

Heide Meadows

I have tried 3 times to write my story, which to some people would sound like I made most of it up.

Long story short, I have PTSD from sexual and physical abuse, from the time I was 4 till my early 20s. I have been knocked out more than once, am pretty sure I've had brain trauma. I have dealt with severe depression, tried to kill myself 3 or 4 times.

I am what they call ADD, which I don't think is a bad thing. It can be a problem at times when I am trying to pay attention. I also have at times different spots on my body where the nerve endings will just kinds feel at times like they are on fire, The PC has mentioned in passing the fibromyalgia thing.

I have had therapy, I have tried pills. I hate the side effects of manufactured chemicals. Like Prozac and Amitriptyline, from losing weight to dry skin and the enamel on my teeth being affected, to feeling totally numb. The one thing that has helped without the nasty side effects, is the sacred Herb, Cannabis. She calms me, I can think, concentrate. Helps the pain, both body and mind.