

HB0283

Hello, my name is Allison, and I want to share my kratom testimony. Kratom is a plant in the coffee family. It is **not** an opioid/opiate. It's saved my life and the lives of many others. I'm in my 40s and I have suffered from myriad health issues for most of my life. Just a small part of the list includes Fibromyalgia, Osteoarthritis, Degenerative Disc Disease (all of which cause brutal chronic pain, amongst other nasty symptoms), Treatment-Resistant Depression, Anxiety Disorder. For many years, my doctors prescribed me a litany of narcotics including morphine and fentanyl. Nothing brought me relief from the non-stop, cruel, life-changing pain. I wanted **some** relief, somehow, some way. I despaired at mirroring my beautiful, sweet, tortured brother, who got lost in the thickets of addiction, and eventually succumbed. I asked a doctor about titrating off the painkillers, because I was concerned about falling prey to addiction. He refused to help. Then he bluntly stated, "it's more important to me to put food in my kids' mouths than to save your life." He pushed me on to a psychiatrist who prescribed me Suboxone. An opiate to get off another opiate.

By then, I'd lost my career and I was essentially bedridden, unemployed and basically useless (I believed). I didn't want to exist (I surely wasn't living) anymore. The pain & other symptoms were unbearable.

Then I found Kratom via a Chronic Pain Support Group, & I researched it. I'd self-titrated off narcotics a year prior. I tried it. I can say with 100% truth – it has been life-changing. I've been a daily consumer of this **precious** plant for 4 years. I am not cured. My pain, anxiety, & depression are **managed** & bearable. I'm no longer bedridden. I'm able to work PT. I've cut my anxiety RX in half. I want to live again.

It's saved my life, no doubt. And it's saved millions of others, whether it manages pain or assists them get off dangerous narcotics.

If you ban this miracle plant, you're making a huge mistake. This herbal medicine can curtail the opioid crisis. It's a natural, extremely effective pain reliever. It's not addictive and it doesn't suppress the respiratory system. Please don't take away our natural medicine because of the FDA's outrageous lies. Please help.