

OPIATES, ABUSE PREVENTION AND TREATMENT  
HOUSE HUMAN SERVICES COMMITTEE; 4/20/2016

Representative Jim McCullough; 4/20/2016  
COMPLEMENTARY AND ALTERNATIVE MEDICINE; CAM

Madam 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 thankful.

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!

Others have not been so fortunate. Their childhood family life, young adulthood, peers and other externalities have dealt them a bad hand. Some have had all the best yet suffered a trauma with pain meds indicated control suffering.

Transcendental Meditation and other CAM regimes are proven to prevent and mitigate drug use and abuse. They are proven to improve peoples lives. They are proven to save healthcare dollars.

# **Scientific Evidence that CAM and Integrative Health Have Effective Treatments and Prevention Approaches to Opiate Addiction**

Testimony before the Vermont House Human Services  
Committee  
House Senate Bill S.243

March 2016

Thomas Hall  
Complementary and Alternative Medical Association of  
Vermont

Our goal is an integrated healthcare system where all evidence-based services treated equally.

Today not all evidence-based services are covered by insurance. Those that are covered are usually under compensated.

My personal experience is that Medicare does not cover Acupuncture and Naturopathy and Blue Cross Blue Shield follows suit by denying the claims. CAM modalities covered generally are reimbursed at a lower rate and only for a subset of their holistic services.

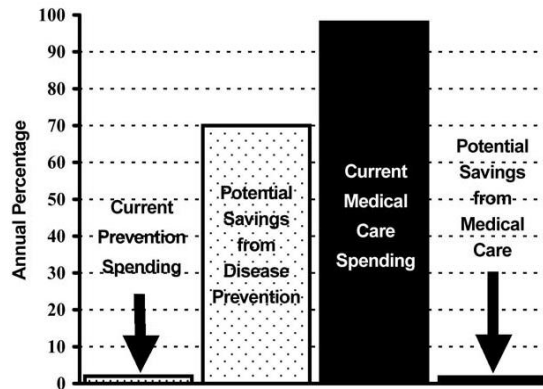
It is generally accepted that controlling costs only reduces the rate of ever increasing costs.

Scientific evidence suggests that the widespread use of CAM services will result in falling total healthcare costs.

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

According to the chart by Robert Herron, PhD, as shown below:

- 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 only 3% of their health care dollars on disease prevention.
- Americans spend 97% of their health care dollars on medical treatment.



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. [Am J Manag Care. 2006 Jul; 12\(7\): 397–404.](#)

Since 1996, Washington State law has required private health insurance to cover licensed CAM providers. What this study found was that the number of people using CAM insurance benefits was substantial; the effect on insurance expenditures was modest.

### 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

A higher per-capita supply of DCs and Medicare spending on CMT were inversely associated with younger, disabled Medicare beneficiaries obtaining an opioid prescription. (J Manipulative Physiol Ther 2016;xx:1-4)

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)

## Integrated health

[Vermont issues RFP](#) with the goal to continue to build an integrated health care system that improves the quality of, and access to, care for all Vermonters.

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

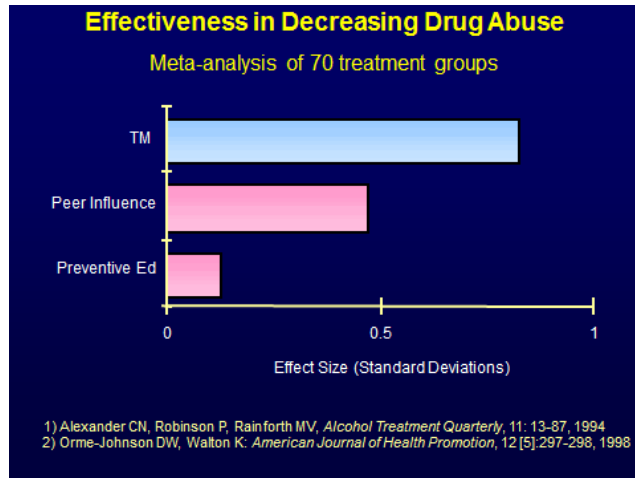
Transcendental Meditation (TM) technique ([TM.org](#)) is a [prevention-oriented](#) and [evidence-based](#) health care service. More than 380 peer-reviewed [research studies](#) on the TM technique have been published in over 160 scientific journals. They verify that the TM technique [dissolves stress](#), [prevents the onset of disease](#) and [reduces disease in all major categories](#).

One time tuition fee yields life time benefits and spontaneous wiser 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.

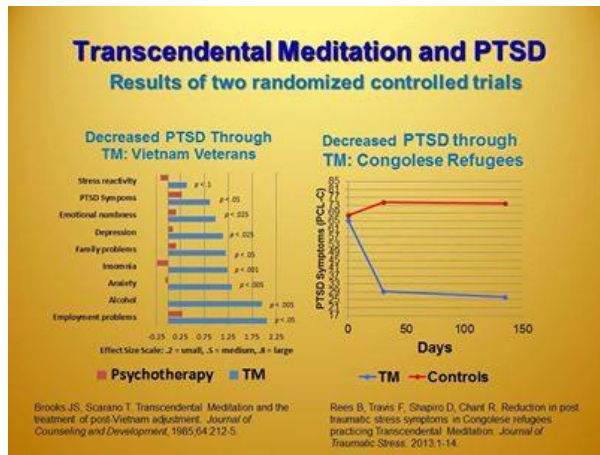
The savings from teaching TM to Medicare patients will reduce the budget deficit problem.

