

Disclosure Statement Pursuant to the Pink Basic Disclosure Guidelines

Strainsforpains, Inc. formerly known and now trading as E-Buy Home, Inc.

244 Fifth Avenue, Suite S242, New York, N.Y.10001

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www.strainsforpains.com

strainsforpains@gmail.com 8099

Quarterly Report

For the period ending March 31, 2024 (the "Reporting Period")

Outstanding Shares

The number of shares outstanding of our Common Stock was:

13,900,134 as of March 31, 2024

12,890,134 as of December 31, 2023

Shell Status

Indicate by check mark whether the company is a shell company (as defined in Rule 405 of the Securities Act of 1933, Rule 12b-2 of the Exchange Act of 1934 and Rule 15c2-11 of the Exchange Act of 1934):

Yes: No:

Indicate by check mark whether the company's shell status has changed since the previous reporting period:

Yes: No:

Change in Control

Indicate by check mark whether a Change in Control¹ of the company has occurred over this reporting period:

Yes: No:

¹ "Change in Control" shall mean any events resulting in:

- (i) Any "person" (as such term is used in Sections 13(d) and 14(d) of the Exchange Act) becoming the "beneficial owner" (as defined in Rule 13d-3 of the Exchange Act), directly or indirectly, of securities of the Company representing fifty percent (50%) or more of the total voting power represented by the Company's then outstanding voting securities;
- (ii) The consummation of the sale or disposition by the Company of all or substantially all of the Company's assets;
- (iii) A change in the composition of the Board occurring within a two (2)-year period, as a result of which fewer than a majority of the directors are directors immediately prior to such change; or
- (iv) The consummation of a merger or consolidation of the Company with any other corporation, other than a merger or consolidation which would result in the voting securities of the Company outstanding immediately prior thereto continuing to represent (either by remaining outstanding or by being converted into voting securities of the surviving entity or its parent) at least fifty percent (50%) of the total voting power represented by the voting securities of the Company or such surviving entity or its parent outstanding immediately after such merger or consolidation.

1) Name and address(es) of the issuer and its predecessors (if any)

In answering this item, provide the current name of the issuer any names used by predecessor entities, along with the dates of the name changes.

We were founded on March 26, 1990 and its name was Vista Medical Terrace, Inc. On May 26, 1999 its name was changed to FirstBingo.com. In November 1, 2006 the name was changed to South Shore Resources, Inc. In January 21, 2013 the name was changed to E-Buy Home Inc. In June 23, 2016 we changed our name to Strainsforpains, Inc.

The state of incorporation or registration of the issuer and of each of its predecessors (if any) during the past five years; Please also include the issuer's current standing in its state of incorporation (e.g. active, default, inactive):

The issuers current standing in its state of incorporation, Nevada, is Active.

Describe any trading suspension orders issued by the SEC or FINRA concerning the issuer or its predecessors since inception:

None

List any stock split, stock dividend, recapitalization, merger, acquisition, spin-off, or reorganization either currently anticipated or that occurred within the past 12 months:

None

The address(es) of the issuer's principal executive office:

244 Fifth Avenue Suite S242, New York, N.Y. 10001

The address(es) of the issuer's principal place of business:

Check if principal executive office and principal place of business are the same address:

Has the issuer or any of its predecessors been in bankruptcy, receivership, or any similar proceeding in the past five years?

No: Yes: If Yes, provide additional details below:

2) Security Information

Transfer Agent

Name: Transfer Online, Inc.
Phone: 503-227-2950
Email: daniel@transferonline.com
Address: 512 SE Salmon Street, Portland, Oregon 97214

Publicly Quoted or Traded Securities:

The goal of this section is to provide a clear understanding of the share information for its publicly quoted or traded equity securities. Use the fields below to provide the information, as applicable, for all outstanding classes of securities that are publicly traded/quoted.

Trading symbol:	<u>EBYH</u>		
Exact title and class of securities outstanding:	<u>Common</u>		
CUSIP:	<u>26827D107</u>		
Par or stated value:	<u>\$0.001</u>		
Total shares authorized:	<u>500,000,000</u>	as	of <u>March 31, 2024</u>
Total shares outstanding:	<u>13,900,134</u>	as	of <u>March 31, 2024</u>
Total number of shareholders of record:	<u>149</u>	as	of <u>March 31, 2024</u>

All additional class(es) of publicly quoted or traded securities (if any):

Trading symbol:	<u> </u>		
Exact title and class of securities outstanding:	<u> </u>		
CUSIP:	<u> </u>		
Par or stated value:	<u> </u>		
Total shares authorized:	<u> </u>		<u> </u> as of date:
Total shares outstanding:	<u> </u>		<u> </u> as of date:
Total number of shareholders of record:	<u> </u>		<u> </u> as of date:

Other classes of authorized or outstanding equity securities:

The goal of this section is to provide a clear understanding of the share information for its other classes of authorized or outstanding equity securities (e.g. preferred shares). Use the fields below to provide the information, as applicable, for all other authorized or outstanding equity securities.

