemicals we are constantly told to use) I have tried chemical medicines and found more troubles than relief. With complimentary medicine I can keep my whole biome in tact and not do the damage that you want me to do with chemicals.

I consent to 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 12:43:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I support access to integrative and complimentary medicine for the following reasons:

It gives people greater control over their own health.

It is safe and effective with minimal side affects.

Integrative and complimentary medicine is often about prevention rather than treatment.

Testing is more comprehensive, eg testing for heavy metals, copper, toxins etc.

Integrative medicine has helped in the following ways:

I have had episodes of depression in the past which was treated very quickly and effectively by using a natural antidepressant prescribed by an integrative GP.

there were no adverse side affects from this treatment and I did not need to remain on it long term. I have also used natural hormone treatments both before and after menopause which I found very helpful to control symptoms such as hot flushes, insomnia etc. I also successfully use magnesium to treat elevated blood pressure.

I have a friend who is now seeing an integrative GP for chronic fatigue, while orthodox practitioners told her that there was nothing they could do to assist her she feels that she has benefited from the dietary and life style changes and supplements which she is now using, some of which came about after some very comprehensive testing by her integrative doctor.

I use integrative and complimentary treatments because:

I want the control over my own health and wellbeing.

I do not want the side affects and risks which often come with orthodox treatments.

I prefer to use a system which focusses on prevention.

I feel that if the MBA imposes restrictions on integrative practitioners it will:

Take away people's rights and freedom of choice.

I am concerned that some people will take matters into their own hands by self diagnosing and self medicating with vitamins minerals, herbs etc which can be harmful if taken by those who have no knowledge or training in their use.

Being unable to access integrative treatments may also result in more hospital admissions due to lack of preventive strategies and treatments being put in place in the early stages of an illness.

While I also support naturopaths, homeopaths etc, I believe that in some ways complimentary and integrative therapies are best used by GPs who have both an extensive knowledge in orthodox practice and training in complimentary medicine. The reason I say this is, for example if a patient is prescribed a natural treatment by such a practitioner and it proves to be ineffective or the doctor feels that they would

benefit from orthodox treatment instead of or in conjunction with they are able to prescribe accordingly. A GP who is also trained in complimentary therapies can refer the patient to a specialist if they feel that is necessary. Other healthcare professionals such as naturopaths cannot refer people to specialists neither can they write prescriptions.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular box redacting the signature of the author.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 12:24:28 PM

---

To the Medical Board of Australia,

I support Option 1.

I know from experience that holistic and natural therapies can make a huge difference to the success of treatments. Doctors should be encouraged to learn about and use whatever treatments are going to help their patients. Restricting them to just 'conventional' treatment makes no 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:** Tuesday, 7 May 2019 11:26:54 AM

---

To the Medical Board of Australia,

I support Option 1.

It must remain the right of everyone to choose the form of medical treatment they wish to take. Similarly, doctors must be able to offer a variety of treatments that fit the patient, including Integrative & complementary medicine. I have found the combination to be highly effective and I know you others who have experienced the same. If you listen to the positive results of many, then to restrict Integrative practitioners is unconscionable as it means many will suffer and not recover their health. This will include your own friends and family. No one will be immune. So think again and 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 4:48 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I believe in freedom of choice and I believe that by not allowing GPs to prescribe herbs and other natural medicine will remove choice from the public.

I myself have been helped by an integrative GP who used a very effective combination of alternative and traditional medicine.

I personally use complementary medicine as I would prefer to try a herb before a pharmaceutical as they have less 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:** Friday, 21 June 2019 2:08:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I rely on my doctor to guide me in all aspects of health, I rely on supplements and certain vitamins to combat deficits cause by illness and without medical support would struggle to know what was appropriate.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:36:59 AM

---

To the Medical Board of Australia,

I support Option 1.

I was an extremely sick child, going to doctors all the time due to a kidney and bladder issue. I lived on antibiotics with no other real treatments being tried, because I lived on antibiotics my whole immune system was shot. The antibiotics completely destroyed my gut health and therefore all of my good bacteria. I missed a lot of school and in the end I was worse off because I built up a resistance to so many types of antibiotics that they had to give me stronger ones constantly to be able to fight off kidney infections. As I got older and had a child of my own, I turned away from conventional medicine all together and went full natural medicine. I refused to have anything to do with a system that was only concerned with focusing on the symptoms not the cause.

As with all things though both is needed. There are times when we need conventional medicine when natural therapies are not working. My son got sick when he was around 5, I was doing everything I could but it seemed to be that every time he would get past one thing he would get another. Around the 3rd time he was sick he got an earache and I wasn't sure what to do so I reluctantly booked him into a gp I had seen a few times for random things such as papsmeas. She was amazing, asked what I had been doing and said to keep doing it give it another 2 days and if at that point it doesn't ease she suggested antibiotics. I was impressed simply by the fact she asked what I had been doing to help and didn't tell me I was doing the wrong thing by trying natural medicines. She open to my beliefs but also professional and honest about how long it would take and what to do next even if it was antibiotics that I wasn't keen on.. he got better before I needed them!

The last thing he got he was getting worse and I had already tried all the things I could naturally so I took him back to the gp because I had already started to trust her judgement and knew she would respect my beliefs. We talked for a bit and I expressed my concerns, her response had me sold (even though I checked with a natural medicine practitioner after). She told me exactly how to build his system up after the antibiotics, what to give him to support his system and was very reassuring that I had done all that I could but sometimes we need extra help.

Ever since then I see this doctor regularly. I now have 3 children and I never hesitate to get them seen. She is ALWAYS honest with me with where we are at and offers solutions that a natural based first! If she doesn't believe I can sort it naturally she tells me and I accept that advice because I trust her to do what's right by our bodies.

