

In the fall of 2016 I started using kratom. I continue to use it to this day, because it helps me with anxiety relief and it also gives me relaxed energy. I'm a senior citizen and I have the usual aches and pains from minor arthritis. I injured my back as a child and suffer from extreme lower back pain. I have found that kratom has helped me very much with my pain issues. I find that kratom is not any more addictive than a cup of coffee. My tolerance level has not significantly increased through the years. I've kept my dosage very low and still continue to reap the benefits of kratom. Two days a week I do not take kratom and I find I have no side effect and no signs of any significant addiction. I do miss it on my days off, but no more than when I miss my traditional cup of coffee.

America is based on liberty and the pursuit of happiness and our politicians continually remind us that we are living in a free country, so please let me have the freedom to make my own choices on how I want to take care of my health issues. I'm an adult and it should be up to me what I would like to take when it comes to my own personal health. I would highly recommend kratom to family and friends. It is a safe and natural plant that is effective and no more harmful than coffee or tea. It is much less harmful than alcohol, tobacco, Tylenol and pharmaceutical pain killers and the list goes on.

Larry Hardee

Charlotte, NC

larry123nj@yahoo.com