Exact title and class of the security:	<u>Pfd A</u>		
CUSIP (if applicable):	<u>N/A</u>		
Par or stated value:	<u>.001</u>		
Total shares authorized:	<u>30,000,000</u>		<u> </u> as of date: <u>March 31, 2024</u>
Total shares outstanding (if applicable):	<u>3,000,000</u>		<u> </u> as of date: <u>March 31, 2024</u>
Total number of shareholders of record (if applicable):	<u>1</u>		<u> </u> as of date: <u>March 31, 2024</u>

Security Description:

The goal of this section is to provide a clear understanding of the material rights and privileges of the securities issued by the company. Please provide the below information for each class of the company's equity securities, as applicable:

1. For common equity, describe any dividend, voting and preemption rights.

Dividends for Common shareholders are determined by the board of directors. There are no current dividends. The voting for Common Shareholders is 1 share for 1 vote. There are no preemptive rights.

2. For preferred stock, describe the dividend, voting, conversion, and liquidation rights as well as redemption or sinking fund provisions.

Each Pfd A share allows the shareholder to convert to 10 shares of common stock, with the provision that the shareholder must hold the stock for at least 12 months before having these rights, the common stock must trade at no less than .001 per share, and the stock trades on the pink sheets or higher exchange. There are no current dividends declared by the Board of Directors.

3. Describe any other material rights of common or preferred stockholders.

There are no other material rights of the common or preferred stockholders.

4. Describe any material modifications to rights of holders of the company's securities that have occurred over the reporting period covered by this report.

There have been no modifications to the rights of holders of the company's securities during this reporting period.

3) Issuance History

The goal of this section is to provide disclosure with respect to each event that resulted in any changes to the total shares outstanding of any class of the issuer's securities **in the past two completed fiscal years and any subsequent interim period.**

Disclosure under this item shall include, in chronological order, all offerings and issuances of securities, including debt convertible into equity securities, whether private or public, and all shares, or any other securities or options to acquire such securities, issued for services. Using the tabular format below, please describe these events.

A. Changes to the Number of Outstanding Shares

Indicate by check mark whether there were any changes to the number of outstanding shares within the past two completed fiscal years: No: Yes:

(If yes, you must complete the table below)

3) Issuance History

A) Changes to the number of outstanding shares

Shares Outstanding <u>Opening Balance:</u>				*Right-click the rows below and select "Insert" to add rows as needed.				
Date 12/31/2019 Common: 11,613,356 Preferred: 3,000,000								
Date	Transaction type	Number of shares	Value of shares at issuance	Were the shares issued at a discount to market price at the time of the issuance?	Individual or Entity shares were issued to	Reason for share issuance	Restricted or Unrestricted	Exemption
4/1/19	New issuance	81,000	.001	Yes	Exploration Solutions LLC	Conversion	Unrestricted	Sec3(a)(10)
7/1/19	New issuance	1,025,000	.001	Yes	Exploration Solutions LLC	Conversion	Unrestricted	Sec.3(a)(10)
5/24/21	New Issuance	75,000	.10	Yes	Joseph Bonanno	Cash	Restricted	none
6/4/21	New Issuance	100,000	.10	Yes	Kevin Rand	Cash	Restricted	none
8/6/21	New Issuance	50,000	.10	Yes	Bill Priakos	Cash	Restricted	none
8/16/21	New Issuance	25,000	.10	Yes	Joseph Bonanno	Cash	Restricted	none
8/27/21	New Issuance	50,000	.10	Yes	Peter Festa	Cash	Restricted	none
9/14/21	New Issuance	80,000	.10	Yes	Exploration Solutions LLC(#1)	Cash	Restricted	none
9/23/21	New Issuance	100,000	.10	Yes	Greg Rand	Cash	Restricted	none
12/01/21	New Issuance	100,000	.10	Yes	Katherine Menera	Cash	Restricted	none
12/01/21	New Issuance	50,000	.10	Yes	Aleena.Asif &Asif Qureshi	Cash	Restricted	none
3/1/22	New Issuance	100,000	.10	Yes	Timothy McIntosh	Cash	Restricted	none
3/1/22	New Issuance	100,000	.10	Yes	Greg Rand	Cash	Restricted	none