We need more like her and it is evident that she is a great doctor as everyone is waiting to see her, the wait list is ridiculous. The surgery I am at has a policy that certain doctors can not be seen unless the person is immediate family of someone already seeing that doctor. This is because the wait list is long to see them. With this particular doctor they have completely closed her books, not even my

partner can get in to see her because he didn't see her before the doctor closed her books. She is popular because she is amazing and really looks at all options while being respectful to conventional medicine and natural medicine being used harmoniously.

To stop doctors doing this would be a tragedy. So many people would be back to not being able to see doctors they trust.. that is dangerous because if you don't trust your doctor you're not likely to follow their advice or go to them when you need.

Besides all of that we have the right to choose. Leave the doctors do their thing and let us decide if that doctor is beneficial to us! If the doctor is not meeting the needs of the patients then they will not go back.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 9:29:08 AM

---

To the Medical Board of Australia,

I support Option 1.

I support integrative healthcare because it helps my family to seek less 'medical care' from my gp and other healthcare professionals. Having my doctor's advise me of taking certain supplements and a holistic approach to my mental health conditions: depression and anxiety and pnd, has meant I have been able to keep well despite coming off pharmaceutical medications a number of years ago. This has also meant that I have been able to go through my second pregnancy without medication, well, and without the associated risks anti-depressants can increase in children born to mothers on medication. In addition having support of complementary medicines in my healthcare armour make me feel like my choices are being listened to and my healthcare professionals understand that I prefer to try a holistic approach before going straight onto 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:** Saturday, 29 June 2019 1:04:54 PM

---

To the Medical Board of Australia,

I support Option 1.

I am horrified to hear that our right to choose integrative and complementary medicine is at risk.

Over many years I have become disillusioned with visits to conventional doctors who offer brief consultations and standard testing and tell me there is nothing wrong with me.

I now visit a whole range of people including an integrative GP, chiropractor, reflexologist, acupuncturist and naturopath. They prescribe both herbs, vitamins and homeopathics and will always recommend a conventional doctor should it be required. With the support of these wonderful professionals who have access to wider testing and have treated me from a holistic perspective, I finally have overcome the feelings of "brain fog" (extreme tiredness, poor concentration and foggy thinking) that have plagued me for years. They have helped with many physical and emotional issues and have enabled me to improve my overall mental and physical health and wellbeing. In my experience integrative and alternative practitioners offer much more with regard to preventative treatments.

I am extremely grateful to my integrative GP who has offered hour long consultations to cover a wide range of symptoms and related issues that I never have time to raise with my conventional Gp. She has also requested non conventional testing which uncovered a range of deficiencies and other issues I was previously not aware of. She largely prescribed vitamins and minerals to address my issues. Better to have the guidance of a trained professional in choosing herbs and vitamins, than leaving to me to take what I think might help. With the problems facing over-prescription of antibiotics, we should be researching and promoting other options to maintain health.

In my own experience I have found homeopathy very effective in helping to prevent and reduce the severity of common colds, bacterial and viral infections and even influenzas.

I have referred numerous people to my doctor and therapists.

A friend who suffered from severe insomnia for years and was prescribed sleeping pills and antidepressants from her conventional GP was "cured" when she was prescribed magnesium.

My 80 year old father had heart issues and saw a cardiac specialist who didn't even examine him, but prescribed a higher dose of blood pressure tablets. My father chose not to increase the dose and instead took a herbal remedy prescribed by another practitioner. His symptoms quickly subsided and didn't return.

My one year old nephew regularly went into a trance-like state and was prescribed a tonic containing vitamins and minerals. The trances stopped after one week.

These are just a few examples I could list many others.

Please do not take away our right to access integrative and alternative and therapies and medicine.

I consent to publication of my submission without my name.

Sincerely,

A black rectangular redaction box covering the signature area.

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 10:46:54 AM

---

To the Medical Board of Australia,

I support Option 1.

I wish to keep patient choice in healthcare including the use of integrative and complementary therapies. I have had great experience with the use of these medicines personally and for my family, friends and pet. My personal experience of benefits from complementary therapies are in severe dysmenorrhoea improving dramatically, eczema disappearing, depression disappearing, anxiety being helped, headaches significantly improving then disappearing, and energy and concentration improvements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 24 April 2019 4:02:26 PM

---

To the Medical Board of Australia,

I support Option 1.

[REDACTED]  
My my GP to be able to give me medical advice about both treatment of illness and maintaining good health. Sometimes this advice includes integrative and complimentary medicine. As am older person I really value the holistic approach my GP is able to offer and has the freedom to offer treatments i can trust.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:11:06 PM

---

To the Medical Board of Australia,

I support Option 1.

As a Bowen Therapist, I have worked hard to achieve my specialised Diploma in Bowen Therapy. Our field works with Doctors where we can to help people to find and maintain the best possible health for them. Sometimes a person needs other options to help support there own health. These options are many and varies in the alternative health world. I feel that if there is a change to policy the results will be a much limited choice for not only the client but also the Doctor. I really like that a lot more Doctors are becoming open minded about the whole health of a person. I feel any changes to policies will set the future of healthcare backwards.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 12:46:01 PM

---

To the Medical Board of Australia,

I support Option 1.

I wish to express my concern at the proposed changes regarding Integrative and Complementary medicine guidelines. I believe they should remain unchanged.

Consumers should be able to access a range of therapies and treatments appropriate to their condition. Doctors should also be free to make appropriate recommendations and set their own consultation times in order to best meet their clients needs.

Personally, I have had positive health outcomes from the use of nutritional supplements, acupuncture, naturopathy and other natural remedies and modalities. I feel consumers like myself should be given more access to these treatments, not less, especially in this time of increasing antibiotic resistance and other medical challenges.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 5:47:54 PM

---

To the Medical Board of Australia,

I support Option 1.

All therapies help some people.

Some therapies help many people.

We all should have the right to choose what treatment we access.

Placebo effect is strong in many cases where treatment cannot be proven to be effective.

