

January 7, 2025

Dear North Dakota Law Makers,

This is my testimony on Kratom and how it has made my life manageable but more importantly being here to write it had it not been for Kratom.

I do so under no duress, voluntarily and at my own free will write this letter to you. I currently reside in Florida, which is why I cannot attend, nor am I sure, I could in my physical condition if I lived near North Dakota.

My name is Glenn Shipe, I was a police officer, promoted to Sergeant, then an environmental criminal investigator for 17 years.

My Father a WWII Veteran in the U.S. Marine Corps, in the Pacific theater was my best friend. About 5 years ago as a result of severe back pain he took his own life. Tragically, I found him which affects me to this day.

A year later my beloved mother had a massive stroke in my arms. She passed overnight which had doubled the deep depression I was already in, three years after that my only brother was ice fishing, tragically he fell thru the ice and drowned. Mentally I was a mess.

Physically 25 years ago I had two-disc herniations, two surgeries, The second resulting in a serious infection, as a result I developed foot drop.

In my case since the sciatica runs thru my lower spine, scar tissue has developed around it making it permanent lifelong condition, I cannot raise me lower foot. Because of the constant limping for the last 3 years, my spine now curves up to the right. As a result, I've developed scoliosis in my spine. That along with severe degenerative disc disease has me in the most pain I've been in my entire life.

I have so many operations on my lower back the last three years I lost count. My prior pain management doctor had me on the opioid Tramadol. Not only was it not relieving pain my doctor was worried about me becoming addicted.

After a discussion he suggested I try a plant called kratom.

To make this story, short both mentally and physically had it not been for kratom, I am sure I would end up as my Dad did.

My only regret is not researching and learning about kratom while my parents were alive. Watching them both suffer with the pain in on a daily basis broke my heart.

One final thing I'd like to add. I never tried an in illicit drug in my life.

SINCERELY,

GLENN SHIPE