3/1/22	New Issuance	100,000	.10	Yes	Sean Goodwin	consultant	Restricted	none
5/4/22	New Issuance	50,000	.10	Yes	Katherine Menera	Cash	Restricted	none
5/31/22	New Issuance	100,000	.10	Yes	Anthony Reyes	Cash	Restricted	none
7/18/22	New Issuance	50,000	.10	Yes	Bill Priakos	Cash	Restricted	none
8/8/22	New Issuance	100,000	.10	Yes	Joseph Bonanno	Cash	Restricted	none
9/15/22	New Issuance	50,000	.10	Yes	Robert Maxwell	Cash	Restricted	none
2/19/23	New issuance	50,000	.10	Yes	Tim Wasniowski	Cash	Restricted	none
4/15/23	New Issuance	100,625	.10	Yes	Don Vogler	Cash	Restricted	none
4/15/23	New issuance	83,750	.10	Yes	Jon Vogler	Cash	Restricted	none
4/16/23	New Issuance	15,000	.10	Yes	Carl McCarthur	Cash	Restricted	none
4/25/23	New Issuance	50,000	.10	Yes	Tim Wasniowski	Cash	Restricted	none
5/1/23	New Issuance	18,750	.10	Yes	Bob Berry	Cash	Restricted	none
5/20/23	New Issuance	49,000	.10	Yes	Tim Rowland	Cash	Restricted	none
5/22/23	New Issuance	50,000	.10	Yes	Sam Kimbro	Cash	Restricted	none
5/24/23	New Issuance	31,500	.10	Yes	Randy Adams	Cash	Restricted	none
5/30/23	New issuance	50,000	.10	Yes	Jeff White	Cash	Restricted	none
5/30/23	New Issuance	50,000	.10	Yes	Bill Priakos	Cash	Restricted	none
6/6/23	New Issuance	20,000	.10	Yes	Rosita Sealy	Cash	Restricted	none
7/13/23	New Issuance	35,000	.10	Yes	Randy Adams	Cash	Restricted	none

7/18/23	New Issuance	7,700	.10	Yes	Jary Petkovich	Cash	Restricted	none
7/18/23	New Issuance	20,000	.10	Yes	Tim Rowland	Cash	Restricted	none
7/19/23	New issuance	20,000	.10	Yes	Robert Maxwell	Cash	Restricted	none
8/5/23	New Issuance	60,000	.10	Yes	Steve O'Manion	Cash	Restricted	none
8/11/23	New Issuance	15,000	.10	Yes	Sam Kimbro	Cash	Restricted	none
9/1/23	New Issuance	39,000	.10	Yes	John Kuack	Cash	Restricted	none
9/1/23	New Issuance	36,453	.10	Yes	Tim Rowland	Cash	Restricted	none
9/15/23	New Issuance	81,500	.10	Yes	Jim Jochum	Cash	Restricted	none
9/15/23	New Issuance	60,000	.10	Yes	James Wright	Cash	Restricted	none
9/30/23	New Issuance	13,000	.10	Yes	Jon Vogler	Cash	Restricted	none
10/5/23	New Issuance	20,000	.10	Yes	James Wright	Cash	Restricted	none
10/5/23	New Issuance	7,500	.10	Yes	James Wright	Cash	Restricted	none
10/11/23	New Issuance	13,000	.10	Yes	Jon Vogler	Cash	Restricted	none
10/12/23	New Issuance	10,000	.10	Yes	Tim Rowland	Cash	Restricted	none
10/27/23	New Issuance	20,000	.10	Yes	Carl McCarthur	Cash	Restricted	none
11/11/23	New Issuance	20,000	.10	Yes	Carl McCarthur	Cash	Restricted	none
03/24	New issuance	10,000	.10	Yes	Jim Jochum	Cash	Restricted	none

<p>Shares Outstanding on Date of This Report: 12/31/2023</p> <p><u>Closing Balance:</u> common 13,900,134 Preferred: 3,000,000</p>	
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(#1)The beneficial owner of Exploration Solutions, LLC is Alex Narod, Brooklyn,N.Y.

B. Promissory and Convertible Notes

Indicate by check mark whether there are any outstanding promissory, convertible notes, convertible debentures, or any other debt instruments that may be converted into a class of the issuer's equity securities:

No: Yes: (If yes, you must complete the table below)

Dates	Outstanding Balance	Principal Amount at Issue	Interest Accrued	Maturity	Conversion Terms	Noteholder	Reason for Issuance
3/5/16	\$10,818	\$5,000	\$5,818	2021	12% rate. Conversion at 20% discount to market	Jamshid Monfared	Loans
3/18/16	\$4,378	\$2,000	\$2,378	2021	12% rate. Conversion at 20% discount to market.	John Russell	Loans
3/20/16	\$21,621	\$10,000	\$11,621	2021	12% rate. Conversion at 20% discount to market	Ricardo Martinez	Loans
3/21/16	\$21,596	\$10,000	\$11,596	2021	12% rate. Conversion at 20% discount to market	Guy Watenpool	Loans
3/28/16	\$53,922	\$25,000	\$28,922	2021	12% rate. Conversion at 20% discount to market	William Kraus	Loans
3/30/16	\$10,717	\$5,000	\$5,717	2021	12% rate. Conversion at 20% discount to market	David Evans	Loans
4/1/16	\$10,717	\$5,000	\$5,717	2021	12% rate. Conversion at 20% discount to market	Robert Wood	Loans
4/1/16	\$10,717	\$5,000	\$5,717	2021	12% rate. Conversion at 20% discount to market	Harold Gibson	Loans
4/2/16	\$21,434	\$10,000	\$11,434	2021	12% rate. Conversion at 20% discount to market	James Creighton	Loans

