



Patient & Public Advocacy Toolkit

Support your naturopathic doctor. Make your voice heard.

May 2025

(Updated – September 2025)

BC's Naturopathic Doctors

www.bcnd.ca

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Why this matters

Naturopathic doctors (NDs) are highly educated, skilled, licensed healthcare professionals who provide safe, whole-person care to tens of thousands of people across BC. NDs support patients across all stages of life, yet despite their broad scope and whole-person approach, patients still face barriers like limited insurance coverage, gaps in public lab access, and inconsistent integration within the healthcare system

By speaking up, you can help change that. Public advocacy, especially when it's grassroots, local, and personal, is one of the most effective ways to drive change in a democracy. When elected officials hear directly from the people they serve, it makes a difference.

How to Help

Writing to, or visiting, your MLA is easy and effective. You don't need to be an expert, you just need to be a patient who cares and who wants to make a difference.

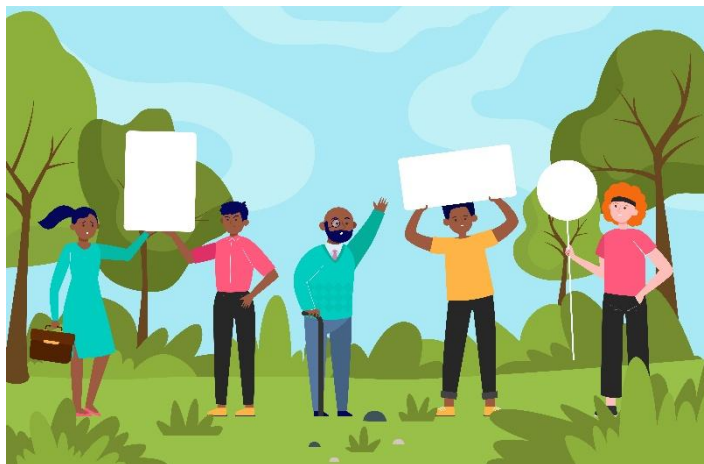
Three Ways to Speak Up:

- Send a letter or email using one of the templates below.
- Call or visit your MLA's local constituency office. That's what it's there for, to hear from you and represent your concerns.
- Share your story: Whether it's affordability, lab access, or how your ND helped you through a health issue, your voice matters.

When patients and community members come together, it creates a powerful grassroots movement that decision-makers can't ignore.

Letter Writing Tips

- Speak from experience: How has your ND supported your health?
- Be respectful and concise: 1–2 short paragraphs is enough.
- Focus on one issue (e.g., lab access, MSP, primary care integration, how your ND has helped you, or anything you want your elected official to know).
- Include your name and community so the MLA knows you're a constituent.



Sample Letters

Sample Letter: Concerns about the Health Professions and Occupations Act and Rising ND Fees

Dear [MLA Name],

I am writing as your constituent to express concern about the impact of the new Health Professions and Occupations Act (HPOA) and the recent increase in registration fees for naturopathic doctors (NDs).

Naturopathic doctors are an important part of my health care. They help relieve pressure on the public system by providing primary and preventative care. Yet the cost of being licensed to practice in BC has increased by more than one thousand dollars over the last two years. These rising fees, introduced by the College of Complementary Health Professions of BC, create a real risk that NDs will be forced to leave BC or reduce their services, further limiting access to care for patients like me.

I am asking for your support to ensure that HPOA implementation and the amalgamation of regulatory colleges do not increase costs for practitioners or limit their ability to practice to their full scope. This new system should help recruit and retain health professionals, not push them away.

Please raise this issue with the Minister of Health and work to ensure that regulation is fair, affordable, and supports access to care for British Columbians.

Thank you for your attention to this urgent matter.

Sincerely,
[Your Name]
[Your City]

General Support for NDs

Subject: Support for naturopathic doctors in BC

Dear [MLA Name],

I'm writing as a patient who relies on naturopathic care. My ND has helped me manage [briefly describe issue – e.g., perimenopause, chronic fatigue, mental health], and I consider them a key part of my healthcare.

Please support efforts to improve access to NDs and ensure they are fully integrated into BC's health system. Their care is essential to people like me.

Sincerely,
[Your Name]
[City or Postal Code]

Sample Letter: Lab Access

Subject: Patients need access to lab services from NDs

Dear [MLA Name],

I've experienced difficulty getting lab tests done when they're ordered by my naturopathic doctor. I've been turned away or charged out-of-pocket, even though the tests are standard.

This creates barriers to care. I hope you'll support changes that allow patients to access public lab services regardless of whether their ND or MD ordered the test.

Thank you,
[Your Name]
[City or Postal Code]

Sample Letter: MSP Coverage

Subject: Improve MSP Supplementary Benefits

Dear [MLA Name],

I qualify for MSP supplementary benefits, but the current coverage for naturopathic visits is only \$23 — not enough to meaningfully support access.

Naturopathic doctors help people manage chronic conditions, avoid hospital visits, and stay healthy. Please consider modernizing the supplementary benefit so patients can afford this care.

Sincerely,
[Your Name]
[City or Postal Code]

Sample Letter: Primary Care Integration

Subject: Include naturopathic doctors in BC's primary care strategy

Dear [MLA Name],

As someone without a family doctor, my ND has become my main point of care — and they've done an exceptional job.

Please support changes that recognize and integrate naturopathic doctors as part of team-based care in BC. It would help patients like me get the care we need without delay.

With gratitude,
[Your Name]
[City or Postal Code]

Sample Letter: Natural Health Products

Subject: Protect Access to Natural Health Products

Dear [MLA Name or MP Name],

I rely on natural health products as part of my wellness and preventive care. My provider is trained in how to use them safely, but new federal rules may limit access and raise costs. Please work to ensure that regulations stay fair, support informed use by professionals, and protect access to the products Canadians trust.

With gratitude,
[Your Name]
[City or Postal Code]

Find Your MLA

To make your voice count, contact the MLA who represents your community.

Here's how:

- 1) Visit the BC Legislative Assembly's website:
<https://www.leg.bc.ca/members>
- 2) You can search by:
 - Postal Code
 - Community: <https://www.leg.bc.ca/members/mla-by-community>
 - Constituency: <https://www.leg.bc.ca/members/find-mla-by-constituency>
- 3) Your MLA's profile includes:
 - Email
 - Mailing address
 - Phone number
 - Constituency office location — where you can call or visit in person

Thank you for taking action

The more patients speak up, the more likely we are to see change. Together, we can build a healthcare system that truly reflects the needs of people in BC. Thank you for speaking up!