Practitioners achieve effectiveness by listening and caring and discussing as well as by the treatments they 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:** Monday, 22 April 2019 7:40:59 PM

---

To the Medical Board of Australia,

I support Option 1.

Unfortunately we are at this point where health care is big business. Drug Medication can be greatly beneficial treatment to address symptoms, however the side effects can result in the need for more drugs to treat the side effects providing drug companies another chronic unhealthy person to keep their business profitable. Doctors have completed years of and want to help people be healthy. They should be able to provide the best care and if this involves non pharmaceutical means does this mean it's a failure to provide care. GP's are the first point of call they should be encouraged and trained in the best care according to the most recent EBR of all forms of health care. Knowledge shared increases general public intelligence and can lead to a healthier society. People are sicker today than they have ever been WHY? Hospital and doctors surgery's can't keep up with both Acute and chronic conditions.

Integrated Doctors could reduce these numbers by offering treatments to address core health issues not a band aid for symptoms which allow chronic conditions to develop.

Reduced illness increases productivity and mental wellness in the community this equates to less burden on the government.

Drug companies need to have less push inside the government and policy makers.

Interactive Doctors educate, care and provide choices to their patients. It's time for greater change and support doctors who want to practice real health care

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

I support patient access to Integrative & 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, 22 April 2019 12:27:42 AM

---

To the Medical Board of Australia,

I support Option 1.

It is our right to have access to any chosen health therapy.  
Practices that work for so many should remain accessible.  
This is the direction needed for our country's wellbeing.

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.

As a studying Integrative Health Coach, I strongly support the right for patients to be offered holistic and complimentary health services.

Each person has the right to make their own decisions in regard to their health and what feels right to them. Simply ignoring complimentary medicine would be a disservice to the public who may benefit from access to services they may not always be aware of.

I consent to 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 2:49:44 PM

---

To the Medical Board of Australia,

I support Option 1.

I support doctors and patients rights to a range of treatment options.  
I have utilised integrative medicine all my life and will continue to  
look at natural therapies to support best medical practice for a  
balanced outcome.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 15 June 2019 2:08:54 AM

---

To the Medical Board of Australia,

I support Option 1.

We are supposed to be a democratic country and not living in the dark ages of witch hunting. We must have choice, Drs must have choice and in the long run it should be about holistic health, not pharmaceutical profits.

It is 2nd nature to my family and friends to choose holistic health practitioners, there is so much still to learn about the body, brain connection. Please don't shut down Drs who want to be proactive in promoting an holistic practice, it's so wrong.

If the MBA are really about health and caring, they will absolutely not place these restrictions on our Drs.

I consent to 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 9:49:08 PM

---

To the Medical Board of Australia,

I support Option 1.

I have a friend whose mother was diagnosed with late-stage cancer over 3 years ago. She was devastated when she was told by the then conventional doctor that her mum had only 3 months to live. They found an integrative medicine doctor who spent extended time consulting with them and evaluated the situation holistically, which simply cannot be done by conventional doctors with limited time available to them. Her mother is still with us, thriving and looking after her grandchildren on a daily basis. Some might claim this may have been a placebo effect or initial misdiagnosis. However, it certainly helped her prolong her life by giving hope instead of making her give up on her life. I strongly believe in patient-centred practice where patients are empowered to the doctor they want to see.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 24 June 2019 10:59:19 PM

---

To the Medical Board of Australia,

I support Option 1.

If i had no access to intergrative doctors i would not be alive that is that simple and the truth and a fact. As I am have a chronic illness CFIDS and chonic Borreliosis the medical system has let me down neglected me was unable to diagnose me correctly for 26 years and i almost died. For patients like us general conventional medicine is incapable of helping us. It is simlpy impossible to treat an compromised immunesystem by conventional methods. My life depends on intergrative medicine wchich is the future and are practiced well where i come from Germany. Our life also depends on free pathology access to assist with information to keep our imunesystem optimal. We already suffer enough taking this away from us is playing with our lifes and puts Australia backwards and against all new scientific development .

I consent to 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 2:05:46 AM

---

To the Medical Board of Australia,

I support Option 1.

I have used and personally recommend many types of complimentary medicines.  
They have been immeasurable benefit to my family and friends. I will  
less certainly continue to use and hear of all

The new research being done in so many fields of "alternative medicine"

I'm especially pleased to

Have the southern cross university re establish their naturopathy  
college now with an expanded research  
Program.

And we certainly trust New Zealand will continue to keep australia  
free from the "codex alimentous" restrictions on even vitamins and  
suppliments.

Aanufacturer of alternative suppliments

Please consider keeping our health options open.

As remember the 3rd largest cause of death is pharmaceuticals and  
medical hospital fatalities.

Respectfully [REDACTED]

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 20 April 2019 11:02:42 PM

---

To the Medical Board of Australia,

I support Option 1.

We should have a right 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:** Saturday, 29 June 2019 8:52:22 AM

---

To the Medical Board of Australia,

I support Option 1.

My Body, my Health, my Choice!

It is very disappointing that you even consider taking our freedom of choice away, this is a fundamental human right!

If you were acting to represent the Australian people in their best interest and well being and if you would care for their best opportunities and optimum health you would never even consider to limit their choices of health options. You would encourage people to take responsibility for their own health, you would educate them in preventative measures in natural ways. You also would encourage people to eat healthy which means no sugar, low carbs and no processed foods. You would encourage people to live a healthy lifestyle.

It is wrong and arrogant to even think you can outsmart Nature. Nature has got it all worked out and there is a way or reason for everything. You cannot replace natural remedies, supplements and nutrition with manmade chemical medications. Medications have side effects.

Your health system is not working, look around, how many sick people are there in this world, do you really want to keep going this way???

Doctors seem to only treat the symptoms and only prescribe medications with side effects. This is not working!!

Holistic Doctors look and think outside the square and they treat the cause of disease with natural remedies. Every Doctor should be practising like this. It is fundamental to our health to have optimum vitamin and mineral balance, good nutrition and a healthy lifestyle.