4/4/16 8/18/16	21,434 \$10,142	\$10,000 \$5,000	\$11,434 \$5,142	2021 2021	12%rate.Conversion at 20% discount to market	Jeffrey White	Loans
4/4/16	\$10,717	\$5,000	\$5,717	2021	12%rate.Conversion at 20% discount to market	Douglas Kooiman	Loans
4/7/16	\$10,717	\$5,000	\$5,717	2021	12%rate.Conversion at 20% discount to market	Robert Bush Revocable Trust	Loans
4/7/16	\$6,452	\$3,000	\$3,452	2021	12%rate.Conversion at 20% discount to market	Terry & Priscilla McGlohn	Loans
4/8/16	\$21,434	\$10,000	\$11,434	2021	12%rate.Conversion at 20% discount to market	Braden Klein	Loans
4/8/16 6/28/16	\$32,040 \$31,113	\$15,000 \$15,000	\$17,040 \$16,113	2021 2021	12%rate.Conversion at 20% discount to market	Richard Klein	Loans
4/8/16	\$10,717	\$5,000	\$5,717	2021	12%rate.Conversion at 20% discount to market	James Hollister	Loans
4/15/16	\$5,376	\$2500	\$2,876	2021	12% rate.Conversion at 20% discount to market	Nelson Colvin	Loans
4/17/16	\$10,679	\$5,000	\$5,679	2021	12%rate.Conversion at 20% discount to market	Thomas Wasniowski	Loans
4/18/16	\$21,359	\$10,000	\$11,359	2021	12%rate.Conversion at 20% discount to market	Marcia Rodd	Loans
4/21/16	\$21,334	\$10,000	\$11,334	2021	12%rate.Conversion at 20% discount to market	Charles Perrin	Loans
4/21/16	\$215,588	\$100,000	\$115,588	2021	12%rate.Conversion at 20% discount to market	Ed Rucinski	Loans
4/25/16	\$21,209	\$10,000	\$11,209	2021	12%rate.Conversion at 20% discount to market	Daniel Stein	Loans
4/28/16	\$10,604	\$5,000	\$5,604	2021	12%rate.Conversion at 20% discount to market	Robert Maxwell	Loans
5/2/16	\$10,604	\$5,000	\$5,604	2021	12%rate.Conversion at 20% discount to market	Dan Goeman	Loans
5/3/16	\$4,256	\$2,000	\$2,256	2021	12%rate.Conversion at 20% discount to market	Jerome Martini	Loans
5/9/16	\$31,666	\$15,000	\$16,666	2021	12%rate.Conversion at 20% discount to market	Bob Berry	Loans
5/17/16	\$213,354	\$100,000	\$113,354	2021	12%rate.Conversion at 20% discount to market	Emerson West	Loans
7/6/16	\$18,659	\$15,000	\$9,190	2021	9.5% rate. Conversion at .005	Exploration Solutions LLC (#1)	Loans
8/6/16	\$41,422	\$20,000	\$21,422	2021	12%rate.Conversion at 20% discount to market	Leonard Seltzer	Loans
10/27/16	\$16,020	\$10,000	\$6,020	2021	12%rate.Conversion at 20% discount to market	Stanislav Meyerovich	Loans
2/24/17	\$18,345	\$10,000	\$8,345	2022	12%rate.Conversion at 20% discount to market	Shlomo Weiss	Loans

3/6/18	\$16,281	\$10,000	\$6,281	2023	12%rate.Conversion at 20% discount to market	Delton Cheng	Loans
1/4/19	\$14,914	\$10,000	\$4,914	2024	12%rate.Conversion at 20% discount to market	David Rodriguez	Loans
1/14/19	\$5,903	\$4,000	\$1,903	2024	12%rate.Conversion at 20% discount to market	Murat Balcikli	Loans
10/9/19	\$13,565	\$10,000	\$3,565	2024	12%rate.Conversion at 20% discount to market	Shirley Gist	Loans
10/9/19	\$6,783	\$5,000	\$1,783	2024	12%rate.Conversion at 20% discount to market	Karen Gist	Loans
9/30/20	\$1,425,136	\$1,400,000	\$35,136	2025	1% annual interest	JFK Oil Terminal Corp. (#2)	Loans
12/31/20	\$11,200	\$10,000	\$1,200	2025	12%rate.Conversion at 20% discount to market	Karyna Tejada	Loans
12/01/21	\$11,200	\$10,000	\$1,200	2026	12% rate Conversion at 20% discount to market	Aleena Asif & Asif Qureshi	Loans
03/16/22	\$11,200	\$10,000	\$1,200	2027	12% rate conversion at 20% discount to market	Angela Festa	Loans
02/15/24	\$24,000	\$24,000	0	2029	9.5% rate conversion at 20% discount to market	ESLLC (#1)	Loans

See the space below to provide any additional details, including footnotes to the table above:

(#1) The beneficial owner of Exploration Solutions LLC (ESLLC) is Alex Narod, Brooklyn, NY

(#2) The beneficial owner of JFK Oil Terminal Corp. is Yehoshua Shainberg, New York, NY

4) Issuer's Business, Products and Services

The purpose of this section is to provide a clear description of the issuer's current operations. (Please ensure that these descriptions are updated on the Company's Profile on www.otcmartets.com).

