

## **HB0283**

Hi, my name is Karen. I am a recovering addict since 2011. I did not use Kratom to get off drugs. I did that with the fight of my life.

I'm a single mom with 5 kids with chronic pain in my hips and back. I was so scared of using pain pills due to my addiction, so I laid in pain for about 3 years. I was not the mom I wanted to be for my kids, and I could see that it was affecting my kids as well. I couldn't pick them up, I couldn't ride bikes with them, and at times my house went unattended for so many days. They wanted their mom to be able to do what they saw other moms do with their kids, but I just couldn't...the pain was so bad. On my best day I might have been able to take them to the park, sit on the bench and watch them.

Then in 2017 I was told about Kratom. I read so much about Kratom. I decided something had to be done so I could be the mom my kids deserved. I knew I didn't want the pain pills, so I tried Kratom. In my opinion that was the best thing I could have ever done. The pain is down from a 10 to a 3. I am able to clean my house ride bikes with the kids and I have even been known to climb trees with them after I started Kratom. Kratom is not like drugs at all. I do not crave it. I do not want to hurt lie cheat or steal to get Kratom. Kratom does not make me high, it simply takes my pain away and allows me to raise my kids without worrying about being blown out my mind by the drugs I would be on if I hadn't tried Kratom.

I do ask that you put in place the Kratom consumer protection act and do to the fact there isn't much research on Kratom in kids, I ask that you put a age limit on it as well. Thank you for reading this email.

I would also like to invite you into a group that I run on Facebook to see just how respectful and honest these people are in the Kratom Community.

Kratom consumer,

Karen