**TM is a Self-Recovery technique that is twice as effect as therapy for Opiate Addiction without negative side effects**



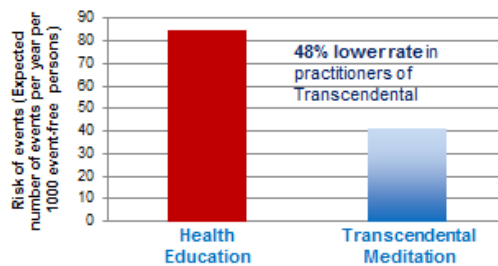
People with Post Traumatic Stress Disorder (PTSD) develop drug addictions at three times the national average.

90% of PTSD victims taught TM became non-symptomatic within 30 days



48% Reduction in Heart Attack, Stroke, and Death

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



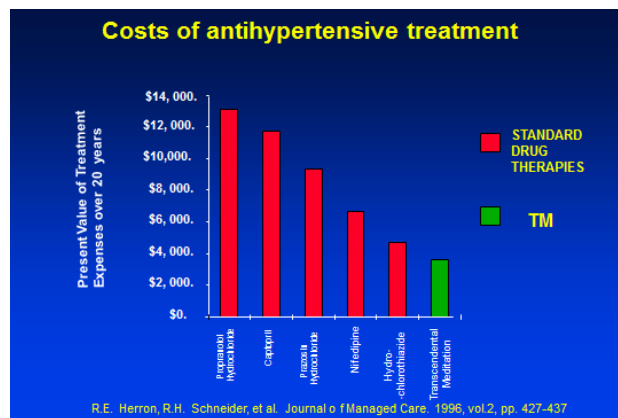
A study of heart patients found that during a 5.4-year followup those who were randomly assigned to the Transcendental Meditation program decreased by 48% on a composite of heart attacks, strokes and death compared to health-education controls.

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

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

## Hypertension

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



## Diabetes

TM significantly reduces [insulin resistance](#) and need for insulin

## American Heart Association

**Transcendental Meditation technique is the only mental technique recommended**

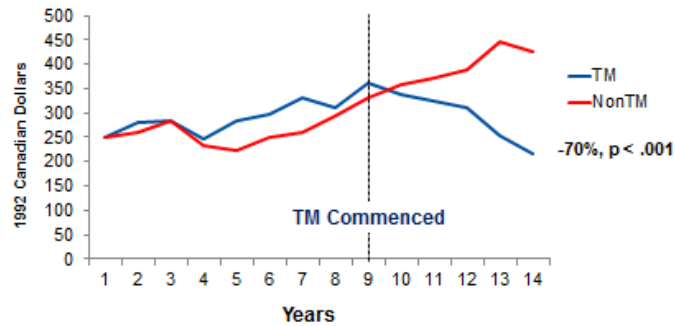
[\(Hypertension.2013;61:00-00\) \(Summary\)](#)

Stress is [basic cause](#) of more than 60 percent of all human illness and disease

**TM Reduced medical expenses 55% [for adults](#)**

TM reduced medical expenses 70% for [the elderly](#)

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

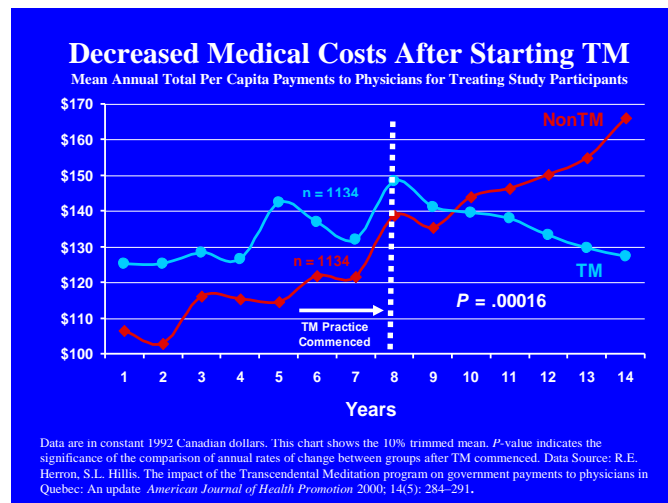


Medical expenditures for people over 65 decreased 14% per year after learning TM, reaching a 70% reduction relative to non-TM controls after only five years.

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

TM reduced medical expenses 28% for [persistent high cost people](#)

Largest impact on saving our health care dollars



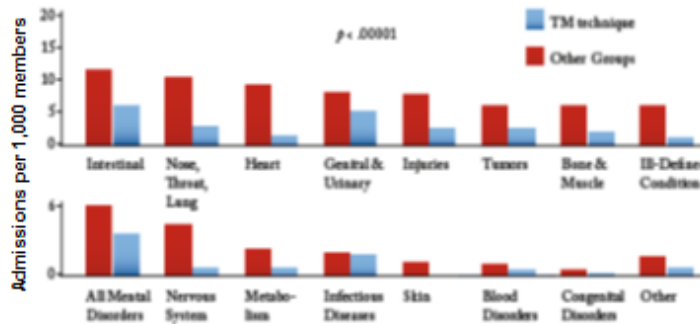
Data are in constant 1992 Canadian dollars. This chart shows the 10% trimmed mean. P-value indicates the significance of the comparison of annual rates of change between groups after TM commenced. Data Source: R.E. Herron, S.L. Hillis. The impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update *American Journal of Health Promotion* 2000; 14(5): 284-291.

A 28% reduction in medical expenses for persistent high cost people yields [100% return investment](#). Since 10% of the population account [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