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November 29, 2018

TESTIMONY re: H.B. 440

First, as both a PROVIDER and a CONSUMER of “health care services,” I would like to correct the basic premise of this bill & the whole issue: WE DO NOT HAVE A “*BROKEN* HEALTH CARE SYSTEM.” The actuality is, WE DO NOT ***HAVE*** A “*HEALTH CARE SYSTEM*” at all! We only have a **SICK CARE SYSTEM**. Therein lies the problem that will decimate the American people & the American economy.

It is a FACT—known to holistic, complementary, alternative, integrative & Functional medicine practitioners for DECADES—that more disease, suffering, & expense could be *prevented & saved* with simple, inexpensive, natural remedies than we could ever “treat” with costly, toxic DRUGS. And as long as “the system” is beholden to the pharmaceutical industry, this will never change.

I spend several thousand dollars per year—most recently for my newly-acquired Medicare—for services & medications I rarely, if ever, use. THEN I spend several thousand dollars MORE for nutritional supplements, homeopathic remedies, & other natural agents that KEEP ME WELL.

Examples:

* I will NEVER get another mammogram! There is evidence that the radiation from these tests may CAUSE as much cancer as they DETECT. And *by time masses are large enough to be “detected,” they have been present for 8-10 years* (so mammograms are NOT “preventive” tests at all!!) THERMOGRAMS, on the other hand, detect increased vascularity that may herald the very earliest development of breast cancer, *BEFORE there is a visible or measurable MASS*. This gives patients time to implement lifestyle changes (diet, environment) that can truly PREVENT the cancer! This test & preventive measures are FAR less costly than mammography, surgery, radiation treatment, & chemo. WHY DOESN’T OUR SYSTEM PROVIDE THE COST EFFECTIVE APPROACH THAT SPARES SUFFERING & EXPENSE??
* Neither conventional insurance nor Medicare will pay for BIO-IDENTICAL HORMONE treatment—more closely resembling natural human hormones. This, even decades after recognizing that synthetic hormones (e.g. Premarin—made from *pregnant MARES’ urine!*) predisposed women to gynecologic cancers, heart disease, etc. We now know that certain modes of administration of bio-identical hormones can prevent or treat not only local gynecological symptoms, but systemic problems like cardiovascular disease & osteoporosis—*without the toxic side effects of the DRUGS used to treat these conditions*. WHY DOES OUR SYSTEM NOT PAY FOR THE BETTER, SAFER, COST-EFFECTIVE, NATURAL THERAPY? I am stuck paying out of pocket for the better treatment (while paying a monthly premium for a drug benefit I refuse to use) because our system will only pay for the TOXIC treatment!
* The public is being pressured to submit to vaccinations which have been PROVEN to be neither EFFECTIVE nor SAFE! The CDC is now embroiled in a lawsuit brought by Robert Kennedy, Jr., after a whistleblower came forward & disclosed the corruption they attempted to conceal. Our government wastes a FORTUNE on these ineffectual (& often dangerous) vaccines—but doesn’t tell the public they would benefit more from supplementing with Vitamin **D3**, for example, to reach levels PROVEN to lower risks of many cancers, heart disease, osteoporosis, etc. Ironically, insurance pays for the poorly metabolized Vitamin ***D2*** form by prescription—when the body needs & uses ***D3*** daily. Insurance won’t pay for my (more effective, non-prescription) D3!
* The ONLY doctor I see regularly is my gynecologist, for an annual exam & Pap smear. This year (my 2nd or 3rd year on Medicare), I got stuck with the entire bill because “Medicare only pays for this service *every TWO years*”!!
* My 90-year-old diabetic mother developed gastroparesis—a weakening of the muscles of the stomach, so that food does not move through, leading first to early satiety & loss of appetite, & progressing to constipation/obstipation, nausea, & finally intractable vomiting, retching & dry heaves. It is horrific, painful, miserable—& had her begging me to overdose her on her pain medicine rather than continue suffering! A local gastroenterologist provided samples of a medication called DOMPERIDONE—which eradicated her symptoms within 36 hours!! This DRUG is the ONLY one that really treats the underlying CAUSE of this diabetic complication—the muscle weakness of the stomach. *Other drugs only mask the SYMPTOMS without addressing the muscle weakness*. Yet the U.S. is the ONLY INDUSTRIALIZED COUNTRY IN THE WORLD WHICH HAS NOT “APPROVED” ITS USE. (Thank you, FDA.) We ordered a 200 DAY SUPPLY FROM NEW ZEALAND for only **$69**—& *that included shipping!!* This inexpensive medication dramatically improved my mother’s quality of life, & may have SAVED her life. WHY IS THE FDA RESTRICTING SUCH EFFECTIVE & UNIQUE MEDICATIONS THAT ARE APPROVED & SAFELY USED IN EVERY OTHER CIVILIZED NATION??
