

Representative Jim McCullough 3/31/2016

COMPLEMENTARY AND ALTERNATIVE MEDICINE; CAM

Mr. Chair, Committee, thank you for the opportunity to present this important amendment to you today.

“Prevention, wellness and balance form the foundation of Complementary and Alternative Medicine. It includes Chiropractic, Acupuncture, Naturopathy, Homeopathy, Massage, Medical Doctors practicing integrated medicine and the Transcendental Meditation® program (TM®) ([TM.org](http://TM.org)). 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. Effective programs with solid research and endorsements are now available to support prevention-based integrative health care.” Thomas Hall, BSEE, MS Nutrition and Biochemistry

Founder, Complementary and Alternative Medical Association of Vermont [www.CAMaVT.org](http://www.CAMaVT.org)

I am the most fortunate of fortunates...

I descend from the very best ancestors full of love, guidance and good genes.

I share bliss with my Childhood bride; we’ve beautiful children and grandchildren.

I eat right, drink lots of water, and get plenty of sleep. I work and play hard!

My vitals hr.; bp; cholesterol levels are better than when I was 17.

Luck played a strong hand in this for me. I’ve been dealt a good. I am grateful.

Know this however, I have supplemented good fortune with.... *intentional health regimes* that have been life changing. For 30 years these have included various CAM practices. I self interviewed and

confronted my ACE, thanks to House Healthcare Committee. These practices have produced demonstrable and quantifiable successes!

That was the warm up; now the pitch!

H.866

Representative McCullough of Williston moves that the bill be amended by adding a new section to be Sec. 2 to read as follows:

Sec. 2. COMPLEMENTARY AND ALTERNATIVE MEDICINE; REPORT

(a) For each prescription drug that the Green Mountain Care Board places on the list developed pursuant to Sec. 1(b) of this act, the Board shall consider the disease or other condition for which the drug is approved by the U.S. Food and Drug Administration or for which it is commonly prescribed for “off-label” treatment and whether each such disease or condition may be treated with complementary and alternative medicine in lieu of the drug or as a complement to a lower dosage of the drug. In its consideration, the Board shall review relevant studies published in peer-reviewed scientific journals and other evidence-based materials and may consult with interested stakeholders and others knowledgeable about the use of complementary and alternative medicine and its application to treating and preventing diseases and conditions.

(b) On or before January 15, 2017, the Board shall report its findings and recommendations to the House Committee on Health Care and the Senate Committees on Health and Welfare and on Finance, including:

(1) the diseases and conditions identified;

(2) the evidence supporting the use of complementary and alternative medicine in the treatment or prevention of some or all of the diseases and conditions identified;

(3) the estimated savings to the health care system from the use of complementary and alternative medicine in lieu of or in addition to prescription drugs; and

(4) the Board’s recommendations, including proposed statutory changes to effect the Board’s recommendations.

and by renumbering the existing Sec. 2, effective date, to be Sec. 3

**Rep. Jim McCullough attachment to 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 health care and pharmaceutical expenditures that should be pursued in parallel:

- 1) Control cost.
- 2) Reduce costs by funding evidence-based complementary and alternative services that promote health, wellness and wellbeing and prevent the onset of disease with far less negative side effects.

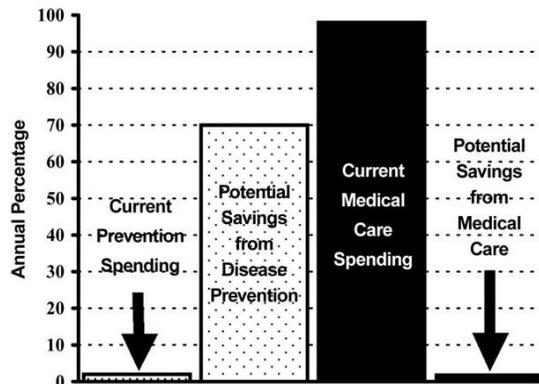
Prevention, wellness, maintaining balance and enlivening the body's natural ability to heal itself form the foundation of Complementary and Alternative Medicine (CAM).

CAM includes Chiropractic, Acupuncture, Naturopathy, Homeopathy, Massage, Medical Doctors practicing [Integrative health](#), the Transcendental Meditation® program (TM®) ([TM.org](http://TM.org)) and much more. These approaches to health and wellness are supported by years of research to determine their efficacy.

**Why Not Fully Fund  
That which was the Greatest Potential to Improve Health and  
Prevent the Onset of Disease and Suffering?**

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: 1<sup>st</sup> World Publishing Fairfield, IA. Page 116

## Complementary and Alternative Medicine Research Findings

CAM providers practice a [less expensive](#) form of medicine.

### Acupuncture

Decreased spending on: Primary Care, All outpatient services, Pathology services, All surgery, All pharmaceuticals, specifically GI and Pain medications  
An analysis of over 18,000 insurance claims in New York

### Chiropractic

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

60% of Chiropractic Primary Care Physicians managed their enrolled patients [without requiring a referral](#) to a conventional medical specialist

### Naturopathic care

Cost insurers [\\$9.00 per enrollee](#) vs. \$686.00 for conventional care in WA State.

### Homeopathy

15.4% [lower costs](#) than conventional medicine (COM)

Transcendental Meditation<sup>®</sup> (TM<sup>®</sup>) ([TM.org](http://TM.org))

Transcendental Meditation (TM) technique ([TM.org](http://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](#).