A good Doctor is a Doctor who can take his patients off medications instead of putting them on medications.

If this world would not be ruled by money and greed and you would have the best interest and well being of the Australian people at heart who would think very differently!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:16:47 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe I have the right to make my own choices about my health care and as such reserve the right to choose integrative health care. I am appalled that the MBA would consider removing healthy options and in so doing force the public to follow only conventional medicine which does not have a good record for improving the overall health of the nation.

This would also be against the World Health Organisation.

I consent to 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 8:44:25 AM

---

To the Medical Board of Australia,

I support Option 1.

Holistic, integrative and complimentary medicine works well because it is often comprehensive and tailored to a person, less intrusive and less artificial; it makes no sense to remove nor eliminate them from patients choices. Patients should be able to be given this option if the medical practitioner has knowledge of it and how it works; and it is up to the patients to decide and discern what's best for themselves after receiving advice from the professional medical practitioners. Decision in the end is always the individual. In addition, Natural remedies and Chinese acupuncture has been working well for thousands of years and it has its wisdom which deserves your respect.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 8:35:54 PM

---

To the Medical Board of Australia,

I support Option 1.

i value a holistic approach and without it, my daughter would be an anxious mess, probably on anti depressants. Instead, she was diagnosed with pyroluria which conventional doctors do not test for, and is a happy, well balanced teen taking vitamins to support her condition. Please... natural therapies absolutely have their place and our medical system should not be dictated to by pharmaceutical companies.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 5:08:46 AM

---

To the Medical Board of Australia,

I support Option 1.

I have been using integrated and complementary medicine very successfully for years. I would have to give up my work due to back and shoulder pain, if I couldn't access complementary medicine, It helped me during menopause as well.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 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.

Over the years I have got better results from Integrative/ complementary/alternative treatment than from conventional medicine alone, which in many cases come with a host of "other" side effects or doesn't always solve the problem. I do not subscribe to pharmaceuticals for every ailment preferring a complementary /integrative approach.

MBA should trust its doctors to judge the appropriate treatment approach for a patient that is before them. If there are no complaints, why should the MBA interfere?

If I use the current "Lyme vs Tick borne infection" saga that is all over the media as an example, regardless of whether it's here or not, regardless of what you call it, people are suffering and not getting results from conventional approaches. If their doctor determines (through proper testing) that they are infected, then those doctors should be able to treat the patient accordingly, without MBA standing over their shoulder! The patient may have acquired an infection from overseas, so the debate shouldn't be about whether it's here, but how best to treat the patient that's presenting with those symptoms and a valid pathology test.

Some of my own examples of where conventional medicine has failed me:

- My own GP is anti Chiropractic. Denigrates the profession at every opportunity - which in itself I find unprofessional. As I am hyper mobile, I can dislocate ribs and vertebrae and get migraines. Before I knew better, he would diagnose me with Costochondritis and prescribe pills for me, than look at the fact that I may have dislodged a rib.

Pills do not solve that, but a chiropractic session does. Doctors do not know enough about anatomy like a Chiropractor or Osteopath, who study it for 5 solid years. Doctors only spend a nominal period studying it and move on to other systems.

- Recently I had tests with a top of his field Rheumatologist. He couldn't find anything conclusive to diagnose me with despite my inflammation markers being high. He suggested a course of Prednisone saying if it worked we would just say I had Rheumatoid arthritis.

Reluctant to be on Prednisone due to the side effects and long term risks, I went to a naturopath who put me on a Anti-inflammatory diet.

I did my own research and found many published and cited articles proving the efficacy of anti-inflammatory diets. Upon a further review, I advised this doctor that I was feeling much better. Tests showed my markers had dropped significantly. However, when I told him that I had not touched the Prednisone but had changed my diet, he scoffed and told me it was a placebo effect!

- A few years ago I presented to my GP with severe menorrhagia that lasted for up to 4 months at a time, with little respite before starting again. Thinking I was going through early menopause, I thought he would test my hormone levels and we would start an approach to manage this. Instead his response was to book me in for a hysterectomy as I would get "sick of it all very quickly, so should get it over and done with". I challenged that line of thought and was told to stop reading everything on the Internet. I then went to see a female GP for a second opinion, who took the exact same approach. Said there was no need to check hormone levels, just to have the hysterectomy. In total frustration, I presented to an Integrative Medical Practitioner. She tested everything thoroughly, saw where I was deficient, put me on an appropriate plan and it worked. Bleeding stopped, Iron levels rocketed and I sailed through the next few years with no further problems.

It should be my choice to have whatever therapist I deem is right for me. It should be my choice to accept treatment options presented by a GP or any other complimentary/integrative/ alternative practitioner I choose to see. If I'm not happy or getting the results, it's my choice to stay or move on.

Your own Doctors should be trusted to treat in a manner that resonates with them and what is right for the patient they are seeing. We don't need MBA dictatorship or big brother! All that will do is create a whole underground movement and open the doors to uncontrolled backdoor practices.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 9:34:17 PM

---

To the Medical Board of Australia,

I support Option 1.

I think it is important to consider alternative medicinal treatments alongside more traditional medical treatments in order to provide a more holistic approach to treatment of 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, 15 June 2019 12:12:03 PM

---

To the Medical Board of Australia,

I support Option 1.

Integrative medicine provides people with options not a one size fits all. Every body is different. I personally see a reflexologist and acupuncturist on a regular basis and the benefits are beyond my reasons for going. It helps keep my body and mind in tune. What we here in Australia consider Complementary Medicine is standard practice in other parts of the world. We are falling behind and failing to bring not cures but actual healing to those in need. Some of it is common sense which has been clouded by big pharmaceutical companies.  
Not happy!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 14 June 2019 7:54:51 AM

---

To the Medical Board of Australia,

I support Option 1.

