

Hearing for SB 2221 – Naturopathic Bill

February 9, 2023

Good morning, Mr. Chairman and members of the committee. I am here to speak in favor of SB 2221 – Naturopathic Bill.

My name is Jeff Lesmeister and I am originally from Halliday, ND currently living in Bismarck. I lived most of my life in North Dakota until 2004 when we left the state for work. I have been back in North Dakota since mid-November 2022, I am in need of a Naturopathic provider and I have yet to find a Naturopathic provider who has the time available to take me on as a patient. Without a Naturopathic provider who can prescribe meds and order tests I will be forced to move back to Oregon where I had a Naturopathic provider.

On April 25, 2012, I passed out and my body ceased to function properly. I had regular headache, ice pick headaches that would drop me to my knees, brain wobbles, brain fog, vertigo, vertigo starts, Autonomic nervous system issues where I sweat uncontrollably (hot flashes), heart palpitations, blood pressure spikes into stroke territory. I developed Hypothyroidism and other autoimmune issues.

I went to a Neurologist who diagnosed me with Basilar migraines because that was an easy diagnosis because I had headaches. He couldn't explain the remainder of my symptoms. Every doctor I saw after that treated me for migraines and I believe the medication prescribed by these doctors did extensive damage to my brain. I went to see the head of Neurology at the Mayo Clinic and after a battery of tests he told us that he didn't know what made me sick and there is nothing they can do for me. He then handed me a card for a company in Scottsdale, Arizona, offering alternative therapy, that had success getting rid of headaches. We contacted them and after four treatments, my headaches were gone. I haven't had a headache since August 1, 2014. However, the remainder of my symptoms persisted.

I continued to doctor with modern medicine until May of 2017 when I was able to see a Naturopathic Doctor in Oregon. By this time, my health had so deteriorated that I could not understand anything she was telling me. My brain would overload with the least amount of input. She would talk to my wife who later would explain to me what she said and what I was to do between visits.

The Naturopathic Doctor ran a mold test on my body and the result was I had 34 times the amount of mold in my system than normal. I also had high levels of herbicides including Round-up, pesticides, petroleum, lead & mercury. When I saw my Primary Care Physician, he said there was no such thing as mold toxicity and refused to accept the Mold Toxicity diagnosis.

My Naturopathic Doctor ran a genetic test and it came back that my liver was lacking certain genes that automatically detoxed my body and thus the toxins had been building in my system from birth.

My Naturopathic Doctor started me on a detox regimen that included prescription medication and herbal supplements and slowly but surely, I have improved to where I am today and am able to testify before you. Which I consider to be a great privilege.

I was a business consultant by trade. I mainly worked with troubled businesses to help them become healthy and profitable. I was required to do high level analytical thinking, reading and writing contracts as well as extremely good spreadsheet capabilities. After I became sick, I had three cognitive tests that all showed that the mold hit my brain like a left-brain stroke and it damaged my cognitive and emotional centers. I could no longer put together complicated spreadsheets, read contracts or create documents, forcing me into disability.

Almost six years of working with my Naturopathic Doctor, I have regained much of my function back and the majority of my symptoms have either been eliminated or greatly reduced.

I have always been a true believer in modern medicine and its ability to find underlying issues. However, even modern medicine has its limitations as I quickly found. Modern medicine looks at each part of the body separately while the Naturopathic world looks at the body as an integrated system, all parts need to function properly in order for the body to work.

Modern Medicine didn't have the answers for me and doctors actually gave up on me, sent me home without hope. My health has improved and I am healing simply because of Alternative medical providers and especially my Naturopathic Doctor.

We need them all, modern medicine and Naturopathic medicine. Neither set of medical providers have all the answers but the Naturopathic world has proven to me to be where my health needs are met. There is room and even a requirement for all providers as our societal needs require more of them.

In this day and age where we have so much evidence, it is time to let the Naturopathic Medical world work affectively and to put their training to use for the benefit of their patients.

I believe very strongly in this bill and I urge you to pass SB 2221 – Naturopathic Bill simply because I know firsthand, its benefits.

I thank you for your time.