

## **HB0283**

My name is Lizzi and I am 56 years old. I live with my husband, daughter, 4 grandchildren under the age of 7, a pit bull named Dixie and 2 cats, Garfield and Patches. I have a genetic bone disorder called Osteogenesis Imperfecta Type 1. It is also referred to as "Brittle Bone Disease". I have had over 40 fractures in my lifetime. My most recent injury involved 5 fractured vertebrae in my back at the end of September 2019. I was out of work until last week, January 20th. I was taking 6 10 mg Norco per day for 4 months. I tapered my dose down to 2 pills per day 3 weeks ago. I started taking Kratom January 23rd. I have suffered NO withdrawal symptoms. I have successfully stopped taking pain pills. I did not consider myself addicted to pain medication. I am back at work. My pain level is tolerable and the Kratom definitely helps my pain and mood. I also use it to sleep. I believe Kratom should remain legal for adult use. I believe Katom can help many people.

Thank you,

Lizzi