

**Rep. Jim McCullough supplemental testimony
Scientific Evidence that CAM and Integrative Health
Reduce Pharmaceutical Utilization
And Total Health Care Costs
By Improving Health**

Testimony before the Vermont House Health Care Committee
House Bill H.866
Thursday March 31, 2016
Thomas Hall, CAM Association of VT

There are two complementary ways to reduce pharmaceutical expenditures that should be pursued in parallel: 1) Control pharmaceutical cost. 2) Reduce the need for pharmaceuticals by using evidence-based alternative approaches that promote health, wellness and wellbeing with far less negative side effects.

Prevention, wellness and balance form the foundation of Complementary and Alternative Medicine. It includes Chiropractic, Acupuncture, Naturopathy, Homeopathy, Massage, Medical Doctors practicing [Integrative health](#), the Transcendental Meditation® program (TM®) ([TM.org](#)) and much more. These approaches to health and wellness are supported by years of research to determine their efficacy.

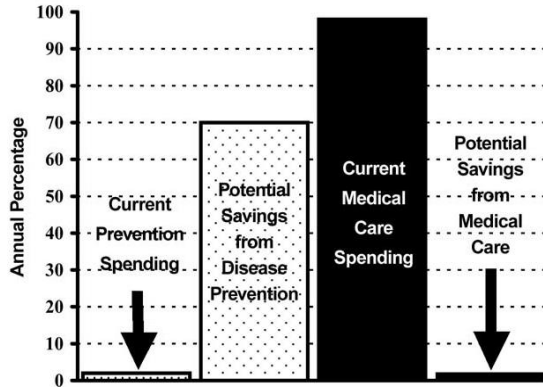
It is more humane and less costly to prevent the onset of disease than to treat after suffering has begun.

It is medically necessary to prevent the onset of disease

**Why Not Fully Fund
That Which Has the Greatest Potential to Improve Health?**

The potential savings from increased funding of Disease Prevention is 70%. The potential savings from increased funding of Medical Care is only 4%.

Americans spend a mere 3% of their health care dollars on disease prevention and 97% on medical care. This is totally out of balance. Balance needs to be restored.



NEW KNOWLEDGE FOR NEW RESULTS: 1st World Publishing Fairfield, IA. Page 116

COMPLEMENTARY MEDICINE (CAM) RESEARCH FINDINGS

Acupuncture

Need Reference

Acupuncture is an economic substitute for some medical services and pharmaceuticals.” Decreased spending on: Primary Care, All outpatient services, Pathology services and All surgery

Chiropractic

40% [lower health care costs](#) low for back pain than by medical doctor

Naturopathy

Still Looking

Homeopathy

15.4% [lower costs](#) than conventional medicine (COM)
Result from the evaluation of cost-effectiveness of Swiss mandatory health insurance claim data.

Massage Therapy

Still Looking

Transcendental Meditation[®] (TM[®]) (TM.org)

Transcendental Meditation (TM) technique (TM.org) is a [prevention-oriented](#) and [evidence-based](#) health care service. More than 380 peer-reviewed [research studies](#) on

the TM technique have been published in over 160 scientific journals. They verify that the TM technique [dissolves stress](#), [prevents the onset of disease](#) and [reduces disease in all major categories](#).

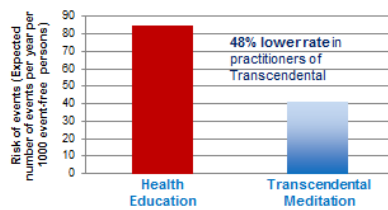
One time tuition fee yields life time benefits of spontaneous wise life style choices.

The addition of this powerful tool would make a primary care physician's treatments more effective. It not only manages stress it effectively dissolves stress.

The savings from teaching TM to Medicare patients will reduce the budget deficit problem.

48% Reduction in Heart Attack, Stroke, and Death

Decreased Heart Attacks, Strokes, and Death through the *Transcendental Meditation* technique



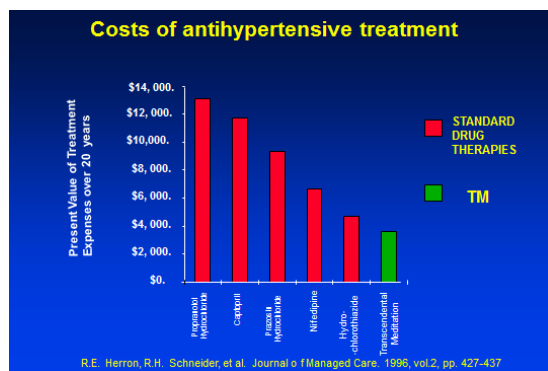
A study of heart patients found that during a 5.4-year followup those who were randomly assigned to the Transcendental Meditation program decreased by 48% on a composite of heart attacks, strokes and death compared to health-education controls.