* Why aren’t doctors taught that the BEST, most EFFECTIVE treatment for muscle cramps (Charlie horse, muscle spasms) is plain, simple MAGNESIUM? Muscle spasms are most often a consequence of MAGNESIUM DEFICIENCY. Citrate or glycinate forms are both powerfully effective & cost effective. 6 capsules/day totally prevent my painful leg cramps—*but my insurance won’t pay for this safe, simple remedy that is far more effective than any DRUG (because it treats the underlying CAUSE: magnesium deficiency!) without any side effects*.
* **As a Suboxone doctor, I have sought a safe, effective remedy to get my chronic pain & addiction patients COMPLETELY off opioids—*including Suboxone*. And I have found it! After 3 years of searching & researching, I am convinced that FULL SPEC-TRUM, ORGANIC, LIPOSOMAL CBD HEMP OIL can be a critical factor in reversing the opioid epidemic. (CBD—cannabidiol—is only one of >400 natural ingredients, which all work together synergistically, in FULL SPECTRUM preparations. CBD *isolates*—e.g. the FDA approved *drug*, Epidiolex—lose the benefit of this synergy.) *I have SEEN IT WORKING SUCCESSFULLY to help my patients taper off their medication*—because it alleviates their fear & anxiety, while treating their pain, inflammation, depression, headaches, seizures, autoimmune disorders, etc., & actually ameliorates the signs & symptoms of withdrawal from opioids, alcohol, & tobacco. THIS IS DOCUMENTED IN >20,000 BONA FIDE MEDICAL JOURNAL ARTICLES. Yet both the Ohio State Medical Board AND Pharmacy Board have elected to “criminalize” this safe, powerful, effective remedy. The people *most* knowledgeable to advise patients—doctors & pharmacists—are essentially gagged, prohibited from recommending the most potent formulations. Patients are at the mercy of every vape shop & convenience store selling substandard preparations—because *those* entrepreneurs aren’t restricted, only the educated professionals are! Furthermore, the FDA defines Schedule I as “drugs with no currently accepted medical use and a high potential for abuse.  Schedule 1 drugs are the most dangerous drugs of all the drug schedules with potentially severe psychological or physical dependence”—such as heroin or LSD. *CBD Hemp Oil doesn’t even meet the government’s own criteria for a Schedule I drug!!*  These are “medical Gestapo” tactics designed to protect pharmaceutical profits at the expense of Americans’ health & well being. (Why else would government obstruct access to knowledge & use of this safe, effective remedy *that could eliminate the need for so many other DRUGS*?) This has got to end—both on the state & federal levels!! WE COULD DRAMATICALLY IMPACT THE OPIOID EPIDEMIC *RIGHT NOW*. *Let health professionals recommend to our patients the safest, most potent remedies available, without needing a prescription!* This is the ultimate example of the Sick Care System standing in the way of solving widespread public health problems—FAR more affordably than the outrageous expenditures on Narcan!**
* As a Suboxone doctor, I find my patients are having increasing difficulty obtaining their medication. Pharmacies are telling them “our supplies are being limited; we can’t get in as many pills; we can only get them delivered every 30 days [& patients are generally given only 28-day supplies]”—so patients risk going into withdrawal, or seeking drugs *on the STREET because legitimate sources of properly prescribed therapeutic drugs are being RESTRICTED!* By whom?? Why?? Do we want to help addicts get off drugs OR NOT?? Our authorities speak with forked tongue; our societal behaviors are not conducive to remedying the opioid epidemic we say we so desperately want to fix!!!...when we have a safe, affordable remedy right in front of us…
* As a Suboxone doctor, I am working hard to get my patients off ALL opioids—including Suboxone! Imagine the outrage of my patient (& myself!) when, as I gradually tapered him by two pills per month, he was told by his pharmacist that “your insurance company requires a new Prior Authorization every time you change the number of pills. **Why don’t you have your doctor give you MORE pills; it would make it easier.**” !!!!!! Can you *believe* this??? I am trying to help my patient get OFF opioids—& *he* is recommending MORE??!! THE SICK CARE SYSTEM IS FAILING US!!!

You get what you focus on (Law of Attraction!). We must focus on WELLNESS & PREVENTION. I recall a cartoon I saw in a medical journal >30 years ago: two men, up to their knees in water in a laundry room, were mopping frantically—but no one had turned off the faucet or pulled the plug in the sink. This is how we do SICK CARE in America. It’s time to shut the faucet & pull the plug!! *We will NEVER have enough Narcan—& we will bankrupt our nation—if we do not STOP THE PROBLEM AT ITS SOURCE.*

*We will NEVER have enough Insulin—& we will bankrupt our nation—if we do not EDUCATE OUR PEOPLE—children and adults—to eat nutritious, UNprocessed food, to be active, to live a healthy lifestyle that PREVENTS obesity & diabetes (“diabesity,” as Dr. Mark Hyman calls it).*

A SICK CARE system treats disease.

A HEALTH CARE system must focus on MAINTAINING HEALTH & WELLNESS through lifestyle modification & *prevention* of disease.

*Respectfully submitted,*

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