

Senate Health Committee 3-6-2019  
Heartbeat Bill-S.B.23  
Proponent Testimony of **Milka Nier**

Thank You, Chairman and all members of the Health, Human Services and Medicaid committee, for this opportunity to share a very brief version of my testimony.

I stand before you today as an avid proponent of the Heartbeat Bill and to testify that there has been no greater agonizing effect on my mental, emotional, psychological and spiritual state of mind than that of abortion!

I would ask, that as you listen to my testimony, to please keep in mind that this is not just my story—but what I am sharing is true for multitudes of post-abortive women & men who I believe are silently suffering and desperately longing and seeking to find Truth, Healing, Restoration, and Peace. Yet most remain silent and in isolation, and many are unknowingly stricken with severe symptoms —and live under a cloud of torment and confusion — because what they are experiencing has been overshadowed, dismissed, and even ignored as non-existent by the LOUD deceptive Voice of Satan's Lie that human life in the womb—is not human life, and that abortion has no severe or adverse effects on one's mind, body, soul and spirit.

At the vulnerable age of 19—I was faced with making a choice that I was NOT mentally, nor emotionally mature or capable of making on my own. As I sought after help & guidance from what I believed to be a women's resource and health clinic—I had hoped that the doctors, nurses and staff there would provide me with caring, compassionate, sound advice, and inform & educate me about the truth of what was happening within my body, make me aware of all my choices, and the potential risks & consequences of each choice.

However, I was instead met with a dark, cold, calculated, and calloused environment with only one agenda. I was deceived into believing that Abortion was my ONLY choice...from the previous choice I did make when I engaged in sexual relations—knowing FULL WELL that a potential consequence of that CHOICE could ultimately lead to an unplanned-unwanted-untimely pregnancy. Even though I felt a deep conviction within, as to how very WRONG this truly was—I still went through with the chilling procedure. Because after all, it was the more' of the culture...And it was legal!

The only aftercare support I received was a glass of juice and some cookies. I never once got a follow-up call to ask how I might be doing from a post-invasive surgical procedure. It's interesting to me that I get better follow-up care and concern from my dentist after having a filling done.

I buried the agony deep down inside and clothed myself in denial, and I worked hard to shut off my emotions, my conscience, and any recollection of that hellish experience.

To help tranquilize myself, I turned to alcohol & drugs during the remainder of my college years. This numbing tactic worked for a short period of time, until I started to experience the effects of Post Abortion PTSD—and those effects gripped every area of my life on every level from mental, emotional, hormonal, physical, relational, and spiritual. I've experienced tremendous grief, shame, regret, guilt, chronic depression, tormenting & paralyzing fear & anxiety, suicidal thoughts & tendencies, unworthiness, self-hatred, anger & rage. I tried everything from the highest doses of prescription medication to expensive professional counseling.

I am ONLY able to stand before you today because I have found tremendous healing & freedom through post-abortive recovery groups, that helped me to forgive myself and those who played a role in my abortion, and ultimately by finding truth, and receiving forgiveness, healing and restoration from My Lord and Savior Jesus Christ.

How I desperately wish there had been a Heartbeat law when I was in the agonizing circumstances of an unplanned pregnancy.

I had a Right to Know the TRUTH that there were beating hearts inside my body; A Right to be given full disclosure of what the abortion procedure would entail; A Right to be informed of what the potential risks and side effects of the abortion procedure could lead to; A Right to be Protected from those serving an agenda that was definitely not in my best interest. A law like this would've held me personally accountable for my previous self-indulging choices and my lack of self-control, and most importantly it would've protected me from making the most traumatic "choice" of taking the lives of two innocent twin human beings, and it would have given them the opportunity of LIFE that we all are entitled to.

I believe we are currently standing at a pivotal moment in time for Ohio's future—this Bill would pave the way to bring Truth, Accountability, Conviction, and Morality and it will begin to pave the way to Restore and Reconcile our nation back to Almighty God who is the only one that can heal our land.

I strongly exhort you to pass the Heartbeat Bill and continue to protect, fight for, and give birth to Abundant Life on every level for every person.

Thank you!