A. Summarize the issuer's business operations (If the issuer does not have current operations, state "no operations")

Our current business operations consist of app technology, providing wellness and health solutions that guides health professionals and patients in making decisions regarding cannabis and CBD usage for pain relief. Our Company is currently establishing operations and developing relationships with providers in the health and wellness industry. Strainsforpains' strategy is to acquire new-patented technologies, components, processes, designs and methods with commercial value that will give market advantage and generate shareholder value. We intend to utilize our 6 acre facility in Pennsylvania for commercial purposes, including production and distribution of non-prescription grade CBD/CBG products.

B. List any subsidiaries, parent company, or affiliated companies.

NONE

C. Describe the issuers' principal products or services.

Our principal service is our Strainsforpains' App, that is based on 17 years of medical cannabis and CBD research. The App is a recommendation engine that guides patients and health professionals to the appropriate cannabinoid levels, medical cannabis strains, and consumption methods for a specific ailment or pain. Our principal product is a CBD cream.

5) Issuer's Facilities

The goal of this section is to provide a potential investor with a clear understanding of all assets, properties or facilities owned, used or leased by the issuer and the extent in which the facilities are utilized.

In responding to this item, please clearly describe the assets, properties or facilities of the issuer, give the location of the principal plants and other property of the issuer and describe the condition of the properties. If the issuer does not have complete ownership or control of the property (for example, if others also own the property or if there is a mortgage on the property), describe the limitations on the ownership.

If the issuer leases any assets, properties or facilities, clearly describe them as above and the terms of their leases.

Issuer maintains an office at 244 Fifth Avenue, Suite S242, New York, N.Y.10001 for its research and management use. The Pennsylvania facility is located at 1469 Salem Blvd, Luzerne County. The facility consists of 6.5 acres of land, a 2500 square foot building that can be used for both storage and manufacturing products, and large steel tanks that can utilized for storage and operations. The Company fully owns the site, with no mortgage. The current and future needs of the facility are adequate for manufacturing and distribution of CBD/CBG products, as well as placement of equipment needed for such processes. The facility can also be used for storage of electronic and mechanical components.

6) Officers, Directors, and Control Persons

Using the table below, please provide information, as of the period end date of this report, regarding all officers and directors of the company, or any person that performs a similar function, regardless of the number of shares they own. In addition, list all individuals or entities controlling 5% or more of any class of the issuer's securities.

If any insiders listed are corporate shareholders or entities, provide the name and address of the person(s) beneficially owning or controlling such corporate shareholders, or the name and contact information (City, State) of an individual representing the corporation or entity. Include Company Insiders who own any outstanding units or shares of any class of any equity security of the issuer.

The goal of this section is to provide investors with a clear understanding of the identity of all the persons or entities that are involved in managing, controlling or advising the operations, business development and disclosure of the issuer, as well as the identity of any significant or beneficial owners.

Names of All Officers, Directors and Control Persons	Affiliation with Company (e.g. Officer Title /Director/Owner of more than 5%)	Residential Address (City / State Only)	Number of shares owned	Share type/class	Ownership Percentage of Class Outstanding	Names of control person(s) if a corporate entity

<u>Yehoshua Shainberg</u>	<u>CEO</u>	<u>NY, NY</u>	<u>10,000,000</u>	<u>common</u>	<u>72%</u>	<u>—</u>
<u>Yehoshua Shainberg</u>	<u>CEO</u>	<u>NY, NY</u>	<u>3,000,000</u>	<u>Pfd A</u>	<u>100%</u>	<u>—</u>
<u>REIT LLC(see#1)</u>	<u>Owner of more than 5%</u>	<u>Sunny Isles Beach, Florida</u>	<u>1,025,000</u>	<u>common</u>	<u>.073%</u>	<u>—</u>
<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>

#1) The beneficial owner of REIT LLC is Golub Nemaled, Sunny Isles, Florida.

Confirm that the information in this table matches your public company profile on www.OTCMarkets.com. If any updates are needed to your public company profile, log in to www.OTCIQ.com to update your company profile.

7) Legal/Disciplinary History

A. Identify whether any of the persons or entities listed above, Section 6, have, in the past 10 years:

1. Been the subject of a conviction in a criminal proceeding or named as a defendant in a pending criminal proceeding (excluding traffic violations and other minor offenses);

NONE

2. Been the subject of an entry of an order, judgment, or decree, not subsequently reversed, suspended or vacated, by a court of competent jurisdiction that permanently or temporarily enjoined, barred, suspended or otherwise limited such person's involvement in any type of business, securities, commodities, or banking activities;

NONE

3. Been the subject of a finding or judgment by a court of competent jurisdiction (in a civil action), the Securities and Exchange Commission, the Commodity Futures Trading Commission, or a state securities regulator of a violation of federal or state securities or commodities law, which finding or judgment has not been reversed, suspended, or vacated;

NONE

4. Named as a defendant or a respondent in a regulatory complaint or proceeding that could result in a "yes" answer to part 3 above; or

NONE

5. Been the subject of an order by a self-regulatory organization that permanently or temporarily barred, suspended, or otherwise limited such person's involvement in any type of business or securities activities.

