

## **HB0283**

I just wanted to share how kratom has improved my quality of life. A little background info on me. I was addicted to opioids for about 10 years. In 2018 all of that changed when I found out I was pregnant. It was a huge shock and I honestly thought there was no way that I would ever be able to stay clean and be a good mother. I was unsure of what I was going to do at first, and then fate had its way with me. I was forced to make a decision between jail and a very intensive drug and alcohol program. I knew the only way to move forward was to take part in the program. Another requirement was also to get off of all other narcotic prescriptions I was taking for my mental health. So, I got off of Xanax and Adderall at that time too. All of a sudden, I was scared and shocked and not able to go through everyday life like I did for so many years. I was depressed, anxious, and not able to do the things on a daily basis that was expected of me. I would cry because I would have huge cravings out of the blue and was scared that if a day ever came where I was weak enough and gave in, I could go to jail and never see my baby again. I remembered hearing about kratom from a friend and gave it a shot. It gave me my life back, my genuine self, who I was before all the drugs came into my life. My mental health slowly improved a little each day. Somehow I was able to focus, and not have terrible anxiety throughout the day. And on top of that, it didn't give me any of the negative side effects at the prescriptions I was on (like being too tired to function when I would take the Xanax, or the inability to have an appetite when I took the Adderall. And aside from those benefits, my drug cravings went from a 10 to about a 2. I noticed that I was now able to just let the thought pass instead of becoming overwhelmingly obsessed with the craving for hours or days at a time!

This plant has honestly given me back so much from life that I honestly forgot how good life can be there for a while. These days I am a great mother, I am a productive member of society, I want to be the best person I can be! I'm not saying that kratom is a "cure-all" of any kind, but I do know that I've talked to many people who get the same great benefits out of kratom as I do. I don't know why kratom would be banned, it can continue to help so many people, and with more research I'm sure there is a lot more to be learned about it and how else it can help. Please consider adding an age limit to kratom as you continuously keep researching! Thanks for your time!