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To whom it may concern,

I was born and raised here in Oregon, I have lived with chronic pain for most of my adult life and 20 years ago my doctor after trying many other pain medication suggested I try Oxycontin, needless to say as we all know now that was not a good thing! After nearly 10 years of being on these FDA approved doctor prescribed opiates going from 10 mg a day to 480 mg a day in 8 years because of tolerance built up I was nearly dead from low oxygen and was stopping breathing at least 15 times in every hour as a sleep study showed, I had no life, I was in my bed and was forgotten by the world at large including the health care system, state system or even friends and family who though I had moved away because I just disappeared and was not heard from because I was so incapacitated by these drugs given to me by my physician. After the sleep study which was given after I reached out to a different doctor I knew if I was going to live I had to find a way off these drugs so I demanded my original doctor get me off them so he wrote a hand written order for me to follow but I'm telling you that was the hardest thing I ever had to do to get off those drugs, it took me 5 weeks coming of 30 mg a week which in reality was dropping 90 mg a day as they had me on them three times a day at 160 mg does so I was dropping 30 mg a dose. After 5 weeks I had to take a break to regain my strength before finally coming off the last 60 mg in two more drops. After I was finally off all the opiates I felt better but was still dealing with issues of pain but not as bad as what I was dealing with on the opiates. Several months after being off the opiates a elderly friend I had met during this time introduced me to Kratom, I tried it and couldn't believe how well it worked, it worked much better then the opiates but without the side effects of the opiates, I could take it if I needed but not if I didn't feel I needed it. I began to have a life again, I was able to get out of my house, do things like swim for exercise and be with friends, people would see me and ask if I had just moved back, I would reply, no I've been sick in my bed so thanks for visiting, then explain to them what had happened to me! It's a sad story with a good ending, I still use Kratom today at a rather low dose and have not felt the need to increase it as it works just as good today as it did when I first started taking it, I sleep much better and don't have any of the horrible side effects I had on the Oxycontin. I do very much appreciate the efforts the AKA is doing to make sure we get good clean safe product because Kratom has given me my life back and other's need to know there is something as safe and natural like Kratom to help themselves avoid the same horrors I myself went through. I ask you to please except and follow the guideline set out by the American Kratom Association to make sure we get good safe product.

Sincerely,  
Kratom Advocate and Chronic Pain Patient  
J M Miner  
Baker City, Oregon