NONE

6. Been the subject of a U.S Postal Service false representation order, or a temporary restraining order, or preliminary injunction with respect to conduct alleged to have violated the false representation statute that applies to U.S mail.

NONE

B. Describe briefly any material pending legal proceedings, other than ordinary routine litigation incidental to the business, to which the issuer or any of its subsidiaries is a party to or of which any of their property is the subject. Include the name of the court or agency in which the proceedings are pending, the date instituted, the principal parties thereto, a description of the factual basis alleged to underlie the proceeding and the relief sought. Include similar information as to any such proceedings known to be contemplated by governmental authorities.

8) Third Party Service Providers

Provide the name, address, telephone number and email address of each of the following outside providers. You may add additional space as needed.

Confirm that the information in this table matches your public company profile on www.OTCMarkets.com. If any updates are needed to your public company profile, update your company profile.

Securities Counsel (must include Counsel preparing Attorney Letters).

Name: Jackson L. Morris, Esq.
Office Address – 3116 W. North A Street, Tampa, FL 33609
Mailing Address - 126 21st Avenue SE, St. Petersburg, Florida 33705
Phone: 813-892-5969
Email: jackson.morris@rule144solution.com

Accountant or Auditor

M. Elias, Certified Accountant, NEK Acctg. meliasacctg.1@gmail.com

Investor Relations

Managed Internally

Other Service Providers

Provide the name of any other service provider(s) that **that assisted, advised, prepared, or provided information with respect to this disclosure statement**. This includes counsel, broker-dealer(s), advisor(s), consultant(s) or any entity/individual that provided assistance or services to the issuer during the reporting period.

9) Financial Statements

A. This Disclosure Statement was prepared by (name of individual):

Yehoshua Shainberg, President and Director of Issuer

B. The following financial statements were prepared in accordance with:

IFRS

U.S. GAAP

C. The following financial statements were prepared by (name of individual)²:

Name: M. Elias

² The financial statements requested pursuant to this item must be prepared in accordance with US GAAP or IFRS and by persons with sufficient financial skills.

Title: **Accountant**

Relationship to Issuer: **Contract accountant**

Describe the qualifications of the person or persons who prepared the financial statements:
Educated and trained accountant, ACCA affiliate, 16 years experience including audits.

Provide the following financial statements for the most recent fiscal year or quarter. For the initial disclosure statement (qualifying for Pink Current Information for the first time) please provide reports for the two previous fiscal years and any subsequent interim periods.

- a. **Audit letter, if audited;**
- b. **Balance Sheet;**
- c. **Statement of Income;**
- d. **Statement of Cash Flows;**
- e. **Statement of Retained Earnings (Statement of Changes in Stockholders' Equity)**
- f. **Financial Notes**

Financial Statement Requirements:

- Financial statements must be published together with this disclosure statement as one document.
- Financial statements must be "machine readable". Do not publish images/scans of financial statements.
- Financial statements must be presented with comparative financials against the prior FYE or period, as applicable.
- Financial statements must be prepared in accordance with U.S. GAAP or International Financial Reporting Standards (IFRS) but are not required to be audited.

10) Issuer Certification

Principal Executive Officer:

The issuer shall include certifications by the chief executive officer and chief financial officer of the issuer (or any other persons with different titles but having the same responsibilities) in each Quarterly Report or Annual Report.

The certifications shall follow the format below:

I, Yehoshua Shainberg certify that:

1. I have reviewed this Disclosure Statement for Strainsforpains, Inc. formerly known as E-Buy Home, Inc.;
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and
3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

May 20, 2024 [Date]

/s/ Yehoshua Shainberg [CEO's Signature]

(Digital Signatures should appear as "/s/ [OFFICER NAME]")

Principal Financial Officer:

I, Yehoshua Shainberg certify that:

1. I have reviewed this Disclosure Statement for Strainsforpains, Inc. formerly known as E-Buy Home, Inc.;
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and
3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

May 20, 2024 [Date]

/s/ Yehoshua Shainberg [CFO's Signature]

(Digital Signatures should appear as "/s/ [OFFICER NAME]")

**EXHIBITS
QUARTERLY REPORT FOR
PERIOD ENDING
March 31, 2024**

The following documents are attached hereto as exhibits and are incorporated herein.

- A. Balance Sheet**
- B. Income Statement**
- C. Cash Flow Statement**
- D. Shareholder Equity**
- E. Financial Statement Notes**

[Financial statements begin on following page.]