We as a family use natural medicine along with recommendations from our doctor and specialists. We would not want the current system changed, or restricted in any way. We should be allowed to choose without 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:** Thursday, 2 May 2019 11:13:34 AM

---

To the Medical Board of Australia,

I support Option 1.

I understand that it is your responsibility to ensure that Doctors are being responsible and only using proven tools to assist their patients. I would certainly not want a Doctor being allowed to use made up therapies like [REDACTED] breast massage on their patients. However there is a big difference between that kind of practice and the complementary use of western and Chinese traditional medicines such as herbs, vitamins and acupuncture.

Over my lifetime I have experienced health conditions where pharmaceutical solutions did not help. After falling ill with what I now suspect was an undiagnosed atypical pneumonia virus, my body was unable to clear it and I became chronically ill for two years. I developed horrendous headaches, unexplained fatigue and eventually Orthostatic Tachycardia Syndrome. I was mostly bedridden and unable to look after my children. My husband had to care for me and we lost all of our life savings. At this time, the medical doctors were unable to explain why I was ill, only prescribe medications to try to mask my symptoms. One very expensive specialist, before being convinced by me to run tests, told me that he didn't think there was anything wrong with me and that I was only depressed. He changed his tune after the tilt table test revealed I had developed POTS but all he could give me was a drug to try to mask the POTS. He had no idea about why I had suddenly developed it and had no suggestions of thing I could do to recover my health. From being a strong, able, income earning woman I was reduced to an invalid being offered no hope of recovery. My life, my husband's life and our children's lives were ruined and doctors and conventional medicine had completely failed us in this case.

I eventually did recover but it was only after I was helped by a practitioner of acupuncture. After some acupuncture sessions, taking Chinese herbs, as well as following the recommended diet, herbs and vitamin supplements for me by a naturopath I have been restored to full health and both my husband and I were able to return to work. We still have suffered the loss of our life savings and are not in the position that we should be in, had the medical profession been able to help me in the way that these other practitioners had.

A good doctor is one that understands that a wholistic approach is required to health and that sometimes the surgical or pharmaceutical path can not help their patient. A good doctor will have many tools in their kit, and take advantage of complementary medicines to help their patients get better. Why would you wish to remove tools from their kit? Surely there must be a gradient rather than a blanket rule: a way to keep quackery such as [REDACTED] out of public funding without removing doctors' access to necessary complementary medicines.

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 31 May 2019 7:22:52 AM

---

To the Medical Board of Australia,

I support Option 1.

Most modern day “conventional “ medicine and procedures originated from some sort of natural therapies.

One or the other isn’t always the answer to some diseases, it sometimes takes a combination of drugs and therapies to help a patient successfully combat a disease or to assist in getting better from an operation.

To say one type of therapy is worthy of inclusion over another, simply because it is deemed “conventional “ is not allowing people to have a choice in their own health management.

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.

No change is necessary, "if it's not broken" leave it alone!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 25 April 2019 2:46:02 PM

---

To the Medical Board of Australia,

I support Option 1.

I am a tick borne disease patient chronic misdiagnosed ten years to fraudulent testing and failure to recognise an emerging infectious disease four in my work area at national parks have same infections we all chronic I'm most sever ran fighting for life I have sevee immune suppression postural orthostatoc tachycardia Low blood volume mycotoxins Require it saline three four weekly fight my disease and stay alive. I also have vitamins which help my immune I cannot take oral supplements due to gut palsy and leaky gut I get nutrition through and iv. My Dr is keeping me alive until I can get back to USA Germany and Mexico for advanced treatments Let's not go backwards here let's go forwards It seems the target of rick borne disease Dr's I'd purely a money consideration we need nutrients to stay alive we are extremely sick we need integrative Dr's You stop doctors being able to be Dr's you will kill more people Let us live let our Dr's treat us Seems Australia is going backwards no forwards The best minds in rock borne disease management in USA and Germany use integrative therapy to fight the illness once past acute stage the body is damaged as well as fighting numerous polymicrobial infections and immune suppression What are you going to offer patients with rock borne disease chronic of you take away integrative Dr's??? Death? This is a massive human rights issue people should be very 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:** Tuesday, 7 May 2019 2:00:47 PM

---

To the Medical Board of Australia,

I support Option 1.

If the health of the patient is to remain as the top priority for the medical profession, as it should, integrative medicine must be supported.

It beggars belief that the government and the MBA would even consider this to be "fringe", all it will do is to send patients scrambling to untrained and unethical practitioners who may not use evidence-based solutions for patients. There will be more problems with medication mixes etc.

I have had a naturopath request I go to the doctor to obtain a blood test referral, only to be told by the doctor "well they can write the referral then!" (and charging \$70 for the advice) as though it's some type of competition! I am in charge of maintaining my health and wish to do it with the least amount of harmful side effects, if I wish to use money I can barely afford to address an issue through natural means but with conventional data I should be able to do so. I have used integrative medicine in the past and will continue to do so as the need arises. My first stop is always my GP (but not the nasty one who I understand is legally banned from prescribing some medications)

As the medical establishment is often subject to "educational" funding by multi national corporations, it remains in their best interest to keep integrative medicine in the mix to avoid becoming fringe themselves, by them becoming regarded as bought by the drug companies.

I respectfully request that you keep integrative medicine in the fold, and indeed believe it is the cutting edge, and the future.

Thank you for your consideration of my concerns.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 22 April 2019 12:37:11 AM

---

To the Medical Board of Australia,

I support Option 1.

