Hello, I wanted to tell my story. I have spinal stenosis, and nerve damage which cause a great deal of pain in my leg. It is bad enough that I used to take oxycodone and morphine everyday several times a day just to be able to deal with life. Kratom changed all of that. I have taken it for almost two yrs. now and no more narcotics. In fact the kratom works better to relieve pain than the narcotics did without the dangerous side effects. It is a perfect alternative to drugs that kill people. Thanks for your time.