## HB0283

Hello! My name Mishelle and I would love to share my testimony about kratom. When I was 11 years old, I was in a car accident that broke my back from L2 to L5. All of those vertebrae were replaced with metal rods, pins and artificial discs. Since then, I have had multiple surgeries starting the day of the wreck up to 2 years ago. I will be going back under the knife again once I am able to take off work long enough to recover to replace some of the components in my artificial L5 disc. For the first 7 weeks, I had no feeling below the waist. I suffered through years of physical therapy in order to regain complete function of my legs so I could go back to being a functioning human being. This has caused me chronic pain that is severe at times. I am 26 years old with 2 kids of my own and 2 soon to be step kids. I work in a fabrication and machine shop that as you may know requires lifting very heavy materials as well as bending over for long periods of time to weld, grind, plasma cut etc. said materials in order to get the order completed. I have taken opioids for years and they have eaten away at the lining to my stomach. The side effects of those drugs ended up outweighing the benefits of pain relief. Many days I would skip taking those hard drugs, just so I could go through the day without vomiting blood or falling asleep at work. Then a friend introduced me to kratom. At first, I was in denial that a plant could be as beneficial as oxycodone or lortab. But after yet another day of being in so much pain I couldn't go to work, I gave in and gave it a try and boy was I surprised! It actually worked BETTER than the other drugs ever did. AND I didn't have the bad side effects my other medications had. I also noticed that it helped greatly with my depression and the withdrawal I experienced after I stopped taking my other meds. I used to be on antidepressants, but my insurance company stopped covering that medication, and it costed \$400+ per month. Which I could definitely not afford. So, I was forced to stop taking my antidepressants cold turkey which did NOT go over well. I became enveloped with suicidal thoughts, uncontrollable crying and the inability to even get out of bed. It was about 2 weeks after this that I was introduced to kratom. I whole, heartedly support this wonderful plant, as it changed my life! Now I am back to being the motivated and happy-go-lucky mother/fiance/employee that I used to be. Please if you love the citizens of your state, do NOT ban this plant. You yourself should give it a try, and become fully educated on it...it may help YOU!!! Thank you for taking the time to hear my testimony. I will continue to spread the word about this healing gift from God to help as many people as I can.