My health is absolutely my choice! I have chosen natural therapies, including essential vital vitamin supplementation as my body does not absorb vitamins/ minerals properly, for many years and choose to and need to continue this in to the future. Lacking in essential vitamins and minerals is easy to treat with supplementation but if not supplemented can cause many physical and mental health issues. I choose prevention over trying to fix once broken. I choose to find out the causes of any problems my family and I have with our health. I choose natural therapies that do not have nasty side effects like much of the mainstream doctors so blindly prescribe. So many people who have so many health issues and problems could be helped by natural therapies but they blindly go to GPs who are not up to date in their field and continue to blindly prescribe medications to treat something rather than to find out what was the cause in the first place! Often the medications have side effects that are then treated by another medication - and soon you are taking a cocktail of drugs and still not feeling fit and healthy! The only people winning out here are the drug companies. Why would a Medical Board of Australia take away our rights to choose a safer natural approach to our health? I think they should be looking at what GPs are prescribing to patients with months worth of repeats and absolutely no follow up - some of these medications being banned in many other countries due to their side effects. (Eg. anti depressants that can and do cause suicidal thoughts that are handed out like lollies). Its no wonder that suicide has become a problem in Australia! It's a no brainer - if there is a more natural way to approach to your health, you would take it! Natural therapists take the time to find out causes and treat accordingly / not just mask the problem or hand out a script. This takes time and should not be limited to 10 min. Natural therapists are generally way more knowledgeable about health and wellness than mainstream GPs. Our health is our choice - the Medical Board of Australia does not have the right to take this choice away from us! If anything, the Medical Board of Australia should be thoroughly educating themselves with all the natural therapies, getting up to date with health, wellness, nutrition etc and actually promoting natural therapies as a much safer form of 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:** Sunday, 5 May 2019 9:15:37 AM

---

To the Medical Board of Australia,

I support Option 1.

I support access to integrative and complementary medicine because the medical system in its current form has not been able to help me with my health concerns. I have been in and out of emergency wards my whole life with violent vomiting and diarrhoea. My quality of life has suffered as it has meant that I have had long periods of unemployment and isolation. My schooling was interrupted because of illness, and therefore my ability to secure permanent work has suffered. This means I have been a burden to our society; a regular user of the medical and hospital system and unemployment system instead of a fully engaged member of our society. One trait I have is persistence and I've used the freedom of choice that we have in Australia to search for help from all types of integrative practitioners to find solutions to my health issues. Doctors have given me drugs and suggested surgery for short term relief of symptoms without having the expertise or time to look at cause and repair. The integrative and complementary medicine has looked at the reason for my underlying health issues and the repair of those issues which now allows me the opportunity to work as a casual and have a chance of a 'normal' life.

Limiting people's choice for healthcare seems a very backward step. The outcomes would mean more costs to the health system and more costs to society as my own case proves. I want to be a fully functioning contributor to our society and without choice that hasn't been 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:** Saturday, 22 June 2019 9:45:40 PM

---

To the Medical Board of Australia,

I support Option 1.

I was treated by a complementary practitioner when mainstream medicine options for my Systemic Lupus Erythmatosus symptoms were unmanaged by a series of prescriptions that left me with a worse quality of life than without them.

I now live pain free and prescription free and thus no longer am a drain on the public health system. Complementary medicine is a viable alternative for chronic health conditions that do not respond to mainstream medicines.

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.

As an democratic society and an adult I should have the right to choose my health care professional and be able to access integrative and complementary medicine of my choice.

I have accessed this regularly which helps my health so I can continue working.

Integrative complementary medicine from my health care professional allows me to have the health and energy to continue working without this I would be unemployed and on government benefits.

This has also helped me return to work after a shoulder surgery in which regular medicine could not assist with

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Sunday, 16 June 2019 11:24 AM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I do not believe the government has the right to decide what is best for my health and well being I mix conventional med with other alternative medicine as it has allowed me to be healthier rather than relying on scripts Maybe if the government wasn't bought and supported by pharmaceutical companies they would allow people to make informed choices on what best for their health

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Thursday, 2 May 2019 8:58:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I support patients access to integrative and complimentary medicine because it is not only the right of doctors and patients to chose what sort of treatment they would like but for me personally I have found integrative and complimentary medicine very effective and helpful for my overall health.

If the MBA imposes restrictions they would be interfering and taking away my freedom to choose my health care.

I very much value a holistic approach to healthcare and every person's right to chose for themselves.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Tuesday, 30 April 2019 9:41:46 PM

---

To the Medical Board of Australia,

I support Option 1.

I have been using a holistic approach to health care since I was a child.  
It is important to have a range of health care options.  
Integrative and complementary health care looks much further into the reasons behind an illness and addresses those issues rather than just treating the symptoms.

We as a country, should be able to have a choice in our health care!  
Stop trying to take away our rights in how we choose to treat our health!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 12:28:30 AM

---

To the Medical Board of Australia,

I support Option 1.

I believe restricting people's choices in health care is a violation of human rights and freedoms.

Complementary medicine is just that - complementary. In some cases it can stand on its own but in many cases it works extremely well along side other medical practices. Having all options available to both doctors and patients can only lead to better care and outcomes especially if there is more research conducted into these treatments.

At such a crucial time in our growing economy and the government worried about the pressure on Australia's current medical system, why is the MBA threatening restrictive actions instead of encouraging the complementary medicine and natural therapies sector? Both of these are regularly used for their innovative and preventative measures which I can only see as positive factors.

Having grown up using both complementary and conventional medicine I have seen the benefits in both and I can see the benefits of keeping both to work along side each other for the future generations of Australia.

This is still supposed to be 'the land of the free' so stop taking away the peoples choices. It's up to the individual to decide on their 'best medicine' not the MBA.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 28 June 2019 10:28:00 AM

---

To the Medical Board of Australia,

I support Option 1.

Using complementary therapies has allowed me to manage many conditions without having to revert to medication. Mostly morning sickness for myself as well as reflux in my 6 week old baby. Young children's bodies especially should not be exposed to so much medication pre birth or so early on.

With the use of practitioner supplements we have managed viral colds and croup at home with no need for anti biotics or emergency visits. My husband was operated on his shoulder for a severed tendon and even after months of physio 4 years later still in pain. Thanks to our Chiro and massage therapist he is finally starting to manage that pain and see an improvement.

