

Dear Legislator,

Please support house bill 248 and protect my right to take care of my own body.

I worked as a speech pathologist in hospitals and long term care facilities for over 10 years. During that time I worked to rehabilitate patients' abilities to speak, remember, and even swallow and eat. I saw the devastating effects of strokes, heart attacks, and cancers on patients and caregivers. Helping patients regain their lives and return home brought hope and I made my efforts so meaningful. As my career continued, I unfortunately would see the same patients return with additional strokes, cardiac events, and were sicker and more debilitated. We worked as a team to help them, but their recovery was slower and less complete with each hospital admission. Patient's and families grieved over their loved ones' loss of independence, inability to communicate with each other, inability to recognize their loved ones or remember simple information, and need to be admitted to long-term care because they couldn't take care of basic needs.

Medications were effective in managing some symptoms in my patients. They could reduce blood pressure slightly, relieve pain, regulate blood sugar, and fight infection, but I grew to understand overtime that each of these medicines had side effects. Each procedure had risks and a cost to one's overall health. In managing a patient's sickness, we were always behind the eight ball and my patients grew sicker and sicker. Their quality of life was further and further diminished and chronic conditions mounted.

I knew there had to be a better way. For years, I researched nutrition, preventive health-care, exercise, and breath-work. I learned that the chronic conditions of heart disease, diabetes, dementia, auto-immune conditions that caused my patients to suffer are treatable, preventable, and often reversible. Nutrition is the key to prevent illness and heal the body. When fed the right fuel and cared for, the body cares for and heals itself. A person can achieve true wellness, avoid the devastating effects of chronic conditions, and more effectively fight acute illness and infections. Did you know a person consuming a plant based diet is 73% less likely to suffer moderate to severe Covid-19?

I have worked for the last 10 years to fortify my body with exercise, breath-work, and a plant-based diet. My children thrive on fruits and vegetables and home-cooked meals. I eliminate products with chemicals and pesticides and I have seen dramatic changes in our health. I have tirelessly promoted this same approach to family and friends and have seen such remarkable changes. I want to prevent the pain and suffering of acute and chronic illness experiences by my patients and their families everywhere I can.

Over time we are learning to understand the complexity of the human body and immune system. Medicine is a rapidly changing field. New research is completed all the time. Procedures, once routine, are no-longer used. Medicines, once standard, are replaced. James Nestor, science researcher, reported that over 50% of what we've known about medicine will be

proven wrong in the future. Can we be humble enough to acknowledge that this “vaccine” may be one of those things?

In light of this, it is unthinkable to mandate an experimental medication. These “vaccines” are so new, there has not been enough time to truly evaluate their long-term effects. Not enough is known about how this medication will interact with other medications and how it might effect a person with other chronic conditions. There is so much that we don’t know. We do know that the adverse-reactions and injuries occurring in otherwise healthy people are mounting. We do know there are other effective treatments available that are safer and more researched.

After recovering from this virus, I have natural immunity. This has been shown in multiple studies to protect me from further infection and offer better protection against future variants. Why would I subject myself and my family to potential side-effects of an understudied medication? Why should my freedoms be taken away from me for this? I am not a threat to the health of others and I work tirelessly to protect my overall health and that of my community. At the very least, my choice of what I put in my body should not be taken away.

Please support house bill 248 so that we can continue to protect our health.

Trisha Dockendorff