

HB0283

I first tried Kratom about four years ago. I was going through a messy divorce, teaching high school full time, and raising two kids on my own. The anxiety I felt then was justifiable by these events in my life. However, it didn't ever seem to stop, even when things were going well. I've had high functioning anxiety and OCD for as long as I can remember, paired with eating disorders (specifically anorexia and bulimia) since I was a child. Although I no longer struggle with eating disorders, I still fight through nausea when I eat. I was prescribed Prozac as a young adult, which made me feel robotic. I began confusing letters while writing; My mind felt foggy. Later, I tried Zoloft with similar side effects. I wasn't able to stay on either one because the side effects were worse than the benefits. However, after discovering Kratom, I finally had hope. I only take about 2-5 grams a day, but it allows me to be a better mother to my kids, lifts my mood and eases my anxiety, lets me to eat without negative thoughts and physical nausea, and helps me teach without the crippling social anxiety I once felt. I've witnessed this plant transform so many lives for the better—I've seen friends get clean off opiates, find safer alternatives to prescription drugs without the negative side effects, and I've felt my own life open up to beautiful opportunities that once felt dark and out of reach. I hope that this will not be taken away from us.

Denise