Do not take all of this away from my family. Promote it so other families can benefit in the same way.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Monday, 15 April 2019 3:05 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 helped my family and myself more than any western medicine. I support the freedom for Australians to choose what type of medicine they choose to use

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 1 May 2019 10:30:05 AM

---

To the Medical Board of Australia,

I support Option 1.

I have seen personally as well as for those around me. An open minded approach to health is the only way forward. These possible changes are denying that science hasn't seen benefits in prescribing physical activity for people suffering from depression or physical aches and pains. Ignoring all the resources we have available around us, from food being medicine, essential nutrients being depleted due to our toxic and stressful society

Less sickness is present when we have a multifaceted approach to health.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 21 April 2019 8:34:02 AM

---

To the Medical Board of Australia,

I support Option 1.

I'm submitting to have no change to the current guidelines. People should be able to choose how they treat themselves. If the medical board would like to make improvements to patients health then my I suggest you start regulating the device industry which has done REAL HARM for decades. Safety studies on devices is a real use . I find it disgusting that integrative medicine is being targeted rather than devices and pharmaceuticals.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 29 June 2019 9:28:11 PM

---

To the Medical Board of Australia,

I support Option 1.

After losing family members at a young age to either heart disease or cancer related illness, we take a proactive approach to our health care. This has included Integrative Doctors and complimentary medicine, natural therapies, TCM, chiropractic and osteopathy. We value preventative measures and 'treat the cause' care rather than 'treat the symptom' and toxic medicine care. This already costs us more in dollar value because they are not subsidised like pharmaceutical drugs however they have been invaluable to our good health.

In this lucky country, we have a right to choose.

Thank you

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 6:49:30 PM

---

To the Medical Board of Australia,

I support Option 1.

Current policies allow alternative options to people tha are not controlled by 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:** Monday, 22 April 2019 7:32:51 PM

---

To the Medical Board of Australia,

I support Option 1.

Please leave these guidelines as they are. My way of life has been greatly improved with the help of a holistic gp recommending herbal and other supplements.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Thursday, 18 April 2019 4:20 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

Integrating herbal and plant-based medicine into allopathic practice is very important as many Doctors & GP's know all of the answers do not lie in toxic drugs that they are mostly peddling and prescribing. Instead complimentary or let's say natural medicine is a far safer more impactful choice for every human on the planet.

Imposing restrictions on Doctors will mean even less will bother learning about plant-based medicine including the use of cannabis for up to 100 ailments.

I use integrative medicine such as essential oils, ASEA Redox supplement and plant-based food to stay well. My Doctor did not prescribe this - instead, I did my own research so that I could be well.

Thanks for listening. Let us hope you are listening.

I consent to 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 8:57:09 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe complimentary therapy will help many others in need. It goes way far than medicine can assist at times. It helps change the world to a better 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:** Saturday, 20 April 2019 11:03:22 PM

---

To the Medical Board of Australia,

I support Option 1.

Denying patient access to integrative and complementary medicine is like cutting off a limb. No one is god. No one has all the answers. When have we become so shallow, so egotistic as to think a few years of modern medicine is superior to that which has stood the test of time right throughout history?

Modern medicine gave my son the chance at life. Born with a heart condition he wouldn't have made it through hours let alone days without it. But it isn't the be all and end all. Although life saving it doesn't always result in a healthy quality of life. My son wouldn't be in the mind blowing health that he is today if it wasn't for the supplements and chiropractic care that I get for him.

No one way is the right answer. Why work against each other rather than together?

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Sunday, 30 June 2019 5:39:41 PM

---

To the Medical Board of Australia,

I support Option 1.

I am writing to you today with regard to the proposal to restrict treatment options medical practitioners are allowed to offer their patients to whatever you deem as 'conventional' treatment. I would say that this is a shocking violation of every persons right to determine their own best health path, except that is not a shock at all. This non-stop movement toward restricting peoples options and freedoms to make decisions for their own lives is becoming more and more invasive. What I would love to know is the following...Exactly who are you to determine what is conventional and what is unconventional, and what basis are you using to make those judgements? What gives you the right, having never examined me, to decide what is a suitable treatment for me, over the treatments my fully trained GP may advise? Why is it that doctors are the 'be all and end all' of medical decision making for patients only when they say what pharmaceutical companies want them to say? Why are you looking to take Australia back into the dark ages, when other countries, such as Japan, have legislated that doctors can use whatever treatment **THEY DEEM NECESSARY FOR THE PATIENT** - that includes conventional western medicine, traditional eastern medicine, or any 'unconventional' treatment the **DOCTOR** thinks has value for the patient. Integrative and complementary therapies have been an enormous benefit to both my husband and myself, and have made a remarkable difference to our health where the standard, conventional (read- pharmaceutical) treatment had only caused more problems than they solved. I can't see how **ANY** restrictions on how a doctor decides to advise their patients is of benefit to **ANYBODY**, of course with the exception of those who would benefit financially from such an arrangement. God forbid people should learn how to have such a quality of life that they can take less pharmaceutical medication, right??? Modern medicine is an amazing, complex thing, as is the human body.... we should never be looking to give **LESS** options to those who are in need medical treatment, what you would consider conventional treatments should be a **PART** of the picture, it should never be the only thing patients are ever offered, that does an incredible disservice to the complexity of the needs of the human body, and the **INDIVIDUALS** who live in them. We are **NOT** all the same... what works for you may not work for me... And I would personally like to live in a free country, where I have the option to make my own choice about my personal medical treatments. I also would not like to see the stifling of scientific inquiry and discoveries that may come **OUTSIDE** of a pharmaceutical form... If treatment options are restricted, then it will no doubt curb studies and investigations into possible other treatment options for disease that may follow a more natural course. I would urge you, please, to take option 1, and leave the guidelines in their current form.

Thank you for your time

I consent to publication of my submission without my name.

