## **HB0283**

My Name is Michelle. I just want to say how much KRATOM has helped my 35 yr old sister, from being in pain so bad with sciatica where she couldn't even function, get out of bed, got into a state of depression and even sadly, suicidal thoughts, because of feeling helpless and in so much pain, she didn't even see a life/ future for herself. She was bedridden, unable to even do anything (have a life, be a mom, function, just everyday "little" things), she had been always crying in pain and about her life, & how she can't do anything and she just wanted the pain to go away, she has headaches/ migraines also, the dr was prescribing pain meds, which worked sometimes but my sister didn't want to be dependent on medicine.

Kratom/ this tea/ plant has saved my sister's life, literally. She has been able to function, get out of bed, do the simple things, do house chores and actually want to live & sees a bright future, pain free, even the different strains help with her headaches, sciatica/ back pains, more positive attitude/ lookout & her mental state. .. This plant has changed my sister 120%... she is up early and moving around, not crying from being in pain. KRATOM IS A MIRACLE PLANT AND HAS HELPED MY SISTER AND SO MANY OTHER MOMS, & ALL SORTS OF PEOPLE AND ALL KINDS OF BACKGROUND, ETC, THAT WE HAVE CAME IN CONTACT WITH... I THANK GOD FOR THIS PLANT/ KRATOM. IT HAS WORKED AND DONE WONDERS FOR SO MANY, IVE EVEN SEEN AND HEARD OF KRATOM HELPING ADDICTS/ GET OFF OF DRUGS AND EVEN OFF OF PAIN MEDICATIONS... THAT IS WHAT EVERYONE SHOULD WANT AND SHOULD BE CONTESTING FOR... Also, my own personal experience, after seeing my sister taking kratom/ tea, as doing so good and helping her and just turning her around, I then have taken kratom/ tea, few times here and there. I can say, it's not addictive, as I don't have to have it, or fein for it, but I do take it if I just need help getting to relax/ sleep, or if I have a headache here and there, or I've pulled my back, had cramps in my foot, I have a bad shoulder & I don't even take pain meds, I would take tylenol or ibuprofen, which I was told tylenol is bad for your liver. I don't even take that anymore, the kratom has helped for anything I've gone thru, it eases the pain, and gets me back out of bed/ pain free or even certain strains, can help give u energy/ motivation... And also unlike drugs/ pain medications, kratom/ tea has no side effects, no drowsy feeling...

Just feel great!

So, my testimony and I've heard so many others stories and where they have come from with their background and kratom has helped sooo many people, & I've seen it first hand with my sister, also when I take it myself!

And most importantly, its not addictive at all, I don't even take it everyday, or every other day, just every now and then as needed...

THIS HAS GIVEN MY SISTER & OTHERS, A REASON TO LIVE, AND A PAIN FREE/DRUG FREE LIFE!!!

Thank you for reading "MY TESTIMONY"!!!