

I've had mental health, physical health and substance abuse issues since I was a teenager. Since finding kratom 7 years ago and regularly using it in low doses, my life and mood have stabilized. I was able to stop using other substances that made my problems worse. I no longer regularly miss work, my engineering career is back on track, and I'm a proud father of two and husband who shows up to life everyday.

Without kratom, my struggles would be much more difficult to fight against, and I, as well as those I love and interact with, would suffer for it.