Sincerely,



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 1:31:54 PM

---

To the Medical Board of Australia,

I support Option 1.

People should have a choice to use alternative medicines & therapies supported by the MBA.

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 have benefited from integrative medicine..I feel all doctors should expand their studies to include a complete and holistic medical approach to treatment to complement when appropriate..

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Friday, 26 April 2019 4:52:05 PM

---

To the Medical Board of Australia,

I support Option 1.

It's my right to choose the type of health care I want. It's 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:** Thursday, 2 May 2019 7:59:36 AM

---

To the Medical Board of Australia,

I support Option 1.

I strongly support patients having access to integrative and complementary medicine, and right of medical practitioners to recommend integrative and complementary medicine as part of a holistic approach to patient health.

My support for this approach is due personal experience of its efficacy. Different holistic approaches resonate with people differently. A complementary approach, if handled responsibly and in tandem with mainstream practice, can be far more powerful than one dimensional approaches. Integrative solutions can give patients a better sense of control and connection to their core and ongoing wellbeing. If you remove access to integrative and complementary medicine, patients will be forced to access these independently which could exacerbate cross-effects rather than harmonise between them. Leadership of mainstream practitioners of an integrative and complementary approach should be encouraged, not curtailed.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Friday, 19 April 2019 12:07 PM  
**To:** medboardconsultation  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments

To the Medical Board of Australia,

I support Option 1.

I have been struggling with health for over 5 years only to be told by doctors that I'm just a tired working mum, since seeing integrative GP and naturopath I'm finally regaining my health and importantly my happiness and happy healthy mum translates to a much happier 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, 25 June 2019 9:47:32 PM

---

To the Medical Board of Australia,

I support Option 1.

Our choice for alternative medicines helps in many levels often by keeping us healthier without harsh medications with side affects reducing the need for medication like antibiotics.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]



**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 22 June 2019 3:06:10 PM

---

To the Medical Board of Australia,

I support Option 1.

It is important that we have a choice, and Drs can do whatever they feel can help their patients. Unfortunately by taking away the choice of alternative and complimentary medicine, techniques and use of herbs, how can they in good conscious be Doctors.

Since when is it ok to dictate how Medicine will be practiced.

Personally we used alternatives, in combination with traditional treatments for Cancer and gave my father a dignified life without druggibg him out of his mind. He lived to the very end, thanks to alternative unconventional methods. If he had Cannabis he probably would have been able to heal better as his had his Drs stumped how he survived as long as he did.

Stop letting Big Pharma and the Archaic System bing our Drs hands.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

**From:** [REDACTED] <submissions@yhyc.com.au>  
**Sent:** Tuesday, 16 April 2019 6:51 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 taken us a while to find a family GP with a more holistic view of health who suggests changes to nutrition and complementary therapies along with conventional medicine. We are all the more healthier for it. PLEASE do not take this option away from us!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

---

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

To the Medical Board of Australia,

I support Option 1.

The option of tightening regulation of practitioners providing integrative treatments is really ludicrous. There should be more integrative doctors, not less. The only cure for most disease comes from an integrated approach. Drugs alone cannot always cure disease.

People should be encouraged to live healthier lives by seeking natural therapies and using plant based remedies as other countries do... And as successfully used throughout history. Without integrative medicine, this country is heading for a healthcare crisis! There will be less prevention, more people getting sick and more pressure on hospital waiting rooms.

As a practitioner of complementary therapy, I hear endless stories from my clients about how conventional medicine alone has not worked for them and GPs have not been able to give them any answers.

Different therapies work for different people and we have the right to be able to choose other options in our healing. Please allow these other options to continue to be recommended to us so that we have the freedom of making our own health choice.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Wednesday, 26 June 2019 8:04:43 AM

---

To the Medical Board of Australia,

I support Option 1.

It is our right as Australian citizens to have access to all forms of medical/alternative therapies, I use several often for my health issues. My family also utilise alternative therapies, do not change the current guidelines & I do not support any changes.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:** Tuesday, 25 June 2019 7:49:00 PM

---

To the Medical Board of Australia,

I support Option 1.

I fully support the patients right to choose the use of integrative and complimentary medicine.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Saturday, 1 June 2019 3:17:16 PM

---

To the Medical Board of Australia,

I support Option 1.

I believe Integrative & complementary medicine are very effective alongside the traditional medical system because they often have the ability to get to the root cause of a problem rather than just treating symptoms. Complementary medicines are not in any way disrespectful to the medical system but rather compliment it and can offer deeper understandings of a person's problems. To get to the root cause it is usually important to spend more time with a patient to get to understand the full history of the problem.

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]

**From:** [REDACTED]  
**To:** [medboardconsultation](#)  
**Subject:** Consultation on complementary and unconventional medicine and emerging treatments  
**Date:** Monday, 29 April 2019 8:52:15 AM

---

To the Medical Board of Australia,

I support Option 1.

Australians have a right to alternatives to "conventional medicine" practices. Conventional medicine practically amounts to pharmaceuticals, surgery, or talking therapies. However, what is often not addressed in these practices is nutrition, which is key to our health, and should be addressed foremost. Many complementary practitioners address nutrition not only with vitamins and supplements, but with herbs and medicinal plants (the original pharmacy), which often prove to be far more effective than drugs, or talking therapies. (Mental illness is often caused by dietary insufficiencies).

Furthermore, conventional medicine often does not get to the root cause of disease, eradicating it. Complementary therapies, such as kinesiology for example, tend to be far more effective at doing this.

Finally, conventional medicine does not address a person's emotional, or higher wellbeing (in my opinion, talking therapies do not do this effectively). Complementary therapies do this far more effectively!

While conventional medicine has its place and has made great leaps and bounds for the human race, it is not the be all and end all. As it is 70% of Australians access complementary therapies, do not take that away from them - they have a right to medical choice!

I consent to publication of my submission without my name.

Sincerely,

[REDACTED]