

I started noticing the effects from a degenerating disc in high school. After 6-8 months of physical therapy and chiropractic care I was able to manage my pain. Even with this routine, I would experience 4-7 days of extreme pain every 1-2 years. As I became older these periodic pain episodes became more frequent and lasted longer.

During a particularly long 5-month pain episode in 2016, I was not able to walk, sit, stand, or even lay down without mind-numbing pain. My doctor confirmed the pain was due to a worsening degenerating disc between my L5 and S1. I tried EVERYTHING, physical therapy, muscle relaxers, inversion tables, stretching, but nothing seemed to help. My only recommended option was to "manage" the pain and consider a surgery with a questionable success rate of 50/50.

Because of the pain I had stopped playing all sports, I had stopped exercising, stopped going out with friends, stopped traveling...this is when I started to get depressed, angry, and no longer envisioned a future I wanted to be a part of.

In Dec of that year (2016) I heard about and tried kratom for the first time.

In short, kratom was a miracle!!!

When I consume kratom, my pain is reduced from a debilitating '10' to a '2 or 3' and I am able to get my life back. Exercise, mountain biking, yoga, and spending time with friends and family all became possible again! Not only does kratom help with the pain immediately, but it has allowed me to heal my back. 8 years ago I used kratom 3 times per day. Now, less than 3 times per month.

Please follow the science of kratom. We need to help people in pain.

If you'd like to learn more about my story, please let me know.

Regards,

Alexander Karp

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