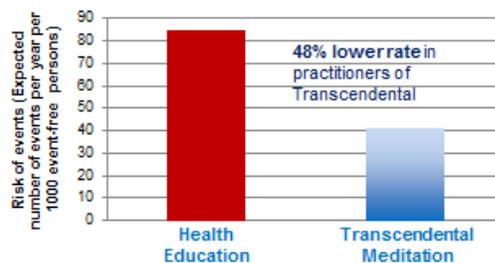
One time tuition fee yields life time benefits and spontaneous wise life style choices.

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.

### **TM- 48% Reduction in Heart Attack, Stroke, and Death**

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



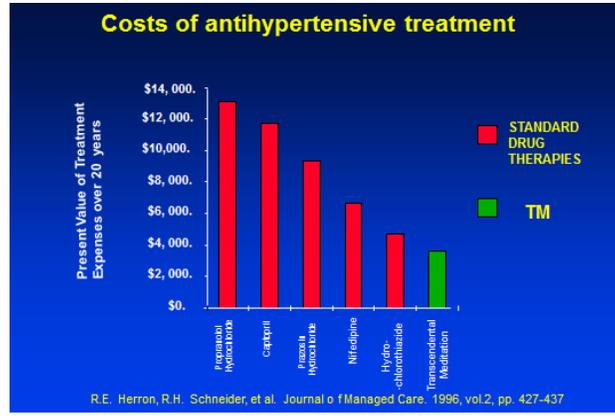
A study of heart patients found that during a 5.4-year followup those who were randomly assigned to the Transcendental Meditation program decreased by 48% on a composite of heart attacks, strokes and death compared to health-education controls.

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

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

## TM Hypertension

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

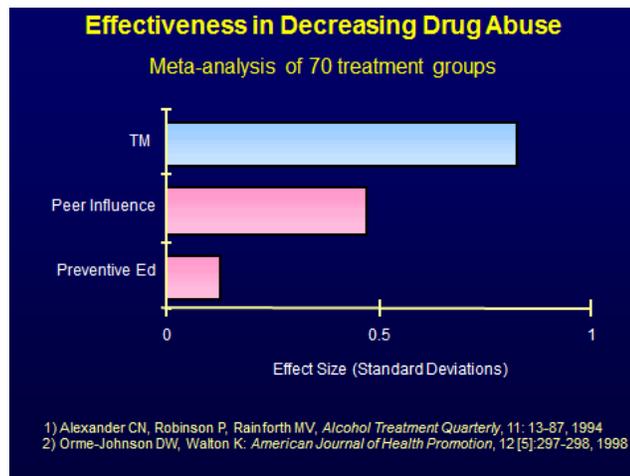


## TM Diabetes

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

## TM Opiate Addiction

**TM is a Self-Recovery technique**  
**Twice as effect than drug therapy**  
**Without negative side effects**



## TM American Heart Association

### Recommends the Transcendental Meditation technique

([Hypertension.2013;61:00-00](#)) ([Summary](#))

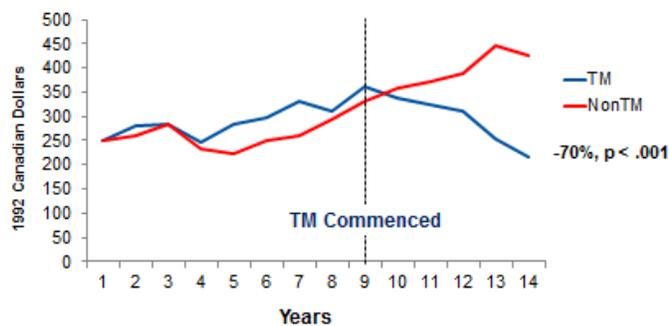
Has noted [that stress is the basic cause of more than 60 percent of all human illness and disease](#)

## TM reduces medical expenses including pharmaceuticals

55% [for adults](#)

70% for [the elderly](#)

### Decreased Medical Expenditures in the Elderly through the *Transcendental Meditation* technique

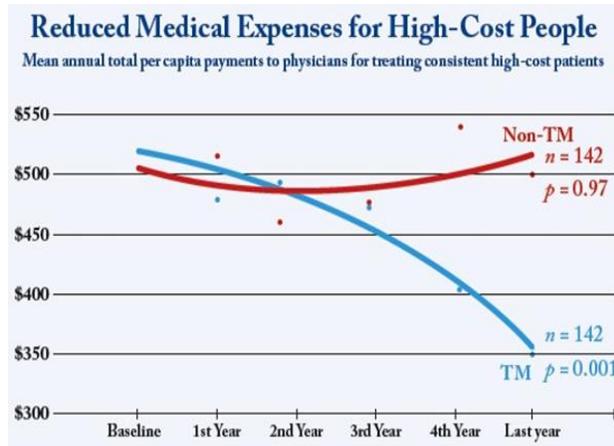


Medical expenditures for people over 65 decreased 14% per year after learning TM, reaching a 70% reduction relative to non-TM controls after only five years.

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

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

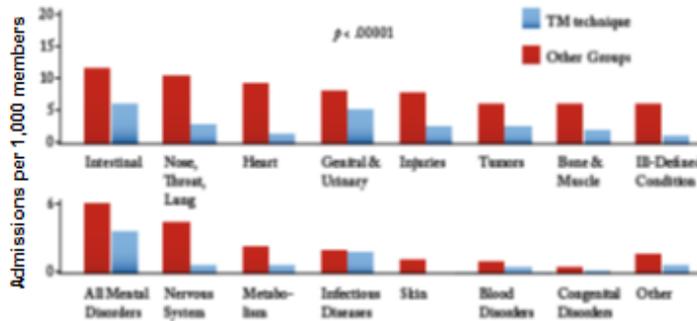
Largest impact on saving our health care dollars



Research on the Transcendental Meditation<sup>®</sup> (TM<sup>®</sup>) ([TM.org](http://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.

**TM- 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