Reference: *Circulation Cardiovascular Quality and Outcomes* 5, no. 6 (2012): 750-758.

[Circulation: Cardiovascular Quality and Outcomes. 2012; 5: 750-758](#)

Hypertension

As [effective as antihypertensive drugs](#) in reducing blood pressure



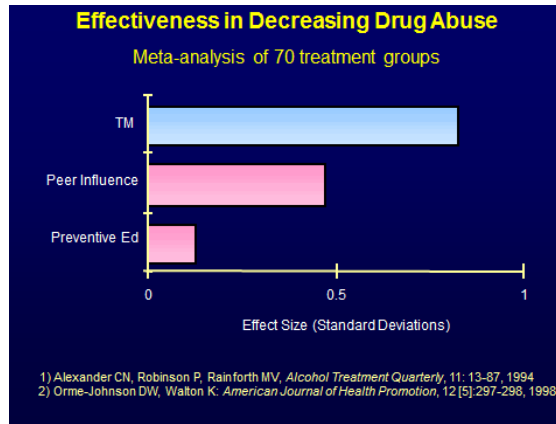
Diabetes

Significantly reduces [insulin resistance](#) and need for insulin

Opiate Addiction

Self-Recovery

Twice as effect than drug therapy
Without negative side effects



American Heart Association

Recommends the Transcendental Meditation technique
([Hypertension.2013;61:00-00](#)) ([Summary](#))

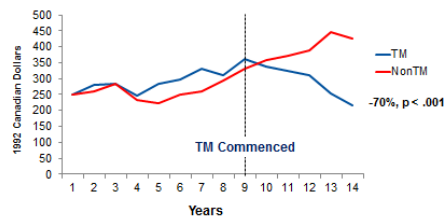
Has noted [that stress is the basic cause of more than 60 percent of all human illness and disease](#)

Reduction of medical expenses including pharmaceuticals

55% [for adults](#)

70% for [the elderly](#)

Decreased Medical Expenditures in the Elderly through the Transcendental Meditation technique

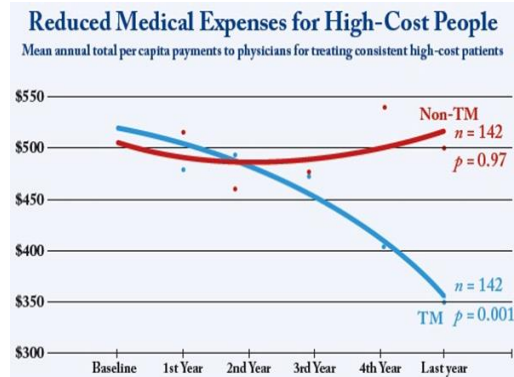


Medical expenditures for people over 65 decreased 14% per year after learning TM, reaching a 70% reduction relative to non-TM controls after only five years.

Reference: *Journal of Social Behavior and Personality* 17 (2005): 415-442.

28% for [persistent high cost people](#)

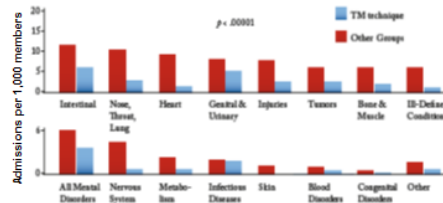
Largest impact on saving our health care dollars



Research on the Transcendental Meditation® (TM®) ([TM.org](#)) technique has documented a [28% reduction in medical expenses for persistent high cost people with a 100% return investment.](#) Since [10% of the population account for 70% of all health care dollars](#) providing prevention-oriented services to these individuals will have the largest impact on saving our health care dollars.

Reduces disease in [all major categories.](#)

Fewer Hospital Admissions for All Disease Categories through the *Transcendental Meditation* technique



A five-year study of health insurance statistics of 2,000 people practicing the Transcendental Meditation technique found that both inpatient and outpatient medical care utilization was more than 50% lower than the norm or matched controls, and was lower in every category of disease. Reductions in the TM group included 87% less for heart disease, 55% less for cancer, 87% less for diseases of the nervous system, and 65% lower for metabolic disease, which includes diabetes.

Reference: *Psychosomatic Medicine* 49 (1987): 493-507