

## **HB0283**

As a person with chronic pain conditions I have been on nearly every medication for pain at some point or another. Some worked some didn't. After 19 years I had become dependent on narcotics to actually have a fulfilling life. I was able to get up and function, but I felt like a hypocrite. You see I work in the mental health field and I help people with chronic pain and addiction with alternatives to narcotics. Well for a few years I had heard about kratom but leaders in my industry would say "it's worse than heroin!" "It is more addictive than narcotics!" I was terrified to try it even though I had clients telling me the miracles it had done for them. Finally, in 2019 I couldn't take it anymore narcotics were causing rebound pain, increases tolerance, foggy mind, and the inability to focus and concentrate. I started asking people that I knew that were using kratom about it. I received a sample and I held off on taking my narcotics for 12 + hours before I used my tea just to make sure nothing could cause me to be ill or worse. Kratom took away my pain! I was able to hike without using narcotics. I wasn't foggy headed. No side effects at all! Within a month I switched completely! I started tracking my mood, pain, and sleep and all of which were 50% or more improved. My anxiety is pretty much gone! My sleep is tracked on Fitbit and it's gone up 20 points! And my pain is managed on the lower end of a dose. I don't take narcotics. I don't take muscle relaxers. I don't take sleeping meds. I'm off all prescriptions completely. I hear success stories regularly from clients and I am a success story as well.