STRAINSFORPAINS, INC f/k/a EBUY HOME INC
(A DEVELOPMENT STAGE COMPANY)
BALANCE SHEET
FOR THE QUARTER ENDING MAR 31, 2024

ASSETS	Quarter Ended 31-Mar-24	Year Ended 31-Dec-23
Current Assets:		
Cash & Cash Equivalents	1,384.88	1,516.02
Other Receivable	195,000.00	65,000.00
Total Current Assets	196,384.88	66,516.02
Fixed Assets:		
Intangible Assets	5,000.00	5,000.00
Other Assets	1,500,000.00	1,500,000.00
Total Fixed Assets	1,505,000.00	1,505,000.00
TOTAL ASSETS	1,701,384.88	1,571,516.02
LIABILITIES AND STOCKHOLDER'S EQUITY		
Current liabilities:		
Accounts Payable	450.00	450.00
Interest Payable	29,145.00	29,145.00
Total Current Liabilities	29,595.00	29,595.00
Long Term Liabilities		
Convertible Bond	44,000.00	20,000.00
Notes Payable	1,912,970.00	1,912,970.00
Accumulated Interest Payable	677,321.80	648,176.80
Total Long Term Liabilities	2,634,291.80	2,581,146.80
Total Liabilities	2,663,886.80	2,610,741.80
Stockholders' Equity:		
Common Stock, Par Value \$0.001 550,000,000 Authorized, 13,900,134 Issued & Outstanding	221,312.00	220,312.00
Preferred Stock, No Par Value, 30,000,000 Authorized, 3,000,000 Issued & Outstanding	3,000.00	3,000.00
Additional Paid-In Capital	1,746,226.85	1,744,226.85
Accumulated Earning (Deficit)	(2,933,040.77)	(3,006,764.63)
Total Shareholders' Equity	(962,501.92)	(1,039,225.78)
TOTAL LIABILITIES AND STOCKHOLDER'S EQUITY	1,701,384.88	1,571,516.02

STRAINSFORPAINS, INC f/k/a EBUY HOME INC
(A DEVELOPMENT STAGE COMPANY)
INCOME STATEMENT
FOR THE QUARTER ENDING MAR 31, 2024

Revenue	Quarter Ended 31-Mar-24	Year Ended 31-Dec-23
Turnover	136,291.50	84,116.60
COGS	-	-
Gross Profit/Loss	136,291.50	84,116.60
General Expenses	(33,422.64)	(149,723.82)
Interest Expense	(29,145.00)	(116,580.00)
Operating Loss	73,723.86	(182,187.22)
Tax on loss	-	-
Loss for the period	73,723.86	(182,187.22)

STRAINSFORPAINS, INC f/k/a EBUY HOME INC
(A DEVELOPMENT STAGE COMPANY)
STATEMENT OF CASH FLOW
FOR THE QUARTER ENDING MAR 31, 2024

	Quarter Ended	Year Ended
	31-Mar-24	31-Dec-23
Cash at Beginning	1,516.02	1,382.18
Operating Activities		
Cash receipts from		
Customers	136,291.50	84,116.60
Increase in Current Liabilities	-	-
Increase in Other Receivable	(130,000.00)	(65,000.00)
Cash paid for		
General Expenses	(33,422.64)	(149,723.82)
Interest Expense	(29,145.00)	(116,580.00)
Net Cash Flow from Operations	(56,276.14)	(247,187.22)
Investing Activities		
Other Assets	-	-
Net Cash Flow from Investing Activities	-	-
Financing Activities		
Cash receipts from		
Common Stock	1,000.00	105,699.00
Notes Payable	-	-
Accumulated Interest Payable	29,145.00	116,580.00
Convertible Bond	24,000.00	-
Additional Capital	2,000.00	25,042.06
Net Cash Flow from Financing Activities	56,145	247,321
Net Increase in Cash	(131.14)	133.84
Cash at End of Year	1,384.88	1,516.02

STRAINSFORPAINS, INC f/k/a EBUY HOME INC
(A DEVELOPMENT STAGE COMPANY)
STATEMENT OF CHANGES IN EQUITY
FOR THE QUARTER ENDING MAR 31, 2024

	Common Stock	Preferred Stock	Additional Paid In Capital	Accumulated Earnings	Total
	\$	\$	\$	\$	\$
Balance as at 31 Dec 2023	220,312.00	3,000.00	1,744,226.85	(3,006,764.63)	(1,039,225.78)
Issue of new shares	1,000.00	-	-	-	1,000.00
Issue of preference Shares	-	-	-	-	-
Additional Paid in Capital	-	-	2,000.00	-	2,000.00
Net Income	-	-	-	73,723.86	73,723.86
Balance as at 31 Mar 2024	221,312.00	3,000.00	1,746,226.85	(2,933,040.77)	(962,501.92)

Strainsforpains, Inc.

fka/ E-Buy Home, Inc.

Notes to Financial Statements

For the Quarter Ended March 31, 2024

(unaudited)

Note 1 - Organization and Basis of Presentation

Organization

Strainsforpains, Inc. (herein sometimes called the "Company" or the "Issuer"). The Company's predecessor was E-Buy Home Inc. We were incorporated as Vista Medical Terrace, Inc. on March 26, 1990, in the State of Nevada. On May 26, 1999 we changed our name from Vista Medical Terrace, Inc. to FirstBingo.com to reflect the change in the Company's focus. On November 1, 2006, we changed our name from FirstBingo.com to South Shore Resources Inc. to again reflect the change in the Company's focus. Subsequently, on January 21, 2013, we changed our name from South Shore Resources Inc. to E-Buy Home Inc. On August 29, 2016 we completed a reverse subsidiary merger, pursuant to 368 (a) (2) (E) of the Internal Revenue Code. Strainsforpains, Inc. is the surviving company. The Company strategy is to invest in companies in a variety of industries including telehealth, CBD/CBG products and services, technology, and education. In 2020 the Company acquired real estate in Pennsylvania to further these objectives.

