

My name is Joanie, and I started taking kratom about a year ago. I'd like to tell my story.

In 2015, I was diagnosed with paralyzed vocal chords because of childhood Polio. Since the Bulbar polio I have always had breathing issues, but it progressed to where a tracheotomy was recommended to save my life.

After the surgery my breathing was better, but I suffered with a debilitating cough. Even with medications from my specialists, I still had the persistent hacking. It was driving me crazy!

My husband had been taking kratom for a year or so and suggested to me that kratom might help me. I was reluctant at first, but was desperate to try something. I always complained to my doctor about the cough, but he said that there was nothing more that he could do to help me. I finally decided to try kratom and soon I wasn't coughing as much, and in turn my overall days were much better. I continue to take it, sometimes skipping a day or two. I don't know what I would have done to feel better if not for kratom. My quality of life is much more improved with kratom. On a bad cough day, I always have kratom to reach out to for help. I have experienced no negative side effects and I personally feel that kratom is not addictive.

I started off taking a small amount like ½ gram. A year later, I'm taking less than two grams a day. Even at this low dosage it is still effective in helping me with my cough. The only other effect I have from the kratom is it makes me feel relaxed.

JH in Charlotte, NC

Retired

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