Basis of Presentation

The accompanying financial statements have been prepared in conformity with accounting principles generally accepted in the United States of America.

Note 2 - Summary of Significant Accounting Policies

Use of Estimates

The preparation of financial statements in conformity with generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the reporting period. Actual results could differ from those estimates.

Principles of Consolidation

These consolidated financial statements include the accounts of the Company's wholly owned subsidiaries. All significant intercompany transactions have been eliminated.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and cash in time deposits, certificates of deposit and all highly liquid debt instruments with original maturities of three months or less.

Accounts Receivable/Other Receivable

Accounts Receivable are amounts due to the Company from sales or services rendered.

Notes Receivable

Accounts Receivable are executed contractual obligations to the Company reflecting amounts due for sales or services rendered by the Company.

Property and Equipment

Property and equipment are stated at cost. Expenditures for maintenance and repairs are charged to earnings as incurred; additions, renewals and betterments are capitalized. When property and equipment are retired or otherwise disposed of, the related cost and accumulated depreciation are removed from the respective accounts, and any gain or loss is included in operations. Depreciation of property and equipment is provided using the straight-line method over their useful lives.

Property and equipment consists of the following March 31, 2024 and December 31, 2023

		<u>03/2024</u>		<u>12/2023</u>
Land	\$	400,000	\$	400,000
Buildings		800,000		800,000
Property, Plant, Equipment & Autos		300,000		300,000
Total		1,500,000		1,500,000

Inventory

Inventory has been recorded at the lower of cost or fair market value. Revenue Recognition the Company's revenue recognition policies are in compliance with SEC Staff Accounting Bulletin ("SAB") 104.

Stock-Based Compensation

The Company accounts for its stock-based compensation in accordance with SFAS No. 123R, "Share Based Payment, an Amendment of FASB Statement no. 123." The Company recognizes in the statement of operations the grant-date fair value of stock options and other equity-based compensation issued to employees and nonemployees. There has been not stock-based compensation in the past 24 months.

Income Taxes

The Company utilizes the SFAS No. 109, "Accounting for Income Taxes," which requires the recognition of deferred tax assets and liabilities for the expected future tax consequences of events that have been included in the financial statements or tax returns. Under this method, deferred income taxes are recognized for the tax consequences in the future years of differences between the tax bases of assets and liabilities and their financial reporting amounts at each period and based on enacted tax laws and statutory tax rates applicable to the periods in which the differences are expected to affect taxable income. Valuation allowances are established, when necessary, to reduce deferred tax assets to the amount expected to be realized.

Basic and Diluted Earnings per Share-Net Loss per Share

Earnings per share are calculated in accordance with the SFAS No. 128 ("SFAS No. 128"), "Earnings per Share." Basic earnings per share is based upon the weighted average number of common shares outstanding. The net profit per share for quarter end March 31, 2024 is \$73,723.86.

Note 3 - Going Concern

The accompanying financial statements have been prepared in conformity with generally accepted accounting principles in the United States of America, which contemplates continuation of the Company as a going concern.

Note 4 - Accounts Payable

Accounts payable represent amounts owed to vendors for products and/or services rendered but not yet paid for in full.

Note 5 – Commitments and Contingencies

Risks and Uncertainties

The Company's operations are subject to significant risks and uncertainties including financial, operational and regulatory risks, including the potential risk of business failure. The Company does not have employment contracts with its key employees, including the controlling shareholders who are officers of the Company.

Legal and other matters

In the normal course of business, the Company may become a party to litigation matters involving claims against the Company. The Company's management is unaware of any pending or threatened assertions and there are no current matters that would have a material effect on the Company's financial position or results of operations.

Note 6 – Notes Payable

The Company has several outstanding convertible notes detailed in Section 3 b. On September 30, 2020 the Company entered into an agreement to purchase JFK Oil Terminal Corp. for a note of \$1,400,000. with interest at 1% per annum, maturing on September 30, 2025.

Note 7 - Equity

Capital Structure Common

As of March 31, 2024, there were 550,000,000 shares authorized, and 13,900,134 , .001 par value common stock shares outstanding. Common shares are voting, and dividends are paid at the discretion of the Board of Directors.

Series A Preferred Stock

The Company has 30,000,000 shares of Series A Preferred Stock, \$.001 par value, of which 3 million shares are outstanding. Each share allows the shareholder to convert to 10 shares of common stock, with the provision that the shareholder must hold the stock for at least 12 months before having these rights, the common stock must trade at no less than .001 per share, and the stock trades on the pink sheets or higher exchange. There are no current dividends declared by the Board of Directors.

Note 8 – Subsequent Events

Management has evaluated subsequent events through the date of these financial statements to which these notes are attached. Management believes there are no significant events that occurred subsequent to the balance sheet date that would have a material effect on the consolidated financial statements thereby requiring adjustment or disclosure.

End of Notes to the Financial Statements.